Core Competencies/Learning Outcomes in Palliative and End-of-Life Care

Undergraduate Medical Education

Medical Expert

1. **When graduating from medical school, students will be able to address and manage pain and symptoms.**

   1.1 Assess pain and symptoms effectively via a pain history, appropriate physical exam and relevant investigations.

   1.2 Propose evidence-based opioid therapies, including effective prescribing, titration, breakthrough dosing and prevention of side effects.

   1.3 List and justify adjuvant modalities and medications for pain.

   1.4 Recommend evidence-based plans for other symptoms including fatigue, anorexia and cachexia, constipation, dyspnea, nausea and vomiting, delirium, anxiety and depression.

   1.5 Assist in monitoring the efficacy of treatment plans.

   1.6 Contribute to recording a holistic management plan.

Medical Expert

2. **When graduating from medical school, students will be able to address psychosocial and spiritual needs.**

   2.1 Assess psychosocial and spiritual issues in end-of-life care, including grief.

   2.2 Develop and propose a care plan in collaboration with other disciplines.

   2.3 Self-assess one’s own attitudes and beliefs in caring for the dying.

   2.4 Demonstrate cultural, religious and Aboriginal sensitivity in addressing end-of-life care.
Manager

3. When graduating from medical school, students will be able to address end-of-life decision-making and planning using a basic bioethical and legal framework.

3.1 Assist in determining, recording and implementing goals of care through effective communication with patients, families and other caregivers.

3.2 Propose advance care plans, including developing and discussing advance directives with patients and families.

3.3. Describe models of end-of-life care.

3.4. Distinguish between physician-assisted suicide and euthanasia and palliative/terminal sedation, and withholding and withdrawing therapy.

Communicator

4. When graduating from medical school, students will be able to communicate effectively with patients, families, and other caregivers.

4.1 Communicate information about the illness effectively—including bad news.

4.2 Participate effectively in patient and family meetings.

4.3 Assist in the education of patients and family about end-of-life care issues and pain and symptom management.

4.4 Keep adequate medical records.

Collaborator

5. When graduating from medical school, students will be able to collaborate as a member of an interdisciplinary team.

5.1. Describe the complementary roles of physicians and other formal caregivers in end-of-life care.

5.2. Demonstrate an interdisciplinary care approach with formal and informal teams.

Health Advocate

6. When graduating from medical school, students will be able to attend to suffering.

6.1. Describe the elements of suffering in end-of-life care for patients, families and caregivers.

6.2. Describe a supportive approach to suffering.

6.3 Demonstrate self-awareness and self-care in caring for terminally ill patients.