The University of Western Ontario  
School of Health Studies  
Health Sciences HS4710a  
Palliative & End of Life Care

Instructor: Cheryl A. Talbot, Lecturer  
E-mail: ctalbot3@uwo.ca  
Office Hours: Immediately after class or by appointment

Lectures:  
Wednesdays 3:30 - 5:30 p.m.  
SH 3315

Tutorials/Seminars:  
Mondays 4:30 - 5:30 p.m.  
HSB 35

Prerequisite Checking

Unless you have either the requisites for this course or written special permission from your Dean to enrol in it, you may be removed from this course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisites.

Please refer to the current Western Academic Calendar at www.westerncalendar.uwo.ca for further details.

Course Information

Students will explore the concept of palliative care within a health sciences/health professions context. They will learn about demographic and population trends, how attitudes and practices related to death and dying have changed over the years, what it means to experience a life-threatening illness in western and other cultures, what palliative care is, how to provide support for terminally ill and bereaved individuals, and how the palliative care system works locally, regionally and nationally. Emphasis will be on an inter-professional approach to palliative care and critical issues affecting the practice of health professionals. Students will also be introduced to palliative care issues from the patient’s/family’s perspectives and explore ethical and legal decisions, challenges and dilemmas at the end of life. Throughout the course, students will have opportunities to interact with recognized experts in the palliative care field. Students will also have many opportunities for critical reflection and discussion.

HS4710 is supported by OWL (https://owl.uwo.ca). All marks and course information will be made available there and no course information or assignments will be handed out in class. Please monitor the announcements menu on the course website for any changes or cancellations in lectures or readings. All grades will be posted on the OWL course website. No grades will be provided by e-mail or telephone.

The course consists of 2 lecture hours and 1 tutorial hour per week. Topics and required readings are as follows:
<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Lecture Topics</th>
<th>Required Readings</th>
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<tbody>
<tr>
<td>1</td>
<td>Sept. 12</td>
<td>Introduction to Death, Dying and Palliative Care in Canadian Society</td>
<td>Chapter 1 &amp; OWL articles</td>
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<tr>
<td>2</td>
<td>Sept. 19</td>
<td>Attitudes Toward Death and Dying</td>
<td>Chapter 2 &amp; OWL articles</td>
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<td>3</td>
<td>Sept. 26</td>
<td>The Influence of Religion, Culture and Age</td>
<td>Chapters 3, 4, 6 &amp; 8 &amp; OWL articles</td>
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<td>4</td>
<td>Oct. 3</td>
<td>Foundational Concepts of Palliative Care</td>
<td>OWL articles</td>
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<td>5</td>
<td>Oct. 10</td>
<td>Frameworks: Legal, Ethical and National Palliative Care Model</td>
<td>Chapter 14 &amp; OWL articles</td>
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<td>6</td>
<td>Oct. 17</td>
<td>MID-TERM EXAM (Covers chapters 1, 2, 3, 4, 6, 8, 14 and all other required reading and lecture material from weeks 1-5)</td>
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<td>7</td>
<td>Oct. 24</td>
<td>Settings of Care: Hospital, Community and Long Term Care</td>
<td>Chapter 11 &amp; OWL articles</td>
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<td>8</td>
<td>Oct. 31</td>
<td>Application of CHPCA Model to Guide Care</td>
<td>Chapter 7 &amp; OWL articles</td>
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<td>9</td>
<td>Nov. 7</td>
<td>Spiritual Care and Meaning Making</td>
<td>Chapter 13 &amp; OWL articles</td>
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<td>10</td>
<td>Nov. 14</td>
<td>After Death Practices</td>
<td>OWL articles</td>
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<td><em>Class will be held in a local funeral home (attendance is optional)</em></td>
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<td>11</td>
<td>Nov. 21</td>
<td>Special Topics</td>
<td>Chapter 9 &amp; OWL articles</td>
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<td>12</td>
<td>Nov. 28</td>
<td>Loss, Grief and Bereavement</td>
<td>Chapters 5, 10 &amp; 12 and OWL articles</td>
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<td>13</td>
<td>Dec. 5</td>
<td>How to Help</td>
<td>Chapters (12), 15 &amp; OWL articles</td>
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<td><strong>FINAL EXAMINATION</strong></td>
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<td><strong>Covers chapters 5, 7, 9, 10, 11, 12, 13, 15 and all other required readings and lecture material presented during weeks 7-13</strong></td>
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*Please note:* On Week 10 the class will be held at a local funeral home provided a funeral is not being held at the facility that day. Previous students who attended this class have provided very positive
feedback about their experiences. The funeral directors will provide insight into the business of organizing funerals, discuss how they handle occupational stress, lead a tour of the facility and answer students’ questions. At no time will students be near the bodies of people being prepared for funerals. The lecturer is cognizant that attendance in a funeral home may provoke anxiety in some students based on their previous life experiences; as a result, attendance at the funeral home is not mandatory. Assigned reading material is testable, but information provided solely by the funeral directors is not.

Learning Perspective:

Student learning is the shared responsibility of both students and faculty. Every attempt will be made to make lectures and tutorials stimulating and motivating using active learning principles. Active student involvement is expected. Students are expected to attend all classes (since some material covered during lectures will not be in the course text) and at least 5 tutorial days (in addition to the one in which their group presents). It is the students’ responsibility to complete the required readings and come to class prepared to discuss the content outlined. Responsibility for note-taking is that of students. If you are having any problems or difficulties with any aspect of the course, please contact the course instructor. Comments, suggestions and constructive feedback are always welcome and appreciated.

Tutorial Details:

Actual, "hands-on" experiences provide invaluable learning opportunities for students. It is however, very difficult to organize internships or practicum visits to palliative care settings. In order to provide students with the next best alternative, small group projects have been organized. The purpose of the tutorials is to provide students with the opportunity to examine a palliative care setting of their choice, critically reflect on the unique benefits and challenges of providing care within this type of health care setting, and to network with, and learn from, health professionals working in palliative care settings.

The weekly 1-hour tutorials constitute a significant part of the course. The purpose of these tutorials is to give students an opportunity to explore and discuss palliative care and end-of-life issues in a small group format. The tutorials also provide a forum for students to share ideas and concerns regarding these issues, as well as receive additional support in a small group environment. Students will be assigned to groups of approximately 4 individuals. Each student group will be required to (a) choose a setting from a list provided by the lecturer within which palliative care is provided, (b) research how palliative care is provided in this setting (including a literature review and site visit), and (c) present their findings to the remainder of the class. Please refer to the Office of Research Ethics website at: http://www.uwo.ca/research/ethics/ for information regarding ethical research involving humans.

Specific details and evaluation criteria for presentations are attached. The length of these presentations will be approximately 25 minutes, including questions/discussion, and peer evaluation. The presentation should include a 1-page handout summarizing the information presented, which will be distributed to all students electronically. It is the students’ responsibility to know which presentation
group they are in and to come prepared to present on the day assigned. Once scheduled, no rescheduling of presentations will be permitted.

Tutorials will begin on September 10, 2011 and students will be able to form groups and sign up for their presentation topic and site at this time. **Student tutorial presentations will begin on October 1st.** Informal feedback will be provided to students immediately following their presentations. Tutorial grades will be posted on OWL at the end of term, upon completion of all presentations.

**Tutorial Process:**

1. Choose 3 other students in the class with whom you would like to work.

2. Choose a palliative care setting to study (have a 2nd choice in the event that your first choice is not available). Examples include, but are not limited to:
   - long-term care settings (specific homes chosen by lecturer)
   - specialized palliative care units (e.g. Parkwood Hospital, London Health Sciences Centre)
   - hospice (e.g. John Gordon Home, Hospice London)
   - paediatric palliative care (Children's Hospital, Regional Cancer Centre)
   - community palliative care (e.g. Community Care Access Centres)
   - homeless shelters

3. Conduct a literature review and synthesize current literature related to the palliative care setting you have selected. Summarize benefits and challenges of working with this particular population in this particular setting. Prepare detailed questions for your site visit.

4. Organize a site visit to the palliative care setting of your choice and interview a health professional working in this setting.

5. Prepare your presentation, including a 1-page summary of the information presented. This will become a resource for your classmates. Forward an electronic copy of this summary to your instructor **no later** than the Friday before your presentation so that it can be posted on OWL prior to your presentation.

   Forward an electronic copy of your presentation to your instructor **no later** than the Sunday before your presentation and be sure to include your references in this submission.

**Please note:** A maximum of 2 groups comprised of 4 students each will be allowed to visit the same palliative care setting to ensure balance and to avoid overloading palliative care sites. It will be a "first come, first served" sign-up process. Once you have decided (a) who you will be working with and (b) which setting you would like to study, you **must** formally sign up on the sheet provided and your choice
must be approved by the Lecturer. This should be done no later than the end of the lecture on Wednesday, September 19, 2012.

Helpful Hints . . .

- don't procrastinate; health professionals in the workforce typically require 2-3 weeks advance notice to free up time in their schedules
- for the most productive site visit, prepare specific and detailed questions in advance of your visit (e.g. What are your greatest challenges? What would you consider your most unique programs? What do you need (or would you like to have) that you don't have?, etc.)

Your site visit should examine palliative care issues in detail (successes & challenges) related to the setting/population you have chosen. If you have any questions regarding what is required, please be sure to speak with your lecturer well in advance of your presentation.

Presentation Content:

I. Introduction (approx. 5 min)
   - Introduce your topic and provide a brief summary of key findings of current literature on the topic you have chosen (e.g. What does existing evidence tell us about palliative care in this population?)
   - brief introduction to the facility/population you have chosen

II. Key Findings From Your Site Visit (10 min)
   - key findings resulting from your interview including policies, programs, services provided to optimize care for individuals with a life-threatening illness, successes (e.g. what is working well to meet the needs of individuals with terminal illnesses, innovative programs, etc.) and challenges & limitations (e.g. what is missing; program, service & resource gaps, etc.)

III. Recommendations (10 min)
   - Provide a number of specific recommendations that are workable & practical to improve care for individuals with terminal illnesses in the setting you have chosen. There should be evidence of reflective, critical and original thinking that engages the complexities of the issues.

Presentation Structure:

The length of each presentation will be approximately 25 minutes including time for questions. The presentation should include a 1-page handout, summarizing the information presented, which will be electronically distributed to all students as a resource. It is the students’ responsibility to know which presentation group they are in and to come prepared to present on the day assigned. Once scheduled, no re-scheduling of presentations will be permitted.
Presentation style is up to each group. Audiovisual equipment varies from room to room. Students are responsible for arranging the equipment required for their presentations (e.g., laptop, projection unit, etc.).

**Please note:** Students will not be penalized for their presentation style (e.g., overhead vs. Powerpoint presentation); content and evidence of critical thinking will form the basis of their grade (please see evaluation criteria).

### Tutorial/Presentation Schedule HS4710a - Fall 2012

**Tutorial Day:** Monday  
**Time:** 4:30-5:30  
**Location:** HSB 35

<table>
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<tr>
<th>Week</th>
<th>Presentation Schedule</th>
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| Week 1: Sept. 10 | *Tutorials begin*  
*Overview of tutorial requirements, grading criteria, examples of presentation topics & format, questions & answers; presentation schedule, group assignment of 4 students/group for a total of 15 groups* |
| Week 2: Sept. 17 | *Sharing of topic ideas; topic selection by groups; selection of dates for presentation; finalization of presentation schedule* |
| Week 3: Sept. 24 | *Flexible time for student group work & site visit* |
| Week 4: Oct. 1 | *Tutorial presentation # 1* |
| Week 5: Oct. 8 | *Thanksgiving Holiday: No tutorials/presentations* |
| Week 6: Oct. 15 | *MID-TERM EXAM WEEK (no tutorials/presentations)* |
| Week 7: Oct. 22 | *Tutorial presentations # 2 & 3* |
| Week 8: Oct. 29 | *Tutorial presentations # 4 & 5* |
| Week 9: Nov. 5 | *Tutorial presentations # 6 & 7* |
| Week 10: Nov. 12 | *Tutorial presentations # 8 & 9* |
| Week 11: Nov. 19 | *Tutorial presentations # 10 & 11* |
## Course Materials

### Required Readings:


B) Weekly readings posted on OWL

### Use of Electronic Devices

Electronic devices such as cell phones must be turned off during class. Laptops may be used for note taking during lectures. Using laptops in class to access MSN, e-mail or the Internet during class time is not permitted. No electronic devices such as cell phones and laptops are permitted during exams.

### Evaluation

**Mid-Term Exam**  
35%

*In class: October 17, 2012, 3:30-5:30 p.m.* Somerville House Room 3315

Covers chapters 1, 2, 3, 4, 6, 8, 14 and all other required readings and lecture materials presented during weeks 1 to 5. Exam format: mixed format [short answer and multiple choice].

Multiple choice questions will emphasize textbook content.

For non-medical absences, a makeup midterm will be provided. This will not be the same as the midterm written during the scheduled exam period and may consist solely of essay questions.

**Tutorials/Presentation**  
20%

If non-medical absence coincides with the scheduled group tutorial presentation, evaluation will be decided on work to date. Alternative arrangements for the actual presentation (if was an intended speaker) and notification of absence to group members is the responsibility of the student.

**Participation**  
10%

a) Attendance on 5 tutorial presentation days in addition to the day of own group’s presentation accounts for 5%
b) One posting (2%) and 3 responses (1% each) to classmates’ postings in the forum of discussions on OWL. Each posting and response must be supported by references from scholarly publications/research, respectful and reflect critical thinking.

**Note:** Students may post new topics or responses as often as they like; however, only their first posting of each week will be graded.

Final Exam 35%

**Date, time & location is to be determined by the Registrar’s Office. Duration 3 hours**

Covers chapters 5, 7, 9, 10, 11, 12, 13, 15 and all other required readings and lecture materials presented during weeks 7 to 13. Exam format: mixed format [short answer and multiple choice]. Multiple choice questions will emphasize textbook content.

**Examination Guidelines:** Available at [http://www.uwo.ca/univsec/handbook/exam/administration.pdf](http://www.uwo.ca/univsec/handbook/exam/administration.pdf)

**Student Tutorial Presentations - Within-Group Peer Evaluation**

Students will be asked to evaluate each of their peer’s participation/contributions to the tutorial presentation project. The information submitted by the group participants will be taken into consideration by the course lecturer when assigning the final tutorial presentation mark for each student. Blank copies of the evaluation forms will be provided by the lecturer on the tutorial days.

**Evaluation criteria:** The individual attended all group meetings for their full duration (unless previously arranged in which case he/she made up for the time lost). The student contributed fully *at the meetings and to the work* (written and otherwise). The individual took initiative in getting the group organized regarding the section(s) for which he/she was team leader and clearly understood the section he/she was leading, as well as the other sections of the project. The individual made a significant contribution to the presentation, worked well with other group members, made clear attempts to foster cohesiveness, and was a reliable and dependable member of the group.

1. Student being evaluated:

   1  2  3  4  5  6

   Met none of the above  Met 20%  Met 40%  Met 60%  Met 80%  Met all of the above requirements

**Student Tutorial Presentations - Lecturer Group Evaluation (20%)**

A sample copy of the marking rubric used by the lecturer when grading group presentations is found below:
Date of Presentation:  

Topic:  

Presenters:  
Evaluator’s Name:  
Signature:  

Please check the box that best describes the various key components of the presentation

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<tr>
<th></th>
<th>Poor</th>
<th>Fair</th>
<th>Good</th>
<th>Very Good</th>
<th>Excellent</th>
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<tr>
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<td>Evidence of Critical Thinking</td>
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<td>(variety of credible information sources used; information relevant to health professionals, etc.)</td>
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Additional Comments:

Please note: expected average is 3-4 (exceptional presentations: 5; weak presentations: <2)
ADDITIONAL STATEMENTS

Student Code of Conduct

The purpose of the Code of Student Conduct is to define the general standard of conduct expected of students registered at The University of Western Ontario, provide examples of behaviour that constitutes a breach of this standard of conduct, provide examples of sanctions that may be imposed, and set out the disciplinary procedures that the University will follow. For more information, visit http://www.uwo.ca/univsec/board/code.pdf.

English Proficiency for the Assignment of Grades


Accommodation for Medical Illness or Non-Medical Absences

http://www.uwo.ca/univsec/handbook/appeals/accommodation_medical.pdf

The University recognizes that a student’s ability to meet his/her academic responsibilities may, on occasion, be impaired by medical illness. Illness may be acute (short term), or it may be chronic (long term), or chronic with acute episodes. The University further recognizes that medical situations are deeply personal and respects the need for privacy and confidentiality in these matters. However, in order to ensure fairness and consistency for all students, academic accommodation for work representing 10% or more of the student’s overall grade in the course shall be granted only in those cases where there is documentation indicating that the student was seriously affected by illness and could not reasonably be expected to meet his/her academic responsibilities.

A UWO Student Medical Certificate (SMC) is required when a student is seeking academic accommodation. This documentation should be obtained at the time of the initial consultation with the physician or walk-in clinic. An SMC can be downloaded under the Medical Documentation heading of the following website: https://studentservices.uwo.ca/secure/index.cfm.

Documentation is required for non-medical absences where the course work missed is more than 10% of the overall grade. Students may contact their Faculty Academic Counselling Office for what documentation is needed.

Whenever possible, students who require academic accommodation should provide notification and documentation in advance of due dates, examinations, etc. Students must follow up with their professors and their Academic Counselling office in a timely manner. Documentation for any request for accommodation shall be submitted, as soon as possible, to the appropriate Academic Counselling Office of the student’s Faculty of registration. For BHSc students, you may go to the School of Health Studies Office in HSB room 222.

Scholastic Offences

Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following website: http://www.uwo.ca/univsec/handbook/appeals/scholastic_discipline_undergrad.pdf.
Additionally,

1. All required papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between The University of Western Ontario and Turnitin.com (http://www.turnitin.com).

2. Computer-marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating.

**Support Services**

There are various support services around campus and these include, but are not limited to:

1. Student Development Centre -- [http://www.sdc.uwo.ca/ssp/](http://www.sdc.uwo.ca/ssp/)
4. Ombudsperson’s Office -- [http://www.uwo.ca/ombuds/](http://www.uwo.ca/ombuds/)