

TOPIC	LINKS TO ONLINE RESOURCES
1) Basic Principles	
<i>Demonstrate understanding of:</i>	
<ul style="list-style-type: none"> • Terms “palliative care”, “end of life care”, “life-limiting illness” and “terminal illness” • Demographics of death, including causes and places of death • Range of palliative care patients with cancer and other conditions • Patient priorities and preferences at the end of life • Community services to enable patients to die at home • Frameworks to support end of life care provision • Range of palliative care services available • When specialist palliative care services should be involved • Particular needs of children and young adults with life-limiting illnesses • The potential need for palliative care concurrent with active disease management 	<p>e-ELCA 00_02 Relationship between palliative care and end of life care</p> <p>e-GP 3_09_01 Principles of palliative care (particular attention to further reading & activities)</p> <p>Pallied Youtube Channel – End of Life Care, Palliative care at home, Life Before Death – what is palliative care</p> <p>Office for National Statistics – Causes of Death</p> <p>Needs of children – Together for short lives charity</p>
<i>Demonstrate appropriate attitudes towards:</i>	
<ul style="list-style-type: none"> • Palliative care as a generic skill and duty of all healthcare professionals, including themselves as future junior doctors 	<p>Atul Gawande – Video Clip</p>
2) Physical Care	
Disease processes	
<i>Demonstrate understanding of:</i>	
<ul style="list-style-type: none"> • The presentation, natural history and management of; cancer, dementia, progressive neurological, respiratory, cardiac, renal, chronic frailty and other life-limiting conditions • The range of “dying trajectories” and the significance of transition points • The importance and limitations of prognostication and prognostic indicators 	<p>e-ELCA 05_05 Case study: end stage cardiac disease 05_06 Case study: MND 05_07 Case study: COPD 05_08 Case study: end stage renal disease 05_09 Case study: dementia</p> <p>Gold Standards Framework – GSF Prognostic Indicator Guidance</p> <p>e-ELCA 01_10 ACP and different trajectories</p>
<i>Demonstrate appropriate attitudes towards:</i>	
<ul style="list-style-type: none"> • The benefits and burdens of investigations, treatments and non-intervention • Decision-making concerning ceilings of care and limits of treatment escalation • Recognition of a dying patient and accepting the refocusing of care provision 	<p>TED talk – Let’s Talk about dying</p> <p>Reith Lectures (Dr Atul Gawande) – Episode 3, (Transcript of Episode 3), Episode 4, (Transcript of Episode 4)</p>

<ul style="list-style-type: none"> The uncertainties in end of life care, particularly in non-malignant disease The concept of allowing a “natural death” 	e-ELCA 04_23 Recognising the dying phase, last days of life and verifying death
Symptom Management: general principles	
<i>Demonstrate understanding of:</i>	
<ul style="list-style-type: none"> Symptoms may be caused by the disease itself, the treatment or concurrent disorders Importance of diagnosing the pathophysiology of a symptom for effective management Range of drug and other options for symptom management Role of anticipatory prescribing and the drugs commonly used 	e-ELCA 04_01 General approach to assessment of symptoms Palliative Care Guidelines Plus e-ELCA 04_28 Non-drug interventions in symptom management
<i>Demonstrate ability to:</i>	
<ul style="list-style-type: none"> Formulate and review an appropriate personalised end of life care plan Write a prescription for anticipatory symptom management Write a prescription for a continuous subcutaneous infusion (“syringe driver”) 	e-ELCA 04_02 Agreeing a plan of management and care JIC Bags/Anticipatory Prescribing
<i>Demonstrate appropriate attitudes towards:</i>	
<ul style="list-style-type: none"> Holistic care: identifying and addressing physical, psychological, social and spiritual needs of patients and their families 	e-ELCA 02_03 Assessment of physical symptoms 02_05 Assessment of psychological well-being 02_06 Assessment of social and occupational well being 02_07 Assessment of spiritual well-being 02_08 Context of assessment: cultural and language issues
Pain	
<i>Demonstrate understanding of:</i>	
<ul style="list-style-type: none"> Different types of pain: nociceptive, visceral, neuropathic and incident WHO ladder, including adjuvant analgesics Factors influencing pain: physical, psychological, social and spiritual “Total pain”; the conflation of physical, psychological, social and spiritual suffering that patients may express as pain Relative benefits/indications/contraindications of a limited range of opioids Principles of opioid conversions Non-drug treatments: physical, psychological, complementary 	e-ELCA 04_07 Assessment of Pain 04_08 Principles of Pain Management 04_09 Drug management of pain 04_11 Managing different types of pain WHO Cancer Pain Ladder for Adults NICE guidelines: Opioids in Palliative Care Palliative Care Guidelines - other pain interventions
<i>Demonstrate ability to:</i>	
<ul style="list-style-type: none"> Assess a patient’s pain and formulate a management plan 	
Other Symptoms	

Demonstrate understanding of the assessment and management of :	
Gastrointestinal symptoms	Palliative Care Guidelines Plus
<ul style="list-style-type: none"> Nausea, vomiting, constipation, ascites, dysphagia, diarrhoea, bowel obstruction, jaundice, hiccups and anorexia 	
Cardiorespiratory symptoms	
<ul style="list-style-type: none"> Breathlessness, cough, pleural effusion, haemoptysis 	
Genitourinary symptoms	
<ul style="list-style-type: none"> Catheter care, bladder spasm, urinary obstruction, urinary incontinence, sexual problems 	
Neurological symptoms	
<ul style="list-style-type: none"> Raised intracranial pressure, epileptic fits, muscle spasm 	
Psychological symptoms	Palliative Care Guidelines - SVCO Palliative Care Guidelines - Hypercalcaemia Palliative Care Guidelines - Spinal Cord Compression NICE guidelines - Metastatic Spinal Cord Compression Palliative Care Guidelines - Agitation Palliative Care Guidelines - Pain Palliative Care Guidelines - Haemorrhage
<ul style="list-style-type: none"> Depression, anxiety, fear, confusional states, delirium, insomnia 	
Emergencies	
<ul style="list-style-type: none"> Superior vena cava obstruction, spinal cord compression, hypercalcaemia, overwhelming pain / distress, severe haemorrhage 	
Other symptoms	
<ul style="list-style-type: none"> Fatigue, lymphoedema: care of fungating lesions, pressure area, wounds and mouth 	
Care of the dying patient	
Demonstrate understanding of:	
<ul style="list-style-type: none"> Signs indicating that a patient is dying 	Palliative Care Guidelines - Terminal Phase e-ELCA 04_23 Recognising the dying phase, last days of life and verifying death NICE guidance - Care of dying adults in last days of life Managing the last few days of life at home Palliative Care Guidelines - Ethics & Euthanasia
<ul style="list-style-type: none"> Stopping of drugs and the management of diabetes 	
<ul style="list-style-type: none"> Management of symptoms at the end of life 	
<ul style="list-style-type: none"> Ethical, legal and clinical issues of oral nutrition and hydration, clinically-assisted nutrition and hydration, sedation and use of opioids in the dying phase 	
Demonstrate ability to:	
<ul style="list-style-type: none"> Develop a personalized management plan for the care of a dying patient 	
Demonstrate appropriate attitudes towards:	
<ul style="list-style-type: none"> Recognition of a dying patient and acceptance of the refocusing of care provision 	e-ELCA 02_14 Assessment of dying phase and after-death care
3) Psychosocial Care	
Demonstrate understanding of:	
<ul style="list-style-type: none"> The difference between sadness and clinical depression 	e-ELCA 04_32 Assessment of mood 02_05 Assessment of psychological well-being Palliative Care Guidelines - Depression
<ul style="list-style-type: none"> The different responses and emotions expressed by patients and caregivers, including fear, guilt, anger, sadness, despair, 	

collusion and denial	
<ul style="list-style-type: none"> • The psychological impact of intractable symptoms 	
<ul style="list-style-type: none"> • Other disciplines who could help patients to deal with psychological issues 	
<ul style="list-style-type: none"> • Denial as a coping mechanism 	
<ul style="list-style-type: none"> • Continuum of loss experienced by patients and caregivers throughout illnesses 	
<ul style="list-style-type: none"> • Recognising unhelpful and potentially harmful psychological responses 	
<i>Demonstrate appropriate attitudes towards:</i>	
<ul style="list-style-type: none"> • Fostering appropriate hope and achievement of goals other than cure 	
4) Communication with patients, relatives and others	
<i>Demonstrate understanding of:</i>	
<ul style="list-style-type: none"> • Documents available to enable patients to record future care preferences 	Advance Care Plan – planning for your future
<ul style="list-style-type: none"> • Importance of timely communication between primary and secondary care, particularly when transferring patients between settings 	NHS Choices – Planning ahead for the end of life
<ul style="list-style-type: none"> • Methods for sharing clinical information between services while maintaining patient confidentiality, including: patient held records, email, fax, shared electronic records and Electronic Palliative Care Coordination Systems (EPaCCS) 	e-ELCA 02_17 Documentation, communication and coordination
<i>Demonstrate ability to:</i>	
<ul style="list-style-type: none"> • Use communication skills in emphatic listening 	e-ELCA 03 – Communication Skills
<ul style="list-style-type: none"> • Elicit a patient’s physical, psychological, social and spiritual concerns 	Cancer Tales – Communicating in cancer care
<ul style="list-style-type: none"> • Respond appropriately to patient and lay caregiver concerns 	GMC Guidance - Communication in end of life care (1)
<ul style="list-style-type: none"> • Deliver bad news sensitively and at an appropriate pace for the individual 	GMC Guidance - Communication in end of life care (2)
<ul style="list-style-type: none"> • Deal with difficult questions and challenging conversations 	Advance Care Planning - Macmillan Video
<ul style="list-style-type: none"> • Enable those patients who wish to do so to formulate advance care plans 	
<ul style="list-style-type: none"> • Discuss DNACPR with patients and lay caregivers 	
<ul style="list-style-type: none"> • Communicate risk and prognostic uncertainty with patients and lay caregivers 	BMA guidance on resuscitation
<ul style="list-style-type: none"> • Document care and communicate well between team members to ensure patients receive a consistent message 	CPR Information for patients Devon TEP Form
<i>Demonstrate appropriate attitude towards:</i>	
<ul style="list-style-type: none"> • Respecting that some patients may not wish to know or talk about their prognosis 	

<ul style="list-style-type: none"> Maintaining patient confidentiality 	
5) Social and family relationships	
<i>Demonstrate understanding of:</i>	
<ul style="list-style-type: none"> Social impact of life-limiting illnesses in relation to a person's family, friends, work and other social circumstances 	e-ELCA 02_06 Assessment of social and occupational well-being 02_10 Carer assessment and support
<ul style="list-style-type: none"> Needs of partners, families and other carers 	
<ul style="list-style-type: none"> Impact of illnesses on body image, sexuality and role 	
<i>Demonstrate ability to:</i>	
<ul style="list-style-type: none"> Take a narrative family history in order to elicit family myths and scripts in terminal illness 	
<ul style="list-style-type: none"> Communicate with and support family members as a group and individually 	
6) Grief and bereavement	
<i>Demonstrate understanding of:</i>	
<ul style="list-style-type: none"> Importance of identifying those who are bereaved 	Palliative Care Guidelines - Bereavement & Grief e-ELCA 02_09 Bereavement assessment and support NHS Choices - Dealing with loss
<ul style="list-style-type: none"> Models of bereavement, the process of grieving and adjustment to loss 	
<ul style="list-style-type: none"> Ways to support a bereaved person both before and after the bereavement 	
<ul style="list-style-type: none"> Features of abnormal or complicated bereavement requiring intervention 	
<ul style="list-style-type: none"> Impact of bereavement on children and others with special needs 	
<i>Demonstrate ability to:</i>	
<ul style="list-style-type: none"> Communicate with and support bereaved people 	
<i>Demonstrate appropriate attitude towards:</i>	
<ul style="list-style-type: none"> Integral role of doctors as part of the wider team in caring for bereaved people 	
7) Personal and professional issues	
<i>Demonstrate appropriate attitude towards:</i>	
<ul style="list-style-type: none"> Personal emotional impact of palliative care on themselves and colleagues 	e-ELCA 04_06 Recognising your own limitations in symptom management
<ul style="list-style-type: none"> Personal limitations and asking for help and support 	
<ul style="list-style-type: none"> Sources of help in dealing with personal and professional issues 	
8) Culture, Language, Religious and Spiritual Issues	
<i>Demonstrate understanding of:</i>	
<ul style="list-style-type: none"> Major cultural and religious practices in relation to care at the end of life and after death 	Palliative Care Guidelines - Spiritual Care
<ul style="list-style-type: none"> Distinction between an individual's spiritual and religious needs 	
<ul style="list-style-type: none"> Role of the hospital chaplain 	

<i>Demonstrate ability to:</i>	
<ul style="list-style-type: none"> Elicit and respond to spiritual concerns, seeking help if necessary 	
<i>Demonstrate appropriate attitude towards:</i>	
<ul style="list-style-type: none"> Doctors' personal values and belief systems and how these may influence professional judgements and behaviours 	
9) Ethical and legal issues	
<i>Demonstrate understanding of:</i>	
<ul style="list-style-type: none"> GMC ethical guidance including "Treatment and Care Towards the End of Life" 	GMC guidance
<i>Demonstrate ability to:</i>	
<ul style="list-style-type: none"> Apply ethical frameworks (Beneficence, Non-Maleficence, Autonomy, Justice) to ethical issues at the end of life, including: Double effect, Requests for euthanasia and assisted dying, DNACPR decisions, Withholding/withdrawing treatment, Withholding/withdrawing clinically assisted nutrition and hydration 	e-ELCA 03_20 Request for euthanasia NHS Choices – Euthanasia & Assisted Suicide
Legal frameworks	
<i>Demonstrate understanding of:</i>	
<ul style="list-style-type: none"> The law in relation to end of life care 	BMA – End of Life Decisions GMC guidance NCPC Mental Capacity Act in Practice SCIE: The Deprivation of Liberty Safeguards Verifying Death Video E-lfh – Death Certification Gov.uk – what to do after someone dies NHS Choices – Advance Statements NHS Choices – Advance Decisions NHS Choices – Power of Attorney e-ELCA 01_05 Advance Decisions to Refuse Treatment: Principles e-ELCA 01_06 Advance Decisions to Refuse Treatment in Practice
<ul style="list-style-type: none"> Guidelines produced by the GMC, BMA and Royal Colleges 	
<ul style="list-style-type: none"> Capacity to give consent 	
<ul style="list-style-type: none"> The Mental Capacity Act (2005) and the roles of IMCAs 	
<ul style="list-style-type: none"> Deprivation of Liberty Safeguards 	
<ul style="list-style-type: none"> The procedures involved in death verification and certification and cremation 	
<ul style="list-style-type: none"> The situations when liaison with the Coroner's office or Procurator Fiscal's office is required 	
<ul style="list-style-type: none"> The procedures for relatives following a death 	
<ul style="list-style-type: none"> The law concerning Advance Statements of Wishes, Advance Decisions to Refuse Treatment, Power of Attorney for Health and Welfare 	
<i>Demonstrate ability to:</i>	
<ul style="list-style-type: none"> Complete a medical certificate of cause of death 	E-lfh – Death Certification
<ul style="list-style-type: none"> Complete a cremation certificate 	