

Priority Topic: PALLIATIVE CARE

Key Features:

In this Priority Topic I have included terminal palliative care as well as non-palliative pain management, because it doesn't really fit in elsewhere.

For a single source of info on this topic: [Palliative Care in the clinic AIM 2018](#)

1. In [all patients with terminal illnesses](#) (e.g., end-stage congestive heart failure or renal disease), [use the principles of palliative care](#) to address symptoms (i.e., do not limit the use of palliative care to cancer patients).

What you should study:

- ✓ [Palliative Care for Chronic Illness CMAJ 2016](#)
- ✓ [Palliative Care in the clinic AIM 2018](#)
- ✓ [Palliative Care for the Seriously Ill NEJM 2015](#)

2. In patients requiring palliative care, [provide support](#) through self, other related disciplines, or community agencies, depending on patient needs (i.e., use a team approach when necessary).

ALWAYS discuss the importance of multidisciplinary team approach (in SOOs and SAMPs!)

- Specialist palliative care teams generally include a social worker, psychologist, and spiritual care advisor or chaplain. You can refer to any other professional - nutritionist, speech and language pathologist, occupational therapist, etc.

3. In patients approaching the end of life:
- a) Identify the individual **issues important to the patient**, including physical issues (e.g., dyspnea, pain, constipation, nausea), emotional issues, social issues (e.g., guardianship, wills, finances), and spiritual issues.
 - b) **Attempt to address the issues** identified as important to the patient.

What you should study:

- ✓ Legal and Practical Issues at the End of Life RCP 2018
- ✓ Spiritual Assessment AAFP 2012
- ✓ Spiritual Importance of End of Life Care RCP 2018
- ✓ End of life communication AAFP 2008

4. In **patients with pain, manage it** (e.g., adjust dosages, change analgesics) proactively through:
- frequent reassessments.
 - monitoring of **drug side effects** (e.g., nausea, constipation, cognitive impairment).

What you should study:

- ✓ Pharmacological Management of Cancer Pain RCP 2018
- ✓ Opioids for chronic non-cancer pain CMAJ 2017
- ✓ Opioid-induced constipation BMJ Infographic 2017
- ✓ End of life symptom management AAFP 2017

5. In patients diagnosed with a terminal illness, **identify and repeatedly clarify wishes about end-of-life issues** (e.g., wishes for treatment of infections, intubation, dying at home)

What you should study:

- ✓ INESSS Niveaux de soins dépliant
- ✓ Pharmacological symptom management RCP 2018
- ✓ End of life symptom management AAFP 2017

Pain Management

- ✓ Acute Pain Management AAFP 2013 (**includes WHO pain ladder**)
- ✓ Chronic pain and Opioid Misuse AAFP 2017