

The Education in Palliative Care (EPC) Course Series

The Palliative Approach to Care

COURSE SYLLABUS (EPCA00ODM24)

2024

Course Authors:

Cathy Kiteley, APN, RN, MScN, CON(C), CHPCN(C)

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Susan Blacker, MSW, RSW

Paul Daeninck, MD, MSc, FRCPC

Course Format: eLearning

Contact Information: support@desouzainstitute.com

Registration: Required

Eligibility: Open to all health care professionals.

Prerequisite: None.

Exclusions: *Interprofessional Education in Palliative and End-of-Life Care - Oncology (iEPEC-O)*

A. COURSE DESCRIPTION

The Palliative Approach to Care is the foundational course in de Souza Institute's comprehensive *Education in Palliative Care* course series (EPC). The course series is built on the 2017 de Souza online palliative care course, *Interprofessional Education in Palliative and End of Life Care – Oncology (iEPEC-O)*¹.

Course 01 - *The Palliative Approach to Care*

The Palliative Approach to Care course is a prerequisite for taking the other two EPC courses. It is divided into three sections with ten modules in total.

The first course section, ***Serious Illness Conversations***, teaches in-depth strategies on how to have difficult conversations with patients regarding prognosis, life-expectancy, goals of care, and advance care planning. The second section, ***Comprehensive Pain and Symptom Assessment***, introduces you to pain and symptom assessment from a holistic and patient-centred approach. The third section, ***Person and Family-centred Palliative Care***, explores working with the patient and their caregivers as the unit of care and resolving potential conflicts around care decisions.

Although you can complete the course modules at your own pace, you must complete all 10 modules and three quizzes within **seven weeks** of the course start date (this date can be found on the course information page in *My Account*).

About the *EPC Course Series*

The EPC course series consists of **three courses** that teach a comprehensive curriculum in palliative and end-of-life care:

- **Course 01** - The Palliative Approach to Care
- **Course 02** - Symptom Assessment and Management in Palliative Care
- **Course 03** - End-of-Life Care, Grief, and Loss

These three courses cover a wide-range of competencies in providing person-centered care for patients living with serious illness such as cancer, end-stage renal disease (ESRD), congestive heart failure (CHF), or chronic obstructive pulmonary disease (COPD). Completing all three courses in the series will earn you the ***de Souza Certificate in Palliative and End-of-Life Care***.

¹ This curriculum has been adapted and updated from the EPEC™–O Curriculum, which was developed by the U.S. National Cancer Institute in collaboration with the American Society for Clinical Oncology and the EPEC™ Project team and tailored to the Canadian context by EPEC-O Canada:

Emanuel, L.L., Ferris, F.D., von Gunten, C.F. and Von Roenn, J. (2005). *Education in Palliative and End of Life Care – Oncology*. The EPEC Project, Chicago. ISBN #0971418063.

Daeninck, P., Hanvey, L., Hauser, J., Librach, L., Preodor, M., Simpson, J. (2010). *Education in Palliative and End of Life Care - Oncology- Canada*. Canadian Partnership Against Cancer.

B. de Souza DESIGNATION CREDITS

Domain of Practice Therapeutic and Supportive Relationships

Learning Hours 18 hours

de Souza Credit 0.5 credit



THE DE SOUZA

Certificate in Palliative and End-of-life Care

After completing this course, you may choose to complete the remaining two courses in the EPC course series to earn the *de Souza Certificate in Palliative and End-of-Life Care*. For more information about the certificate visit: <https://www.desouzainstitute.com/epc>

C. COURSE OBJECTIVES

By the end of this course, you will be able to:

- Define the palliative approach to care and describe the role of palliative care in supporting patients and families living with serious illnesses.
- Apply the elements of effective patient-centred communication to serious illness conversations.
- Describe the important clinical outcomes of goals of care conversations and identify strategies for working with patients and substitute decision-makers in developing a holistic care plan.
- Use appropriate prognostication tools and strategies to discuss life expectancy with the patient and family.
- Describe how the concept of suffering and "Total Pain" affects a comprehensive pain and symptom assessment and identify appropriate symptom assessment tools for patients with serious illness.
- Apply best practices to planning and conducting a family meeting and reflect on factors that influence how an individual family copes with serious illness and caregiving responsibilities.
- Apply a person-centred approach involving the interprofessional team, patients, and families in addressing challenges in palliative care and end-of-life care decisions.
- Identify opportunities to enhance culturally sensitive care for patients and families.

D. MODE OF LEARNING: eLearning

The eLearning environment fosters a self-directed approach. You can progress through the modules and exercises at a convenient time, at home or work. The course timetable, in **Section G** of the course syllabus, outlines our suggested weekly expectations for participants.

eLearning Modules: Modules were developed by the de Souza education team to reflect the latest knowledge in palliative care. The content is up-to-date and includes interactive application exercises and links to the latest clinical guidelines.

E. MODES OF EVALUATION

As part of the evaluation process, you are required to complete the following:

- **A Baseline Participant Survey:** This survey assesses your knowledge, attitude, and confidence before you begin the eLearning modules for the course.
- **eLearning Modules:** You must complete all **10 modules** by the course end date.
- **Section Quizzes:** There are **two section quizzes** in the course. You must achieve a minimum grade of **70% in each quiz** to pass. You have **two attempts** at each quiz to achieve a passing grade.
- **Course Evaluations:** At the end of the course, you will be required to complete a “Course Evaluation” where you can provide your feedback on whether the content met your professional practice needs. These surveys are facilitated electronically through eLearning.

When you have met each of the above requirements, you will receive **18 learning hours and 0.5 de Souza credits** towards obtaining your de Souza designation. An email will be sent to you containing instructions on how to download your **certificate of completion** via your “My Account”.

F. EXPECTATIONS FOR PARTICIPANTS

To be successful in completing this course, you are encouraged to set aside about 3-4 hours each week to complete each week’s activities. The total learning hours for this course is 18 hours. Your course activity completion will be reflected in your **grade book**. Below is a breakdown of the learning hours for each module:

Section 01 - Serious Illness Conversations	
Module 01 - Palliative Care in Canada	1 learning hour
Module 02 - Communicating Effectively	1.25 learning hours
Module 03 - Negotiating Goals of Care and Advance Care Planning	2.5 learning hours

Module 04 - Illness Trajectories and Estimating Life Expectancy	2.5 learning hours
Section 02 - Comprehensive Pain and Symptom Assessment	
Module 05 - Holistic Symptom Assessment	2 learning hours
Module 06 - Introduction to Pain Assessment and Management	2.5 learning hours
Section 03 - Person and Family-centred Palliative Care	
Module 07 - Working with Families - Key Concepts	2.25 learning hours
Module 08 - Working with Families - Conducting a Family Meeting	1.5 learning hours
Module 09 - Conflict Resolution	1.25 learning hours
Module 10 - Cultural and Spiritual Diversity	1.25 learning hours
TOTAL 18 learning hours	

G. SUGGESTED COURSE TIMELINE



Suggested Weekly eLearning Activities

You do not have to complete the weekly course activities exactly as outlined below. However, you must complete all course requirements within **seven weeks** of starting the course.

Week 1	<ul style="list-style-type: none"> ✓ Learner Agreement ✓ Participant Baseline Survey ✓ Module 01 - Palliative Care in Canada (1 hour) ✓ Module 02 - Communicating Effectively (1.25 hours)
Week 2	<ul style="list-style-type: none"> ✓ Module 03 - Negotiating Goals of Care and Advance Care Planning (2.5 hours)
Week 3	<ul style="list-style-type: none"> ✓ Module 04 - Illness Trajectories and Estimating Life Expectancy (2.5 hours) ✓ Section 01 Quiz
Week 4	<ul style="list-style-type: none"> ✓ Module 05 - Wholistic Symptom Assessment (2 hours)

Week 5	✓ Module 06 - Introduction to Pain Assessment and Management (2.5 hours)
Week 6	✓ Module 07 - Working with Families - Key Concepts (2.25 hours) ✓ Module 08 - Working with Families - Conducting a Family Meeting (1.5 hours)
Week 7	✓ Module 09 - Conflict Resolution (1.25 learning hours) ✓ Module 10 - Cultural and Spiritual Diversity (1.25 learning hours) ✓ Section 02 & 03 Quiz ✓ Course Evaluation

H. FACILITATOR AVAILABILITY

This course is **self-directed**. However, a course facilitator is available to:

- Answer your questions related to course content.
- Monitor the registration process.
- Be available to you for questions throughout the course.

You can expect the facilitator to respond to your questions within 48-hours during the week and within 72 hours on the weekend.

Facilitator Contact: support@desouzainstitute.com

I. COURSE AUTHORS BIOGRAPHIES

The EPC course series was written and designed by an interprofessional team:

Cathy Kiteley, APN, RN, MScN, CON(C), CHPCN(C)

Catherine Kiteley is a clinical nurse specialist in the area of oncology and palliative care. She has both her Oncology and Palliative certification from the Canadian Nurses Association and is a long-standing member of CANO.

Over her career, Cathy has engaged extensively in research, professional practice and education. She holds a master's degree in nursing from U of T and has been involved in teaching activities at de Souza Institute and LEAP. Prior to retiring from her full-time role at Trillium Health Partners, she was an active clinician and regularly mentored nursing, inter-professional and medical students in oncology and palliative care. She was part of the development team for several CCO symptom management guides. She taught and evaluated workshops in emotional care, led an innovation in triaging and navigating palliative care

referrals at Trillium, and she also facilitates numerous programs at Wellspring cancer wellness centre. Cathy currently works at the Ian Anderson Hospice as the professional practice coordinator.

Judy Simpson, RN, BN, MEd, CHPCN(C)

Judy Simpson's nursing career spans more than forty years and consists of diverse roles, including staff nurse, educator, administrator, mentor, consultant and volunteer — most of which were devoted to the advancement of palliative care nursing in Canada. Since retiring in 2009, she has taken on several key roles in the not-for-profit sector, such as consulting for the Palliative and End-of-life Care-Oncology Canada education program and serving as president for the Canadian Hospice Palliative Care Nurses Group.

Judy sees nurses as key leaders who are critical to the development of quality health care for all Canadians, with the Canadian Network of Nursing Specialties playing an active role in shaping health care in the country. With her strong background in the advancement of nursing practice and interprofessional education, developing, leading and evaluating projects and co-authoring standards, competencies and practice guidelines, Judy fully understands the value of life-long learning and ongoing personal and professional development.

Judy's accomplishments include her formative work in establishing the CNA Certification Program's hospice palliative care nursing specialty designation: CHPCN(C).

Susan Blacker, MSW, RSW

Susan Blacker is the Senior Director, Cancer and Palliative Program Planning and Performance at Sinai Health System in Toronto, Ontario. In April 2018, Susan was also appointed the Provincial Clinical Co-Lead position for the Ontario Palliative Care Network. She is also appointed as the Quality Co-Lead and status-only Lecturer, Division of Palliative Care, Department of Family & Community Medicine, and is an Adjunct Professor at the Factor-Inwentash Faculty of Social Work at the University of Toronto.

Susan has been a recognized leader within the field of social work in palliative care for more than 15 years. Her experience includes clinical care, teaching and program development. She has participated in a number of regional and national palliative care projects in both Canada and the United States over the past decade, including being a founding board member of the Social Work in Hospice and Palliative Care Network. Her interests include interprofessional education and development of palliative care programs in the acute care setting.

Paul Daeninck, MD, MSc, FRCPC

Dr. Paul Daeninck is a medical oncologist and palliative medicine consultant with Cancer Care Manitoba and the Winnipeg Regional Health Authority (WRHA) Palliative Care Program. He is the Site Coordinator at the St. Boniface Hospital, and Chair of the Symptom Management and Palliative Care Disease Site at Cancer Care Manitoba. He is an Assistant Professor and Leader for the Palliative Care Longitudinal Theme at the Medical School of the University of Manitoba.

Dr. Daeninck has served with several national organizations, including those of the Canadian Society of Palliative Care Physicians and Canadian Partnership Against Cancer. He sits on the Board of Directors of the Canadian Consortium for the Investigation of Cannabinoids (CCIC), and is currently a co-chair of the Royal College Conjoint Advisory Committee on Palliative Medicine.

Dr. Daeninck is the author of several research papers as well as textbook chapters. He serves as a reviewer for palliative medicine journals. He has been active in medical student and resident education and has ongoing research interests in several aspects of palliative medicine, including that of cannabinoid use in patients with cancer.

J. VIRTUAL LIBRARY

de Souza Institute has a virtual library that can be accessed to those registered in this course or any other de Souza Institute continuing education program. This resource enables you to access over 1500 e-Journals, 200 e-books and 8 on-line databases such as CINAHL or Ovid-Medline. You can use the virtual library to access the additional reading materials for your course. The virtual library can be accessed 24 hours a day using your login and password. The direct link is: <https://library.desouzainstitute.com/login>.

K. TECHNICAL SUPPORT

eLearning Centre Orientation

The eLearning Centre Orientation is designed to introduce you to online learning and to help you understand how to navigate through the de Souza Institute eLearning centre and courses. It is strongly recommended that you complete this orientation so that you will be able to successfully navigate de Souza's eLearning environment.

de Souza Institute Support

If you have questions about the content of a course please email de Souza Support.

If you need assistance accessing or navigating the eLearning Centre, please refer to the eLearning Orientation course. If you have questions or have any technical difficulties, please contact support@desouzainstitute.com.

L. POLICIES AND PROCEDURES

Click the links below to read de Souza Institute's Academic Honesty and Copyright; and cancellation, incomplete and no show policies.

[Academic Honesty and Copyright Policy](#)

[Cancellations, Incomplete and No Show Policy](#)

[Request for Accommodation Policy](#)

Course content and resources provided in this course are based on best practice guidelines from provincial and national bodies. Local protocols and policies vary among healthcare

organizations; please consult educators within your organization if you have specific questions related to local protocols and policies.