E-learning for End of Life Care (ELCA)
Curriculum and suggested learning pathway for practitioners within primary care

e-ELCA is the e-learning programme for end of life care. It is relevant to all health and social care staff who are involved in caring for people in the last year of life, from any disease, in any setting. This document lists all the sessions that are available in e-ELCA and guides staff in prioritising their learning. There are 4 categories:

- Basic/induction (B): these sessions provide a basic introduction to the topic. New staff should undertake these as early as possible to familiarise themselves with the area. Experienced staff confident of their own knowledge and competence in these areas may wish to move straight on to the next level.
- Essential (E): these sessions are essential learning to the staff role.
- Useful (U): though not essential, these sessions may be useful and relevant learning for these staff
- Interesting (I): staff who do not require this knowledge or skill in their area of work may, nevertheless, find the material interesting because it will help them to understand better the work that their colleagues undertake.

This is a generic guide which you may wish to use in conjunction with the list of all e-ELCA sessions and their learning objectives which is available on the e-ELCA website: http://www.e-lfh.org.uk/programmes/end-of-life-care/. You will need to modify the suggestions for your specific role, clinical area and personal interest.

If you are a general practitioner or staff based within GP surgeries: you should access e-ELCA through the e-Learning for Healthcare (e-LfH) Hub. Once you have entered the e-LfH Hub, click on 'My e-Learning'. The simplest way to access the individual session is as follows:

1. Select End of Life Care (e-ELCA)
2. Choose the course name as shown below
3. To open your session and start learning, select the 'Play' button. A new window will be launched containing the learning material. When you have completed a session, close that browser window in the normal manner.

If you are NHS staff based in the community: you may access e-ELCA through the e-LfH Hub or the Electronic Staff Record (ESR). Within each course (numbered in bold below), there are a varying number of e-learning sessions.

KEY:
B = Basic/induction
E = Essential   e-ELCA learning path for primary care e-LfH and ESR users – November 2016
U = Useful
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INTRODUCTION

Display ID	Course name and session titles	Senior GPs	New GPs	GP Registrars	Nurse practition. / Senior DNs / Community matrons	Junior DNs	Practice nurses	Health care assistants	Admin staff / non-clinical managers
0.0	**Introduction**								
00_01	Introduction to e-learning for End of Life Care	B	B	B	B	B	B	B	B
00_02	Relationship between pall. care & end of life care	B	B	U	B	U	U	U	I

ADVANCE CARE PLANNING

Display ID	Course name and session titles	Senior GPs	New GPs	GP Registrars	Nurse practition. / Senior DNs / Community matrons	Junior DNs	Practice nurses	Health care assistants	Admin staff / non-clinical managers
1.0	**Advance care planning: principles**								
01_01	Introduction to principles of ACP	B	B	E	B	E	U	E	I
01_02	Cultural and spiritual considerations in ACP	B	B	E	B	E	U	E	I

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01_03	Benefits and risks of ACP to patients, families and staff	B	B	E	B	B	B	B	B
01_04	ACP in practice: using end of life care tools	B	B	B	B	E	U	I	I
1.1	**Advance care planning: context**								
01_05	Advance Decision to Refuse Treatment: principles	B	B	E	B	E	U	I	I
01_06	Advance Decision to Refuse Treatment: in practice	B	B	E	B	E	I	I	I
01_07	Mental Capacity Act: aims and principles	B	B	E	B	E	E	E	E
01_08	Mental Capacity Act: in practice	B	B	E	B	E	E	E	I
01_09	Approaching ACP when capacity is uncertain, fluctuating or likely to deteriorate	B	B	E	B	E	I	E	
01_10	ACP and different trajectories	B	E	E	E	E	I	U	

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1.2	**Advance care planning: process**								
01_11	Introduction to conducting conversations about advance care planning	B	B	E	E	E	I	U	I
01_12	How to get started and get the timing right	B	B	E	E	E	I	U	
01_13	How to handle patients' questions and concerns	B	B	E	E	E	I	U	
01_14	How to document conversations about advance care planning	B	B	E	E	E	I	U	
01_15	How to negotiate decisions which may be difficult to implement	B	B	E	E	E	I	U	
01_16	How to review previous ACP decisions	B	B	E	E	E	I	U	
1.3	**Advance care planning: developing practice**								
01_17	Developing ACP in your organisation	I	I	I	I	I	I		
01_18	Developing your practice, clin. supervision, further reading	I	I	I	I	I	I	I	I

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ASSESSMENT

Display ID	Course name and session titles	Senior GPs	New GPs	GP Registrars	Nurse practition. / Senior DNs / Community matrons	Junior DNs	Practice nurses	Health care assistants	Admin staff / non-clinical managers
2.0	**Assessment: principles**								
02_01	Introduction to principles of assessment in end of life care: part 1	B	B	E	B	E	B	E	
02_02	Introduction to principles of assessment in end of life care: part 2	B	B	E	B	E	B	E	
2.1	**Assessment: domains**								
02_03	Assessment of physical symptoms	B	B	E	B	E	U	U	
02_04	Assessment of physical function	B	B	E	B	E	U	U	
02_05	Assessment of psychological well-being	B	B	E	B	E	U	U	
02_06	Assessment of social and occupational well-being	B	B	E	B	E	U	U	
02_07	Assess. of spiritual well-being	B	E	E	B	E	U	U	

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02_08	Context of assessment: cultural and language issues	B	B	E	B	E	U	U	I
2.2	**Assessment: context**								
02_09	Bereavement assessment and support	B	B	E	B	E	E	U	I
02_10	Carer assessment and support	B	B	E	B	E	E	E	I
02_11	Assessing through proxies	B	B	E	B	E		E	
02_12	Assessing those with fluctuating mental capacity	B	B	E	E	E		E	
02_13	Assessing urgent situations with limited information	B	B	E	E	E		U	
02_14	Assessment of dying phase and after-death care	E	E	E	B	E		E	
2.3	**Assessment: process**								
02_15	First assessment: meeting the patient	B	B	E	B	E	B	E	
02_16	Identifying the patient's goals and priorities	B	B	E	B	E	B	E	
02_17	Documentation, communic. and coordination	B	B	E	B	E	B	E	
02_18	Following up assessments and evaluating outcomes	B	B	E	B	E	B	E	

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02_19	Uses and limitations of assessment tools	I	I	I	I	I	I	I	

COMMUNICATION SKILLS

Display ID	Course name and session titles	Senior GPs	New GPs	GP Registrars	Nurse practition. / Senior DNs/ Community matrons	Junior DNs	Practice nurses	Health care assistants	Admin staff / non-clinical managers
3.0	**Communication skills: principles**								
03_01	The importance of good communication	B	B	B	B	B	B	E	E
03_02	Principles of communication	B	B	B	B	B	B	E	E
03_03	Communicating with ill people	B	B	B	B	B	B	E	E
03_04	Talking with ill people: considering the surrounding environment	B	B	B	B	B	B	E	E
03_05	Culture and language in communication	B	B	B	B	B	B	E	E

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03_06	Communication skills for admin staff, volunteers and other non-clinical workers							E	E
03_07	Self awareness in communication	B	B	E	B	E	E	E	E
3.1	**Communication: basic skills**								
03_08	Understanding and using empathy	B	B	E	B	E	E	E	E
03_09	Skills which facilitate good communication	B	B	B	B	B	B	E	E
03_10	Things which block good communication	B	B	B	B	B	B	E	E
3.2	**Communication: modes of communication**								
03_11	Face to face communication	B	B	B	B	B	B	B	B
03_12	Telephone communication	B	B	B	B	B	B	E	E
03_13	Written communication	B	B	B	B	B	B	U	E
3.3	**Communicating: specific contexts**								
03_14	Information giving	B	B	E	B	E	E	U	I
03_15	Breaking bad news	B	B	E	B	E	U	I	
03_16	Communicating with non-English speaking patients	B	B	E	B	E	E	E	I

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03_17	Communicating with people with speech and hearing difficulties	E	E	E	E	E	E	E	E
03_18	Communication with children and young people	E	E	E	E	E	I	U	I
03_19	Request for organ and tissue donation	U	U	U	U	U			
03_20	Request for euthanasia	E	E	E	E	E			
03_21	Legal and ethical issues embedded in communication	B	B	B	B	B	B	U	U
3.4	**Communication: challenging scenarios**								
03_22	"Am I dying?" "How long have I got?" – handling challenging questions	E	E	E	E	E	U	U	
03_23	"Please don't tell my husband…." – managing collusion	E	E	E	E	E	U	I	
03_24	"How dare you do this to me!" – managing anger	E	E	E	E	E	U	U	U
03_25	"I don't believe you, I'm not ready to die!" – managing denial	E	E	E	E	E	U	I	

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

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SYMPTOM MANAGEMENT

Display ID	Course name and session titles	Senior GPs	New GPs	GP Registrars	Nurse practition. / Senior DNs / Community matrons	Junior DNs	Practice nurses	Health care assistants	Admin staff / non-clinical managers
4.0	**Symptom management: principles**								
04_01	General approach to assessment of symptoms	B	B	E	B	E	U	U	U
04_02	Agreeing a plan of management and care	B	B	E	B	E		U	
04_03	Communicating the plan of management and care	B	B	E	B	E		U	
04_04	Individual preferences and cultural influences on symptom management	B	B	E	B	E		U	
04_05	Influence of transition points and crises on decision-making in symptom management	B	B	E	B	E			
04_06	Recognising your own limitations in symptom management	B	B	E	B	E		I	
4.1	**Symptom management: pain**								
04_07	Assessment of pain	E	E	E	E	E	U	U	
04_08	Principles of pain management	E	E	E	E	E	U	U	

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04_09	Drug management of pain – core knowledge	E	E	E	E	E	U	I	
04_10	Opioids in pain management – advanced knowledge	E	E	E	E	E			
04_11	Managing different types of pain	E	E	E	E	E			
4.2	**Symptom management: breathlessness**								
04_12	Assessment of breathlessness	E	E	E	E	E	E	E	
04_13	Drug management of breathlessness	E	E	E	E	E	I	I	
04_14	Non-drug management of breathlessness	E	E	E	E	E	U	U	
4.3	**Symptom management: nausea, vomiting and constipation**								
04_15	Causes of nausea and vomiting	E	E	E	E	E	I	I	
04_16	Assessment of nausea and vomiting	E	E	E	E	E	U	U	
04_17	Management of nausea and vomiting	E	E	E	E	E		I	
04_18	Assessment of constipation	E	E	E	E	E		U	
04_19	Management of constipation	E	E	E	E	E		I	
4.4	**Symptom management: emergencies**								
04_20	Management of bleeding	E	E	E	E	E		I	

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04_21	Management of seizures	E	E	E	E	E		I	
04_22	Recognising and managing malignant spinal cord compression	E	E	E	E	E			
4.5	**Symptom management: last days of life**								
04_23a	Recognising the last months and days of life and verifying death	E	E	E	E	E		U	
04_23b	Symptom management for the dying adult	E	E	E	E	E		U	
04_24	Managing death rattle	E	E	E	E	E		U	
04_25	Managing agitation and restlessness in the dying phase	E	E	E	E	E		U	
04_26	Managing distress during the dying phase	E	E	E	E	E		E	
4.6	**Symptom management: general issues**								
04_27	Use of syringe drivers	E	E	E	E	E			
04_28	Non-drug interventions in symptom management	E	E	E	E	E		I	
04_29	Symptom management in people with learning difficulties or mental health problems	E	E	E	E	E		I	
04_30	Symptom management complicated by coexisting conditions	E	E	E	E	E			

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04_31	Management of symptoms associated with wounds	E	E	E	E	E		U	
4.7	**Symptom management: mood**								
04_32	Assessment of mood	B	B	E	E	E	E	E	U
04_33	Assessment and management of anxiety	B	B	E	E	E	E	E	E
04_34	Management of depression	B	B	E	E	E	I	U	
04_35	Assessment and management of agitation	B	B	E	E	E		I	
4.8	**Symptom management: advanced illness**								
04_36	Recognising and managing fatigue	E	E	E	E	E	I	U	
04_37	Assessment & management of weight loss & loss of appetite	E	E	E	E	E	I	U	
04_38	Management of sore mouth and other oral problems	E	E	E	E	E	U	U	
04_39	Assess. of physical & cognitive deterioration in function	B	B	E	B	E	U	I	
04_40	Management of physical deterioration	E	E	E	E	E		I	
04_41	Management of cognitive deterioration	E	E	E	E	E		I	

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INTEGRATING LEARNING

Display ID	Course name and session titles	Senior GPs	New GPs	GP Registrars	Nurse practition. / Senior DNs / Community matrons	Junior DNs	Practice nurses	Health care assistants	Admin staff / non-clinical managers
5.0	**Initiating conversations about end of life care**								
05_01	Initiating conversations about EoLC: COPD	E	E	E	E	E			
05_02	Initiating conversations about EoLC: cancer	E	E	E	E	E			
05_03	Initiating conversations about EoLC: dementia	E	E	E	E	E			
05_04	Initiating conversations about EoLC: long term neurological conditions	E	E	E	E	E			
5.1	**Critical situations**								
05_10	Scenario: ambulance called to home	I	I	I	I	I			
05_11	Scenario: terminal agitation – patient in a care home	B	B	E	B	E		U	
05_12	Scenario: patient dying in acute hospital: optimising situation								

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5.2	**Scenarios around dying**								
05_13	When the dying process is protracted or unexpectedly fast	E	E	E	E	E		U	
05_14	Sudden unexpected death	E	E	E	E	E			
05_15	Dying as a prisoner	I	I	I	I	I			
05_16	Dying as a homeless person	U	U	U	U	U			
05_17	Dying in intensive care unit								
05_18	Treatment and care towards the end of life: good practice decision-making	E	E	E	I	I			
5.3	**Condition-specific case studies**								
05_05	Case study: End-stage cardiac disease	E	E	E	E	E	I	U	
05_06	Case study: Motor neurone disease	E	E	E	E	E	I	I	
05_07	Case study: COPD	E	E	E	E	E	I	U	

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05_08	Case study: End-stage renal disease	E	E	E	E	E	I	U	
05_09a	End of life care for people with dementia	E	E	E	E	E	I	U	
05_09b	Case study: Dementia	E	E	E	E	E	I	U	
5.4	**Care after death**								
05_19	Care after death I - Introduction to care after death	B	B	E	B	E		I	
05_20	Care after death II – Providing personal care after death				B	E		E	
5.5	**Frameworks and tools**								
05_21	A unified DNACPR Policy	E	E	E	E	E		I	
05_22	Using the NHS Continuing Healthcare Fast Track Pathway Tool	U	U	U	E	U			
05_23	Framework for End of Life Care in Advanced Kidney Disease	I	I	I	I	I			

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SOCIAL CARE

Display ID	Course name and session titles	Senior GPs	New GPs	GP Registrars	Nurse practition. / Senior DNs / Community matrons	Junior DNs	Practice nurses	Health care assistants	Admin staff / non-clinical managers
6.0	**Social care**								
06_01	Supporting people to live and die well	I	I	U	B	U	I	U	I
06_02	Palliative care social work	I	I	I	I	I		I	
06_03	Assessment in end of life care				B			I	
06_04	Support and care planning at end of life			U	B	U		I	
06_05	Hospital social work								
06_06	End of life care in care homes and domiciliary care settings	U	U	U	U	U		E	

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BEREAVEMENT

Display ID	Course name and session titles	Senior GPs	New GPs	GP Registrars	Nurse practition. / Senior DNs / Community matrons	Junior DNs	Practice nurses	Health care assistants	Admin staff / non-clinical managers
7.0	**Bereavement**								
07_01	Talking about death & dying	B	B	E	B	E	U	E	U
07_02	Assessment of carers' needs	B	B	E	B	E	U	E	
07_03	Practical support after a bereavement	B	B	E	B	E	I	E	
07_04	Sudden death and bereavement	B	B	E	B	E		E	
07_05	Emotional support and signposting	B	B	E	B	E		E	
07_06	Children and bereavement	I	I	E	U	E		U	

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SPIRITUALITY

Display ID	Course name and session titles	Senior GPs	New GPs	GP Registrars	Nurse practition. / Senior DNs / Community matrons	Junior DNs	Practice nurses	Health care assistants	Admin staff / non-clinical managers
8.0	**Spirituality**								
08_01	Spirituality and the philosophy of end of life care	U	U	U	U	U	U	U	U
08_02	Understanding and assessing spiritual need and spiritual distress	I	I	I	I	I	I	I	I
08_03	Spiritual care and models of spiritual intervention	U	U	U	U	U	I	U	
08_04	Spiritual resources and quality of life	I	I	I	I	I		I	
08_05	Spirituality and the multidisciplinary team								
08_06	Spirituality in the community	I	I	I	I	I		I	