

Syllabus

PALLIATIVE CARE and DEATH EDUCATION

TOPIC 1) Death Education and loss

This first module will address the definition and scope of death education, its roots in Terror Management Theory; dying process and sociocultural and spiritual influences on the experience of serious illness. Part of the module will be dedicated to anticipatory grief, prolonged and complicate grief disorder.

Competences to be achieved. At the conclusion of this module, participants will be able to...

- Knowing Death Education definition and the fundamental principles of Terror Management Theory
- Being able to recognize the existential and spiritual needs of patients and families in the end-of-life process
- Knowing how to contextualize bioethical, and cultural implications in the personal experience of illness.
- Knowing the mourning patterns (including anticipatory and complicated grief)

Teaching method: Prerecorded presentation, online forum, quiz.

Key References:

1. Testoni, I. (2015). *L'ultima nascita. Psicologia del morire e death education*, Torino: Bollati Boringhieri.
2. Greenberg, J., Simon, L., Pyszczynski, T., Solomon, S., & Chatel, D. (1992). Terror management and tolerance: Does mortality salience always intensify negative reactions to others who threaten one's worldview? *Journal of Personality and Social Psychology*, 63, 212–220.
3. Fonseca, L. M., & Testoni, I. (2011). The Emergence of Thanatology and Current Practice in Death Education. *OMEGA-Journal of Death and Dying*, 64(2), 157-169. doi: 10.2190/OM.64.2.d

TOPIC 2) Palliative Care and Quality of Life

This second module will address the definition of palliative care, how, where and when it may occur and psychologists' role in palliative care. History of PC and the current context, objectives and ethical fundamentals will be discussed.

Competences to be achieved. At the conclusion of this module, participants will be able to...

- Knowing basic psychological aspects of the patient-centered care plan VS an illness-centered care plan, in Palliative Care field.
- Knowing definitions and fundamental principles of Palliative Care
- Knowing the different settings in Palliative Care (hospice, hospital, home-care etc.)
- Knowing the role of the psychologist in the palliative care team (Palliative Psychology)

Teaching method: Prerecorded presentation, online forum, quiz.

Key References:

1. Arias-Casais N, Garralda E, Rhee JY, Lima L de, Pons JJ, Clark D, Hasselaar J, Ling J, Mosoiu D, Centeno C. (2019) *EAPC Atlas of Palliative Care in Europe 2019*. Vilvoorde, EAPC Press.
2. Paal P, Brandstötter C, Lorenzl S, Larkin P, Elsner F (2019). Postgraduate palliative care education for all healthcare providers in Europe: Results from an EAPC survey. *Palliative and Supportive Care* 17, 495 –506. <https://doi.org/10.1017/S1478951518000986>

3. Testoni, I., Bottacin, M., Fortuna, B.C., Zamperini, A., Marinoni, G.L., Biasco, G. (2019). Palliative care and psychology education need in nursing courses: A focus group study among Italian undergraduates. *Psicologia della Salute*, 2019 (2), pp. 80-99, doi: 10.3280/PDS2019-002004
4. Centeno C, Sitte T, de Lima L, et al. (2018) White Paper for Global Palliative Care Advocacy: Recommendations from a PAL-LIFE Expert Advisory Group of the Pontifical Academy for Life, Vatican City. *J Palliat Med*. 21(10):1389-1397. doi:10.1089/jpm.2018.0248
5. Noguera A, Bolognesi D, Garralda E, Beccaro M, Kotlinska-Lemieszek A, Furst CJ, Ellershaw J, Elsner F, Csikos A, Filbet M, Biasco G, and Centeno C. (2018) How Do Experienced Professors Teach Palliative Medicine in European Universities? A Cross-Case Analysis of Eight Undergraduate Educational Programs, *Journal of Palliative Medicine*.21(11) 1621-1626.
6. Martoni AA, Varani S, Peghetti B, et al. (2017) Spiritual well-being of Italian advanced cancer patients in the home palliative care setting. *Eur J Cancer Care (Engl)*; 26(4):10.1111/ecc.12677. doi:10.1111/ecc.12677
7. Casale G., Calvieri A. (2014). Le cure palliative in Italia: inquadramento storico. *MeDiC*, 22(1): 21-26
8. Claessen, Susanne & Francke, A. & Echteld, Michael & Schweitzer, Bart & Donker, Gé & Deliens, Luc. (2013). GPs' recognition of death in the foreseeable future and diagnosis of a fatal condition: A national survey. *BMC family practice*.
9. Bruera, E., & Hui, D. (2012). Conceptual models for integrating palliative care at cancer centers. *Journal of palliative medicine*, 15(11), 1261–1269. <https://doi.org/10.1089/jpm.2012.0147>
10. Department of Health, Western Australia. (2008) Palliative Care Model of Care. Perth: WA Cancer & Palliative Care Network, Department of Health, Western Australian.

TOPIC 3) Communication - ANT

This third module will examine how to deal with serious illness conversations with patients and families, and good practices within health care staff about breaking bad news.

Competences to be achieved. At the conclusion of this module, participants will be able to...

- Being able to recognize the importance and the implications of communicating both prognosis and interventions in Palliative Care context
- Promoting communication skills among health care professionals teams
- Understanding the principles of empathic communication and strategies for applying it

Teaching method: Pre-recorded presentation, online forum, quiz.

Key References:

1. Henselmans, I., van Laarhoven, H. W., van Maarschalkerweerd, P., de Haes, H. C., Dijkgraaf, M. G., Sommeijer, D. W., & de Vos, F. Y. (2019). Effect of a Skills Training for Oncologists and a Patient Communication Aid on Shared Decision Making About Palliative Systemic Treatment: A Randomized Clinical Trial. *The Oncologist*. theoncologist.2019-0453. 10.1634/theoncologist.2019-0453.
2. Geerse O.P., Lamas D.J. et al., (2019) A Qualitative Study of Serious Illness Conversations in Patients with Advanced Cancer, *Journal of Palliative Medicine* 22 (7).
3. Isenberg-Grzeda, Elie; Ellis, Janet Editorial: Communication in cancer, *Current Opinion in Supportive and Palliative Care*: March 2019 - Volume 13 - Issue 1 - p 31-32 doi: 10.1097/SPC.0000000000000416

4. Gilligan, T., Salmi, L., & Enzinger, A. (2018). Patient-clinician communication is a joint creation: Working together toward well-being. *American Society of Clinical Oncology Educational Book*, 38, 532-539.
5. Gilligan T., Coyle N et al (2017), Patient-Clinician Communication: American Society of Clinical Oncology Consensus Guideline *Journal Of Clinical Oncology*, 35, 31
6. Isenberg-Grzeda, Elie; Ellis, Janet Editorial: Communication in cancer, *Current Opinion in Supportive and Palliative Care: March 2019 - Volume 13 - Issue 1 - p 31-32* doi: 10.1097/SPC.0000000000
7. Gilligan, T., Coyle, N., Frankel, R. M., Berry, D. L., Bohlke, K., Epstein, R. M., Finlay, E., Jackson, V. A., Lathan, C. S., Loprinzi, C. L., Nguyen, L. H., Seigel, C., & Baile, W. F. (2018). Patient-Clinician Communication: American Society of Clinical Oncology Consensus Guideline. *Obstetrical and Gynecological Survey*, 73(2), 96-97
8. Parry, R., Land, V., & Seymour, J. (2014). How to communicate with patients about future illness progression and end of life: a systematic review. *BMJ supportive & palliative care*, 4(4), 331-341.
9. *Communicating Cancer: How to Convey What You Really Mean to Your Patients ASCO EDUCATIONAL BOOK 2013*
10. Dizon, D. S., Politi, M. C., & Back, A. L. (2013). The power of words: discussing decision making and prognosis. *American Society of Clinical Oncology Educational Book*, 33(1), 442-446.
11. Klarare A, Hagelin CL, Fürst CJ et al. (2013). Team interactions in specialized palliative care teams: a qualitative study. *J Palliat Med*, 16:1062-9.
12. Epstein, R. M., & Street, R. L. (2007). *Patient-centered communication in cancer care: promoting healing and reducing suffering*. National Cancer Institute; Bethesda (No. 07-6225). MD: 2007. NIH Publication.
13. Baile, W. F., Buckman, R., Lenzi, R., Glober, G., Beale, E. A., & Kudelka, A. P. (2000). SPIKES—a six-step protocol for delivering bad news: application to the patient with cancer. *The oncologist*, 5(4), 302-311.

TOPIC 4) Advanced Care Planning (ACP)

Advanced Care Planning is gaining increasing attraction worldwide and while an important principle for any national health policy, it is vital in the context of public health due to the ongoing rise in Non Communicable Diseases around the world. This fourth module will discuss the co-decision making for a tailored approach in palliative care and how Health Care Professionals can facilitate the advanced care planning.

Competences to be achieved. Competences to be achieved. At the conclusion of this module, participants will be able to...

- Knowing the main aspects related to Advance Care Planning in the European context
- Knowing how to promote decision-making, according to information, consent, proportionality, shared treatment planning
- Knowing how to meet both psychological and psychosocial/cultural needs of the patient and the family in advance care planning

Teaching method: Prerecorded presentation, online forum, quiz

Key References:

1. Martin, A. E., & Beringer, A. J. (2019). Advanced care planning 5 years on: An observational study of multi-centred service development for children with life-limiting conditions. *Child: Care, Health and Development*, 45(2), 234-240. DOI: <https://doi.org/10.1111/cch.12643>.

2. Shapiro, M. F. (2019). The Last Breath-Enriching End-of-Life Moments. *JAMA internal medicine*. DOI: 10.1001/jamainternmed.2019.1451
3. Agarwal R., Epstein A.S (2018) Advance Care Planning and End-of-Life Decision Making for Patients with Cancer. *Semin Oncol Nurs*; 34(3): 316–326. doi:10.1016/j.soncn.2018.06.012.
4. Lum H.D, Sudore R.L, Bekelman D.B. (2015). Advance Care Planning in the Elderly.. *Med Clin N Am* 99; 391–403. <http://dx.doi.org/10.1016/j.mcna.2014.11.010>
5. Narang A.K, Wright A.A., Nicholas L.K. (2015). Trends in Advance Care Planning in Patients With Cancer Results From a National Longitudinal Survey. *JAMA Oncol*;1(5):601-608. doi:10.1001/jamaoncol.2015.1976
6. Varani S., Dall'Olio F., Messina R., Tanneberger S., Pannuti R., Pannuti F., Biasco G., (2015) Clinical and demographic factors associated to the place of death in advanced cancer patients assisted at home in Italy, *Progress in Palliative Care* 23-2.
7. Mullick, A., Martin, J., & Sallnow, L. (2013). An introduction to advance care planning in practice. *BMJ*, 347, f6064. DOI: <https://doi.org/10.1136/bmj.f6064>.
8. Varani S., Dall'Olio F., Messina R., Tanneberger S., Pannuti R., Pannuti F., Biasco G., (2015) Clinical and demographic factors associated to the place of death in advanced cancer patients assisted at home in Italy, *Progress in Palliative Care* 23-2

TOPIC 5) Psychological interventions

This fifth module will address common issues to living with a life-threatening or advanced illness, so it will be discussing how to deal with patients with psychological support and psychotherapy. Module will give input about how to provide emotional support to caregivers as well as the people close to the patients (relatives, friends, colleague etc.) during illness and after death. Moreover, the module will address the good practices for health care staff.

Competences to be achieved. At the conclusion of this module, participants will be able to...

- Knowing the strategies for psychological intervention in Palliative Care field
- Knowing the psychological support strategies of the mourning process
- Knowing how to manage family burden in Palliative Care context

Teaching method: Pre-recorded presentation, online forum, quiz

Key References:

1. Rodin G, An E, Shnall J, Malfitano C. (2020). Psychological Interventions for Patients With Advanced Disease: Implications for Oncology and Palliative Care. *J Clin Oncol.*;38(9):885-904. doi:10.1200/JCO.19.00058
2. Zimmermann F, Jordan J, Burrell B. (2020) Coping with cancer mindfully: A feasibility study of a mindfulness intervention focused on acceptance and meaning in life for adults with advanced cancer, *European Journal of Oncology Nursing*, 44 (2020) 101715, <https://doi.org/10.1016/j.ejon.2019.101715>
3. Franchini L, Ercolani G., Ostan R., Raccichini M., Samolsky-Dekel A., Malerba MB, Melis A., Varani S., Pannuti R. (2020) Caregivers in home palliative care: gender, psychological aspects, and patient's functional status as main predictors for their quality of life, *Supportive Care in Cancer* Jul;28(7):3227-3235. doi: 10.1007/s00520-019-05155-8.
4. Blanckenburg, P. & Leppin, N. (2018). Psychological interventions in palliative care, *Current Opinion in Psychiatry*: 31(5): 389-395 doi:10.1097/YCO.0000000000000441
5. Applebaum AJ, Kulikowski JR, Breitbart W. (2015) Meaning-Centered Psychotherapy for Cancer Caregivers (MCP-C): Rationale and Overview. *Palliat Support Care*. 13(6):1631-1641. doi:10.1017/S1478951515000450

6. Lo C, Hales S, Jung J et al (2014) Managing Cancer And Living Meaningfully (CALM): Phase 2 trial of a brief individual psychotherapy for patients with advanced cancer Palliative Medicine 28(3)234-242
7. Breen LJ et al. (2013) Bridging the Gaps in Palliative Care Bereavement Support: An International Perspective Death Studies 38: 54–61, . 10.1080/07481187.2012.725451
8. Masterson, Melissa & Schuler, Tammy & Kissane, David. (2013). Family focused grief therapy: A versatile intervention in palliative care and bereavement. Bereavement Care. 32. 117-123. 10.1080/02682621.2013.854544.
9. Stroebe, Margaret; Schut, Henk (2010). The Dual Process Model of Coping with Bereavement: A Decade, Journal of Death and Dying. 61 (4): 273–289. [doi:10.2190/OM.61.4.b](https://doi.org/10.2190/OM.61.4.b)
10. Hudson, Peter L. et al. (2005) A Psycho-Educational Intervention for Family Caregivers of Patients Receiving Palliative Care: A Randomized Controlled Trial, Journal of Pain and Symptom Management, 30 (4), 329 – 341; <https://doi.org/10.1016/j.jpainsymman.2005.04.006>