

# USING QUALITY EDUCATION TO CHANGE PRACTICE:

## a KSA in Palliative Care



In 2017, Interstate Postgraduate Medical Association (IPMA) developed a Knowledge Skills Assessment (KSA) on Palliative Care that was approved by the **American Board of Family Medicine (ABFM)** to meet the requirements for the Knowledge Self-Assessment. This assessment consists of 60 multiple choice, single answer questions with a rationale and references. It is available on the ABFM website for family physicians to complete as part of their education and/or board certification requirements. Objectives covered in the questions include: general principles of pain management, managing common palliative care symptoms, legal, regulatory, cultural, and psychosocial aspects of palliative care, palliative care in special populations, recognizing and managing palliative care emergencies, and communication strategies, shared decision making, and ethical considerations in palliative care. Also developed as part of the education was a companion slide deck emphasizing teaching points and sharing tips and best practices in adopting the evidence-based principles mentioned in the questions. The focus of this education is on PRIMARY palliative care.

Since 2018, this education has been taken on-line at the ABFM by 3,400 physicians with excellent satisfaction. The ABFM is also committed to using the KSA's creatively to enhance learning and practice change. The education has been given in a group setting face-to-face, via 3-session webinars, and also via a unique health system partnership. Practice changes have been numerous.

## Fast facts about the KSA on Palliative Care:



- **Anyone** can take/participate in the assessment/education
- 60 questions, multiple choice, single best answer
- Rationale for each question and references provided for each question
- The presentation/webinar takes about 5.5-6 hours
- Clinicians receive **8 CE credits** for completion of the education
- **Family Medicine KSA credit and Internal Medicine MOC Points** can be obtained

*More information available [here](#)*

## Additional performance improvement learning experience:

IPMA is an American Board of Medical Specialties (**ABMS**) **Portfolio Sponsor**. There is an additional opportunity for physicians to complete a quality improvement project and qualify for PI/QI credit for their board recertification. IPMA can offer this credit to physicians in many specialties including Family Medicine and Internal Medicine. The IPMA PI/ QI project is simple, on-line, and tracks the physician's patients who have a completed advanced directive in their record with several measures to hopefully show improvement.

## Fast facts about the Advanced Directives PI/QI project:



- **Anyone** can participate in the project
- Physicians in FM & IM Boards receive PI/QI credit with their respective Board
- With some planning, physicians in 18 other specialties can also receive PI/QI credit
- With some planning, this QI project can be individualized for each organization's needs depending on data they wish to track and initiatives they are undertaking
- Physicians receive **20 credits of CE** for completion of this project
- Other clinicians receive **AMA PRA Category 1 Credit™**

More information available [here](#)

## OPPORTUNITIES TO COLLABORATE

This education/assessment has been rated an average of 4.5/5 in all venues administered: **on-line, in person, or via webinar**. Created by practicing family physicians the topics are fundamental and include communication skills, mnemonics and references that will help clinicians in their everyday practice of medicine.

**IPMA wants to collaborate in any way possible to disseminate this extremely important education/ improvement opportunity. There are numerous ways to collaborate with you!**

- ▶ On-line webinars divided over 3 sessions have been very popular.
- ▶ A face-to-face session at a conference or at your organization is possible.
- ▶ Health system partnerships are also extremely effective. A unique partnership with QURE and Advocate Aurora was completed in November of 2020. ([Phoenix article](#)). In this health system partnership, physicians were given cases emphasizing teaching points important to palliative care as well as to the health system and specific to their referral setting. Each case was followed by a subset of the questions on the palliative care KSA which related to the cases. Physicians completed the cases and the KSA questions on their own time over an 8 week period. At the end of this time, they had CE, board certification, and had learned a lot about common outpatient management of complex chronically ill patients. They then participated in working to improve their rates of advanced directives and received additional CE for PI/QI Board certification.
  - The physician satisfaction and engagement was high as it was easy, useful, practical, engaging and they earned a number of benefits in terms of CE and Board certification. Eighty-six (86) percent were highly likely to recommend the education to their peers. The healthcare system doubled the number of patients with Advanced Directives on file.
  - This partnership has potential to be replicated and incorporated in other health systems.

**Contact Heidi Ness, Director of Education and Accreditation for additional information.**  
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