

# Educating Family Physicians in Palliative Care

April 4 – 7, 2019 | Donald Gordon Centre, Kingston, ON

## PROGRAM AGENDA

### DAY 1

Facilitator – Dr. Natalie Kondor

Thursday, April 4, 2019

7:30 - 8:00

**Registration & Continental Breakfast**

8:00 - 8:30

**Welcome, Introduction to Palliative Care Initiatives, Objectives & Overview**

Dr. Craig Goldie

8:30 - 10:00

**Pain Management (Part I)**

Dr. Craig Goldie

10:00 - 10:15

**Nutrition Break**

10:15 - 11:15

**Pain Cases**

Dr. Craig Goldie

11:15 - 12:15

**Cannabis in Palliative Care**

Dr. Craig Goldie

12:15 - 1:00

**Lunch**

1:00 - 2:00

**Pathogenesis and Treatment of Dyspnea**

Dr. Alex Trussler

2:00 - 3:00

**Proportionate Palliative Sedation**

Dr. Ingrid Harle

3:00 - 3:15

**Nutrition Break**

3:15 - 5:00

**Ethics & Law in Palliative and End-of-Life Care**

Dr. David Campbell

### LEARNING OBJECTIVES

#### The participant will:

- discuss and describe the concepts behind the current understanding of pain and the intricacies of pain management.
- have the opportunity to discuss specific approaches to and management of several cases.
- discuss the role of cannabis in symptom management in the palliative care patient.
- describe an approach to the management of dyspnea.
- discuss the terminology and definitions related to palliative sedation, and discuss applicable ethical principles and case scenarios where sedation is a treatment option.
- discuss ethical responsibilities and legal implications in decision-making around end-of-life issues.

### DAY 2

Facilitator – Dr. Danielle Kain

Friday, April 5, 2019

7:30 - 8:00

**Continental Breakfast**

8:00 - 9:00

**Principles of Palliative Chemotherapy**

Dr. Heather Ostic

9:00 - 10:00

**Bereavement & Grief**

Ms. Deb Stark

10:00 - 10:15

**Nutrition Break**

10:15 - 11:15

**Spirituality in Medicine**

Ms. Janeta Kobes

11:15 - 12:15

**Emergencies in Palliative Care**

Drs. Natalie Kondor and Tim Owen

12:15 - 1:00

**Lunch**

1:00 - 2:00

**Delirium**

Dr. Chris Frank

2:00 - 3:00

**Frailty as a guide to Decision-Making**

Dr. Chris Frank

3:00 - 3:15

**Nutrition Break**

3:15 - 4:15

**Pain Management (Part II)**

Dr. Danielle Kain

4:15 - 5:15

**Complex Pain Cases**

Dr. Danielle Kain

### LEARNING OBJECTIVES

#### The participant will:

- discuss the role of palliative chemotherapy, when it should be used and how to manage side effects.
- discuss the provision of bereavement and grief follow-up.
- describe the importance of spirituality in holistic care and be equipped to utilize a suggested format for eliciting a patient's spiritual history.
- identify and describe emergencies in palliative care and how to manage them.
- be able to diagnose, assess and manage delirium to meet the palliative care patients' goals of care.
- recognize palliative care principles in patients with frailty.
- beyond the basics: discuss and describe some of the more complex pain syndromes seen in the palliative population, and learn approaches to the management of these syndromes.
- have the opportunity to discuss specific approaches to and management of several cases.

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## DAY 3

Facilitator – Dr. Alison Flanagan

Saturday, April 6, 2019

7:30 - 8:00

**Continental Breakfast**

8:00 - 9:45

**Meaning, Value, Quality of Life**

Dr. Frank D Ferris

9:45 - 10:00

**Nutrition Break**

10:00 - 11:30

**Care of the Patient with HIV**

Dr. Frank D Ferris

11:30 - 12:45

**Palliation of Nausea & Vomiting**

Dr. Ingrid Harle

12:45 - 1:30

**Lunch**

1:30 - 2:30

**Malignant Bowel Obstruction**

Dr. Ingrid Harle

2:30 - 3:30

**Bowel Care in Palliative Care Patients**

Dr. Alison Flanagan

3:30 - 3:45

**Nutrition Break**

3:45 - 4:45

**Gastrointestinal Cases**

Dr. Danielle Kain

## LEARNING OBJECTIVES

### The participant will:

- be challenged to consider his or her own values in the context of palliative care.
- integrate a multifaceted approach to the care of the dying HIV patient and aspects of palliative care specific to this population.
- discuss an approach to the management of nausea and vomiting and apply to clinical scenarios.
- discuss management of malignant bowel obstruction.
- describe bowel care in the context of the palliative care patient and know how to manage these.
- have the opportunity to discuss specific approaches to, and management of, gastrointestinal symptoms in palliative care.

## DAY 4

Facilitator – Dr. Craig Goldie

Sunday, April 7, 2019

7:30 - 8:00

**Continental Breakfast**

8:00 - 9:30

**Palliative Care in Non-Malignant Disease**

Dr. Hasitha Welihinda

9:30 - 10:30

**Collaborative Community Care Cases**

Drs. Majid Iqbal & Catherine Monnin

10:30 - 11:00

**Palliative Care Nursing Supports for Primary Care Practitioners**

Drs. Majid Iqbal & Catherine Monnin

11:00 - 11:30

**Wrap-up and Closing Remarks**

Dr. Craig Goldie

11:30 - 12:30

**Lunch & Program Close**

## LEARNING OBJECTIVES

### The participant will:

- discuss the role of palliative care in specific populations: CKD, advanced respiratory disease, advanced cardiovascular disease.
- consolidate program learning through its application to a patient being cared for in the community.
- explore the role of the home and community support services in the care of the individual living with a life-limiting, life-threatening condition at home, and discuss the role of the Palliative Pain & Symptom Management Consultant and know how to access resources and tools.
- be challenged to consider and face constructively the stresses of palliative medicine.

Continuing Professional Development

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## GUEST FACULTY

**Frank D Ferris, MD, FAAHPM, FAACE**, Executive Director, Palliative Medicine, Research & Education, Ohio Health, Columbus, Ohio, USA

## FACULTY

**David Campbell, PhD**, Ethicist, Kingston Health Sciences Centre, Kingston, ON

**Alison Flanagan, MD, CCFP(PC)**, Assistant Professor, Division of Palliative Medicine, Department of Medicine, Queen's University

**Christopher Frank, MD, CCFP, FCPF**, Professor, Division of Geriatric Medicine, Department of Medicine, Queen's University

**Craig Goldie, MD, CCFP(PC)**, Assistant Professor, Division of Palliative Medicine, Departments of Oncology & Medicine, Queen's University

**Ingrid Harle, MD, FRCSC, CCFP, ABHPM(cert)**, Assistant Professor, Division of Palliative Medicine, Departments of Medicine & Oncology, Queen's University

**Majid Iqbal, MD, PhD, CCFP**, Palliative Medicine Fellow, Queen's University

**Danielle Kain, MA, MD, CCFP (PC)**, Assistant Professor, Division of Palliative Medicine, Departments of Medicine & Oncology, Queen's University

**Janeta Kobes, B.Th., R.P.**; CASC Certified Specialist, Spiritual Health Practitioner; Registered Psychotherapist, CRPO; Department of Spiritual Care, Kingston Health Sciences Centre; Palliative Care, Oncology, CCSEO

**Natalie Kondor, MD, MSc, CCFP(PC)**, Assistant Professor, Division of Palliative Medicine, Department of Family Medicine, Queen's University

**Catherine Monnin, MD, CCFP**, Palliative Medicine Fellow, Queen's University

**Heather Ostic, MD, CCFP**, Assistant Professor, Departments of Oncology & Family Medicine, Queen's University; Clinical Associate, Cancer Centre of Southeastern Ontario

**Timothy Owen, MD, FRCPC**, Assistant Professor, Division of Radiation Oncology, Department of Oncology, Queen's University; Radiation Oncologist, Cancer Centre of Southeastern Ontario

**Debora Stark, MSW, RSW**, Social Worker, Oncology & Palliative Care, Cancer Centre of Southeastern Ontario

**Alex Trussler, HSBc, MSc, MD, FRCPC**, Palliative Medicine Fellow, Queen's University

**Hasitha Welihinda, MD, FRCPC**, Assistant Professor, Division of Nephrology, Department of Medicine, Queen's

## SPRING 2019 PROGRAM MANAGER

**Danielle Kain, MA, MD, CCFP (PC)**

## PLANNING COMMITTEE

**Deborah Dudgeon, MD, FRCPC**

**Ingrid Harle, MD, FRCSC, CCFP, ABHPM(cert)**

**Natalie Kondor, MD, MSc, CCFP(PC)**

**Raymond Viola, MD, MSc, CCFP(PC), FCFP**