

Primary Palliative Care Education Facilitator Guide
Module Seven: Symptom Management
55 minutes

Module at a Glance

This module provides an introduction to non-pain symptoms with a particular focus on assessment. Much of the module is intended to be spent in groups of 2-3 learners working together to define key principles of the assessment and management of three common symptoms: dyspnea, fatigue, and nausea/vomiting from an interprofessional lens.

Learning Objectives

1. Appreciate the frequency with which seriously ill patients experience non-pain symptoms.
2. Demonstrate a holistic approach to symptom management.
3. Identify key assessment and management strategies for three of the most common symptoms.

Session Materials

- Module 7 Powerpoint
- Slide Projector
- Blank Symptom Worksheet (enough copies for all learners)
- Completed Symptom Worksheet (Facilitator Guide)

Facilitator Preparation and Tips

- Review the powerpoint and powerpoint notes ahead of the session
- Frame module as an overview of each symptom with a focus on familiarizing and screening --- not on treatment for each of the domains.
- Depending on the specialty(ies) of the learners the symptoms can be changed to make more relevant for the small group.
- Pace 55-minute session carefully, adapt exercises as needed.
- Initially assess learners for level of experience and understanding of material.

Optional Resource(s) for Facilitator Preparation

- Chang VT. Approach to Symptom Assessment in Palliative Care. In: UpToDate, Givens, J (Ed), UpToDate, Waltham, MA, 2019.
- Hallenbeck J. Fast Facts and Concepts # 5. The Causes of Nausea and Vomiting (V.O.M.I.T). May 2015. Available at: <https://www.mypcnow.org>
- Weinberg R, Ketterer B. Fast Facts and Concepts # 376. Management of Chronic Dyspnea. April 2019. Available at: <https://www.mypcnow.org>