ELCA e-learning modules

Relevant to Palliative and End of Life Care medical school education

2018-19

e-LFH is a national resource with some excellent e-learning tools; within e-lfh are housed a vast number of learning modules; 160 in the end of life care section (e-ELCA) alone. I have amalgamated some that may be of help alongside the areas of teaching you will be getting. I would suggest considering completing some of the modules that are relevant to your clinical feedback sessions. We don't expect you to complete all the modules attached. Feel free to browse e-lfh in general as this could well be useful in your overall medical education.

The modules below are found on the e-ELCA section unless stated (e.g. PAIN, e-GP, MCC, DCT) you can receive a certificate which will evidence your work within this.

I have linked to e-lfh the articles more relevant to palliative care (we don't expect you by any means completing all the modules but pick and choose to aid your learning) and highlighted in bold and red the (14)modules that are the most relevant to focus on.

Introduction.

These modules would be hopeful early in your pathway weeks to give you a clear understanding about the principles behind palliative care.

00_02	**Relationship between palliative care and end of life**
(e-GP) 3_09_01	Principles of palliative care (particular attention to further reading and activities)

Communication skills (e-ELCA 03)

Following up your communication skills training, there is a whole section in e-ELCA (03) dedicated to communication; below are a sample of modules that may of be of use to you. Feel free to peruse this section and pick out the subjects you feel most useful.

02_17	Documentation, communication and coordination
03_09	Skills which facilitate good communication
03_15	**Breaking Bad News**
03_22	Am I Dying How long have I Got - Handling Challenging Questions
03_26	**What Will it Be like Talking about the Dying Process**
03_30	Discussing 'Do Not Attempt CPR' Decisions
03_31	Discussing hydration
03_34	Dealing With Challenging Relatives

03_35   Challenging communication with colleagues

Symptom management

You will be seeing patients in the hospital, community and hospice with difficult symptoms; hopefully you will get a good grasp of the range of symptoms and basic understanding of their management by the end of your attachment.

In addition you have 2 SSLs focusing on 'pain' and 'symptoms other than pain', the modules below will be relevant to the patients you are reviewing with your feedbacks, it may be good to complete the module to amalgamate learning from your feedback sessions.

– General principles

04_01   General approach to assessment of symptoms

04-28   Non-drug intervention in symptom management

-   other than pain

04_12   Assessment of breathlessness

04_13   Drug management of breathlessness

04_14   Non-drug management of breathlessness

04_15   Causes of nausea and vomiting

04_16   Assessment of nausea and vomiting

04_17   Management of nausea and vomiting

04_18   Assessment of Constipation

04_19   Management of constipation

-   Pain

There is a whole separate section in e-lfh aimed at 'Pain' education; I have highlighted/linked some of the more palliative relevant modules below (but have not linked to every module).

You will receive a separate SSL around managing cancer pain as well as separate pain teaching from the pain consultants. There are clearly a lot of different modules which may well be relevant not just for palliative care, oncology but also your GP attachment (chronic pain) and surgical attachments.

04_07   Assessment of pain

04_08   Principles of pain management

04_09   drug management of pain

04_10   Opioids in Pain Management: Advanced Knowledge

04_11   Managing Different Types of Pain

Specific diagnosis

Palliative care is for all life-limiting diagnoses; below are a few modules focussed on specific diagnoses other than cancer.

- Dementia

-Cardiac disease

05-05   [End stage cardiac disease](#)

-MND

05_06   [Case study MND](#)

-COPD

05_01   [Initiating conversations about end of life care - COPD](#)

05_07   [Case study-COPD](#)

-End stage renal disease

05_08   [Case study- renal disease](#)

Psycho-social care

Palliative care is a holistic model looking at all aspects of the individual, psychological care, spiritual care and family support included.

04_32   [Assessment of Mood](#)

02_05   [Assessment of psychological well-being](#)

08_01   [Spirituality and the Philosophy of End of Life Care](#)

02_07   **[Assessment of spiritual wellbeing](#)**

02_10   [Carer assessment and support](#)

Managing last days of life

Sadly 1% of the population die each year; as junior doctors you will have a very important role in supporting these patients and their families. You will have 2 SSLs but below are a few modules focused on this:

04_23   **[Recognising the Last Months and Days of Life and Verifying Death](#)**

02_14   [Assessment of dying phase and after-death care](#)

04_25   [Agitation and Restlessness in the Dying Phase](#)

04_26   [Managing distress during the dying phase](#)

05_11   [Scenario: terminal agitation - patient in a care home](#)

05_12   **[Dying in Acute Hospitals](#)**

05_13   [When the dying process is protracted or unexpectedly fast](#)

05_17   [Dying in Intensive Care](#)

Care after death

You will have an SSL discussing the practicalities of managing a patient after death. As a junior doctor you will have responsibility to verify and certify the death of patients on the ward so having an understanding of your role is vital.

04_23	Recognising the Last Months and Days of Life and Verifying Death
05_19	**Care After Death I Introduction to Care after Death**

Death certification

(DCT) 01_01 -	**The Medical Certificate of Cause of Death**
(DCT) 01_02 -	Completion of the Medical Certificate of Cause of Death Part 1: Formal Section
(DCT) 01_03 -	Completion of the Medical Certificate of Cause of Death Part 2: Cause of Death
01_04 -	Completion of the Medical Certificate of Cause of Death Part 3: Scenarios

Bereavement

Care of the family and loved ones after a death is an important part of primary care. You will have a separate SSL led by my colleague Jutta Widlake discussing this.

02_09	Bereavement assessment and support
07_01	**Talking About Death and Dying**
07_03	Practical Support after Bereavement

Advance care planning

Advance care planning is the process that enables individuals to make plans about their future health care. Advance care plans provide direction to healthcare professionals when a person is not in a position to either make and/or communicate their own healthcare choices. It is something that we all as health care professionals should be aware of and be skilled in; below are a few modules to help your understanding of this

01_01	Introduction to principles of ACP
01_05	Advance Decisions to Refuse Treatment: Principles
01_06a	Advance Decisions to Refuse Treatment in Practice
01_06b	Writing an Advance Decision to Refuse Treatment
03_30	**Discussing 'Do Not Attempt CPR' Decisions**

Ethics

03_20	Request for euthanasia
03_21	Legal and Ethical Issues Embedded in Communication

Mental capacity, consent

Understanding mental capacity and consent is a bed-rock of modern medicine but is very relevant to palliative care. Below are modules that may provide a refresher in this if needed.

(MCC) 01_01	Patient Consent
(MCC) 01_02	Capacity and Difficult Consent
(MCC) 01_03	Mental Capacity
(MCC) 01_04	Mental Capacity Assessment

(MCC) 01_05   [The Mental Capacity Act](#)

(MCC) 01_08   [Mental Capacity Act in practice](#)

02_12   [Assessing those with fluctuating mental capacity](#)

General Prescribing

e-LFH have a number of generic topics that are relevant to palliative care , below are generic prescribing modules relevant to your prescribing skills and probably very relevant to your 5ᵗʰ year prescribing exam

(CPT) 02_001 -   [Calculating Drug Doses](#)

(CPT) 04_01 -   [Taking a Medication History](#)

(CPT) 05_01 -   [Communicating Prescribing Decisions with Patients and Professional](#)
[Colleagues](#)

(CPT) 08_03 -   [How to use the British National Formulary](#)

(PAIN) 09_02_03   [Medications and Older Adults](#)

(SBP) 01_11   [Adverse Drug Effects](#)

(SBP) 01_06   [Safe Prescribing in Renal Impairment](#)