

## Concepts in Medical Management for End-of-Life Care Elective Description

Hospice of Central Iowa, through the initiatives of the Institute for Awareness, Education, and Research, is pleased to invite interested individuals to participate in *Concepts in Medical Management for End-of-Life Care*. This intensive two-week elective is offered to area resident physicians to enhance skills in the care of and communication with terminally ill patients and families. We offer this program to:

- Share with future practitioners the basic tenets of hospice and palliative medicine.
- Respond to the Liaison Committee on Medical Education clinical instruction accreditation standard to include pain management and end-of-life care in curricula.
- Offer the considerable knowledge and expertise of the Clinical Staff at Hospice of Central Iowa, including physicians who are board certified in Hospice and Palliative Medicine.

### General Information

- Rotation Length - Two weeks, 5 days per week
- Faculty
  - Norma Hirsch, MD, Hospice of Central Iowa Medical Staff Affairs Coordinator (rotation director)
  - Hospice of Central Iowa Medical Director and Associate Medical Directors
  - Hospice of Central Iowa Clinical Staff
  - Community Physician Advisory Committee members

### Eligible participants

- 2<sup>nd</sup> and 3<sup>rd</sup> year residents in Family Medicine, Internal Medicine and Pediatric Programs.

### Logistics of Rotation and Orientation

- Residents accepted for the Elective will be assigned to the Rotation Director who will coordinate the learning activities and clinical experiences. Orientation will be conducted on the first Monday of the rotation and will include an overview of hospice and palliative care, Hospice of Central Iowa and a schedule of activities/experiences of the rotation with study materials and resources.
- Residents will be expected to travel to patient homes, nursing care facilities, hospice residences and satellite areas during the two-week rotation.
- Participation in family meetings, interdisciplinary team meetings and lectures deemed relevant by the rotation director is required.
- Residents and affiliating agencies will adhere to the terms specified in the Letter of Agreement entered into by Hospice of Central Iowa and the Residency Training Program.

### Goals/Objectives

The *Concepts in Medical Management for End-of-Life Care* is designed to meet the following learning goals/objectives:

- Understand what patients, families and clinicians consider important in the provision of quality end-of-life care and barriers to the desired care.
- Contrast the goals and focus of hospice/palliative care with that of curative care.
- Examine appropriateness, eligibility and financing of hospice and palliative care.
- View the role of the physician as a member of the Interdisciplinary Team (IDT).
- Recognize the scope, responsibilities and contributions of other disciplines on the Interdisciplinary Team.
- Demonstrate appropriate communication skills with terminally ill patients and their families and the ability to address the identified end-of-life care needs.
- Identify the major principles and modalities for pain and non-pain symptom management.
- Determine psychosocial/spiritual care needs of the patient/family in addition to physical needs.
- Describe the process of intentional end-of-life care planning to include advance directives.
- Reflect upon one's personal understanding of pain, suffering, and death
- Consider how one's personal "lens" on pain, suffering, and death impacts how one cares for patients at EOL

## Content

- Hospice and Palliative Medicine
  - Philosophy and Mission
  - Services/Levels of Care
  - Referral/Evaluation/Admission Process
  - Hospice Benefit Eligibility/Financing of Hospice Care
  - Discerning prognosis – use of diagnosis worksheets
- Role of the Physician in Hospice and Palliative Care
  - Personal death awareness, engaging mortality and death
  - Incorporating evidenced based medicine into end-of-life care
  - Medical knowledge – assessment, goals, planning end-of-life care
  - Pain and Symptom Management (pain, dyspnea, delirium, anxiety, depression, nausea)
  - End-of-life care medical emergencies (cord compression, SVC obstruction, hypercalcemia)
  - Complementary Therapies
- Professionalism
  - Systems based practice
  - Determining appropriate healthcare provider services
  - Boundaries – phone calls, condolence notes, death of patient and personal response
  - Culturally competent end-of-life care
- Communication Skills
  - Communicating bad news
  - Conducting family conferences
  - Non-anxious presence at the bedside
  - Interdisciplinary Team communication
- Ethical Issues at End of Life
  - Withholding and withdrawing care
  - Food, fluids, nutrition
  - End-of-life sedation
  - Assisted suicide
- Last Hours of Life
- Grief/Loss/Bereavement support

## Clinical Experiences

- Hospice Intake Interview
- Interdisciplinary Team meetings
- Home visits/Social Work/Chaplain interviews
- Patient rounds – Kavanagh Residences

## References/Resource Materials

- *Education for Physicians on End-of-Life Care* (EPEC) curriculum
- *Hospice and Palliative Care Training for Physicians* (UNIPAC series in eight parts)
- *Oxford Textbook of Palliative Medicine*, 3<sup>rd</sup> Edition, 2004. Doyle, Hanks, Cherny, and Calman, Oxford Univ Press
- *Pain Management* – CDROM – Aspen
- Article/Journal file
- Videos (*Vanishing Line; Death on Demand; W;t [Wit], ....*)
- Resource Packets
  - Intentional End of Life Care Planning – Part 1: Ethical Will
  - Intentional End of Life Care Planning – Part 2: Advance Directive
  - Suffering
  - Spirituality
  - Pain Assessment and Management
  - Special Populations
  - Professional Skills (professional boundaries, intentional listening, non-anxious presence, self compassion)
  - Requests for Assistance in Dying

## Evaluation

- Pre and post test results comparing knowledge of hospice and palliative care concepts, pain and symptom management and the role of the physician
- Evaluation of elective by participating residents
- Evaluations and feedback to residency program directors from Medical Staff Affairs Coordinator
- Evaluations and feedback form residency program directors to Hospice of Central Iowa Medical Staff Affairs Coordinator