

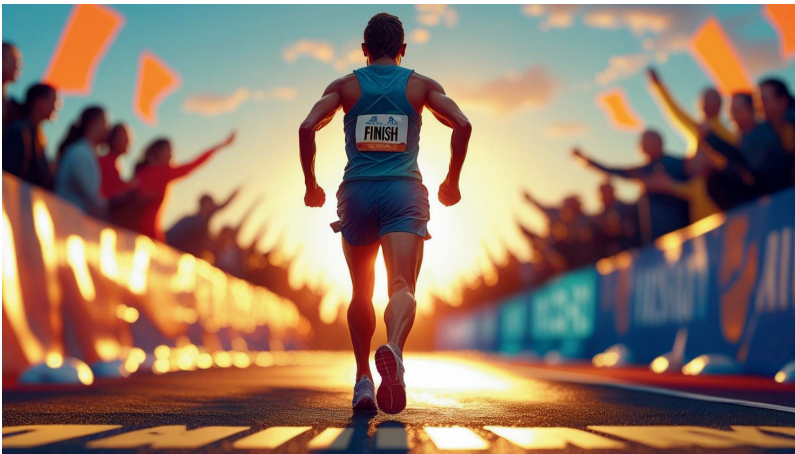
SUPPORTING THOSE ON THE FINAL LAP

A Pilot Course in Primary Palliative Care in Hong Kong

V. W. Lam; Y. K. Yiu

Introduction

People who run or swim long distance will tell you that the final lap is often the hardest. In medicine, at one end of life we pour a lot of resources and expertise into supporting women and their families through pregnancy and birth. At the other end of life, how well do we support patients and their families through the final lap and death? As Family Doctors whose job it is to look after patients from the "cradle to grave", are we sufficiently equipped to care for patients in their final lap?



Pilot course design and content:

- 1-year course consisting of 8 modules
- pilot course: July 2024 to July 2025
- 2 pathways:
 - higher trainee pathway (3 modules): 20 participants
 - higher trainee elective (6 participants)
 - in-depth pathway (train-the-trainer, 8 modules): 12 participants

Conclusion

The participants who completed the in-depth pathway, most of whom are FM specialists, demonstrated improved confidence and competence to provide primary palliative care in their clinical settings. Many are now equipped and ready to participate in future courses as trainers.

Higher trainees demonstrated the ability to identify patients with palliative care needs, initiate assessment and seek appropriate resources and support for patients.

Objectives

1. To develop a training course **by** Family Doctors **for** Family Doctors
2. To develop a training course with a competency-based curriculum, facilitating the application of new evidence-based knowledge and skills to actual clinical practice
3. To develop a course that provides training to empowers clinicians to provide holistic care that is tailored to palliative care needs in the community in HK
4. A modular approach with different exit points to cater for different learning needs

Method

- A focused literature review with consideration of existing training programs overseas and existing palliative care needs in the HK context
- Development of a competency-based curriculum mapped against a blueprint based on core competencies identified by the WHO for primary care practitioners
- Based on 7 competencies that focus on helping clinicians move from **knowing** to **doing** (see Fig. 1)
- Based on principles of adult learning, relying predominantly on interactive workshops, case-based and experiential learning, and less on didactic lectures

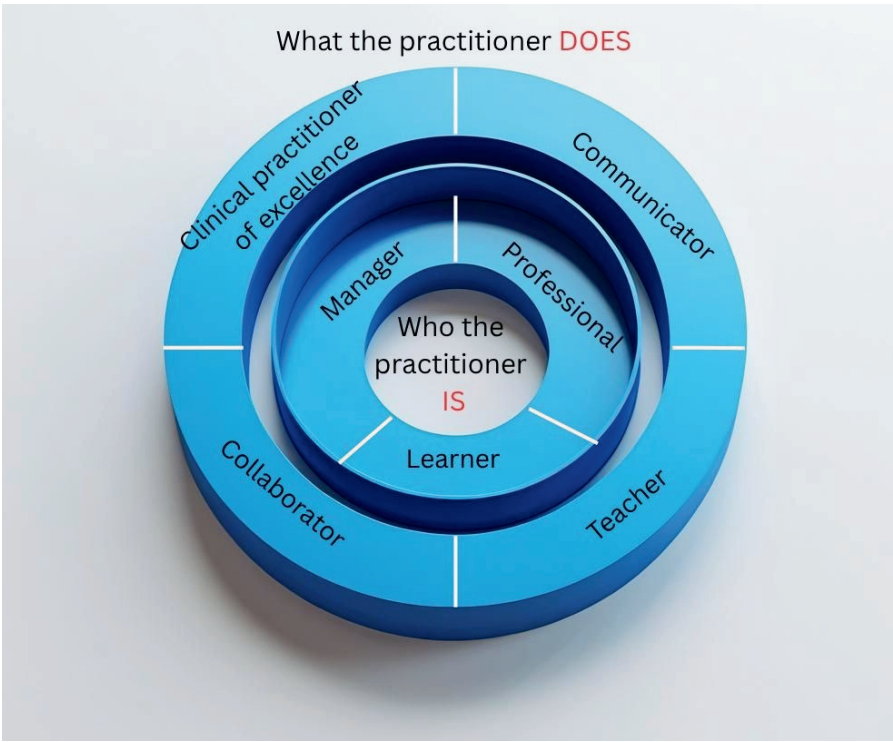


Figure 1: 7 competencies