

Palliative and End-of-Life Care in the ED

Learning Objectives:

Recognize Common Presentations Requiring Palliative Approaches in the ED

- Identify clinical red flags for symptom crises in patients with life-limiting illnesses (e.g., metastatic pain, dyspnea, nausea/vomiting, seizures, intracranial hemorrhage).
- Distinguish between reversible and non-reversible causes of symptom exacerbation.

Learn to Provide Effective Symptom Control in the ED

- Describe pharmacological and non-pharmacological strategies to manage:
 - complex cancer pain, including opioid conversion, titration, and alternative routes of administration.
 - opioid-related side effects, including constipation and opioid neurotoxicity.
 - nausea and vomiting using appropriate antiemetics and adjuvants.
 - respiratory distress

Describe What Goals of Care Conversations Are and How to Navigate Them

- Learn an approach to emotionally charged conversations with empathy, clarity, and support.
- Develop skills in navigating GOC conversations through exploration of phrasing and practice of GOC conversations

Learn to Provide End-of-Life Care in the ED

- Identify and manage terminal symptoms including "death rattle," agitation, pain, seizures and fear.
- Illustrate the role of collaboration with allied health, spiritual care, palliative care, and specialist teams to support and care for ED patients with palliative care goals or at the end of life.
- Apply strategies for personal and team debriefing, support, and resilience after difficult cases.