



Palliative Care Always: A Massive Open Online Course For Palliative Care in Oncology Care

Created by Stanford University School of Medicine, Stanford Health Care
and the Vice Provost for Teaching and Learning at Stanford University

Course launch: Monday, April 3rd, 2017

Course Description: Palliative Care Always is a case-based online course designed to introduce the philosophy and practical skills of palliative care—communication, symptom and distress management, and addressing goals of care. The course also explores an interdisciplinary approach to addressing quality of life needs for patients and families living with serious illness. Palliative Care Always features

- Presentations from a variety of Stanford palliative medicine providers;
- Video scenes with a fictional patient living who is living with a cancer diagnosis; and
- Interactive discussion sessions with participants across the globe

Course Objectives:

- Describe the scope and role of palliative care, both primary and specialist
- Describe the components of an interdisciplinary care plan, including assessment and management of physical, psychosocial, and spiritual needs
- Practice basic symptom and distress management and determine when to involve palliative care specialists for extra support
- Describe the issues around transitions in care (e.g. hospice transition), and key needs for patients and caregivers at these times
- Respond to common caregiver needs throughout the care continuum
- Practice effective communication skills with patients, and their families, and other healthcare providers; including responding to emotion, coaching in self-management of symptoms and distress, and discussing goals of care

This course is ideal for

- Health care providers, including:
 - Fellows, residents and medical students
 - Advance practice providers
 - Nursing staff and trainees
 - Social worker and trainees
 - Spiritual care providers
 - Volunteers in home health or hospice care
- Patients and families



Course Structure

The course consists of 12 modules that each (a) address one aspect of palliative care in oncology and (b) build on a foundation of communication skills introduced early in the course.

Modules include:

1. **Reading and reflection** – Media selected to provide context for the module topic and respond to an open-ended prompt through the course discussion board.
2. **Case Study: Scenes with Sarah Foster** – Learn through the story of Sarah Foster, a fictional woman recently diagnosed with colon cancer. Scenes showcase visits with her interdisciplinary care team and related palliative care skills.
3. **Didactic lecture** – Covering basic assessment and management of symptoms and distress as well as the scope of various palliative providers
4. **Care for the Caregiver** – A look at the caregiver experience throughout the trajectory of illness and strategies for responding to caregiver needs
5. **Interactive, face-to-face discussions** – Guided discussions with several of your peers participating in the course. Reflections on the personal experience as well as role-play for skill building.

Length: 12 weeks

Time Requirement: Approx. 3-3.5 hours / week

Course Faculty

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| ▪ Kavitha Ramchandran, MD (director) | ▪ Manuela Kogon, MD |
| ▪ Joshua Fronk, DO | ▪ Lynn Hutton, MSW |
| ▪ Sandy Chan, LCSW | ▪ Analisa Trott, LCSW |
| ▪ Judy Passaglia, APN | ▪ Ellen Brown, MD |
| ▪ Kelly Bugos, MA RN | ▪ Alison Morris, DNP MSN RN OCN CNL |
| ▪ Kim Sickler, CNS | ▪ Mukund Acharya, PhD |
| ▪ Lori Klein, BCC JD MA | |

How to enroll

- Visit palliative.lagunita.stanford.edu
- View the course About page, including a brief video introduction.
- Click "Enroll in PCA3".
- Create a Stanford Online account.
- In your email inbox, click the link in the Stanford Lagunita activation message.
- Ensure Stanford Lagunita emails are not sent to a spam folder.

The course materials will be available beginning on April 3rd, 2017.