Nordic Specialist Course in Palliative Medicine

The 7th Nordic Specialist Course in Palliative Medicine 2015-2017
Module 3 in Malmö, Sweden, 11 – 15 April, 2016

Dear Colleagues,

The 3rd module will be at the Radisson BLU hotel in Malmö www.radissonblu.com/en/hotel-
malmo Lunch and coffees are included in the fee and will be served here. **If you want vegetarian or any other special lunch, please send us an email.**

Please make your reservation for accommodation as soon as possible. We have made reservations at the Radisson BLU hotel for you until the 10th of March, but you are free to choose any other accommodation (see http://www.malmotown.com/en/ ). You can book one of the reserved rooms by sending an email to: a.petersson@radissonblu.com Please state your name, date of arrival and departure, how you want to pay, the code: 160410 PALL and credit card number with expiring date. **Cancellation policy:** Individual rooms can be cancelled latest 21 days prior to arrival, free of charge.

**Travel**

You have to arrange your own travel to and from Malmö. **If you are flying** to Copenhagen Airport, you can take the train directly to the Malmö Central station. The train leaves every 20 min and will reach Malmö in 21 min. DON’T FORGET YOUR PASSPORT! (ID border controls nowadays) The venue is located within 5 min walking distance from the railway station. See www.radissonblu.com/en/hotel-malmo/map

**If you are flying** to Malmö Airport/Sturup, you can take the bus to the Malmö Central station.

**Program**

The course will start at 9 am on Monday, April 11. We will usually finish the days at about 5 pm and on Friday at 2 pm.

Annika, Marlene and I are planning a social program on Tuesday (Lund’s cathedral), Wednesday (Hot yoga) and Thursday (Turning Torso in Malmö).

**Welcome!**

Carl-Magnus Edenbrandt
Docent, FRCP (Edin), Specialist in palliative medicine
carl-magnus.edenbrandt@med.lu.se
Nordic Specialist Course in Palliative Medicine

ETHICS, Monday 11th of April.

Invited speaker:
Axel Carlberg works as researcher in ethics at the Faculty of Medicine, Lund University. He is also contracted regularly by the European Commission (DG XII) as expert reviewer and evaluator of research projects within the Seventh Framework Program. In addition, he works as a retained executive certified coach and consultant specialized in organizational culture, health care ethics and leadership issues.

Aim: To use the principles of medical ethics in relation to palliative medicine.

Topics: Theories of human nature. Methods in ethics. Values and norms in palliative medicine. The issues of stopping treatment with curative intent. Involvement of patients and relatives in decision making. How to weight and assess benefits and burdens of treatment and clinical decisions. Evaluate decisions involved in resource allocation. How to decide for the incompetent patient.

Format: Lecture and group work.

Literature:

Suggested reading

Program
09.00 – 09.15 Introduction Carl-Magnus Edenbrandt and Åsa Petersson (Radisson BLU)
09.15 – 09.30 Check-in
09.30 – 10.15 Value exercises Axel Carlberg
10.15 – 10.45 Coffee break
10.45 – 12.00 Ethics in general
12.00 – 13.00 Lunch
13.00 – 14.00 Case studies
14.00 – 15.00 Physician ethics, including virtues
15.00 – 15.30 Coffee break
15.30 – 16.30 Medical anthropology
16.30 – 17.00 Check-out
Nordic Specialist Course in Palliative Medicine

TEAMWORK, Tuesday 12\textsuperscript{th} and Friday 15\textsuperscript{th} of April.

Invited speaker: 
\textbf{Axel Carlberg} works as researcher in ethics at the Faculty of Medicine, Lund University. He is also contracted regularly by the European Commission (DG XII) as expert reviewer and evaluator of research projects within the Seventh Framework Program. In addition, he works as a retained executive certified coach and consultant specialized in organizational culture, health care ethics and leadership issues.

\textbf{Aim:} To know and understand the concept of multi-disciplinary teamwork and to be able to contribute to practical teamwork.

\textbf{Topics:} Conversational methods in teams. Leadership in teams. Different forms of team support. Strategies which facilitate team functioning. The skills and contributions of other team members and other professions. Understanding of boundaries and professional rivalries. Handling of team conflicts.

\textbf{Format:} Lectures and group work.

\textbf{Suggested reading:} The Oxford Textbook of Palliative Medicine, 5th edition 2015, chapter 4.1 “The core team and the extended team”.

\textbf{Tuesday:}
09.00 – 09.15   Reflections from yesterday \textbf{Carl-Magnus Edenbrandt}
09.15 – 10.15  Coaching I \textbf{Axel Carlberg}
10.15 – 10.45  \textit{Coffee break}
10.45 – 12.00  Coaching II
12.00 – 13.00  \textit{Lunch}
13.00 – 15.00  Methods in team dynamics I
15.00 – 15.30  \textit{Coffee break}
15.30 – 16.30  Methods in team dynamics II
16.30 – 17.00  Check-out

\textbf{Friday:}
09.00 – 09.15   Reflections from yesterday \textbf{Carl-Magnus Edenbrandt}
09.15 - 12.00  Learning styles \textbf{Carl-Magnus Edenbrandt}
12.00 - 13.00  \textit{Lunch}
13.00 - 13.30  Evaluation
13.30 – 14.00  Summary and Goodbye
Nordic Specialist Course in Palliative Medicine

COMMUNICATION (part 1), Wednesday 13th and Thursday 14th of April.

Aims: To improve the knowledge and skills of the participants in communicating with patients and relatives during all stages of the patient’s illness. To improve the knowledge and skills of the participants in communicating with colleagues.

Topics: Skills in empathic listening and open questioning to:
- elicit concerns across physical, psychological, social and spiritual domains
- establish extent of awareness about illness and prognosis.
Common barriers to communication with both patients and professionals.
Management of difficult questions and information given sensitively and as appropriate to wishes and needs of the individual.
Facilitation of decision-making and promotion of patient autonomy.
Recognition and management of conflicts between confidentiality and the need to share information with others.
Theories and evidence base for communication practice.
Awareness and practice of a range of structures and styles of consultations.
Critical evaluation of own consulting skills.

Wednesday:
9.00 – 9.15 Reflections from yesterday  Carl-Magnus Edenbrandt

9.30 – 17.00 Role Play in the group rooms.
Broken by coffee and lunch breaks

Role Plays – How to give feedback
Rules for the Role Plays
Agenda Setting
Role Plays

Thursday:
09.00 – 9.15 Reflections from yesterday  Carl-Magnus Edenbrandt
9.15 – 9.30 Information about Module 4 in Bergen by Sebastian von Hofacker

9.30 – 16.00 Role Play in the group rooms.
Broken by coffee and lunch breaks

16.00 – 16.30 Information about "Homework" to part 2 (in groups).
Dear Students,
We are looking forward to seeing you on Module 3 in Malmö, where two days will focus on Communication (part 1).

After the former courses the communication teachers have tailored the programme according to the feedback of the former students. We know that you are all experienced doctors, and the focus of the Communication part therefore is on Role Plays in small groups, where you can share your experiences and give each other positive and constructive feedback with the help of experienced supervisors, who represent both medical specialists in palliative medicine and psychologists/psychiatrists. The former students have valued this very much. The introductory lectures have been cut away, according to feedback from former students.

We expect you to read “Mastering communication with seriously ill patients” by Anthony Back, Robert Arnold and James Tulsky, first published 2009, reprinted 2010. You can find the book on the following link: http://www.amazon.com/Mastering-Communication-Seriously-Ill-Patients/dp/0521706181/ref=sr_1_2?ie=UTF8&qid=1281052195&sr=1-2

We recommend you to order the book in due time, as there can be a waiting period before you receive the book.

For those who want further reading we can recommend “Handbook of Communication in Oncology and Palliative Care”, edited by David W Kissane et al, Oxford university press 2010 (paperback 2011) and/or “Skills for Communicating with Patients” by Jonathan Silverman and Suzanne Kurtz from 2013.

This year there will be one Finnish group, two Swedish groups, one Danish group and one Norwegian group. It has only been possible to find one Norwegian teacher/supervisor for the course, so the 9 Norwegian students will have a mixed group of supervisors with a Norwegian doctor, who works full time in Palliative Medicine, and a Danish psychologist, who also works full time in Palliative medicine.

Best Regards

Lise Pedersen (Coordinator for the communication parts)
Nordic Specialist Course in Palliative Medicine

Facilitators in communication:

Päivi Hietanen Docent, Oncologist and Psychotherapist, Finska Läkartidningen, Finland

Steen P. Nielsen Cand. Psyk, Klinisk Psykolog, Palliativ Medicinsk Afdeling, Bispebjerg Hospital, Denmark

Sebastian von Hofacker Overlege, Palliativ Medisin, Sunniva senter for lindrende behandling, Kompetanseenter i lindrende behandling, Helseregion Vest, Bergen, Norway

Anne Vinkel Cand. Psyk., Chefkonsulent, Patientstøtteafdelingen, Kræftens Bekæmpelse, København, Denmark

Lise Pedersen Ledende Overlæge, Dr. med., Palliativ Medicinsk Afdeling, Bispebjerg Hospital, Denmark

Jacob Engellau Consultant in Oncology and Psychotherapist, Department of Oncology, University Hospital, Lund, Sweden

Tora Campbell Consultant in Surgery and Palliative Medicine, Psychotherapist, Department of Surgery, Södersjukhuset, Stockholm, Sweden

Pia Dellson Consultant in Oncology and Psychiatry, Psychotherapist, Department of Oncology, University Hospital, Lund, Sweden

Carina Modèus Consultant in Oncology and fellow in Psychiatry, Psychotherapist, Department of Oncology, County Hospital Växjö, Sweden