



E-learning for End of Life Care (ELCA) Curriculum workbook (e-LfH system)

This curriculum workbook supports learners using the learning management system via the e-Learning for Healthcare or e-ELCA website. There are 8 courses. Within each course, there are varying numbers of e-learning sessions, listed in the tables. You do not have to complete all sessions at the same sitting. The display IDs for some of the sessions are not yet visible, so in the meantime, you should locate the session using the course name and session title.

COURSE NAME: INTRODUCTION

Display ID	Session titles	Date completed	Notes/comment
00_01	Introduction to e-learning for End of Life Care		
00_02	Relationship between palliative care and end of life care		

COURSE NAME: ADVANCE CARE PLANNING

Display ID	Session titles	Date completed	Notes/comment
	Advance care planning: principles		
01_01	Introduction to principles of ACP		
01_02	Cultural and spiritual considerations in ACP		
01_03	Benefits and risks of ACP to patients, families and staff		
01_04	ACP in practice: using end of life care tools		
	Advance care planning: context		
01_05	Advance Decision to Refuse Treatment: principles		

01_06	Advance Decision to Refuse Treatment: in practice		
01_07	Mental Capacity Act: aims and principles		
01_08	Mental Capacity Act: in practice		
01_09	Approaching ACP when capacity is uncertain, fluctuating or likely to deteriorate		
01_10	ACP and different trajectories		
	Advance care planning: process		
01_11	Introduction to conducting conversations about advance care planning		
01_12	How to get started and get the timing right		
01_13	How to handle patients' questions and concerns		
01_14	How to document conversations about advance care planning		
01_15	How to negotiate decisions which may be difficult to implement		
01_16	How to review previous ACP decisions		
	Advance care planning: developing practice		
01_17	Developing ACP in your organisation		
01_18	Developing your practice, clinical supervision, further reading		

COURSE NAME: ASSESSMENT

Display ID	Session titles	Date completed	Notes/comments
	Assessment: principles		
02_01	Introduction to principles of assessment in end of life care: part 1		
02_02	Introduction to principles of assessment in end of life care: part 2		
	Assessment: domains		
02_03	Assessment of physical symptoms		

02_04	Assessment of physical function		
02_05	Assessment of psychological well-being		
02_06	Assessment of social and occupational well-being		
02_07	Assessment of spiritual well-being		
02_08	Context of assessment: cultural and language issues		
	Assessment: context		
02_09	Bereavement assessment and support		
02_10	Carer assessment and support		
02_11	Assessing through proxies		
02_12	Assessing those with fluctuating mental capacity		
02_13	Assessing urgent situations with limited information		
02_14	Assessment of dying phase and after-death care		
	Assessment: process		
02_15	First assessment: meeting the patient		
02_16	Identifying the patient's goals and priorities		
02_17	Documentation, communication and coordination		
02_18	Following up assessments and evaluating outcomes		
02_19	Uses and limitations of assessment tools		

COURSE NAME: COMMUNICATION SKILLS

Display ID	Session titles	Date completed	Notes/comments
	Communication skills: principles		
03_01	The importance of good communication		
03_02	Principles of communication		

03_03	Communicating with ill people		
03_04	Talking with ill people: considering the surrounding environment		
03_05	Culture and language in communication		
03_06	Communication skills for admin staff, volunteers and other non-clinical workers		
03_07	Self awareness in communication		
	Communication: basic skills		
03_08	Understanding and using empathy		
03_09	Skills which facilitate good communication		
03_10	Things which block good communication		
	Communication: modes of communication		
03_11	Face to face communication		
03_12	Telephone communication		
03_13	Written communication		
	Communicating: specific contexts		
03_14	Information giving		
03_15	Breaking bad news		
03_16	Communicating with non-English speaking patients		
03_17	Communicating with people with speech and hearing difficulties		
03_18	Communication with children and young people		
03_19	Request for organ and tissue donation		
03_20	Request for euthanasia		
03_21	Legal and ethical issues embedded in communication		
	Communication: challenging scenarios		
03_22	"Am I dying?" "How long have I got?" – handling challenging questions		
03_23	"Please don't tell my husband...." – managing collusion		

03_24	"How dare you do this to me!" – managing anger		
03_25	"I don't believe you, I'm not ready to die!" – managing denial		
03_26	"What will it be like?" – talking about the dying process		
03_27	"Why can't I stay here" "I don't want to stay here" – when preferred place of care cannot be met		
03_28	"I'm not loveable anymore..." – discussing intimacy in end of life care		
03_29	"Why me?" – discussing spiritual distress		
03_30	Discussing 'do not attempt CPR' decisions		
03_31	Discussing food and fluids		
03_32	Silence: the withdrawn patient		
03_33	Distress: the crying patient		
03_34	Dealing with challenging relatives		
03_35	Challenging communication with colleagues		

COURSE NAME: SYMPTOM MANAGEMENT

Display ID	Session titles	Date completed	Notes/comments
	Symptom management: principles		
04_01	General approach to assessment of symptoms		
04_02	Agreeing a plan of management and care		
04_03	Communicating the plan of management and care		
04_04	Individual preferences and cultural influences on symptom management		
04_05	Influence of transition points and crises on decision-making in symptom mx		
04_06	Recognising your own limitations in symptom management		
	Symptom management: pain		

04_07	Assessment of pain		
04_08	Principles of pain management		
04_09	Drug management of pain – core knowledge		
04_10	Opioids in pain management – advanced knowledge		
04_11	Managing different types of pain		
	Symptom management: breathlessness		
04_12	Assessment of breathlessness		
04_13	Drug management of breathlessness		
04_14	Non-drug management of breathlessness		
	Symptom management: nausea, vomiting and constipation		
04_15	Causes of nausea and vomiting		
04_16	Assessment of nausea and vomiting		
04_17	Management of nausea and vomiting		
04_18	Assessment of constipation		
04_19	Management of constipation		
	Symptom management: emergencies		
04_20	Management of bleeding		
04_21	Management of seizures		
04_22	Recognising and managing malignant spinal cord compression		
	Symptom management: last days of life		
04_23	Recognising the dying phase, last days of life and verifying death		
04_24	Managing death rattle		
04_25	Managing agitation and restlessness in the dying phase		
04_26	Managing distress during the dying phase		

	Symptom management: general issues		
04_27	Use of syringe drivers		
04_28	Non-drug interventions in symptom management		
04_29	Symptom management in people with learning difficulties or mental health problems		
04_30	Symptom management complicated by coexisting conditions		
04_31	Management of symptoms associated with wounds		
	Symptom management: mood		
04_32	Assessment of mood		
04_33	Assessment and management of anxiety		
04_34	Management of depression		
04_35	Assessment and management of agitation		
	Symptom management: advanced illness		
04_36	Recognising and managing fatigue		
04_37	Assessment and management of weight loss and loss of appetite		
04_38	Management of sore mouth and other oral problems		
04_39	Assessment of physical and cognitive deterioration in function		
04_40	Management of physical deterioration		
04_41	Management of cognitive deterioration		

COURSE NAME: INTEGRATING LEARNING

Display ID	Session titles	Date completed	Notes/comments
	Initiating conversations about end of life care		

05_01	initiating conversations about EoLC: COPD		
05_02	Initiating conversations about EoLC: cancer		
05_03	Initiating conversations about EoLC: dementia		
05_04	Initiating conversations about EoLC: long term neurological conditions		
	Condition-specific case studies		
05_05	Case study: End-stage cardiac disease		
05_06	Case study: Motor neurone disease		
05_07	Case study: COPD		
05_08	Case study: End-stage renal disease		
05_09	Case study: Dementia		
	Critical situations		
05_10	Scenario: ambulance called to home		
05_11	Scenario: terminal agitation – patient in a care home		
05_12	Scenario: patient dying in acute hospital: optimising situation		
	Scenarios around dying		
05_13	When the dying process is protracted or unexpectedly fast		
05_14	Sudden unexpected death		
05_15	Dying as a prisoner		
05_16	Dying as a homeless person		
05_17	Dying in intensive care unit		
05_18	Treatment and care towards the end of life: good practice decision-making		
	Care after death		
05_19	Care after death I - Introduction to care after death		
05_20	Care after death II – Providing personal care after death		

	Frameworks and tools		
05_21	A unified DNACPR Policy		
05_22	Using the NHS Continuing Healthcare Fast Track Pathway Tool		
05_23	Framework for End of Life Care in Advanced Kidney Disease		

COURSE NAME: SOCIAL CARE

Display ID	Session titles	Date completed	Notes/comments
06_01	Supporting people to live and die well		
06_02	Palliative care social work		
06_03	Assessment in end of life care		
06_04	Support and care planning at end of life		
06_05	Hospital social work		
06_06	End of life care in care homes and domiciliary care settings		

COURSE NAME: BEREAVEMENT

Display ID	Session titles	Date completed	Notes/comments
07_01	Talking about death and dying		
07_02	Assessment of carers' needs		
07_03	Practical support after a bereavement		
07_04	Sudden death and bereavement		

07_05	Emotional support and signposting		
07_06	Children and bereavement		

COURSE NAME: SPIRITUALITY

Display ID	Session titles	Date completed	Notes/comments
08_01	Spirituality and the philosophy of end of life care		
08_02	Understanding and assessing spiritual need and spiritual distress		
08_03	Spiritual care and models of spiritual intervention		
08_04	Spiritual resources and quality of life		
08_05	Spirituality and the multidisciplinary team		
08_06	Spirituality in the community		