



## Foundation Seminar in Palliative Care

### Program

Saturday 4 August	
08.30-08.45	<b>Introductions</b>
08.45-9.30	<p><b>Principles, philosophy and ethics in Palliative Care</b></p> <p><b>Definitions</b></p> <p><b>Phases of care and settings</b></p> <ul style="list-style-type: none"> <li>• Discuss the principles, core values and philosophy of palliative care</li> <li>• Recognise the ethical issues pertinent to caring at the end-of-life</li> <li>• Describe phases of palliative care</li> <li>• Identify settings for provision of care</li> </ul>
09.30-10.00	<p><b>Medication access, prescribing and deprescribing</b></p> <ul style="list-style-type: none"> <li>• Describe medication access/cost and barriers to access across settings of care</li> <li>• Facilitate ongoing medication supply</li> <li>• Understand prescribing across disease trajectories</li> <li>• Demonstrate deprescribing principles based on patient's phase of care</li> </ul>
10.00-10.30	<p><b>Subcutaneous infusions</b></p> <ul style="list-style-type: none"> <li>• Identify appropriate patients/situations for use of a subcutaneous infusion</li> <li>• Understand limitations of medication licensing and evidence</li> <li>• Rationalise medication choice and combinations</li> </ul>
10.30-10.45	Morning tea
10.45-11.30	<p><b>Common symptoms – physical and psychological</b></p> <ul style="list-style-type: none"> <li>• Identify common symptoms in palliative care</li> <li>• Explain the principles for assessing common symptoms</li> <li>• Describe pharmacological and non-pharmacological treatment options for symptoms</li> <li>• Develop patient-centred treatment plans based on a patient's phase of care</li> </ul>
11.30-12.15	<p><b>Nausea and vomiting – assessment and management</b></p> <ul style="list-style-type: none"> <li>• Describe the causes and clinical features of nausea and vomiting</li> <li>• Explain the principles for assessing common symptoms</li> </ul>

	<ul style="list-style-type: none"> <li>• Describe pharmacological and non-pharmacological treatment options</li> </ul>
<b>12.15-12.45</b>	<b>Pain assessment and management (1)</b> <ul style="list-style-type: none"> <li>• Demonstrate elements of a holistic pain assessment</li> <li>• Differentiate between pain types and descriptions</li> <li>• Compare options for pain management</li> <li>• Describe choice, titration and risks of opioids</li> <li>• Explain monitoring of, and response to adverse effects to analgesia</li> <li>• Develop patient-centred analgesia plans based on a patient's phase of care</li> </ul>
<b>12.45-13.30</b>	<b>Lunch</b>
<b>13.30-14.30</b>	<b>Pain assessment and management (2)</b> <ul style="list-style-type: none"> <li>• (learning objectives as for session 1)</li> </ul>
<b>14.30-15.15</b>	<b>Terminal phase care</b> <ul style="list-style-type: none"> <li>• Identify symptoms common in the last days of life</li> <li>• Describe pharmacological and non-pharmacological treatment options for symptoms</li> <li>• Develop awareness of bereavement issues</li> </ul>
<b>15.15-15.30</b>	<b>Afternoon Tea</b>
<b>15.30-16.30</b>	<b>Communicating with a dying patient</b> <ul style="list-style-type: none"> <li>• Identify the principles of effective communication</li> <li>• Recognise communication skills required develop rapport and trust</li> <li>• Understand principles of accurately, clearly and empathetically conveying information</li> <li>• Recognise one's own response to death and dying</li> </ul>
<b>16.30-17:00</b>	<b>Panel Discussion / Q&amp;A</b>
<b>17.00</b>	<b>End of Seminar</b>