

Flex Week Proposal:

Title	Introduction to Palliative Care	
Experience Category [bold your category]	Clinical shadowing	Professional Enrichment Courses (PECs)
	Research-related Community Service	Professional Development Wellness
	Other:	
Goal	This flex week will provide students with an in-depth introduction to palliative care medicine, with a special focus on developing advanced communication skills for difficult conversations.	
Brief Description	<p>This flex week will include five primary elements for a multifaceted introduction to Palliative Care: skills-based workshops with standardized patients, shadowing, research opportunities in palliative care, a multidisciplinary panel, and guided reflection activities.</p> <p>This flex week is meant for students interested in any field of medicine. If you have interests that range from considering a career in palliative care to generally developing important communication skills, consider being part of this flex week.</p>	
Organizer	<p>Faculty: Linda King, MD- kingl@upmc.edu Eva Reitschuler-Cross, MD- reitschulercrosseb@upmc.edu</p> <p>Students: Lisa Kao – Kao.Lihan@medstudent.pitt.edu Allison Brophy – Brophy.Allison@medstudent.pitt.edu</p>	
Admin Coordinator (contact info)	<p>Linda King, MD kingl@upmc.edu</p> <p>Eva Reitschuler-Cross, MD reitschulercrosseb@upmc.edu</p>	
Department	Department of Medicine, Division of General Internal Medicine, Section of Palliative Care and Medical Ethics	
Capacity (# students)	4-6	
Location	All activities excluding workshops and shadowing: Scaife Hall Advanced Communication Skills session: 3600 Forbes Ave, Pittsburgh, PA 15203	

	Shadowing: UPMC Presbyterian, Shadyside, Mercy, CHP
Reporting Info/First Day Location	TBD. See below.
Maximum # of students	6
Minimum # of students	4

MS1 (Class of 2028)			
Week	Start Date (Mon)	End Date (Fri)	Available?
5	TUE 9/3/2024	9/6/2024	NO
12	TUE 10/22/2024	10/25/2024	NO
26	1/27/2025	1/31/2025	NO
30	2/24/2025	2/28/2025	YES
59	9/16/2025	9/20/2025	NO
MS2 (Class of 2027)			
Week	Start Date (Mon)	End Date (Fri)	Available?
59	9/16/24	9/20/24	NO
70	12/2/2025	12/6/2025	NO

Weekly Schedule (5 hours/day with 2 hours synchronous activity; Avg. 25 hours per week)

	Mon	
AM 9am-12pm	Day 1: Advanced Communication Skills Workshop	Topic: Delivering Unexpected or Serious News Description: This session will provide an overview of the skills needed to share serious news, such as a life-changing diagnosis. Students will learn about SPIKES, a step-wise framework for these difficult discussions. There will be a short didactic session followed by small group role-play with standardized patients and faculty facilitators.
PM Time TBD	Introduction to material for reflection	Students will be provided supplementary materials to read or watch throughout the week in preparation for a reflection and discussion on Friday afternoon.

	Tues	
AM Time TBD	Shadowing	Shadowing will take place at least 2 of the 3 available slots. Based on student preference and provider availability, students will shadow palliative care providers at UPMC Presbyterian, Shadyside, Mercy, or Children’s Hospital of Pittsburgh (CHP).
PM Time TBD	PaRC talk	The Palliative Research Center has numerous active palliative care research scientists and projects. This presentation will focus on learning more about the PaRC, their current work, and opportunities to get involved in research.
	Wed	
AM 9am-12pm	Day 2: Advanced Communication Skills Workshop	Topic: Goals of Care Description: In this session, students will learn a structured and stepwise approach in discussing goals of care with a patient or family member: REMAP
PM 1pm-5pm	Shadowing	See above
	Thurs	
AM Time TBD	Multi-disciplinary Palliative Care team panel	This panel will include multiple providers of palliative care teams to share different perspectives. The panelist will include physicians, pastoral care, music therapists, CRNPs, social workers, and hospice providers.
PM Time TBD	Shadowing	See above
	Fri	
AM 9am-12pm	Day 3: Advanced Communication Skills Workshop	Topic: Discussing Code Status and Death Pronouncement Description: This session will provide an introduction to two skills that students will encounter on clinical rotations: discussing code status with hospitalized patients and performing death pronouncement and notification.

PM Time TBD	Reflection activities on material	Students and faculty advisors will gather to reflect on the supplementary materials as well as the flex week activities. Students will also be given resources for further involvement in palliative care.
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Please be as descriptive as possible as schedule will be made available to students

<p>Schedule splitting:</p> <p>Would it be possible for students to take SOME of the weekly schedule (e.g., just mornings or just a few half-days), or would you prefer that a student take the schedule in its entirety?</p> <p>[bold your choice]</p>	Partial OK
If so above, please designate which parts of your schedule this would impact	The partial participation option for this flex week is attendance only at the three Advanced Communication Skills workshops. Students need to communicate with the flex week organizers if they wish to take this option.

NOTES:

- Schedules should have activities for students at least 5hr/dy, with at least 2hr/dy synchronous
- Unlike PEC's, students will not receive grades/certificates for flex week completion