

## Sample

### 3.5 Hour Workshop Oral Proposal

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#### Goals of Care Conversations and Advanced Care Planning: Practical Tips and Skill Building for Effective Communication

**Category:** Professional Development

**Keyword:** Communication

**Education Need:** ‘Dying in America: Improving quality and honoring individual preferences near the end of life’, a consensus report from National Academy of Medicine, claims that in the United States, patients receive more intensive health care at the end of their lives than required or desired by patients. The report highlights poor outcomes related to intensive medical care at end of life and emphasizes the importance of provider-patient communication and timely advanced care planning. Timely discussion on goals of care can lead to goal- aligned advanced care planning that reduce non-beneficial aggressive medical care, improve quality of life and patient satisfaction and reduce health care costs.

**Session Summary:** This session will include discussion and small group communication practice drills facilitated by an interprofessional team of care conversation trainers. This activity will provide insight into a systematic framework for conducting successful goals of care conversations and advanced care planning. The session will discuss “SPIKES” (setting up, perception, invitation, knowledge, emotions, strategy, and summary) as a talking map for delivering serious news and “REMAP” (reframe, expect emotions, mapping the future, align with patient’s values, and plan treatments) as a framework for systematic goals of care conversation.

#### Learning Objectives:

- Describe the significance of advance care planning and goals of care conversations.
- Identify the need for advance care planning in patients while managing routine health care needs.
- Apply ‘SPIKES’ (Set up, perception, invitation, knowledge, emotions, strategy and summary) as a talking map for delivering serious news.
- Formulate communication strategy for goals of care conversations using ‘REMAP’ (Reframe, Expect emotions, Mapping the future, Align with patient’s values, Plan treatments) framework.

#### References:

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