

Course information

# Core concepts in palliative medicine – the dying patient

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This 3-day course provides state of the art knowledge for physicians around core concepts in end-of-life care.

## Purpose and goal

Many physicians experience insufficient knowledge in symptom management and care of the seriously ill and dying patient. The goal of this course is to provide core competencies in symptom management and communication skills, thus helping the physician to improve the quality of delivered end of life care.

After participating in the course, the participant should have gained knowledge about identifying the dying patient, performing informative discussions with patients and relatives about transition to end of life care, and initiating basic symptom management in end of life.

## Course outline

The course is based on a mixture of lectures, small and large group discussions, some of them case-based.

## Course content

- Basic concepts in palliative medicine.
- Symptom management – pain, gastrointestinal symptoms, dyspnea, anxiety, delirium. Focus on pharmacological treatment.
- The dying phase.
- Emergencies in palliative medicine.
- Communication in end of life – with patients, relatives and within the team. Breaking bad news.

Both malignant and non-malignant diseases will be discussed.

## Target group

Physicians in clinical specialties who take care of patients in end of life.

## Participating teachers

**Staffan Lundström**, MD PhD, Associate Professor at the dept. of Oncology-Pathology, Karolinska Institutet. Specialist in oncology, pain medicine and palliative medicine

**Christel Hedman**, MD PhD, specialist in oncology

**Per Fürst**, MD, PhD-student, specialist in geriatrics and palliative medicine

**Franziska Edvinsson**, MD, specialist in oncology

**Jonas Bergström**, MD, specialist in geriatrics and palliative medicine

All listed teachers are clinicians at the department of Palliative Medicine at Stockholms Sjukhem.

Subject to possible changes.

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