Western University
School of Health Studies
Health Sciences HS4710b
Palliative & End-of-Life Care

Instructor: Kyoko Wada, MD PhD
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Office Room Number: HSB Rm.221
Office Hours: Wednesday 13:15-14:15

Teaching Assistant: Kelsey Dynes kdynes@uwo.ca (office hour by appointment)

Location/Time of Classes: UCC-66 / Wednesday 14:30-16:30

Prerequisite Checking

Unless you have either the requisites for this course or written special permission from your Dean to enroll 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 confirm the prerequisites and/or antirequisites at www.westerncalendar.uwo.ca.

Course Information

This course explores critical issues relevant to a variety of healthcare professionals involved in palliative and end-of-life care from an interdisciplinary perspective. The topics include basic concepts and principles in palliative care, various aspects of death and dying, patients’ decision-making, multidisciplinary approach to symptom control, communication skills for holistic care, palliative care in the Canadian healthcare system including the recent implementation of medical assistance in dying (MAID), and the need for more research-based evidence.

Objectives

Students will be able to understand:
1. basic concepts and principles in palliative and end-of-life care
2. biomedical, psychosocial, and spiritual aspects of death and dying
3. biomedical, psychosocial, and spiritual aspects of symptom control
4. clinical and ethical challenges in palliative and end-of-life care
5. palliative and end-of-life care (including MAID) in the Canadian healthcare system

Course Format

This course employs a blended format which is – compared with lecture-based formats – more dependent on the student’s self-learning before coming to class. The class time will be allotted for
group/class activities aimed at deepening the knowledge gained through preparation for class, and discussing contentious issues in palliative and end-of-life care to promote critical thinking. The instructor will endeavour to enhance the student’s learning by providing relevant materials for each topic as well as facilitating group work and discussions during the class. Students are invited to contribute to the learning community by actively participating in classroom activities, and providing the instructor with suggestions, comments, and constructive feedback. Students are also encouraged to share any relevant material with the class and are asked to forward such material to the instructor at least one week before the related class. The instructor is available to support students with any difficulties or concerns related to the course and welcomes conversations regarding specific learning needs.

**Course Materials**

This course will use part of the following textbook as well as other relevant academic journal articles, government and other websites, and videos. All course materials are available from the Western library system. Students are also encouraged to visit the Useful Websites listed below to enhance their learning. More resources may be posted on OWL.

**Textbook**


**Useful Websites**

- **Canada**
  Canadian Hospice Palliative Care Association [http://www.chpca.net/family-caregivers/faqs.aspx](http://www.chpca.net/family-caregivers/faqs.aspx)
  Quality Palliative Care in Long Term Care [http://www.palliativealliance.ca/](http://www.palliativealliance.ca/)
  National Initiative for the Care of the Elderly [http://www.nicenet.ca/](http://www.nicenet.ca/)
  Cancer Care Ontario [https://www.cancercare.on.ca/](https://www.cancercare.on.ca/)
- **International, etc.**
  International Association for Hospice & Palliative Care [http://hospicecare.com/home/](http://hospicecare.com/home/)
  National Hospice and Palliative Care Association (US) [http://www.nhpco.org/](http://www.nhpco.org/)
  International Observatory on End of Life Care (UK) [http://www.lancaster.ac.uk/fhm/research/ioelc/](http://www.lancaster.ac.uk/fhm/research/ioelc/)

**Evaluation**

25% - Midterm Exam (Feb 15) (Topics 1-5) Multiple choice & Short answer
30% - Final Exam (TBA) (Topics 6-10) Multiple choice & Short answer
30% - Essay* (Due March 22 in class (hard copy) & Turnitin)
15% - Class participation:
   1% Reflection on “death, dying, and palliative care”* (Written in class on January 11)
   9% One paragraph/question on your learning prior to class* (Due every class from Jan 18 (hard copy))
5% Self-Evaluation*(Due April 12, Turnitin)/Observed participation in class activities
*Details will be posted on OWL
- Students will be eligible for a make-up exam in the event that they miss an exam for medical or other extenuating circumstances AND when appropriate supporting documents are presented to an academic counsellor in the School of Health Studies.

- The “essay” and “one paragraph/question” are due at the beginning of class on the due date. “Self-evaluation” is due 9 pm of the due date. Late submission will receive an automatic 15% deduction and a subsequent 10% deduction for every 24 hour period after the due date.

**Course Schedule**

<table>
<thead>
<tr>
<th>Date</th>
<th>Topics &amp; Events</th>
<th>Required Reading and Other Materials</th>
</tr>
</thead>
</table>
| Class 1  | Introduction to HS4710: Concepts & principles in palliative & end-of-life care | Chapter 1 (p1-8)  
Video: Understanding Palliative Care. Available at [http://www.1styoutube.com/watch?v=rH3tn-rIV8E](http://www.1styoutube.com/watch?v=rH3tn-rIV8E)  
Optional  
Canadian Hospice Palliative Care Association FAQs. Available at [http://www.chpca.net/family-caregivers/faqs.aspx](http://www.chpca.net/family-caregivers/faqs.aspx) |
| Jan 11   | REFLECTION (in-class)                                                           |                                                                                                      |
| Class 2  | Palliative & end-of-life care in Canada 1 – Current practice and challenges     | Canadian Hospice Palliative Care Association (2016). CHPCA Fact Sheet - Hospice Palliative Care in Canada (Skip sections “Advance care planning” & “Research”). Available at [http://www.chpca.net/media/481407/Fact_Sheet_HPC_in_Canada_Fall_2016-EN.pdf](http://www.chpca.net/media/481407/Fact_Sheet_HPC_in_Canada_Fall_2016-EN.pdf)  
Optional  
| Jan 18   |                                                                                   |                                                                                                      |
| Class 3  | Death & dying: Physical and psychosocial aspects                                | Chapter 21 (p295-305)  
Video: “End of life care killed my father” - BBC News. Available at [https://www.youtube.com/watch?v=3bnZnmRSaUM](https://www.youtube.com/watch?v=3bnZnmRSaUM) |
| Jan 25   |                                                                                   |                                                                                                      |
| Class 4  | Death, bereavement & spirituality: Patient and family care                     | Chapters 7 & 24 (p356-359)  
**Optional**  
Bereavement Ontario Network  
[http://bereavementontarionetwork.ca/](http://bereavementontarionetwork.ca/)  
Canadian Cancer Society  
<p>| Feb 1    |                                                                                   |                                                                                                      |</p>
<table>
<thead>
<tr>
<th>Class</th>
<th>Date</th>
<th>Topic</th>
<th>Chapter/Reference</th>
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<tbody>
<tr>
<td>Feb 15</td>
<td>MID-TERM EXAM</td>
<td></td>
<td>Covers Classes 1-5</td>
</tr>
<tr>
<td>NO CLASS</td>
<td>Feb 22</td>
<td>Reading Week</td>
<td></td>
</tr>
<tr>
<td>Class 6</td>
<td>Mar 1</td>
<td>Multidisciplinary approach to symptom control: Pain as an example</td>
<td>Chapter 9 (p.109-122)</td>
</tr>
<tr>
<td>NO CLASS</td>
<td>Mar 15</td>
<td>Individual Work</td>
<td></td>
</tr>
</tbody>
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Optional  
**ESSAY DUE**  

date: Mar 22  

topic: Palliative & end-of-life care in Canada 2 - Medical assistance in dying (MAID)  

Optional  
| Class 9 | Communication skills for holistic care | Chapter 6 & Chapter 24 (p359-362)  
Videos:  
Diane E. Meier. The Human Connection of Palliative Care: Ten Steps for What to Say and Do. Available at [https://www.youtube.com/watch?v=7kQ3PUyhmPQ](https://www.youtube.com/watch?v=7kQ3PUyhmPQ)  
University of Arkansas for Medical Sciences (UAMC). Breaking Bad News (SPIKES). Available at [https://www.youtube.com/watch?v=Eq2tE7Dj6kU](https://www.youtube.com/watch?v=Eq2tE7Dj6kU)  
Pallium Canada. Maintaining Hope in Advanced Illness. Available at [https://www.youtube.com/watch?v=sxLmMXbiong](https://www.youtube.com/watch?v=sxLmMXbiong) |  

date: Mar 29  

topic: Communication skills for holistic care  

title: Chapter 6 & Chapter 24 (p359-362)  
Videos:  
Diane E. Meier. The Human Connection of Palliative Care: Ten Steps for What to Say and Do. Available at [https://www.youtube.com/watch?v=7kQ3PUyhmPQ](https://www.youtube.com/watch?v=7kQ3PUyhmPQ)  
University of Arkansas for Medical Sciences (UAMC). Breaking Bad News (SPIKES). Available at [https://www.youtube.com/watch?v=Eq2tE7Dj6kU](https://www.youtube.com/watch?v=Eq2tE7Dj6kU)  
Pallium Canada. Maintaining Hope in Advanced Illness. Available at [https://www.youtube.com/watch?v=sxLmMXbiong](https://www.youtube.com/watch?v=sxLmMXbiong). |
| Class 10 | Research for evidence-based palliative & end-of-life care: Challenges and future directions | Canadian Hospice Palliative Care Association (2016). CHPCA Fact Sheet - Hospice Palliative Care in Canada. (p.6) Available at [http://www.chpca.net/media/481407/Fact_Sheet_HPC_in_Canada_Fall_2016_EN.pdf](http://www.chpca.net/media/481407/Fact_Sheet_HPC_in_Canada_Fall_2016_EN.pdf)  

date: Apr 5  

topic: Research for evidence-based palliative & end-of-life care: Challenges and future directions  

title: Canadian Hospice Palliative Care Association (2016). CHPCA Fact Sheet - Hospice Palliative Care in Canada. (p.6) Available at [http://www.chpca.net/media/481407/Fact_Sheet_HPC_in_Canada_Fall_2016_EN.pdf](http://www.chpca.net/media/481407/Fact_Sheet_HPC_in_Canada_Fall_2016_EN.pdf)  
General Course Policies and Procedures

Rounding of Grades

These practices will not occur in this course. The edges of this course are clear and sharp. The mark attained is the mark you achieved and the mark assigned; there is no rounding to the next grade level, and there is no re-weighting of assignments. Please do not ask me to do this for you. It degrades my experience as your professor and your experience as a student. We both have an appreciation of high standards.

Course Website (OWL Sakai)

All students in this course need to use OWL to access resources used in this course. Students are responsible to check the OWL site regularly for this course for updates and announcements. Additionally, due to changes in privacy legislation, grades will only be provided to you through the course website – I will not, under any circumstance, convey grades via email or over the phone.

OWL is an electronic shared space that will be used frequently throughout the course for a variety of purposes. Please interact respectfully on this shared e-space. The privilege of contributing to the site can be revoked if deemed necessary.

Please contact Instructional Technology Services (ITS) for difficulties in accessing OWL Sakai at (519) 661-3800, or https://webapps.uwo.ca/helpdesk/home?

Electronic Communication through OWL “Messages”; NOT other email systems

The TA and instructor are happy to interact with students via OWL “Messages”. The TA and instructor will check the Messages once a day. The student’s message must have a clear subject line and be limited to administrative matters. Content related questions are typically not answered through Messages as they should rather be asked in class. When individual consultation is necessary for content or other complex issues, students are expected to book an appointment with the TA or instructor through the OWL Messages. Emails sent through other email systems will NOT be answered.

Lecture Attendance

Students are expected to: (i) attend all classes; and (ii) participate actively in each class through informed discussions.

Use of Cellphones During Class

The use of cell phones is prohibited during lectures for any reason including taking pictures of the instructor or lecture material. Please ensure that all cellphones or other communication devices are turned off or have their ringers silenced during lectures. Students may be asked to turn off such equipment or to leave the classroom if their activities are disruptive to the instructor and/or other students.
Use of Laptops During Class

The use of laptops is permitted for use in the classroom for note-taking purposes only. Students may be asked to close laptops or to leave the classroom if their activities are disruptive to the instructor and/or other students.

Use of Recording Devices and Cameras During Class

Students do not have my permission to make audio or video recordings of lectures, or to take pictures of lecture material.

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/pdf/board/code.pdf.

English Proficiency for the Assignment of Grades

Visit the website http://www.uwo.ca/univsec/pdf/academic_policies/exam/english.pdf

Accommodation for Medical Illness or Non-Medical Absences

http://www.westerncalendar.uwo.ca/2016/pg117.html

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 where 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: http://www.uwo.ca/univsec/pdf/academic_policies/appeals/medicalform.pdf

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/pdf/academic_policies/appeals/scholastic_discipline_undergrad.pdf](http://www.uwo.ca/univsec/pdf/academic_policies/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](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/](http://www.sdc.uwo.ca/)
2. Student Health – [http://www.uwo.ca/health/services/students/index.html](http://www.uwo.ca/health/services/students/index.html)

Further, the topic of death and dying can often evoke strong personal convictions and engage difficult memories. This may illicit strong emotions and students are encouraged to treat their peers with respect and kindness. The nature of the classroom is not conducive to any assurance of confidentiality, and students are reminded to be cognizant of this when sharing personal information. Likewise, the instructor will make every effort to maintain the confidentiality of personal information shared in submitted assignments unless disclosure is otherwise required by law or university policies.

- Students emotionally triggered by course materials are encouraged to seek out the support of university mental health support services. A list of available mental health resources at Western are listed at: [http://uwo.ca/health/mental_wellbeing/resources.html](http://uwo.ca/health/mental_wellbeing/resources.html)