



Educating Future Physicians in Palliative and End-of-Life Care (EFPPEC)

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.