

2019 compared to 2020 PCC4U websites: detailed summary

Summary of updates:

- Core Modules updated in line with current evidence and referenced
- Minor updates to Focus Topics
- All case study videos uploaded to YouTube and accessible via links in learning modules
- New Implementation Guide, Student workbooks and Curriculum blueprint will be developed and released in February 2020 (PDF) and June 2020 (Hard copy)
- 2019 PCC4U website www.pcc4u.org will be in teach-out mode in 2020.

Contact the PCC4U team if you have any questions or require assistance with implementation of the 2020 PCC4U learning resources pcc4u@qut.edu.au

Module	2019 PCC4U Website	2020 PCC4U Website	Update summary
MODULE 1	<p>Module 1: Principles of palliative care</p> <p>Overview MODULE 1: Principles of palliative care will help you develop the knowledge and skills needed to provide quality care, across various health care settings, to people with life-limiting illnesses and their families.</p> <p>Aims & objectives You'll develop an understanding of the social and personal experiences of people with life-limiting illnesses and their families. This module will also cover the core principles of palliative care.</p> <p>After completing this module, you should be able to:</p> <ul style="list-style-type: none"> • analyse the impact historical trends have on community perceptions about death, dying and bereavement in contemporary society • recognise how your own values and beliefs about death and dying affect your responses 	<p>Module 1: Principles of palliative care</p> <p>Overview Module 1: Principles of palliative care will help you develop the knowledge and skills needed to provide quality care to people affected by life-limiting illness (which includes those people with a life-limiting illness, their families and carers). Through personal reflection you will also examine how your own values and beliefs about dying and death affect your responses and interactions with people affected by life-limiting illness.</p> <p>Aims and objectives You'll develop an understanding of the social and personal experiences of people with life-limiting illnesses and their families. This module will also cover the core principles of palliative care.</p> <p>After completing this, module you should be able to:</p> <ul style="list-style-type: none"> • Analyse the factors that influence contemporary community perceptions about dying, death and bereavement 	

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	<p>and interactions with people with life-limiting illnesses and their families</p> <ul style="list-style-type: none"> describe the core principles of palliative care. 	<ul style="list-style-type: none"> Recognise how your personal values and beliefs about dying and death influence your responses and interactions with people affected by life-limiting illness Describe the core principles of palliative care Explore factors which inform decisions about who would benefit from palliative care and when palliative care is needed. 	
	1. Principles of palliative care	Section 1: Dying and death in contemporary society	
	Activity 1: Factors influencing death & dying	Activity 1: Dying and death in 21st century Australia	Updated statistics Updated Thinking Points
	Activity 2: Individual factors influencing death & dying	Activity 2: Individual factors influencing dying and death	
	Activity 3: Cultural factors influencing death & dying	Activity 3: Diverse experiences of dying and death	Increased content to reflect the broad range of factors which influence experience of dying and death. Updated information on cultural safety and its application to palliative care. Profession-specific resource links on culturally appropriate care. Updated Thinking Points
		Activity 4: Indigenous Australians	New section on Indigenous Australians and specific considerations related to care of people and families affected by life-limiting illnesses.
	Activity 4: William's story	Activity 5: William's Story William's story - Introduction	
	2. Caring for people with life-limiting illnesses	Section 2: Caring for people with life-limiting illnesses	
		Activity 6: What is palliative care?	New content to develop student understanding of palliative care as aligned to the WHO approach and Palliative Care Australia definitions.
	Activity 5: Assessing people's needs Activity 8: Who needs palliative care?	Activity 7: Who needs palliative care?	Content related to disease trajectories moved from 2019 PCC4U Module 3.

l to 2020 PCC4U website – detailed summary V1 February 2020

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			Inclusion of screening tools. Updated Thinking Points.
	Activity 6: Understanding quality of life Activity 9: William - One year later	Activity 8: Understanding people's needs William's Story - One year later	Increased content highlighting assessment tools.
		Activity 9: Personalising palliative care	New content to summarise palliative care provision based on needs of individual.
		Activity 10: Advance care planning	New content to highlight the importance of this as a routine part of clinical care. Additional resources and links regarding advance care planning. Thinking Points to encourage reflection on advance care planning in relation to William's story.
	Activity 10: William's illness progresses	Activity 11: William's illness progresses William's Story - William's illness progresses	
	Activity 7: Ethical issues & end of life	Activity 12: Legal and ethical issues and end-of-life	Expanded content with summary of End of Life Law website resources. Updated Thinking Points.
	3. Standards for providing palliative care	Section 3: Ensuring quality palliative care	
	Activity 11: Palliative Care Australia's Standards	Activity 13: Quality palliative care in Australia	Update content in line with new National Palliative Care Strategy (2018) and National Palliative Care Standards (2018). Highlights alignment to other health service standards. Updated Thinking Points.
		Activity 14: Evidence-based palliative care Expert opinion: The importance of evidence in palliative care	Content moved from 2019 PCC4U Module 3 (Activity 7: Palliative Interventions)
	4. Reflections on what you've learnt	Section 4: Reflections on what you've learnt	Added reflection on Module 1 learning objectives.
MODULE 2	Module 2: Communicating with people with life-limiting illnesses Overview MODULE 2: Communicating with people with life-limiting illnesses will help you develop your skills	Module 2: Communicating with people affected by life-limiting illness Overview	

l to 2020 PCC4U website – detailed summary V1 February 2020

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	<p>in communicating with people with life-limiting illnesses and their families.</p> <p>Aims & objectives</p> <p>After completing this module, you should be able to:</p> <ul style="list-style-type: none"> demonstrate the principles of effective communication when interacting with people with life-limiting illnesses and their families identify sources of psychological, social and spiritual support for people with life-limiting illnesses and their families recognise how your own values and beliefs about death and dying affect your personal responses and interactions with people with life-limiting illnesses and their families. 	<p>Module 2: Communicating with people affected by life-limiting illness will help you develop your communication skills with people in this area.</p> <p>Aims and objectives</p> <p>After completing this module, you should be able to:</p> <ul style="list-style-type: none"> Identify sources of psychological, social and spiritual support for people affected by life-limiting illness Recognise how your personal values and beliefs about dying and death affect your personal responses and interactions with people affected by life-limiting illness Identify resources that can support your communication with a person affected by a life-limiting illness Demonstrate the principles of effective communication when interacting with people affected by life-limiting illness Explore the role of self-care for healthcare professionals who are supporting people affected by life-limiting illness. 	
	1. The experience of being diagnosed with a life-limiting illness	Section 1: The experience of being diagnosed with a life-limiting illness	
	Activity 1: The challenges faced	Activity 1: The challenges faced	
	Activity 2: Michelle's story	Activity 2: Michelle's story Michelle's story – Introduction	Updated Thinking Points
	2. Supportive communication	Section 2: Supportive communication	
	Activity 3: Communication principles Expert Opinion – Michelle A3 Expert Opinion Activity 4: Receiving distressing news	Activity 3: Providing supportive communication in palliative care Michelle's Story - Receiving distressing news	Increased content exploring role of supportive communication in palliative care. Explored through Michelle's story.
		Activity 4: Communication principles	The SPIKES communication framework added in addition to PREPARED Updated Thinking Points

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		Activity 5: The need for effective communication Expert Opinion General Practitioner – Communication in palliative care Expert Opinion Difficult conversations: Communication in paediatric palliative care	Experts reflect on the need for effective communication. New expert opinion focusing on difficult conversations in paediatric setting
	Activity 5: Understanding palliative treatment Activity 6: Michelle’s illness progresses	Activity 6: Communicating among health professionals and between services Michelle’s Story - Understanding palliative treatment	New content highlighting the role of communication between health service providers. Existing video of Michelle attending radiation therapy used to explore care provision and coordination considerations.
		Activity 7: Introducing specialist palliative care Michelle’s Story - Michelle’s illness progresses	New content to highlight additional communication considerations when a person is referred to palliative care.
	3. Communicating with children	Section 3: Communicating with children	
	Activity 7: How to communicate with children Activity 8: Raising concerns	Activity 8: How to communicate with children Michelle’s Story - Raising concerns	Updated content. Added suggested conversation scripts. New content on memory making activities.
	4. Providing person-centred support	Section 4: Providing person-centred support	
	Activity 9: Understanding sources of distress Activity 10: Responding to losses	Activity 9: Understanding sources of distress Activity 10: Responding to loss Michelle’s Story - Responding to losses	Updated content on Patient Dignity Inventory. Updated Thinking Points.
	5. The spiritual dimension of care	Section 5: The spiritual dimension of care	Updated objectives: <ul style="list-style-type: none"> • Explore the role of spiritual needs in palliative care • Examine the principles of spiritual assessment.
	Activity 11: Understanding spiritual needs Activity 12: Spiritual conversations	Activity 11: Understanding spiritual needs Activity 12: Spiritual Conversations Michelle’s Story - Spiritual conversations	Updated content. Updated content.
	6. Support for people at the end stages of life	Section 6: Support for people at the end stages of life	
	Activity 13: End-of-life concerns	Activity 13: End-of-life concerns	Increased information on recognising the terminal phase.

l to 2020 PCC4U website – detailed summary V1 February 2020

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	Activity 14: Preparing for Michelle's death	Activity 14: Preparing for Michele's death Michelle's Story - Preparing for Michelle's death	
	7. Self-care for health care professionals	Section 7: Self-care for health care professionals	Updated objectives <ul style="list-style-type: none"> • The importance of self-care • The impact of unprocessed grief and loss on professional practice • The symptoms of burnout, moral distress and compassion fatigue • Strategies to manage the challenges that arise from interacting with people affected by life-limiting illnesses
		Activity 15: Impact of caring	Increased information on burnout, moral distress and compassion fatigue. Additional resources – Professional Quality of Life Measure (ProQoI5) link and updated Thinking Point.
	Activity 15: Adopting self-care strategies Expert opinion 1 Expert opinion 2	Activity 16: Adopting self-care strategies PCC4U Expert Opinion Palliative Care Specialist discussing self-care	Increased information on evidence-based strategies for personal self-care
		Activity 17: Reflective practice PCC4U Expert Opinion Reflective practice	Expanded information on reflective practice
	8. Reflections on what you've learnt	Section 8: Reflections on what you have learnt	Added reflection on Module 2 learning objectives.
MODULE 3	Module 3: Palliative assessment & intervention Overview MODULE 3: Palliative assessment and intervention will help you develop the knowledge and skills needed to identify the health needs of people with life-limiting illnesses. The resource will also help you develop your understanding of the principles for managing common clinical problems in palliative care. Aims & objectives	Module 3: Assessing and managing symptoms Overview Module 3: Assessing and Managing Symptoms will help you develop the knowledge and skills required to identify the health needs of people affected by life-limiting illness. This resource will also help to develop an understanding of the principles for managing common symptoms in palliative care. Aims and objectives	

Updated to 2020 PCC4U website – detailed summary V1 February 2020

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	After completing this module, you should be able to: <ul style="list-style-type: none"> describe the epidemiological and clinical features along the illness trajectories of specific life-limiting illnesses explain the principles for assessing common symptoms and health problems associated with life-limiting illnesses explain the principles for management of common symptoms and health problems associated with life-limiting illnesses.	After completing this module, you should be able to: <ul style="list-style-type: none"> Explain the principles for assessing and managing common symptoms and health concerns associated with life-limiting illness Summarise evidence-based pain assessment and management strategies relevant to your discipline. 	
	1: Illness trajectory	Section 1: Palliative care symptoms	
	Activity 1: Life-limiting illnesses	Activity 1: Life-limiting illnesses	Revision of illness trajectory content from 2020 PCC4U Module 1. Application of understanding of illness trajectories to symptom management.
	Activity 2: Herbert's story	Activity 2: Understanding symptoms in palliative care Herbert's story - Introduction	New content. Summary of common symptoms and factors influencing their experience in palliative care.
	2: Common symptoms	Section 2: Principles of assessment	
	Activity 3: Symptom Assessment	Activity 3: Principles of assessment Expert Opinion – Palliative Care Specialist discusses palliative assessment	Updated content
	Activity 6: Assessment tools	Activity 4: Assessment tools	New content exploring need for validated tools and highlighting PCOC assessment tools. Updated Thinking Points.
	Activity 4: Six months later Activity 5: Expert opinion	Activity 5: Symptom assessment Herbert's Story - Six months later	
	3: Symptom management	Section 3: Evidence-based symptom management	
	Activity 7: Palliative interventions Professor David Currow talks about the importance of evidence in palliative care (WMV, 27.8mb)	Activity 6: Principles of palliative symptom management	Links to CareSearch website resources.
	Activity 8: His illness progresses	Activity 7: Herbert's illness progresses	

l to 2020 PCC4U website – detailed summary V1 February 2020

Module	2019 PCC4U Website	2020 PCC4U Website	Update summary
		Herbert's Story - His Illness progresses	
	Activity 9: Expert opinion	Activity 8: Expert opinion Expert opinion – Palliative Care Specialist discusses palliative symptom management	
		Section 4: Applying symptom assessment and management – Pain	New section for students to apply understanding of symptom assessment and management in the context of the symptom pain. At the end of this section, you should be able to: <ul style="list-style-type: none"> • Describe the impact of pain on people with life-limiting illnesses • Apply evidence-based palliative care assessment and management strategies to pain
		Activity 9: Assessing and managing pain in palliative care Bassam's Story	New content: Overview of pain assessment and management Supporting self-management Pharmacological approaches Non-pharmacological approaches Content explored through "Bassam's story" New Thinking Points.
	4: Reflections	Section 5: Reflections on what you have learnt	Added reflection on Module 3 learning objectives.
MODULE 4	Module 4: Optimising function in palliative care Overview MODULE 4: Optimising function in palliative care will help you develop your understanding of how to provide support for people with life-limiting illnesses and their families. In particular, it focuses on issues of loss, establishing goals of care, and understanding the effect of caregiving. Aims & objectives After completing this module, you should be able to:	Module 4: Optimising function in palliative care Overview Module 4: Optimising function in palliative care will help you develop your understanding of how to provide support for people affected by life-limiting illness to live as fully as possible, for as long as possible. In particular, it focuses on issues of loss, establishing goals of care and understanding the effect of caregiving. Aims and objectives After completing this module, you should be able to:	

l to 2020 PCC4U website – detailed summary V1 February 2020

Module	2019 PCC4U Website	2020 PCC4U Website	Update summary
	<ul style="list-style-type: none"> recognise the different responses and emotions of people living with life-limiting illnesses and their families discuss strategies for facilitating collaborative decision-making on care goals with people with life-limiting illnesses and their families identify interventions that will optimise physical, psychological and social function for people with life-limiting illnesses and their families analyse the effect of caregiving on the family networks of people with life-limiting illnesses <p>recognise how your own values and beliefs about death and dying affect your responses and interactions with people with life-limiting illnesses and their families.</p>	<ul style="list-style-type: none"> Recognise the different responses and emotions of people affected by life-limiting illnesses Discuss strategies for facilitating collaborative decision-making on care goals with people with life-limiting illnesses and their families Identify interventions that will optimise physical, psychological and social function for people with life-limiting illnesses and their families Analyse the effect of caregiving on the networks of people who support people with life-limiting illnesses. 	
	1. Living with a life-limiting illness - experiencing loss	Section 1: Living with a life-limiting illness – experiencing loss	
	Activity 1: Responses to loss	Activity 1: Responses to losses	Updated and expanded content
	Activity 2: Bob’s story	Activity 2: Bob’s Story Bob's story - Introduction	
	2: Goals of care and Advance Care Planning	Section 2: Goals of care	Updated objectives: <ul style="list-style-type: none"> Learn about the importance of individual goals of care Learn about how advance care planning can support a person communicate their goals of care when they lose capacity
	Activity 3: Establishing goals of care	Activity 3: Goals of Care	Expanded content on the process for establishing goals of care to include documentation and palliative care plans.
	Activity 4: Three months later	Activity 4: Bob’s story: three months later Bob’s Story - Three months later	

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		Activity 5: The role of family meetings and goals of care	Updated and expanded content on family meetings moved from 2019 PCC4U Module 4 Activity 3.
	Activity 5: Advance care planning	Activity 6: Advance care planning and goals of care	Updated and expanded content. Builds on 2020 PCC4U Module 1 Activity 10: Advance care planning. Additional resources and links included.
	3. Optimising physical and social function	Section 3: Optimising physical and social function	
	Activity 6: Assessing & maintaining function	Activity 7: Assessing and maintaining function RUG-ADL and AKPS Functional Assessment Tools	Updated and expanded content to include PCOC assessment tools. Updated Thinking Points
	Activity 7: Exploration	Activity 8: Role of allied health professionals in supporting function Bob's Story: Exploration	New content on role of allied health in palliative care.
	4: Understanding the impact of caregiving	Section 4: Supporting communities and carers	Updated objectives
		Activity 9: Optimising community care Bill's Story	New content to highlight the shift to a public health approach to palliative care. Link to video Bill's Story
	Activity 8: Caregiver needs Activity 9: His illness progresses	Activity 10: Caregiver needs Bob's Story: His illness progresses	Updated and expanded content. Updated Thinking Points.
	Activity 10: Bereavement	Activity 11: Bereavement	Updated content, expanded content on prolonged grief disorder.
	5: Reflections	Section 5: Reflection on what you have learnt	Added reflection on Module 4 learning objectives.