

# Core Palliative Care Skills for Medical Residents and Fellows

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This Learning Pathway contains training in core clinical skills to help medical residents and fellows improve quality of life for patients living with serious illness. Topics include an introduction to the principles and practices of palliative care, communication techniques for effective conversations with patients and caregivers, and pain assessment. This Pathway contains approximately 5 hours of learning activities.

## Understanding Palliative Care

### Introduction to Palliative Care

An introduction to palliative care, how it is delivered, its impact on quality of life, and the growing population of patients who need it.

## Communicating Effectively During Serious Illness

### Discussing Serious News

Learn best practices for having patient-centered conversations about a serious illness diagnosis.

### Clarifying Patient Goals of Care

Learn best practices for building trust, eliciting patient values, and having patient-centered conversations about goals of care.

### "I Don't See Color" Means You Don't See Me

Why clinicians must unlearn well-intentioned but ultimately harmful conventions about race and ethnicity—and strategies to move forward.

## Managing Pain Safely and Effectively

### Course 1: Pain and its Impact on Our Patients

Learn to define and characterize pain, recognize the prevalence of pain, understand disparities in pain management based on race, ethnicity, and gender.

### **Course 2: How to Perform a Comprehensive Pain Assessment**

Learn the components of a comprehensive pain assessment and its importance in safe and effective pain management.

### **Course 3: Matching Treatment to Pain Type**

Gain an overview of pharmacologic and nonpharmacologic pain treatments, including risks and benefits, and learn how to match the analgesic to pain type.

## **Preventing Avoidable Crises**

### **Safe and Age-Friendly Care for Older Adults**

This course provides context and best practices for identifying older adults at risk for poor outcomes, including falls, delirium, and caregiving challenges.

### **Coordinating Care and Planning Ahead**

Guidance for all clinicians on improving communication and ensuring smooth transitions of care for patients living with serious illness.

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