



2023 Malaysia Community Palliative Care ECHO Project

Advancing Palliative Care in Malaysia: Harnessing Project ECHO for Knowledge & Practice Enhancement

25th July 2024, Symposium 3

Dr Ng Woon Fang

Palliative Care Physician, HTAA, Kuantan.

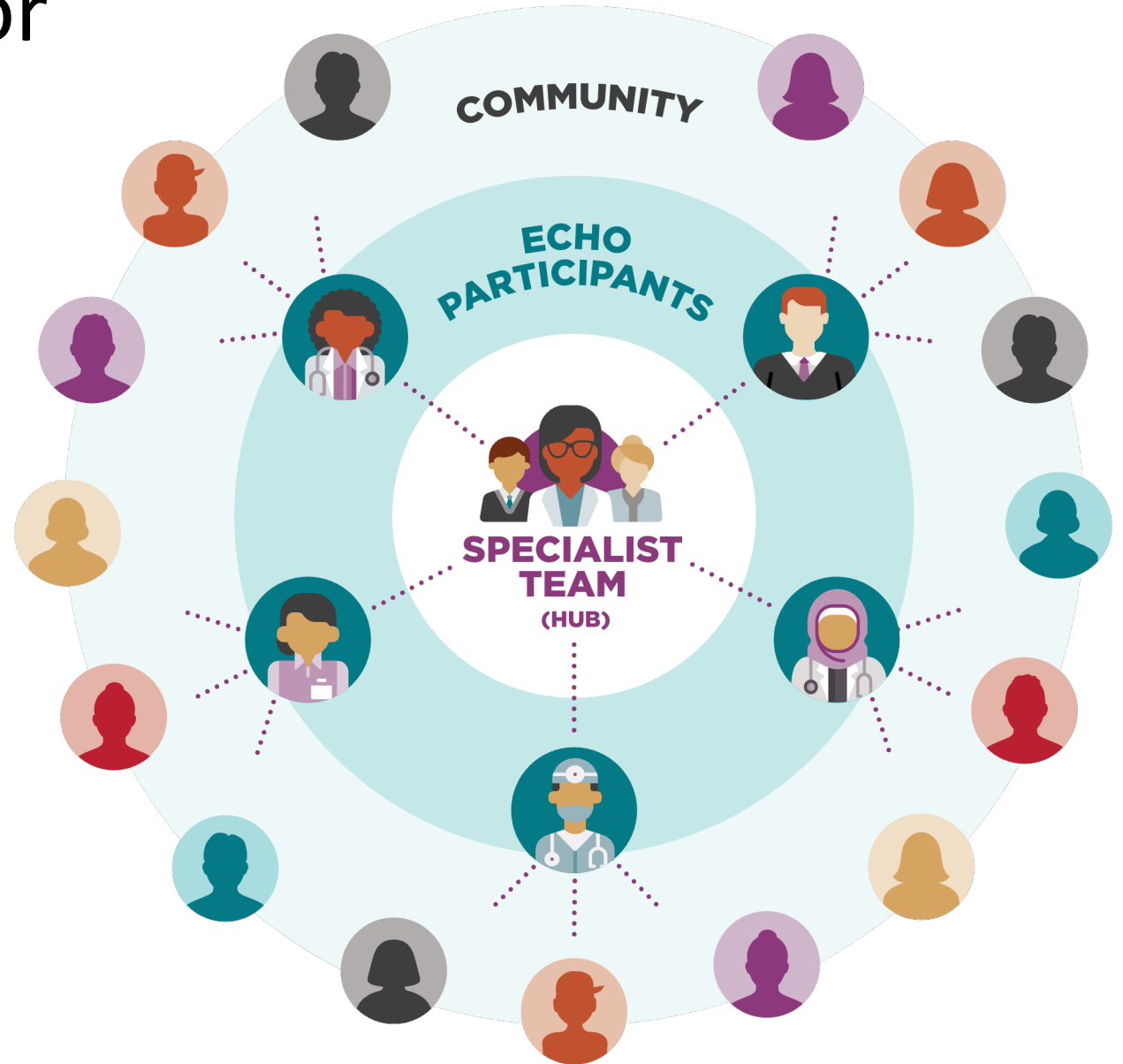
Chairperson, MHPCC.



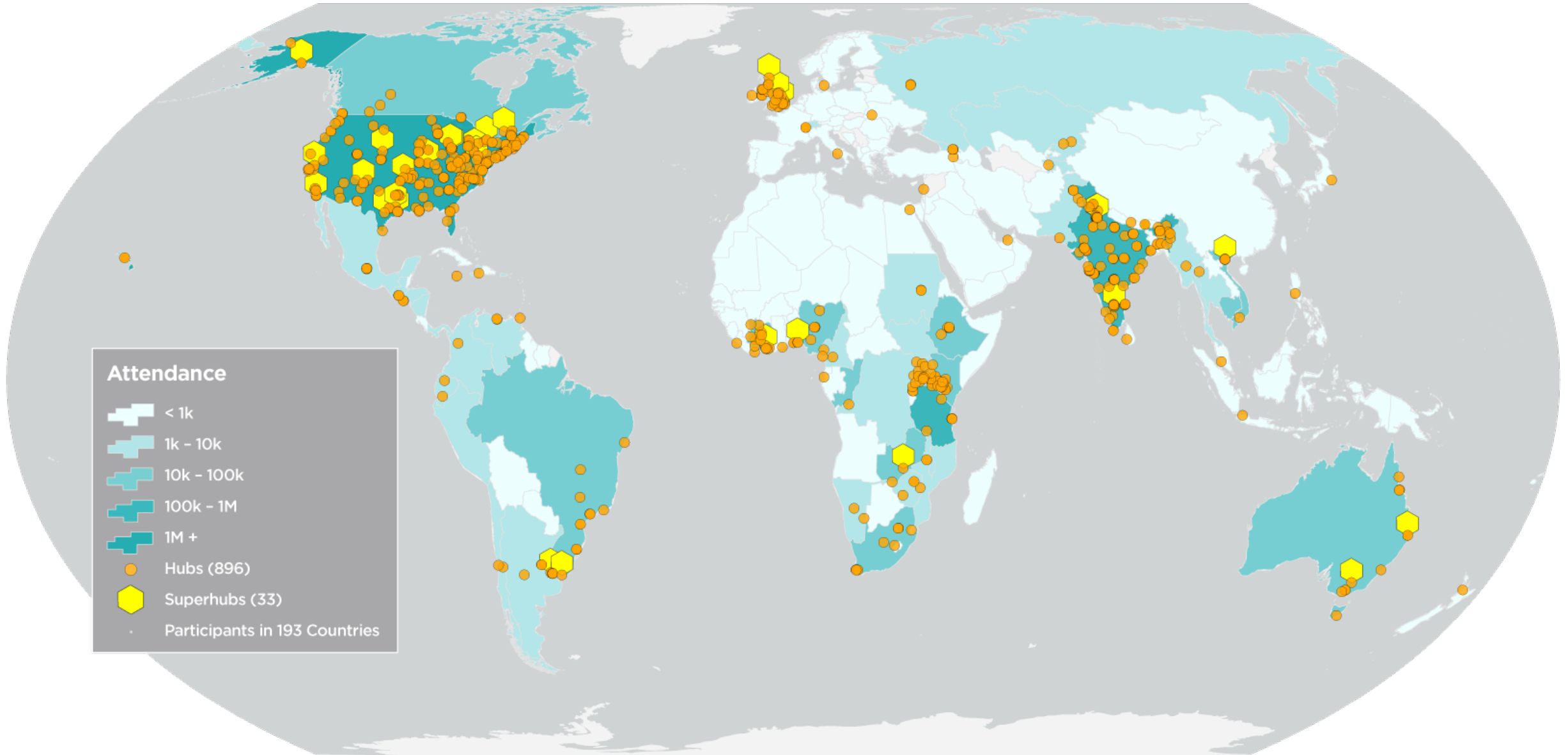
Extension for Community Healthcare Outcomes



Dr Sanjeev Arora - Founder

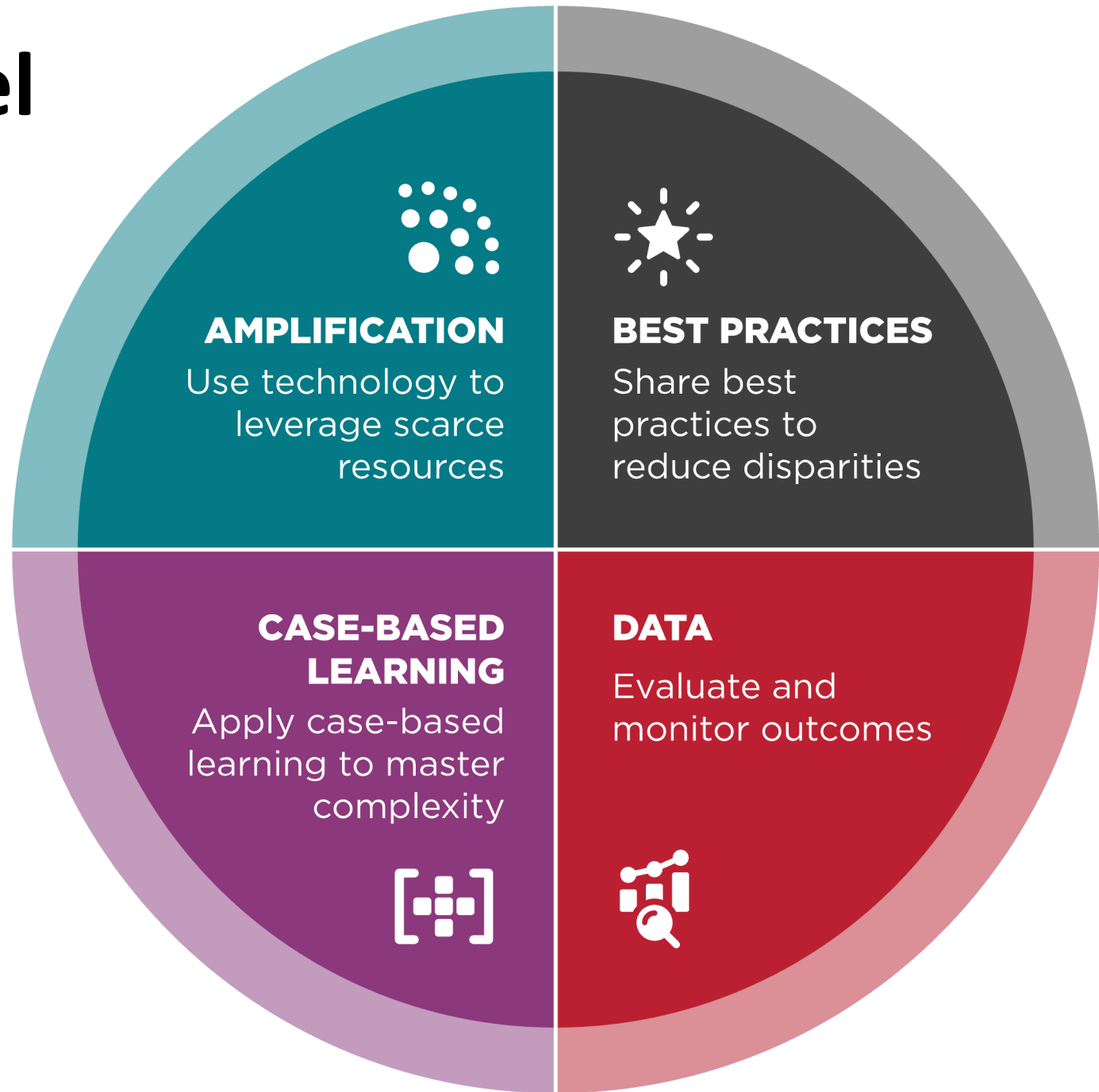


Attendance of ECHO Worldwide



The ECHO model

All Teach,
All Learn





Objectives

2024 Malaysia Community Palliative Care ECHO Project



Enhance knowledge & competencies of palliative care providers nationally through case based discussion & didactic presentations



Enable dialogue, engagement, sharing & learning of best practices between palliative care providers



Promote palliative care delivery



Improve patient care outcomes



Education modules & topics

2024 Malaysia Community Palliative Care ECHO Project

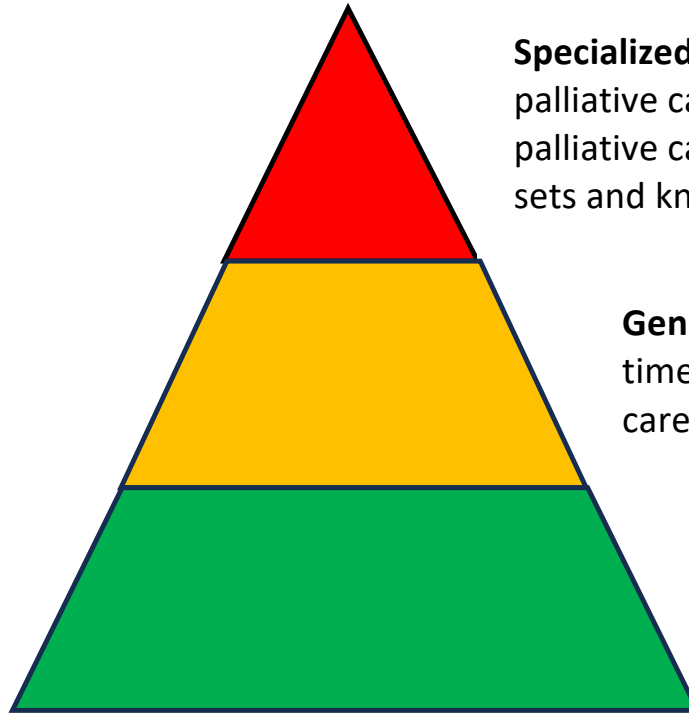
Domain 1	Principles of palliative care
Domain 2	Communication
Domain 3	Optimising comfort and quality of life
Domain 4	Care planning and collaborative practice
Domain 5	Loss, grief and bereavement
Domain 6	Professional and ethical practice in the context of palliative care

Reference: Irish Palliative Care Competency Framework



Target participants

2024 Malaysia Community Palliative Care ECHO Project



Specialized Palliative Care – Palliative care providers who provide 100% services of palliative care in their day-to-day clinical activities. The cases referred encompass complex palliative care needs and issues. Thus, it required in depth training to develop a special skill sets and knowledge in clinical management.

General Palliative Care – All health care practitioners who are not engaged in full time palliative care provision but have some training and experience in palliative care. They have integrated palliative care in some of their clinical practices.

Palliative Care Approach – Palliative care principles are practiced in these individuals, who comprises various stakeholders in the healthcare settings and the community. Education and trainings are focus on raising awareness and providing advocacy to individuals facing needs of palliative care, including public at large and lay volunteers.



MHC ECHO Project

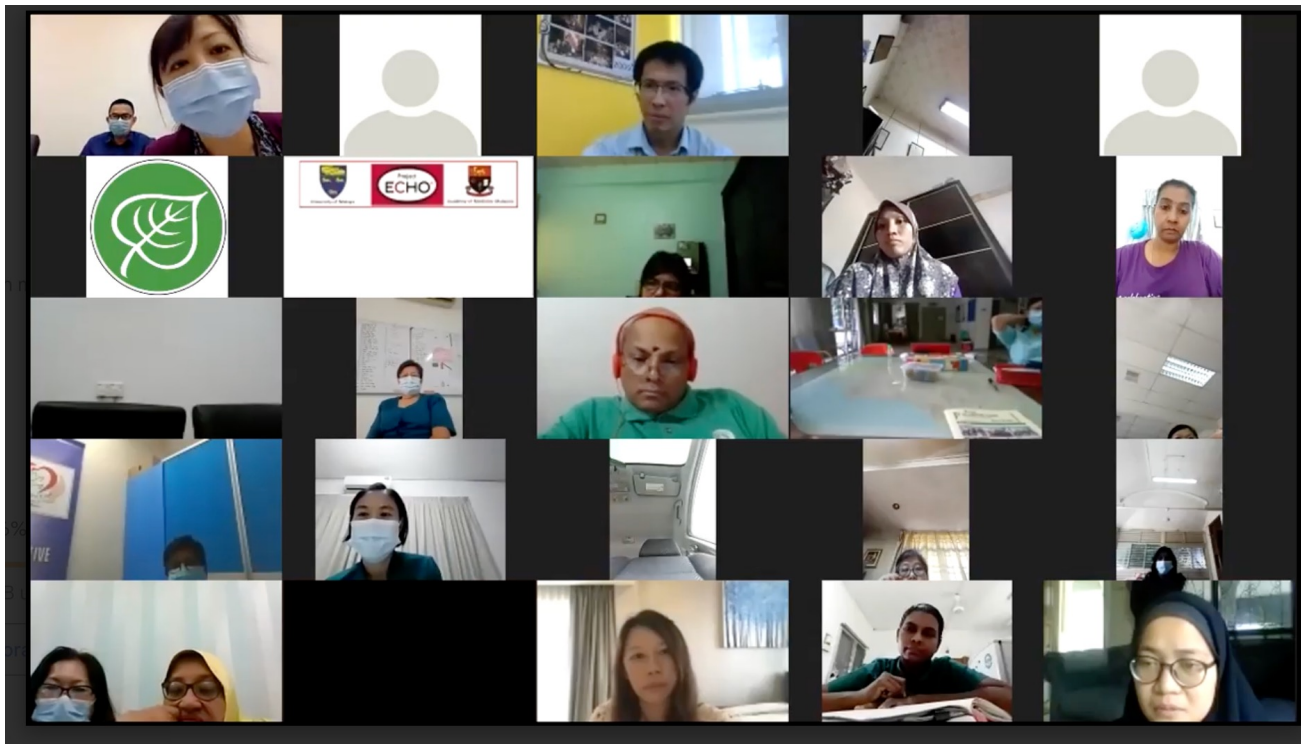
Education modules & topics:

No	Topic	Date & Time	Case Presentation	Didactic Talk Speaker	Facilitator
Domain: Optimising comfort and quality of life					
1.	Supporting Advance CKD in hospice care	27/11/2020 9am – 10am	Presenter 1: Kasih Hospice Presenter 2: PPCS	Dr Sheriza Izwa Zainuddin	Dr Loh Ee Chin
2	Delirium	18/12/2020 9am-10am	Presenter 1: Charis Hospice Presenter 2: AsPaC Hospice	Dr Santelaksmii Mahalinggam :	Dr Siow Yen Ching
Domain: Principles of Palliative Care					
3	What is palliative care?	8/1/2021, 9am-10am	Presenter 1: Tawau Hospis Presenter 2: PCAJB	Dr Loh Ee Chin	Dr Lam Chee Loong
Domain: Care planning and collaborative practice					
4	Running a hospice organisation *no CPD point	22/1/2021, 9am-10am	Presenter 1: YOKUK Presenter 2: Ark Hospice	Catherine Ooi	Dr Loh Ee Chin
Domain: Optimising comfort and quality of life					
5	Management of malignant bowel obstruction at home *CPD point	5/2/2021, 9am-10am	Presenter 1: Persatuan Hospis Kedah Presenter 2: Penang Hospice Society	Dr Oo Loo Chan	Dr Ng Wan Jun
6	Assessment & Management of Pain -Where is the pain? physiology & types of pain - Opioid phobia, addiction & dependence - Managing pain crisis at home *CPD point	19/2/2021, 9am-10am	NCSM Sarawak	Dr Aaron Hiew	Dr Siow Yen Ching
Domain: Professional and ethical practice in the context of palliative care					
7	Ethical issues in community hospice care *CPD point	5/3/2021, 9am-10am	Two Tree Lodge	Dr Richard Lim Boon Leong	Dr Lam Chee Loong
Domain: Communication					
8	Good communication skills -breaking bad news - discussion of goals of care -organise family conference	19/3/2021, 9am-10am	Hospis Melaka	Dr Ng Wan Jun	Dr Loh Ee Chin

No	Topic	Date & Time	Case Presentation	Didactic Talk Speaker	Facilitator
9	Supporting parents of children with cancer	2/4/2021, 9am-10am	ASSISS	Dr Tan Chai Eng	Dr Ng Woon Fang
Domain: Optimising comfort and quality of life					
10	Comfort end of life care at home	16/4/2021, 9am-10am	Persatuan Hospis N. Sembilan	Dr Tay Khek Tjian	Dr Lam Chee Loong
11	Managing breathlessness	30/4/2021, 9am-10am	PCAJB	Dr Carol Lai	Dr David Capelle
Domain: Care planning and collaborative practice					
12	Occupational therapy for hospice patients in the community	21/5/2021, 9am-10am	FHL Hospice	Ong Jie Xin (Singapore) Occupational Therapist	Dr Ng Wan Jun
Domain: Loss, grief and bereavement					
13	Supporting grief & bereavement in adult	4/6/2021, 9am-10am	PPCS	Pn Liyana Shamsudin Clinical Psychologist	Dr Siow Yen Ching
14	Supporting grief & bereavement in children	18/6/2021, 9am-10am	FHL Hospice	Dr Koon Sim Lan	Dr Ng Woon Fang
Domain: Optimising comfort and quality of life					
15	Spiritual Care in community hospice	2/7/2021 9am-10am	Kasih Hospice	Dr Diana Katiman	Catherine Ooi
16	Assessment of nausea & vomiting and pharmacology management	16/7/2021, 9am-10am	Sandakan Hospice	Dr Fazlina Ahmad	Dr David Capelle
17	Giving injectable medications at home	30/7/2021, 9am -10am	AsPaC	IKN CPC Team	Dr Fazlina Ahmad
18	Antidepressants – When & How?	13/8/2021, 9am – 10am	Kasih Hospice	Dr Siti Noor Munirah	Dr Lam Chee Loong
19	Palliative Care emergencies	27/8/2021 9am-10am	PCAkk	Dr Vanita Thangaratnam	Dr Ng Wan Jun
20	Psychological First Aid (PFA)	10/9/2021, 9am-10am	Hospis Melaka	Professor Rachel Ting	Dr Ng Woon Fang
21	Advance Care Planning & application of ethical principles - Focus on Artificial Nutrition and Hydration.	24/9/2021, 9am-10am	Charis Hospice	Dr Lam Chee Loong	Dr Siow Yen Ching
22	Managing neuropathic pain	8/10/2021 9am-10am	PCA Miri	Dr Look Mei Ling	Dr Fazlina Ahmad
23	COVID, suffering, role of Palliative Care	22/10/2021 9am-10am	NCSM Sarawak	A/P Dr Tan Seng Beng	Dr Loh Ee Chin
24	Opioids Balance in Malaysia	19/11/2021, 9am-10am	Two Tree Lodge Hospice	Dr Richard Lim	Dr Lam Chee Loong
25	Integrating Palliative Care into Advanced Heart Failure Care in the community	3/12/2021, 9am-10am	Dr Siti Noorlizam (PCU QE)	Dr Wu Huei Yaw	Dr Ng Wan Jun
26	Practical approaches on spiritual care for hospice patients	17/12/2021, 9am-10am	Pahang Hospis	Sister Kristin Ng	Dr Siti Noor Munirah

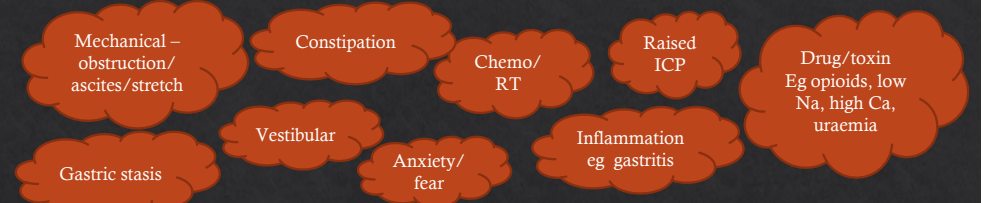
Summary

Recording



REMEMBER

- **SIMPLE MEASURES** – being present, bowl, water, tissues, calm, sit up, avoid strong smells
- **ASSESS** meticulously to identify the likely **CAUSE** of vomiting. Recognize typical **PATTERNS** from **HISTORY** and **EXAMINATION**



- **ABSORPTION** – May not absorb oral anti-emetics. Give **SC** if in doubt
- Set **GOALS** – reduce frequency / volume, night. Occasionally refractory

TREAT the CAUSE – evacuate bowels if constipated, antacid/PPI for gastritis, dexamethasone for ICP, tap ascites, stop medications

PHARMACOLOGICAL APPROACH

First line

- Metoclopramide
- Promethazine
- Haloperidol

Second line

- Olanzapine / Levomepromazine

MECHANISM OF ACTION

Prokinetic

BEST for **GASTRIC STASIS**, delayed emptying
 Alternatives – domperidone, erythromycin

Anti-histamine

BEST for Vomiting Centre / Vestibular
 Visceral stretch (ICP), obstruction, gastritis

Anti-psychotic

BEST for CTZ – toxic, drugs, chemical

Broad spectrum (H1, α1, D2, 5HT2, ACh)
 If first line / combinations of first line fail

Other considerations

- Combine anti-emetics with different mode of action to increase receptor blockade
- Psychotherapy, Benzodiazepines for anxiety
- Acupuncture/acupressure, ginger
- Dexamethasone – non-specific, -setrons for CINV (5HT3 antagonist), aprepitant for CINV (NK1 inhibitor)

Video recording for the case presentation & didactic talk:
<https://qr.go.page.link/LiHmB>



Audio recording for the Q&A and Discussion:
<https://qr.go.page.link/E8jHZ>



2021 MHC ECHO End of Year Survey



Background & objectives of MHC ECHO:

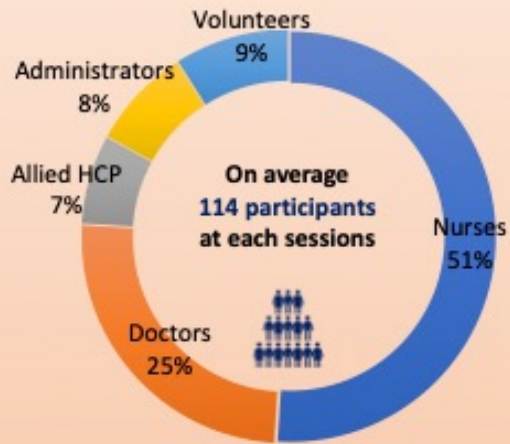
- Enhance knowledge and competencies of palliative care providers nationally through case-based discussions and didactic presentations
- Enable dialogue, engagement, sharing and learning of best practices between palliative care providers
- Promote palliative care delivery
- Improve patient care outcomes



26 online sessions

31 Case presentations

26 Didactic talks



Participating hospice organisations

Evaluation findings



63% have attended 13-26 sessions.



58% strongly agreed that MHC ECHO Project met its objectives.



47% strongly agreed the topics delivered were relevant to their role.



68% stated that the quality of the ECHO sessions was high.



47% strongly agreed the knowledge gained was applicable to their practice.



73% shared ECHO learning with others.



53% strongly agreed that participation in ECHO helped them feel more supported in their role.



84% would recommend ECHO as a useful learning tool to others.



84% would like to participate in ECHO network again.

Impacts on practice

"The practical tips help to improve palliative care"

"I learned how other teams handle certain issues"

"...find better way in clinical management than what we used to do..."

"...help my reflection in hospice practice..."



2022 Education modules & topics:

MHC ECHO Project

No	Topic & Content:	Date & Time	Case Presenter	Didactic Talk Speaker	Facilitator
Pain management & opioids use					
1.	Pain Assessment & types of pain: <ul style="list-style-type: none"> ● Pathophysiology of pain ● Types of pain: Nociceptive pain – somatic & visceral pain, Neuropathic pain ● Other pain: sympathetic mediated pain/RSD/CPRS, myofascial, ischemic, etc. 	11.3.22 9am-10am	Penang Hospice Society	Dr Lim Liang Yik	NCSM Sarawak
2	Opioids initiation for cancer pain & breakthrough pain <ul style="list-style-type: none"> ● Morphine, Oxycodone, fentanyl in orals, TD, s/c, CSCI ● Side effects of opioids ● Tolerance & addiction 	22.4.22 9am-10am	PCAJB	Dr Santelaksmii Mahalinggam	Two Tree Lodge Hospice
3	Management of complex pain <ul style="list-style-type: none"> ● Use of Methadone – the pharmacokinetics & pharmacodynamics, how to do titration ● Management of pain in patient on Methadone replacement therapy ● Other options – Interventions: nerve blocks, intrathecal, Ketamine infusion, sublingual fentanyl 	20.5.22 9am-10am	CPC,IKN	Dr Yeat Choi Ling	Charis Hospice
4	Managing metastatic bone pain <ul style="list-style-type: none"> ● What are the pain relief medications available for use at home? ● When to send patient for radiotherapy & role of bisphosphonates? ● What about NSAIDs? Is it safe for long term use? 	3.6.2022 9am-10am	PCAkk	Dr Koon Sim Lan	FHL Hospice
Grief & bereavement series					
1	Grief Counselling <ul style="list-style-type: none"> ● What can we do and what we can't do ● How to mobilise volunteers to support grief? 	15.7.22 9am-10am	FHL Hospice	Sister Mary Kristin Ng Che Ing	Kasih Hospice
2	Bereavement in Children	12.8.22	Kasih Hospice	Ms Catherine Ooi	PCAJB
Symptoms management series					
1	Managing Lymphoedema at home	23.9.22	Cancer Research Malaysia	Nurse Maheswari Jeganathan	PPCS
2	Wound care at home	21.10.22	PCAJB	Dr Kartina Abdul Karim	Penang Hospice Society
3	Managing Malignant Ascites at Home	25.11.22	PHNS	Dr Punitha Krishnan/ Nurse Nadiyah Jaafar	AsPaC

2nd 2022 MHC ECHO

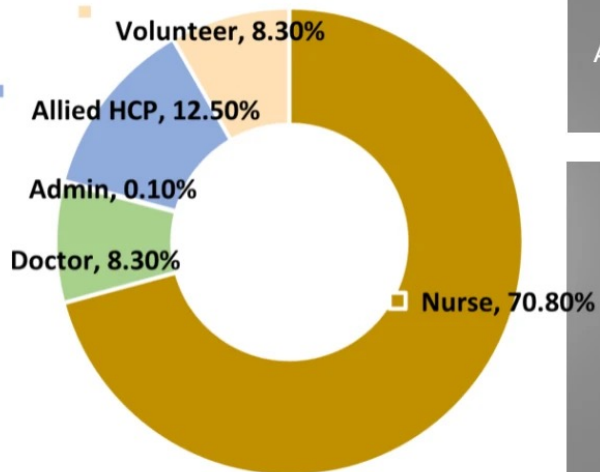
END OF YEAR SURVEY



OBJECTIVE

To promote education, connection, collaboration, & knowledge sharing to develop palliative care among hospices and the community

PARTICIPANTS



9 ONLINE SESSIONS

9 DIDACTIC TALK

AN AVERAGE OF **65** ATTENDANCE AT EACH SESSION

82.6% VIEW THE MHC ECHO RECORDING SESSION

78.3% BROWSE MHC WEBSITE TO VIEW LECTURE NOTES OF THE DIDACTIC TALK



EVALUATION ON ECHO OBJECTIVES

61% STRONGLY AGREE IT ENHANCE KNOWLEDGE & COMPETENCIES OF THEIR ROLE

52% STRONGLY AGREE BY ENABLE SHARING IS A BEST PRACTICE FOR PALLIATIVE CARE PROVIDERS

52% STRONGLY AGREE IT PROMOTE PALLIATIVE CARE & CAN IMPROVE PALLIATIVE CARE OUTCOME

IMPACT ON PRACTICE

52% AGREE THE TOPIC WERE RELEVANT TO THEIR ROLE

56% AGREE THE TOPIC WERE APPLICABLE TO PRACTICE

52% AGREE BY FELT SUPPORTED IN THEIR ROLE AFTER THE PROGRAM

SPREAD THE MESSAGE

70% SHARED THE KNOWLEDGE WITH OTHERS

96% WILL RECOMMEND MHC ECHO PROGRAM TO OTHERS

70% INTERESTED TO PARTICIPATE IN MHC ECHO 2023 EDUCATION SERIES

Schedule:

- Monthly 1 hour session: Introduction & Welcome (5mins), Case presentation (10mins), Didactic talk (20 mins), Interaction + Q&A (15 mins), Take home messages & closing (10mins)
- Every 2nd Thursday of the month (2pm - 3pm)
- 10 topics (March 23 – Dec 23)



2023 Malaysia Community Palliative Care ECHO Project

No	Topic & Content:	Date & Time	Case Presenter	Didactic Talk Speaker	Facilitator
Principles of Palliative Care					
1	Who needs palliative care? - Palliative Care as part of the Universal Health Coverage - SPICTS tool as referral criteria - Identify own role in the Holistic Assessment *no MMA CPD points provided for this session	9.3.23 Thursday 2pm-3pm	Dr Pothannantha Raja Pathmanathan (Excellent Domiciliary PC Center - EDPC) PKD Kinta	Dr Fazlina Ahmad	Dr Ng Woon Fang
Optimising Pain Control					
2	Pain Assessment & Management - Pearls & common pitfalls in pain assessment (Quiz for types of pain) - Which opioids to choose for my patient?	13.4.23 Thursday 2pm-3pm	Nurse Rokhiza (KK Bandar Alor Setar)	Dr Lim Liang Yik	Dr Teh Chin Mey
Palliative Care Emergencies					
3	Managing Catastrophic bleeding at home - Management of tumour bleeds – local & systemic therapy - Management of hematuria in cancer patients - communications & supporting family or caregivers during end of life	11.5.23 Thursday 2pm-3pm	Nurse Niensi Atarah Anak Akiu (Two Tree Lodge Hospice, Kuching)	Dr Siow Yen Ching	Dr Albert Yong
Care Planning					
4	Prognosis & Goals of Care Discussion - How to recognise prognosis is short? - How to conduct a Goal of Care Discussion? - Play the Goal wish cards in breakout room	8.6.23 Thursday 2pm-3pm	Nurse Masseleny Joshua (NCSM Sarawak)	Dr Ng Woon Fang	Dr Teh Ee Von
Communication skills					
5	Breaking bad news & addressing the emotions of patients & family - role play in breakout rooms	13.7.23 Thursday 2pm-3pm	SN Azimah Zainuddin (CPC IKN)	Dr Saiful Adni Abd Latif	Dr Ng Woon Fang
Professional & Ethical practices					
6	Artificial hydration & nutrition at end of life care - withholding treatment – is it Euthanasia?	10.8.23 Thursday 2pm-3pm	SN Norliza Binti Nong (KK Salak)	Dr Lam Chee Loong	Dr David Capelle

No	Topic & Content:	Date & Time	Case Presenter	Didactic Talk Speaker	Facilitator
Self-care & collaborative practice					
7	Self-care & team work in palliative care - Sharing from senior palliative care providers - Breakout group discussion: what are your self-care?	14.9.23 Thursday 2pm-3pm	Dr Siti Noor Munirah Ibrahim (Kasih Hospice Foundation)	Dr Koon Sim Lan	Dr Ng Woon Fang
8	Rehabilitation in Palliative Care - Swallowing assessment & oral care to prevent aspiration pneumonia - Bladder care – what can we do with leaking CBD? - Bowel care in paraplegic patient - Energy Conservation techniques	12.10.23 Thursday 2pm-3pm	Dr Suzannah Samah (Unit Domiciliary PKD Hulu Langat)	Dr Intan Sabina Mohamad (Rehabilitation Physician)	Dr Teoh See Wie
Symptoms management					
9	Malignant wound care at home – What are my choices of modern dressing? Stoma care at Home -How to teach the family for stoma care?	9.11.23 Thursday 2pm-3pm	Nurse Aini Fatimah Ghazali (Cancer Research Malaysia)	Sister Norzilaila Othman (wound care team, HTAA)	Dr Anuradha Thiagarajan
10	Anxiety & Depression - How do we screen and detect? How can we manage and help them?	14.12.23 Thursday 2pm-3pm	SN Nur Fitri Abdul Rahim (KK Petra Jaya, Kuching)	Dr Hariani Ishak (Liaison Psychiatrist)	Dr Siti Noor Munirah



2023 MALAYSIA COMMUNITY PALLIATIVE CARE ECHO PROJECT

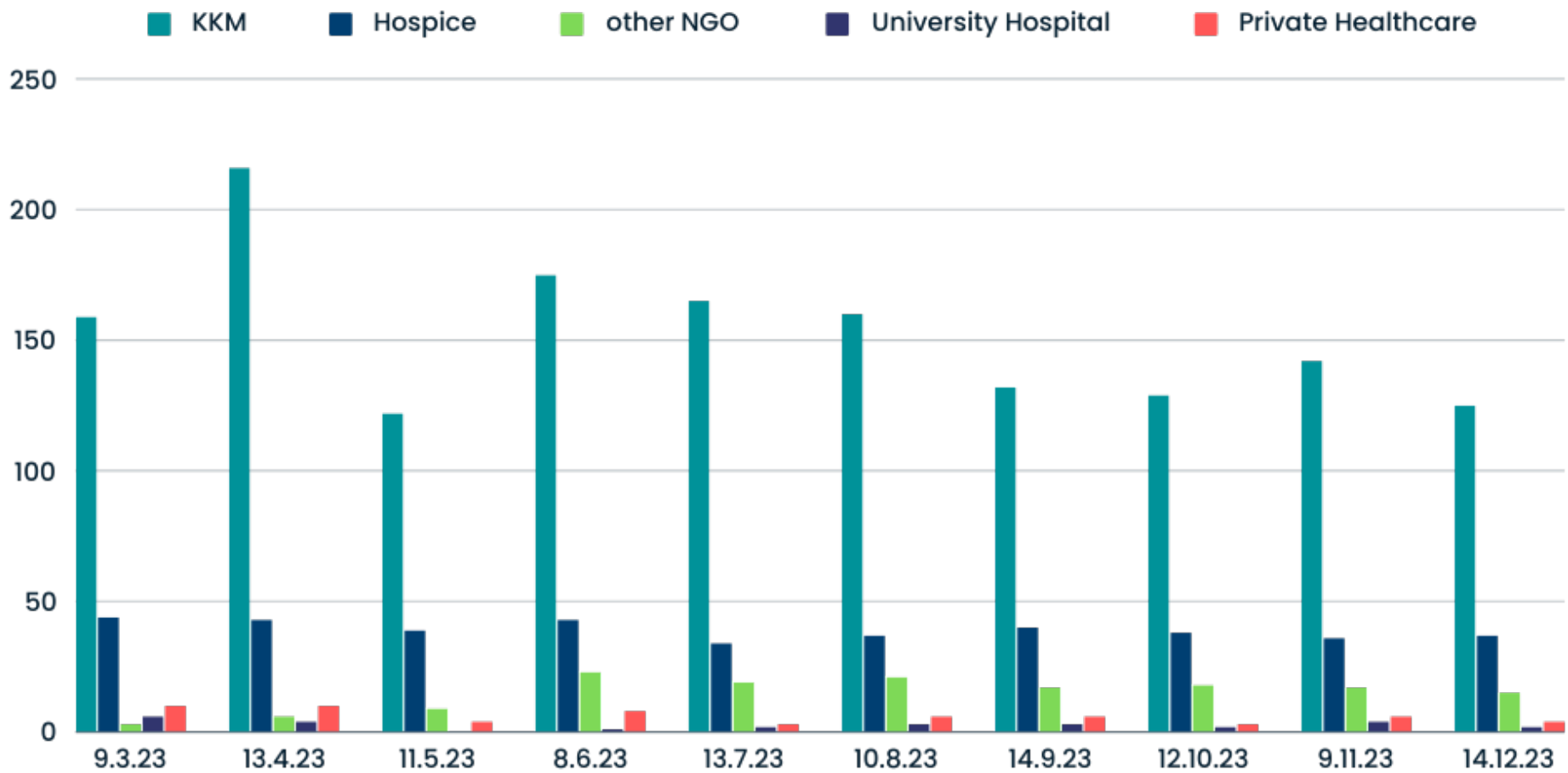
AVERAGE NUMBER OF PARTICIPANTS PER SESSION ACROSS VARIOUS STATES





2023 MALAYSIA COMMUNITY PALLIATIVE CARE ECHO PROJECT

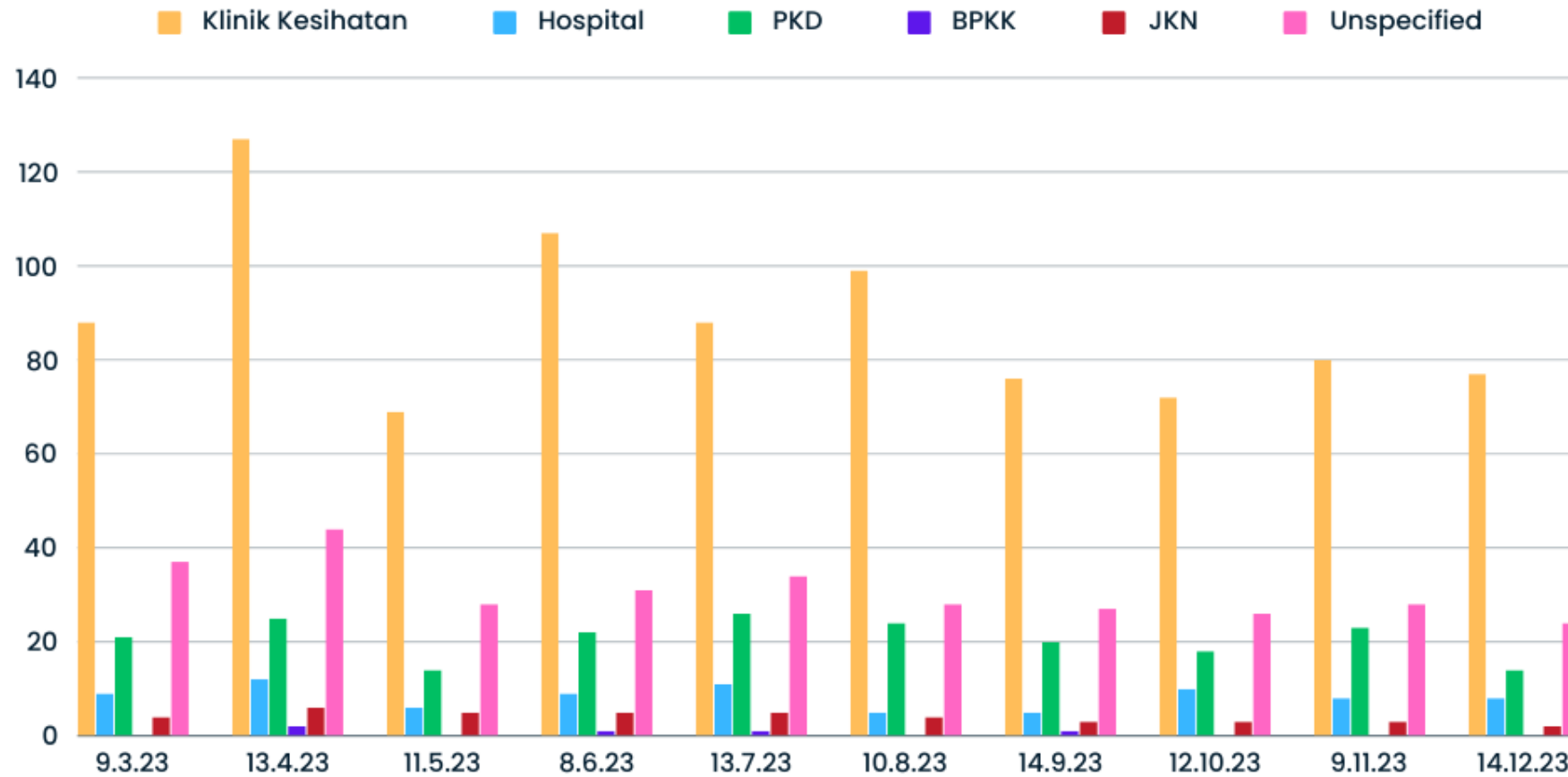
PARTICIPANTS' PLACE OF PRACTICE





2023 MALAYSIA COMMUNITY PALLIATIVE CARE ECHO PROJECT

CATEGORIES OF KKM PARTICIPANTS

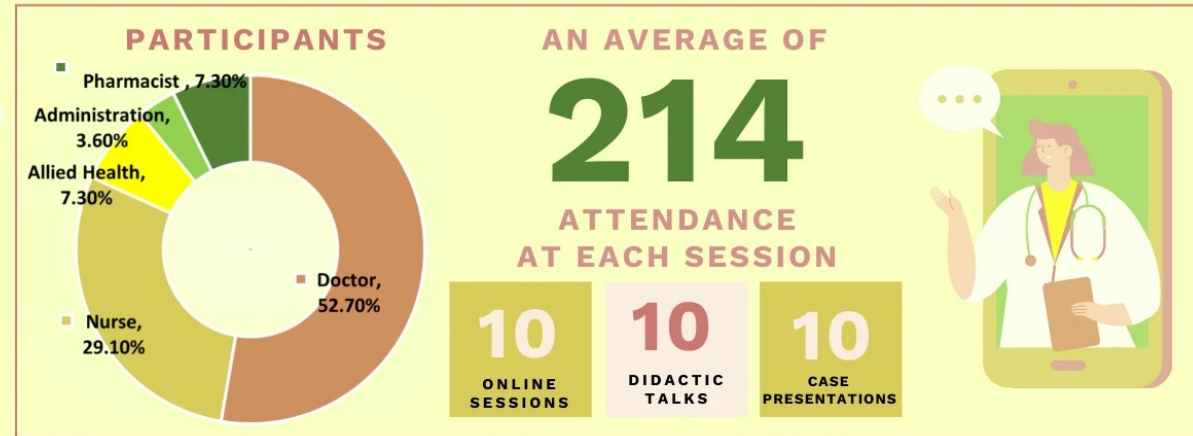


2023 MALAYSIA COMMUNITY PALLIATIVE CARE ECHO PROJECT



- END OF YEAR SURVEY -

OBJECTIVE: TO PROMOTE EDUCATION, CONNECTION, COLLABORATION, & KNOWLEDGE SHARING TO DEVELOP PALLIATIVE CARE AMONG HOSPICES AND THE COMMUNITY



EVALUATION FINDINGS

53% AGREE IT ENHANCE KNOWLEDGE & COMPETENCIES OF THEIR ROLE

91% STRONGLY AGREE BY ENABLE SHARING IS A BEST PRACTICE FOR PALLIATIVE CARE PROVIDERS

54% STRONGLY AGREE IT PROMOTE PALLIATIVE CARE & CAN IMPROVE PALLIATIVE CARE OUTCOME

100% WILL RECOMMEND ECHO PROGRAM TO OTHERS

83.6% INTERESTED TO PARTICIPATE IN ECHO 2024 EDUCATION SERIES

67.3% VIEW THE ECHO RECORDING SESSION

81.8% BROWSE ECHO PLATFORM TO VIEW READING MATERIAL

74.5% SHARED THE KNOWLEDGE WITH OTHERS

IMPACT ON PRACTICE

56% AGREE THE TOPIC WERE RELEVANT TO THEIR ROLE

92% AGREE THE TOPIC WERE APPLICABLE TO PRACTICE

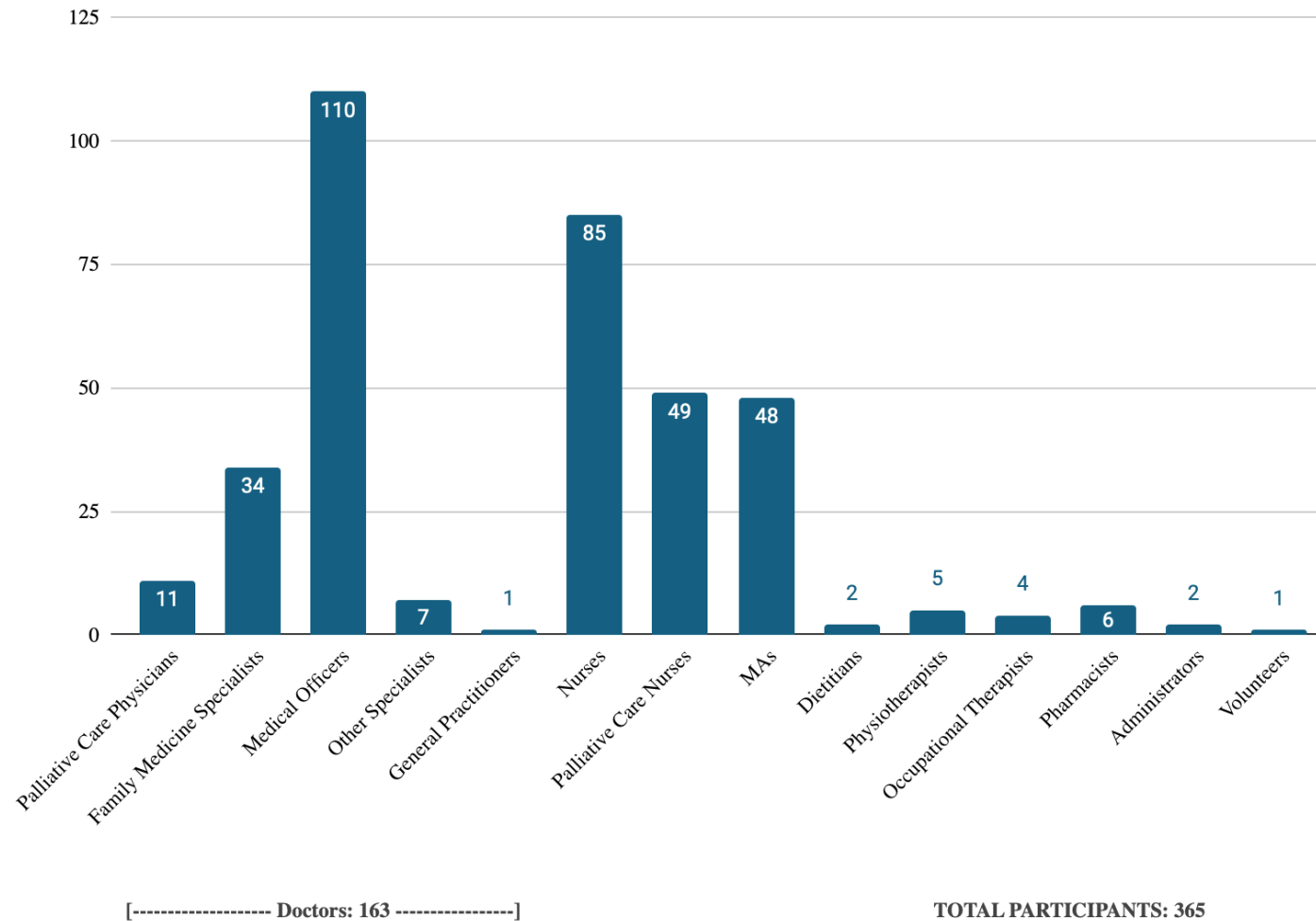
53% AGREE BY FELT SUPPORTED IN THEIR ROLE AFTER THE PROGRAM



443 active participants

2024 Malaysia Community Palliative Care ECHO Project

Profession of the participants on ECHO 14.3.24





2024 Malaysia Community Palliative Care ECHO Project

Pre-session survey

Questions	Rationale
<p>Q1: Please state your current level of involvement in palliative care service?</p> <p>Option 1: Specialized Palliative Care – provide 100% service of palliative care in day-to-day clinical activities</p> <p>Option 2: General Palliative Care – have some training & experience in palliative care and integrate palliative care in clinical practices</p> <p>Option 3: No Palliative Care Approach – did not practice palliative care principles at all in healthcare & community settings</p>	Background experience & engagement in palliative care delivery
<p>Q2: How would you rate your current knowledge on this topic?</p> <p>Option 1: Low</p> <p>Option 2: Moderate</p> <p>Option 3: High</p>	Self-rating of knowledge
<p>Q3: How would you rate your current competency of clinical skills on this topic?</p> <p>Option 1: Low</p> <p>Option 2: Moderate</p> <p>Option 3: High</p>	Self-rating of competency (capable of performing in clinical settings)
<p>Q4: What specific learning objectives or outcomes do you hope to achieve by participating in this session?</p>	Identify knowledge gap & learning needs

Specific learning objectives & outcomes that the participants hope to achieve by participating in this session:

Improve **knowledge**, **skills** &

attitude in **work place**, in **principles** & **types** of wound care, **assessment** & use of modern **dressings** in limited cost & resource settings,

principles and basic palliative care approach.

"Manage patient **holistically**"

"Wound care is a difficult topic. Familiar with diabetes wound care, venous insufficiency wound care & varicose wound care. Very challenging situation"

"To be competent and know in and out in great depth in all topics"

"Never expose to palliative care, only came across a patient with stage 4 metastatic cancer during in surgical ward, don't really know how to counsel them toward palliative care"

Evidence-based, **best practice** & new guidelines in wound care, including paediatric patients.

Build up efficiency in providing **palliative care in primary care**

"To learn more especially on palliative care in the community. My current practice is mostly hospital based."

"Dapat menambah baik perkhidmatan pada masa akan datang"
 "Dapat bagi servis **domisiliary** yang baik pada pesakit"
 "Penambahan ilmu untuk dipraktikkan dalam tuqas harian dengan lebih baik"

"Learn through others experience and skills in handling palliative cases"
 "**Continuity of care** between hospital, Klinik Kesihatan, and **community**"

Enhance **management**

Pain & symptoms management
 Medication

"Able to assist patients with wound at Community Pharmacy level."

Better **communication** skills

End-of-life care
 Spiritual aspect

"What can we offer to ease the burden to patient and **family**."

"if possible that I need specialize in palliative care because I should cover all clinical aspects at my own clinic right know"
 "I would like to pursue subspecialty in palliative care medicine"



TABLE 1. Comparison of an Expanded Outcomes Framework with the Original Framework for Planning and Assessing CME Activities

Original CME Framework	Miller's Framework	Expanded CME Framework	Description	Source of Data
Participation		Participation LEVEL 1	The number of physicians and others who participated in the CME activity	Attendance records
Satisfaction		Satisfaction LEVEL 2	The degree to which the expectations of the participants about the setting and delivery of the CME activity were met	Questionnaires completed by attendees after a CME activity
Learning	Knows	Learning: Declarative knowledge LEVEL 3A	The degree to which participants state <i>what</i> the CME activity intended them to know	<i>Objective:</i> Pre- and posttests of knowledge. <i>Subjective:</i> Self-report of knowledge gain
	Knows how	Learning: Procedural knowledge LEVEL 3B	The degree to which participants state <i>how</i> to do what the CME activity intended them to know how to do	<i>Objective:</i> Pre- and posttests of knowledge <i>Subjective:</i> Self-report of knowledge gain
	Shows how	Competence LEVEL 4	The degree to which participants <i>show</i> in an educational setting <i>how</i> to do what the CME activity intended them to be able to do	<i>Objective:</i> Observation in educational setting <i>Subjective:</i> Self-report of competence; intention to change
Performance	Does	Performance LEVEL 5	The degree to which participants <i>do</i> what the CME activity intended them to be able to do in their practices	<i>Objective:</i> Observation of performance in patient care setting; patient charts; administrative databases <i>Subjective:</i> self-report of performance
Patient health		Patient health LEVEL 6	The degree to which the health status of patients improves due to changes in the practice behavior of participants	<i>Objective:</i> Health status measures recorded in patient charts or administrative databases <i>Subjective:</i> Patient self-report of health status
Community health		Community health LEVEL 7	The degree to which the health status of a community of patients changes due to changes in the practice behavior of participants	<i>Objective:</i> Epidemiological data and reports <i>Subjective:</i> Community self-report

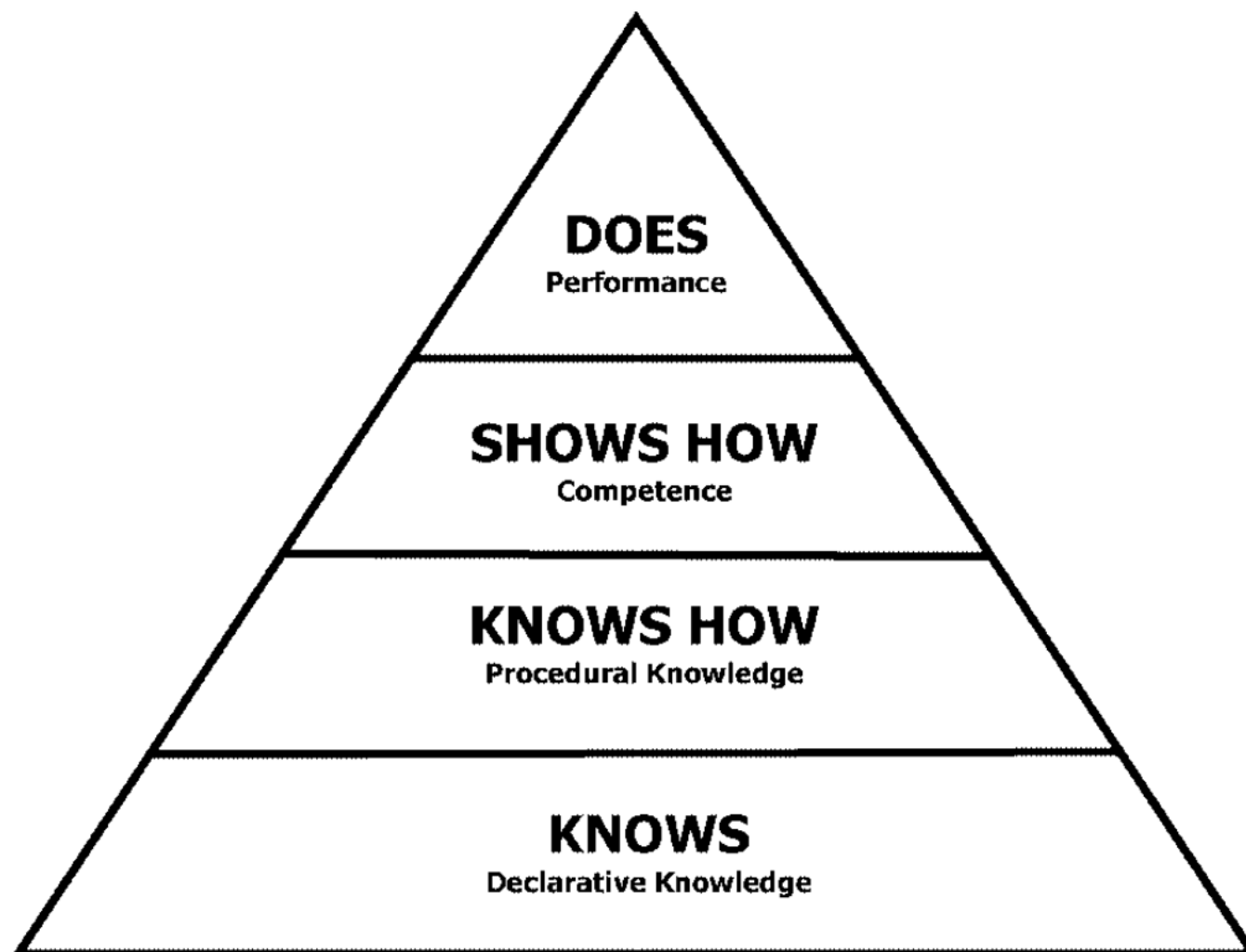
Moore DE Jr, Green JS, Gallis HA. Achieving desired results and improved outcomes: integrating planning and assessment throughout learning activities. J Contin Educ Health Prof. 2009 Winter;29(1):1-15. doi: 10.1002/chp.20001. PMID: 19288562.

2024 Malaysia Community Palliative Care ECHO Project

Post-session feedback form

Questions	Rationale
Q2: How would you rate your current knowledge on this topic after attending the session? Option 1: Low Option 2: Moderate Option 3: High	Self-rating of knowledge
Q3: How would you rate your current competency of clinical skills on this topic after attending the session? Option 1: Low Option 2: Moderate Option 3: High	Self-rating of competency
Q3: What key insights or best practices did you learn from the case-based discussions or didactic presentation?	Engagement in learning & best practice
Q4: Can you share specific changes or improvements you plan to make in your patient care approach based on the session?	Impact on patient care outcomes

- Future:**
- Tests on knowledge & skills
 - Symptoms burdens & outcomes
 - Patient & Caregivers satisfactory survey

For doctors (Family Medicine Trainee / Medical Officer / General Physician)

 FIGURE 1. Framework for clinical assessment (adapted from Miller²³).

Outline of topics & skills set	Indicators of competency
Domain 1: Principles of palliative care	
Definition of Palliative Care	Understand & able to appreciate the comprehensive care of physical, psychological, social and spiritual aspects and aims of achievable outcome.
Who can be referred to Palliative Care	Able to identify cases/illness to be referred to Palliative Care using SPICT tool.
Palliative Care assessment	Able to take a holistic assessment & identify palliative care needs using the suggested prompt in Appendix 1 , competent in identify positive signs and diagnosis through physical examination and able to formulate sound working diagnosis.
Domain 2: Communication	
Types of Communication	Understand the significant of verbal & non-verbal communication in Appendix 2 . Appreciate the value of non-verbal communication. Engage & conduct at least 1 family conference.
Breaking bad news, collusion, handling unrealistic expectations and difficult questions	Learn about steps of serious illness conversation in Appendix 3 . Engage in role play & give comments after observing the supervisor/clinician communicate with patient or family member. Know how to be empathetic in communication.
Goal of Care Discussion & Active listening	Respect the individual preference & choice, appreciate the diverse cultures, religion and ethics background of the individuals. Apply principle of ethics in communication process. Apply active listening skills.
Domain 3: Optimising comfort & quality of care	
Essential medications in Palliative Care	Able to prescribe essential medications used for common symptoms control and learn about indications and pharmacology of related medications.
Pain Management	Able to diagnose cause of pain, prescribe and titrate pain relief medications. Able to handle pain crisis.
Subcutaneous medication & crisis medications	Appreciate crisis medications used. Observe and perform subcutaneous cannula insertion.
Non-pharmacological management	Recognise the importance of multidisciplinary working in optimising comfort and quality of life of the patient and their family and took part in the referral process. Participate in multidisciplinary discussion. Competence in performing symptoms relief procedures such as peritoneal centesis, pleural tapping, etc.
Comfort End-of-life (EOL) care	Understand the pathophysiology of signs and symptoms in EOL and attempt prognostication. Apply ways to achieve good death.

Training development modules & competency indicators

For Nurses

Outline of topics & skills set	Indicators of competency
Domain 1: Principles of palliative care	
Definition of Palliative Care	Understand & able to appreciate the comprehensive care of physical, psychological, social and spiritual aspects.
Who can be referred to Palliative Care	Able to identify cases/illness to be referred to Palliative Care.
Palliative Care assessment	Able to take a holistic assessment using the suggested prompt in Appendix 1 .
Domain 2: Communication	
Types of Communication	Understand the significant of verbal & non-verbal communication in Appendix 2 .
Breaking bad news	Learn about steps of serious illness conversation in Appendix 3 . Engage in role play & give comments after observing the supervisor/clinician communicate with patient or family member. Able to explain patient's condition and address concerns of the family members independently. Know how to be empathetic in communication.
Goal of Care Discussion & Active listening	Respect the individual preference & choice, appreciate the diverse cultures, religion and ethics background of the individuals. Appreciate and apply active listening skills.
Domain 3: Optimising comfort & quality of care	
Essential medications in Palliative Care	Able to administer the prescribed common medications used for symptoms control, including opioids. Familiar with all medications used.
Subcutaneous medication & crisis medications	Know the indications of crisis medications and able to administer independently after getting confirmation from doctor. Perform subcutaneous cannula insertion and able to set up a syringe driver with combinations of parenteral form of medications.
Non-pharmacological management	Recognise the importance and benefit of multidisciplinary working in optimising comfort and quality of life of the patient and their family. Take part in multidisciplinary meeting and discussion. Able to assist and help monitoring patient in symptoms relief procedures such as peritoneal centesis, pleural tapping, etc.
Comfort End-of-life (EOL) care	Recognise signs and symptoms in EOL and short prognosis. Appreciate and help in ways to achieve good death. Able to support patients and family throughout EOL.
Domain 4: Care planning & Collaborative Practice	
Advance Care Planning	Understand & appreciate Advance Care Planning and the principle of application in Appendix 4 .
Collaborative efforts & referral system	Get to know and channel the locally available palliative care providers and other supportive services.

For Allied Health Professionals (Occupational Therapists)

Outline of topics & skills set	Indicators of competency
Domain 1: Principles of palliative care	
Definition of Palliative Care	Understand & able to apply the principles of palliative care that affirm life through comprehensive care of physical, psychological, social and spiritual aspects. Support patient and caregivers in coping with the illness and enhance their quality of life.
Who can be referred to Palliative Care	Able to identify cases/illness to be referred to Palliative Care.
Palliative Care assessment	Able to take a holistic assessment using the suggested prompt in Appendix 1 . Able to recognise common trajectories of illness, including common symptoms and complications. Able to apply related assessment to gather information.
Domain 2: Communication	
Types of Communication	Understand the significant of verbal & non-verbal communication in Appendix 2 .
Breaking bad news	Learn about steps of serious illness conversation in Appendix 3 . Engage in role play & give comments after observing the supervisor/clinician communicate with patient or family member. Able to explain patient's condition and address concerns of the family members independently. Demonstrate empathy in communication.
Goal of Care Discussion & Active listening	Respect the individual preference & choice, appreciate the diverse cultures, religion and ethics background of the individuals. Appreciate and apply active listening skills.
Domain 3: Optimising comfort & quality of care	
Improve functional status	Able to recognise potentially reversible causes of functional deterioration in the occupational performance areas of self-care, productivity and leisure. Promote optimal independence and safety. In irreversible conditions, be able to help the patients and caregiver to adapt and cope in transition. Able to identify adaptive or compensatory strategies and/or environmental modifications that will enhance and support the safety, occupational performance & functional independence of the individual.
Equipment prescription	Demonstrate knowledge and competence in equipment prescription and provision to facilitate care needs at home environment.
Patients & Caregivers education & management	Provide advice and practical strategies for energy conservation, activity analysis, pacing and prioritisation to support the management of fatigue and dyspnoea symptoms. Able to teach

For Medical Students

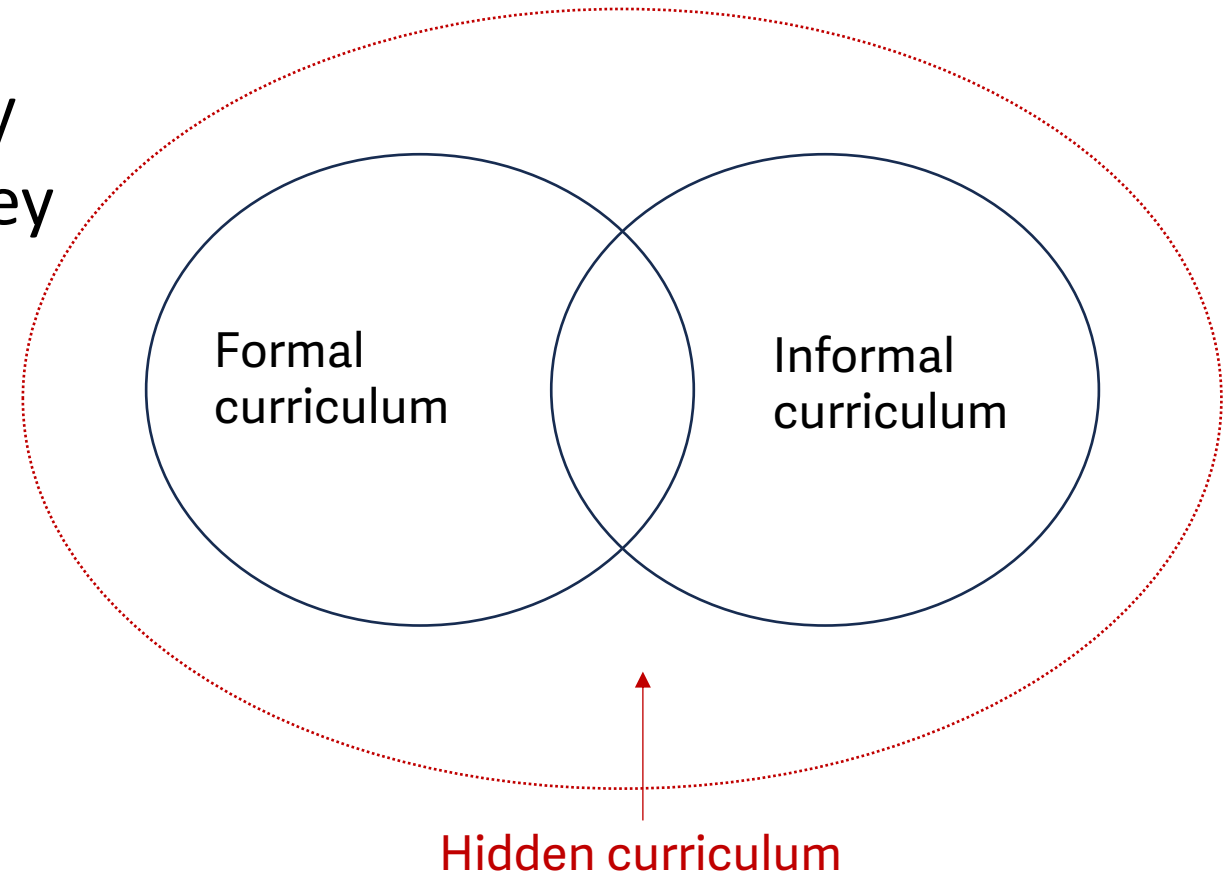
Outline of topics & skills set	Indicators of competency
Domain 1: Principles of palliative care	
Definition of Palliative Care	Understand & able to appreciate the comprehensive care of physical, psychological, social and spiritual aspects.
Who can be referred to Palliative Care	Able to identify cases/illness to be referred to Palliative Care.
Palliative Care assessment	Able to take a holistic assessment using the suggested prompt in Appendix 1 .
Domain 2: Communication	
Types of Communication	Understand the significant of verbal & non-verbal communication in Appendix 2 .
Breaking bad news	Learn about steps of serious illness conversation in Appendix 3 . Engage in role play & give comments after observing the supervisor/clinician communicate with patient or family member. Know how to be empathetic in communication.
Goal of Care Discussion & Active listening	Respect the individual preference & choice, appreciate the diverse cultures, religion and ethics background of the individuals. Appreciate active listening skills.
Domain 3: Optimising comfort & quality of care	
Essential medications in Palliative Care	Appreciate common medications used for symptoms control, including opioids.
Subcutaneous medication & crisis medications	Appreciate crisis medications used. Observe or perform subcutaneous cannula insertion.
Non-pharmacological management	Recognise the importance and benefit of multidisciplinary working in optimising comfort and quality of life of the patient and their family. Observe performance of symptoms relief procedures such as peritoneal centesis, pleural tapping, etc.
Comfort End-of-life (EOL) care	Recognise signs and symptoms in EOL and short prognosis. Appreciate ways to achieve good death.
Domain 4: Care planning & Collaborative Practice	
Advance Care Planning	Understand & appreciate Advance Care Planning and the principle of application in Appendix 4 .
Collaborative efforts & referral system	Get to know the locally available palliative care providers and other supportive services .
Domain 5: Loss, Grief & Bereavement	
Normal grief reactions	Appreciate the emotions and impact of loss .
Grief & bereavement support	Understand and get to know practical support for the bereaved.
Difficulties in grief	Know the potential risk factors for complicated grief and how to refer for specialised support.
Domain 6: Professional & ethical practice in the context of palliative care	
Potential ethical issues at EOL	Understand the application of respect for autonomy, beneficence, non-maleficence & justice in the context of Do Not Resuscitate (DNR), withdrawing & withholding treatment, artificial nutrition & hydration, etc.

Values of ECHO



2024 Malaysia Community Palliative Care ECHO Project

- Create a culture of uniting all to provide palliative care on a non-judgmental ground
- Create a compassionate community
- Supporting each other in our journey





VIRTUAL MONTHLY EDUCATION

"Palliative Care in End-Stage Renal Disease (ESRD)"

08/08/24 (Thursday) 2PM - 3PM

[Register Now](#)



Facilitator

Dr. Lam Chee Loong

Palliative Medicine Consultant
Universiti Malaya



Speaker

Dr. Lim Shu Xian

Palliative Medicine Specialist
Hospital Kuala Lumpur

This session is open to all healthcare professionals working in palliative care, hospices, Klinik Kesihatan and NGOs involved in community palliative care. There will be a case presentation and a talk about the topic.

For a more engaging session, please send in your case related to the topic to ECHO coordinator at malaysianhospicecouncil@gmail.com

You can download the case presentation template here: <http://tinyurl.com/a96aj868>

<https://www.malaysianhospicecouncil.com/echo>
CPD Points will be awarded to doctors practising in Malaysia

The screenshot shows the ECHO website interface. At the top, there is a search bar and a user profile for Woon Fang Ng. Below the navigation bar, the breadcrumb trail reads: Home > Malaysian Hospice Council > Programs > 2024 Malaysia Community Palliative Care ECHO Project > 2024 Malaysia Community Palliative Care ECHO Project. The main heading is "2024 Malaysia Community Palliative Care ECHO Project" with a "Settings" button. Below this, there are tabs for SCHEDULE, CONTENT, PARTICIPANTS, REPORTS, DISCUSSIONS, and FORMS. The "Sessions" section shows a list of upcoming sessions:

Date	Session Title	Status
THU 14 MAR	Wound Care - cases discussion	Upcoming
THU 18 APR	Transition from Hospital to Home - use of medications for symptoms control	Upcoming
THU	Support for Caregivers in care	

The "Wound Care - cases discussion" session details show a date of 14 Mar 2024 from 02:00 pm to 03:00 pm MYT. It includes options to Edit, Delete, or Invite. The "CONTENT" section for this session shows "No content uploaded" with an "Add Content" button.

Thank you

malaysianhospicecouncil@gmail.com

woonfangng@gmail.com