PALTessentials

NAVIGATING CLINICAL PRACTICE

Syllabus

Course Overview

This course equips clinicians with the specialized knowledge and skills required to excel in post-acute and long-term care (PALTC) settings, including skilled nursing facilities (SNFs) and nursing facilities (NFs). Learners will explore the unique clinical and professional competencies necessary to manage medically complex patients, enhance care quality, and navigate the distinct challenges of PALTC practice. Through practical guidance and real-world application, the course prepares clinicians to deliver effective, patient-centered care in these dynamic and demanding environments.

Course Format and Completion

Learners can complete the course at their own pace and on their own schedule. Learners will be guided through a series of 16 modules, each module focusing on a different topic. Learners will have access to the course for 12 months from their course registration date.

To receive credits and certificates, the learner must complete the following required elements:

- Pre-course assessment
- 16 modules
- Post-course assessment
- Overall course evaluation

Course Domains and Sections

Domain 1: Systems of Care	
1 | Introduction to PALTessentials: Navigating Clinical Practice	**10 minutes**
Section 1: Navigating PALTC Clinical Practice	
Section 2: PALTmed's Competencies for PALTC Medicine	
2 | Levels of Care Across the Geriatric Care Continuum	**45 minutes**
Section 1: Geriatric Care Continuum	
Section 2: Community Setting Services	
Section 3: Inpatient Care Services	
Section 4: Payor Sources for Care Services	
3 | Regulatory Environment of Post-Acute and Long-Term Care	**50 minutes**
Section 1: Brief History of Laws, Regulations, and Government Oversight	
Section 2: A Bird's Eye View of Regulations and Interpretive Guidelines	
Section 3: Types of Surveys and the Survey Process	
Section 4: Relevant Clinical Regulatory Groups and Grading Deficiencies	
Section 5: Regulations Specific to Physician Services	
4 | The Interdisciplinary Team	**50 minutes**
Section 1: PALTC IDT Regulations	
Section 2: Nursing Direct-Care IDT	
Section 3: Medical IDT	
Section 4: Leadership IDT	
Section 5: Other Direct-Care IDT	
Section 6: Ancillary IDT	
Section 7: Advocate IDT	
Section 8: IDT Collaboration	

5 | Developing a Person-Centered, Evidence-Based Medical Care Plan **25 minutes**
Section 1: What is Patient-Centered Care and Why Does it Matter?
Section 2: Interdisciplinary Team Care in PALTC
Section 3: Understanding Resident and Family Values
Section 4: Person-Centered, Clinical Decision-Making

6 | Transitions of Care **35 minutes**
Section 1: CMS PALTC Definitions, Regulations, and Legislation
Section 2: Care Transition Barriers, Facilitators, and Quality Markers
Section 3: Fractured Care, Vulnerability, Efforts to Close Gaps in Care
Section 4: Age-Friendly Care – Quality, Efficiency, Sustainability

Domain 2: Medical Knowledge and Care Delivery

7 | Overview of the Care Delivery Process **20 minutes**
Section 1: The Care Delivery Process
Section 2: Applying the Care Delivery Process

8 | Developing Palliative and End-of-Life Care Plans **30 minutes**
Section 1: Identifying and Incorporating Prognosis into Care Decisions
Section 2: Developing Effective Palliative and End-of-Life Care Plans

9 | Identifying and Managing Changes of Condition **40 minutes**
Section 1: Defining and Identifying Acute Change of Condition
Section 2: Managing Acute Change of Condition

10 | Optimizing Medication Prescribing and Pain Management in PALTC **40 minutes**
Section 1: Prescribing Medications
Section 2: Deprescribing Medications
Section 3: Pain Assessment
Section 4: Non-Pharmacologic and Pharmacologic Approaches to Pain

Domain 3: Ethics, Communication, and Professionalism

11 | Ethical Principles in Clinical Decision-Making **25 minutes**
Section 1: Which Ethical Principles are Used to Evaluate Decision-Making Capacity?
Section 2: What Elements are Used to Evaluate Decision-Making Capacity?
Section 3: How are Surrogates Involved When Someone Lacks Decision-Making Capacity?
Section 4: How do Clinicians Apply Theory in Real-Life Cases?

12 | Optimizing Communication with Patients and Families **20 minutes**
Section 1: Patient-Centered Communication
Section 2: Family Considerations
Section 3: Opportunities and Tools for Effective Patient/Family Communication

13 | Recognizing and Supporting Culturally Competent Care and Special Communication Needs **25 minutes**
Section 1: Recognizing and Addressing Special Communication Needs
Section 2: Providing Culturally Competent Care
Section 3: Creating a Trauma-Informed Care Environment

Domain 4: Pursuit of Excellence

14 | Effective Clinical Practice and Personal Professional Development **30 minutes**
Section 1: Clinician Visits in PALTC
Section 2: Clinician Availability and Communication
Section 3: Developing a Professional Development Plan
Section 4: The Role of the Facility Medical Director

15 | Leveraging Data for Better Clinical Practice **40 minutes**
Section 1: Understanding the Resident Assessment Instrument (RAI)
Section 2: Supplemental Data to Enhance Patient Care
Section 3: Accessing and Interpreting Data

16 | Changing Clinician and Facility Practices to Improve Outcomes Section 1: Improving Personal Performance Section 2: Improving Practice Structure Section 3: Improving Clinical Practice Section 4: Examples of Personal Performance Improvement	**25 minutes**

Course Questions and Assistance

For assistance or questions about this course, please contact PALTmed's Education Department:

- Email: education@paltmed.org
- Phone: 410-740-9743