



## Jamaica Cancer Care & Research Institute

# JACCRI REGIONAL TRAINING WORKSHOP IN PALLIATIVE MEDICINE: MODULE II

November 12-15, 2018

The Exhibition Room, Faculty of Medical Sciences (FMS)  
University of the West Indies, Mona, Kingston, Jamaica

### Day 1

- **Palliative Care: Principles & Practice**
- **Opioids & Pain Management**
- **Communication Skills**
  - Breaking Bad News
  - Supporting the Patient
  - Role Play

### Day 2

- **Non-Pain Symptom Management**
  - Nausea & Vomiting
  - Constipation
  - Dyspnea
  - Fatigue & Cachexia
- **Medicinal Cannabis**
- **Ethics in Palliative Care**

### Day 3

- **Advanced Pain Management**
  - Opioids other than Morphine
  - Neuropathic Pain
  - Management
- **Resiliency & Burnout**
- **Grief**
- **Advanced Communication Skills**
  - Giving Serious News
  - Responding to Emotion
  - Dealing with Ambivalence

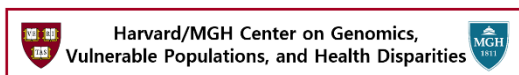
### Day 4

- **Tools for Assessing Spirituality**
- **Non-Cancer Palliative Care**
- **Pediatric Palliative Care**
- **Advocacy & Truth Telling**
- **Conducting Family Meetings**
- **Research Methods in Palliative Care**

**Faculty Instructors:** Dingle Spence, MD; Alexandra Shields, PhD; Mark Stoltenberg, MD, MA; Natalie Sharpe, MD; Bethany-Rose Daubman, MD; Rev. Dorothy Grant, Chaplain; Robert Thomas, MD

**Guest Lecturers:** Gilly Burn, RGN; Lindsay Crack, MD; Lester Orville Shields, PhD; Natalie Greaves, MD

**For further information about this or future JACCRI events:** Please contact Dr. Robert Thomas, Project Manager.  
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## AGENDA (Days 1-2)

### Monday, November 12

8:00am – 8:45am	Registration and Coffee (RT)
8:45am – 9:00am	Welcome: Overview of JACCRI and the Course: Introduction of Faculty (DS, AS)
9:00am – 9:45am	What is Palliative Care? Definition, Principles, and Models (MS)
9:45am – 10:30am	Opioid Myths, Truths, and Barriers (BR)
10:30am – 10:45am	COFFEE BREAK
10:45am – 11:45am	Principles of Pain: Assessment (BR)
11:45am – 12:00pm	Morning Wrap Up & Group pictures (RT)
12:00pm – 1:00pm	LUNCH
1:00pm – 2:00pm	Principles of Pain: Management Basics (BR)
2:00pm – 3:00pm	Small Group Discussion: Opiophobia & Pain Management (BR, RT, DS, MS)
3:00pm – 3:20pm	Communication Skills I: Breaking Bad News (MS)
3:20pm – 3:40pm	Communication Skills II: Supporting the Patient (DG)
3:40pm – 4:00pm	BREAK
4:00pm – 4:50 pm	Role Play: Breaking Bad News & Providing Support (MS, DS)
4:50pm – 5:00pm	Closing Remarks / Conclusion of Day One (DS)

### Tuesday, November 13

8:30am – 9:15am	Symptom Management I: Dyspnea (MS)
9:15am – 10:00am	Symptom Management II: Nausea, Vomiting, and Constipation (BR)
10:00am – 10:30am	Small Group Cases: Symptom Management (MS, RT, DS, BR)
10:30am – 10:45am	COFFEE BREAK
10:45am – 11:15am	Symptom Management III: Fatigue and Cachexia (NS)
11:15am – 12:15pm	Medicinal Cannabis in Palliative Care (DS)
12:15pm – 1:15pm	LUNCH
1:15pm – 2:30pm	Ethics in Palliative Care (MS)
2:30pm – 3:15pm	Small Group Discussion: Difficult Ethical Cases (MS, RT, DS, BR)
3:15pm – 3:30pm	BREAK
3:30pm – 4:30 pm	Role Play: Navigating Ethical Challenges (MS)



## AGENDA (Days 3-4)

### Wednesday, November 14

8:30am – 9:30am	Advanced Pain Management (MS)
9:30am – 10:00am	Neuropathic Pain (BR)
10:00am – 11:00am	Small Group Cases: Advanced Pain (MS, RT, DS, BR)
11:00am – 11:15am	COFFEE BREAK
11:15am – 11:45am	Resiliency and Burnout (DS)
11:45am – 12:30pm	Grief: Clinical Presence (LS)
12:30pm – 1:30pm	LUNCH
1:30pm – 2:15pm	Talking about Serious News (MS)
2:15pm – 3:00pm	Responding to Emotion (BR)
3:00pm – 3:30pm	Large Group Role Play: Responding to Emotion (BR, DS, MS)
3:30pm – 3:45pm	BREAK
3:45pm – 4:15pm	Dealing with Ambivalence (MS)
4:15pm – 5:00pm	Small Group Role Play: Dealing with Ambivalence (MS, RT, DS, BR)

### Thursday, November 15

8:30am – 9:15am	Tools for Assessing Spirituality (AS, DG)
9:15am – 9:45am	Case Studies in Spiritual Care (DG)
9:45am – 10:30am	Small Group Practice: Taking a Spiritual History (DG)
10:30am – 10:45am	COFFEE BREAK
10:45am – 11:30pm	Non-Cancer Palliative Care (MS)
11:30am – 12:15pm	Pediatric Palliative Care (LC)
12:15pm – 1:15pm	LUNCH
1:15pm – 2:00pm	Communicating Choice: Advocacy and Truth Telling (GB)
2:00pm – 2:45pm	Conducting Family Meetings (MS)
2:45pm – 3:15pm	Qualitative Methods and their Usefulness in Palliative Care Research (NG)
3:15pm – 3:30pm	BREAK
3:30pm – 4:30pm	Panel Discussion: Palliative Care in the Caribbean: Building a Local Palliative Care Community (MS, NS, NG, DS)
4:30pm – 4:45pm	Post-Conference Survey
4:45pm – 5:00pm	Concluding Ceremony and Certificates