## 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