

# New Jersey Division of Medical Assistance and Health Services Palliative Care Training for Social Workers and Mental Health Professionals

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This Learning Pathway will help social workers and mental health professionals meet new NJ DMAHS state requirements for palliative care training. This pathway provides 12 hours of training with credits for licensure renewal. Verification of attendance certificates will be provided for those seeking additional credits from their licensing boards.

## Pain & Symptom Management

### 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.

### Anxiety

After completing this course, learners will be equipped with evidence-based strategies to identify and treat anxiety in patients living with a serious illness.

### Depression

After completing this course, learners will have the tools to accurately identify and treat depression in patients living with a serious illness.

## Opioid Safety

### Course 8: Problems with Opioid Prescribing: Is it an Opioid Use Disorder?

Learn how to identify and diagnose opioid use disorder (OUD) and practice communicating with patients about OUD and pain management.

# Psychosocial Support

## Supporting the Caregivers of People with Serious Illness

This course offers tools and guidance for assessing and addressing the needs of caregivers of people with serious illness.

## Caring for Caregivers of People Living With Dementia

Learn how to assess caregiver burden and connect caregivers with needed support systems.

# Serious Illness Communication

## Leading a Patient and Caregiver Meeting

Learn to effectively lead meetings that help patients and caregivers become aligned around the patient's goals.

## Clarifying Patient Goals of Care

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

# Advance Care Planning

## Care Planning

Learn techniques to help patients and their caregivers plan for the future, both during the early stages of a serious illness and as a disease progresses.

# Interdisciplinary Teamwork

## 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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