

Instructors of Record:

Mark Holtsman (mlholtsman@ucdavis.edu)

Office Phone: (916) 734-2659

Office Hours: By Appointment

Course Director	E-mail Phone	Office	Office Hours
Mark Holtsman	Mark.Holtsman@ucdavis.edu/ (916)734-2659		By Appointment
Course Administrator	E-mail Phone	Office	Office Hours
Shezar Saifee	Shezar.Saifee@ucsf.edu / (415)502-2141	S-924	By Appointment
Teaching Assistant	E-mail Phone	Office	Office Hours
Julie Lim	Julie.Lim@ucsf.edu / (415)502-2141		By Appointment

Quarter: Fall 2019

Course Title: CP162 Pain and Palliative Care

Credit Units: 1 unit

Instructors of Record: Mark Holtsman, Pharm.D

Class Location/Schedule: per calendar feed (Ilios)

Course Description:

The objectives of this course are to identify the most common clinical problems experienced by patients seeking palliative care including pain, nausea, vomiting, sedation, constipation, insomnia, delirium, anxiety and itching, describe treatment options for pain and symptom management taking into account underlying comorbidities and patient defined goals of therapy, and describe new developments in pharmacotherapy of pain management and palliative care.

Assessment:

We will have a group assignment to submit a case study. Class participation is mandatory to pass this course.

Course Attendance Policy:

Punctuality and timeliness are an important aspect of professionalism in the patient care arena. Students are only allowed one absence notifying the course director at least a week prior to the session. For a missed session, students will be required to submit an assignment assigned by the course director.

Course Policy on Use of Cell Phones, Laptops/iPads, Calculators and Other Electronic Devices

Students are expected to utilize the technology as outlined in the technology requirements upon entry. Technology use in the classroom is encouraged for learning purposes. Students are allowed to use their laptops or iPads to take notes and their cell phones to respond to survey or quiz questions. The use of technology for non-classroom, non-content-related materials, or other personal communications in the classroom is not allowed.

Course Website on UCSF CLE (Collaborative Learning Environment):

CLE will be the primary means for communication during the CP-170.08 course. All students are expected to refer to the CP-170.08 course CLE page regularly for session material, assignments, attendance, schedules, announcements, and additional information.

The following features, among others, will be used:

Course Announcements—Official course messages will be posted primarily through CLE and not through your UCSF email. You are responsible for checking CLE and your regular UCSF e-mail address for course and School communications as well as updates. You can choose to subscribe to receive RSS feeds of course announcements and/or to have them sent to your UCSF email. Please note that some email clients treat CLE mail as spam; therefore, it is critical that you login to CLE and view the Course Announcements regularly to stay apprised of course communications.

Grades—All grades will be posted on CLE.

Calendar—The Ilios calendar provides course related schedules, session learning objectives and session locations and can be synced to your personal calendars. ***Please make sure your syncing feature is turned ‘on’*** (for calendar updates).

Q/A Forums—Forums will be established regularly to stimulate discussion with respect to patient cases and other matters related to course content. You may participate in these online discussions and your involvement will be monitored and is encouraged.

Group Assignments- Students will be assigned to their respective groups. Students are required to check Ilios to determine which session they must attend.

Academic Dishonesty and Student Responsibilities:

Students in the UCSF School of Pharmacy are expected to meet all course requirements ethically and responsibly. Any student who cheats or assists another in cheating, whether in an examination or another course obligation (e.g. attendance tracking), is guilty of academic misconduct and shall be subject to discipline.

In the belief that students and instructors alike share equally in the responsibility of establishing and maintaining high ethical standards in the pursuit of professional education, the Associated Students of the School of Pharmacy and the Faculty are charged with the responsibility of advising the Dean of the School on matters pertaining to student academic misconduct (School of Pharmacy Regulations VI A 4). Refer to the

complete policy for details [Policy on Student Misconduct in Academic Studies](#).

Mental Health & Wellness:

As a student you may experience a range of issues that can cause barriers to learning, such as strained relationships, increased anxiety, alcohol/drug problems, depression, difficulty concentrating and/or lack of motivation. These mental health concerns or stressful events may lead to diminished academic performance or reduce a student's ability to participate in daily activities. UCSF offers services to assist you with addressing these and other concerns you may be experiencing. If you or someone you know are suffering from any of the aforementioned conditions, consider utilizing the confidential mental health services available on campus. You are encouraged to reach out to the UCSF Student Health and Counseling (415-476-1281) for support (<https://studenthealth.ucsf.edu/healthcare-services/counseling-psychological-services/services>). An on-campus counselor or after-hours clinician is available 24/7.

UCSF Learning Resource Services:

The UCSF Learning Resource Services offers support to help UCSF students in all schools and the Graduate Division improve their academic and clinical success through the following methods: application of more effective study strategies, better test preparation, more efficient use of time, understanding of best learning approaches, and better management of test anxiety. Services are provided through workshops tailored to specific academic programs, through individual consultations, and through consultations with small groups of students who study together. You are encouraged to reach out the UCSF Learning Resource Services via <https://learn.ucsf.edu/about>.

Academic Advising

PharmD advisors in the OSACA are available to consult with students as needed to provide guidance, referrals to campus services and coordinate tutoring support as needed. Please call or stop by the OSACA in Med Sci 960 for assistance or email us at osaca@pharmacy.ucsf.edu.

Accommodations/Student Disability Services

Students who require academic accommodations are required to register with Student Disability Services (<https://sds.ucsf.edu/>). Academic accommodations are implemented through the OSACA in conjunction with faculty and students.

Student Help Desk

Any immediate technology issues/concerns should be addressed by SHD (studenthelpdesk@ucsf.edu) or call the IT Service Desk at 415-514-4100 (available 24/7)

Class Schedule:

All sessions are in CL-221/222 from 5PM to 7PM

Week 1 10/01/19	Introduction to Pharmacist's Role in Palliative Care – Mark Holtsman, Pharm.D., Pouria Kashkouli, M.D. Description: This lecture will review definition of palliative care and hospice, describe palliative care goals, describe types of illnesses seen in palliative care, and describe the role pharmacist can play in optimizing pharmacotherapy for patients requesting palliative care. Case studies will be utilized to describe pharmacist role.
Week 2 10/08/19	Pain Management in Palliative Care – Mark Holtsman, Pharm.D., Charity Hale, Pharm.D. Description: This lecture will review pain terminology, pain mechanisms, pain assessment, and common etiologies for pain in patients receiving palliative care. Case studies will be utilized to illustrate a pain mechanism and pharmacist's role in suggesting pharmacotherapy.
Week 3 10/15/19	Pain Management in Palliative Care – Mark Holtsman, Pharm.D. Description: This lecture will review opioid analgesic pharmacotherapy, equianalgesic opioid conversions, and pharmacist role selecting patients for opioid switching as well as calculating correct opioid equianalgesic doses. This lecture will also review concept of breakthrough pain and utilize case studies to describe pharmacist role in suggesting optimal pharmacotherapy for breakthrough pain. This lecture will be interactive allowing students to work as teams to solve test patients' pain management and symptom management problems. Teams will consist of at least one student each from school of nursing, pharmacy, and medicine.
Week 4 10/22/19	Symptom Management in Palliative Care – Mark Holtsman, Pharm.D. Charity Hale, Pharm.D. Description: This lecture will review common side effects experienced by patients utilizing opioid analgesics, corticosteroids, anticonvulsants, antidepressants, benzodiazepines and muscle relaxants. Common symptoms which cause distress and suffering in palliative care patients will be described. Case studies will be utilized to illustrate pharmacists role in suggesting pharmacotherapy to minimize side effects and manage distressing symptoms. This lecture will be interactive allowing students to work as teams to solve test patients' pain management and symptom management problems. Teams will consist of at least one student each from school of nursing, pharmacy, and medicine.

Week 5 10/29/19	Symptom Management in Palliative Care – Mark Holtsman, Pharm.D., John MacMillan, M.D. Description: This lecture will describe management of especially challenging patients in palliative care including patients with delirium, severe renal dysfunction, severe nausea and vomiting, myoclonus, and significant sedation. Case studies will be used to illustrate the pharmacists role in suggesting pharmacotherapy to manage pain and symptoms in these patients. This lecture will be interactive allowing students to work as teams to solve test patients’ pain management and symptom management problems. Teams will consist of at least one student each from school of nursing, pharmacy, and medicine.
Week 6 11/5/19	Pain Management and Symptom Management in Palliative Care: Putting it all together. – Mark Holtsman, Pharm.D. Description: This lecture will describe management of especially challenging patients in palliative care including patients with significant pain and delirium, severe renal dysfunction, severe nausea and vomiting, myoclonus, and significant sedation. Case studies will be used to illustrate the pharmacists role in suggesting pharmacotherapy to manage pain and symptoms in these patients. This lecture will be interactive allowing students to work as teams to solve test patients’ pain management and symptom management problems. Teams will consist of at least one student each from school of nursing, pharmacy, and medicine.