

# Psychiatry and Mental Health Professionals

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This Learning Pathway contains training and tools for psychiatry and mental health professionals to support patients living with serious illness, including having difficult discussions about goals of care and decision-making, identifying symptoms and substance use disorders that impact quality of life, and addressing caregiver burden.

## **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.

## **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.

## **Leading a Patient and Caregiver Meeting**

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

## **Supporting the Family Caregiver: The Burden of Serious Illness**

Assessing and supporting caregivers of people with serious illness.

## **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.

### **Course 4: Prescribing an Opioid**

Learn how to decide on an appropriate opioid, route of delivery, and dose, and understand how to prescribe for incident and breakthrough pain.

### **Course 5: Practice Prescribing an Opioid**

Practice prescribing initial opioid doses for different pain types and characteristics. Learn to adjust dosing as needed to manage pain effectively.

### **Course 6: Creating a Pain Treatment Plan and Monitoring Effectiveness**

Learn to develop a pain treatment plan with realistic goals and proper documentation, and implement universal precautions to help with the risk of opioid use disorder.

### **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.

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