

Lesson Plan

FOR LEADERS & EDUCATORS
TO DIVIDE PALLIPRO INTO SMALLER SECTIONS

PalliPro: Palliative Care Interprofessional Education

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Description

PalliPro is an educational series for all Alberta health care professionals and disciplines to strengthen knowledge, skills, and attitudes in providing palliative care.

It was created by the Covenant Health Palliative Institute in collaboration with provincial experts.

This educational series is intended to be completed from start to finish.

This **lesson plan**, for managers, educators, or other leaders who organize education, was created to efficiently divide the PalliPro content into smaller sections.

It includes for each module:

- Learning goals
- General themes
- Learning activities
- Reflective questions

PalliPro can be used:

- By **individuals** to complete the training on their own
- As **a group** learning activity by being displayed on a screen during annual education days, orientation, staff meetings or other group activities
- For **specific learning goals** assigned to individuals or small groups, who can then summarize their learning and share with a bigger group

Learning Objectives

Individuals who complete PalliPro will:

1. Discover/review competencies from the Alberta Interprofessional Palliative Care Competencies framework. Connect the competencies to your setting and your practice.
2. Learn about the collaborative, interprofessional nature of palliative care.
3. Reflect on what it means to deliver excellent palliative care.
4. Identify changes you can make in your daily practice to integrate a palliative approach to care.

Time Requirement

Modules can be completed individually, in shorter segments. The full suite of education takes approximately 4 hours to complete.

Module 1: Palliative Care Competency Frameworks (10 minutes)

Learning Objectives

After completing this module, learners will be able to:

1. Find the Alberta palliative care competency frameworks online.
2. Identify personal learning needs related to delivery of palliative care using competency statements.

Learning Activities

- PalliPro is based on the Interprofessional Palliative Care Competency Framework.
- Explore the competency frameworks to better understand the skills, knowledge, and attitudes necessary to deliver palliative care, identify personal strengths and gaps, and set learning goals.

Reflection Questions

Choose 3 competency statements from the Palliative Care Competency Frameworks to focus on while completing the remainder of PalliPro.

Module 2: Get Started (15 minutes)

Learning Objectives

After completing this module, learners will be able to:

1. Describe what palliative care is.
2. Explain and apply principles of patient-centered care.
3. Implement examples of advocacy in your practice.

Palliative Competency Domains:

- Palliative Care Principles
- Advocacy

Learning Activities

- Watch a short video of two healthcare providers talking about palliative care.
- Explore the definition of palliative care.
- Read and apply the Platinum Rule.
- Sort examples of palliative care advocacy actions.

Reflection Questions

- How do you explain palliative care to other healthcare providers? To patients and families?
- Why do you think palliative care is important?
- Picture yourself doing the examples of advocacy you have just read about, which ones spark your interest?

Module 3: Meet Ritesh (45 minutes)

Learning Objectives

After completing this module, learners will be able to:

1. Describe family-focused communication strategies you can use in your daily practice.
2. Identify assessment and symptom management strategies to optimize physical and psycho-social health.
3. Describe the role of interdisciplinary team members in advanced care planning and discharge planning.
4. Reflect on what it means to apply a palliative approach to care when caring for the whole family.

Palliative Competency

Domains:

- Principles of Palliative Care
- Communication
- Care Planning and Collaborative Practice
- Optimizing Comfort and Quality of Life

Themes

In this interactive scenario with multiple choice questions, meet Ritesh. He has lung cancer and is admitted to an acute care setting. He has young children, and his family requires psychosocial support. The interdisciplinary team is involved in clarifying goals of care designations and advance care planning, assessing and addressing physical symptoms (SOB, eating at end of life) and planning for a home discharge.

Reflection Questions

- In your role, how do you support people to complete advance care planning and how do you explain goals of care designations?
- What tools and resources do you have access to in order to support people's families (including people of all ages)?
- How does your team work collaboratively to support people to receive palliative care in their location of choice?

Module 4: Meet Marie (35 minutes)

Learning Objectives

After completing this module, learners will be able to:

1. Appreciate how personalized care optimizes physical, social, mental, emotional and spiritual health.
2. Describe communication skills to identify and address illness progression, grief and loss.
3. Discuss interdisciplinary considerations for advanced illness and care transitions.
4. Reflect on strategies to support self-care and address health care provider grief.

Palliative Competency

Domains:

- Principles of Palliative Care
- Communication
- Optimizing Comfort and Quality of Life
- Loss, grief and bereavement
- Self-Care

Themes

In this interactive scenario with multiple choice questions, meet Marie. She is in the late stages of kidney disease, and she is receiving home care. Communication skills are highlighted to help understand her goals and wishes. Her overall condition declines and she moves to a hospice. You support her family at the end of her life and explore different grief concepts including healthcare provider grief.

Reflection Questions

- What tips or tools do you use to build trust when communicating your role and intentions with new patients?
- What are the dimensions of grief? Can you recognize them, and do you know how to offer support?
- What works well to address your burden of caring for people who are seriously ill and die? What could be improved?

Module 5: Meet Mr. Lee (40 minutes)

Learning Objectives

After completing this module, learners will be able to:

1. Explain how a palliative approach can be applied to different settings including high-pace short turn around (like the ER) and long term (continuing care).
2. Describe how a palliative approach includes responsive care planning across the illness trajectory.
3. List interdisciplinary considerations when addressing palliative emergencies and acute changes.
4. Describe culturally sensitive communication strategies for discussing illness progression and advance care planning (ACP).
5. Reflect on the role of caregivers and how to provide compassionate care.

Palliative Competency

Domains:

- Principles of palliative care
- Communication
- Care Planning and Collaborative Practice
- Optimizing Comfort and Quality of Life
- Cultural Safety

Themes

In this interactive scenario with multiple choice questions, meet Mr. Lee. He has dementia and COPD. He is brought into the emergency department accompanied by his son and moves to a continuing care facility. In the facility the interdisciplinary team deliver culturally safer care, have advance care planning conversations and interact with Mr. Lee's family caregivers.

Reflection Questions

- Describe how focus of care changes throughout a serious illness trajectory, including during emergency situations?
- What resources are in place at your setting to support caregivers? How are they involved in caring for their loved ones?
- What does cultural safe care mean? How are you supported to offer culturally safe care in your setting?

Module 6: Meet Annie (45 minutes)

Learning Objectives

After completing this module, learners will be able to:

1. Appreciate the influence of culture in palliative care and bereavement, with a focus on Indigenous patients and families.
2. List culturally sensitive communication strategies you can use in your daily practice.
3. Describe interdisciplinary considerations to address disease progression and dying.
4. Identify the expected changes and care strategies at end of life.

Palliative Competency

Domains:

- Communication
- Care Planning and Collaborative Practice
- Optimizing Comfort and Quality of Life
- Cultural Safety
Bereavement

Themes

In this interactive scenario with multiple-choice questions, meet the main character, Annie, who is Plains Cree. She is admitted to a rural hospital for acute issues related to heart failure and diabetes. The healthcare staff learn about the role of family, and culturally safer care as they provide symptom management. The interprofessional team works to discharge Annie home and prepares her family to know what to expect at end of life.

Reflection Questions

- What questions can you ask to understand your patient's culture and how it influences their health goals, wishes, and values?
- How do you describe disease progression and what to expect at end-of-life to patients and families? Would you do anything different now?
- What can you do to become aware of your own bias and beliefs and how this may impact care?

Module 7: Empower Your Practice

(15 minutes)

Learning Objectives

After completing this module, learners will be able to:

1. Define self-care in your own words.
2. Conduct a personal self-care assessment.
3. Identify self-care activities you might consider.
4. Categorize ways research, education and professional practices improve patient care.

Palliative Competency

Domains:

- Professional and Ethical Practice
- Self-Care
- Education, Research and Evaluation.

Learning Activities

- Read a definition of self-care.
- Engage in self-assessment for self-care.
- Explore and watch videos of examples of self-care activities.
- Click through interactive examples of education, research, professional, and ethical practices.

Reflection Questions

- What is one thing you can do this week to take care of yourself?
- Who can you talk to about a challenge or difficulty you experienced during your workday?
- What would you like to address in the next month to improve delivery of palliative care in your area?

Module 8: Address Complex Situations (20 minutes)

Learning Objectives

After completing this module, learners will be able to:

1. Identify the main components of psychological and spiritual distress and how to respond.
2. Describe how to recognize and respond to palliative emergencies.
3. Understand the reasons for palliative sedation and name situations where it might be necessary.
4. Recognize complex situations and understand when to involve specific interprofessional team members.

Palliative Competency

Domains:

This module addresses some specific competencies related to the delivery of palliative care.

Learning Activities

- Review what is grief and how it can be expressed.
- Understand what any health care provider can do when faced with acute and chronic psychological or spiritual distress.
- Learn about psychological and spiritual distress you may encounter.
- Read palliative emergency definitions, interventions, and tips for any health care provider.
- Click through the definition of palliative sedation and it's impact on everyone involved.

Reflection Questions

- If a person is demonstrating signs and symptoms of psychological or spiritual distress, what are some actions you can take?
- Thinking back to the list of palliative emergencies. Is there one you are likely to encounter next? What can you do to prepare yourself and the people who might be affected?
- Palliative sedation is not intended to cause death. Consider two ways you can explain this fact to a colleague who might not know this.

Module 9: Conclusion (5 minutes)

Learning Activities

- This module has two knowledge check activities which can be completed either as a team or individually.
- Following the knowledge checks, there is a link to a volunteer survey and a certificate of completion.

Reflection Questions

- How have your ideas of palliative care changed after completing this module?
- What concept is new to you and how will you weave it into your practice?
- What concept has been confirmed for you?
- How did the content help address the learning needs you identified at the beginning of the education?

Conclusion

We hope this guide is helpful in identifying how PalliPro can be used to address a variety of learning needs related to applying a palliative approach to care in any setting with all healthcare providers.

Discover PalliPro and make a difference in the lives of your new admissions.