

# Supplementary Material

## The Effect of a Multidisciplinary Blended Learning Program on Palliative Care Knowledge for Health Care Professionals Involved in the Care for People with Parkinson’s Disease

### Supplementary Material 1. Procedure Blended learning

PROCEDURE AND TASKS WITHIN THE BLENDED LEARNING PROGRAM				
PHASE 1: INVITING NETWORKS	PHASE 2: PREPARATION	PHASE 3: E- LEARNING Three months before network- meeting	PHASE 4: NETWORK- MEETING	PHASE 5: COMPLETION Two weeks after network-meeting
Coordinators of the ParkinsonNet network were informed by the ParkinsonSupport team on inclusion, study procedure and evaluation. Information was provided in a brochure and the website <a href="http://www.parkinsonsupport.nl">www.parkinsonsupport.nl</a>	<u>Contact person:</u> 1. Probe individual health care professionals intentions in his/her network; 2. registration of network at the website; 3. Setting date of network meeting; 4. Contacting the regional palliative care network participation in the network meeting.	<u>Contact person:</u> 2. Deciding upon theme of network-meeting in collaboration with the contact person of the network of Palliative care; 3. Organizing the network-meeting with the contact person of the Palliative care network.	<u>Contact person:</u> 1. perform the network-meeting 2. Registering health care professionals who were present; passing this number on to ParkinsonSupport team; 3. Perform a telephonic evaluation with ParkinsonSupport team about course, learning points and good examples of meeting.	<u>Contact person:</u> 1. Check which participants finished e-learning, surveys and the quality evaluation; 2. provide a list of health care professionals which are eligible for accreditation to the ParkinsonSupport team.
<u>Individual health care professionals:</u> -	<u>Individual health care professionals:</u> 1) if participating, each health care professionals should give (online) informed consent due to a registration at the website	<u>Individual health care professionals:</u> 1. Finishing <b>T0 measurement</b> (included in online platform of e-learning) before the start of e-learning). 2. Following and finishing the e-learning before the network-meeting).	<u>Individual health care professionals</u> 1. Attending the network-meeting which lasted approximately 90 minutes.	<u>Individual health care professionals:</u> 1. Finishing <b>T1 measurement</b> ; 2. Finishing a non mandatory quality evaluation of the blended learning program

## Supplementary Material 2. Content of the e-learning

### MODULE 1: Introduction in palliative care

- History of palliative care
- Palliative care and Parkinson's disease
- Use of the RADPAC-PD
- Palliative care for immigrants
- Organization of palliative care services in the Netherlands

### MODULE 2: Palliative care and Parkinson's disease

- Spirituality
- Case Mr Hemmeler
  - o Pain
  - o Cognitive changes
  - o Hallucinations
  - o Dementia
  - o Contractures
  - o Dying phase – palliative sedation
- Case Mrs Mulderij
  - o Care for family caregivers
  - o Anticipatory grief
  - o Communication
  - o Swallowing problems
  - o Weight loss
  - o Mouth care
  - o Delirium
  - o Bereavement support

### MODULE 3: Shared decision making

- Advanced care planning
- Educational needs of patients and their caregivers
- Legal aspect
  - o Living will
  - o Ability to give informed consent
  - o Withdrawal of treatment
- Euthanasia

### Supplementary Material 3. Concept program network meeting palliative care

#### Goals:

- A first meeting between of healthcare professionals from the networks of palliative care and Parkinson;
- Introduction of the regional network: task, role, professionals, referral, knowledge;
- Advanced care planning; how to introduce, by whom, use of RADPAC-PD;
- Developing local collaboration between network, establishing a future plan

**Design:** Interactive methods in combination with a presentation of the network Palliative care

**Time:** 90-120 minutes

#### Program

5 minutes	<p><b>Welcome</b></p> <p>Presentation of goals for this meeting Reflection on e-learning, possible questions Introduction of program for the meeting</p>
15 minutes	<p><b>Focus on specific topics</b></p> <p><u>Palliative care for people with PD in your own region</u> Divide the group into subgroups of 8-10 persons. Representatives of the network of palliative care are split up into these groups. These representative only listen discussions among health care professionals. The group discusses following questions:</p> <ol style="list-style-type: none"> <li>1) What do you know about the network Palliative care? What would you like to know about this network?</li> <li>2) What is already have been done in our region on Advance care planning (ACP)? What do you need to introduce ACP in your consultation?</li> </ol> <p>Each group presents there answers on a flap over. A plenary inventory will be done by the chair of this network meeting.</p> <p><u>Own experiences in palliative care</u> Divide the group again into subgroups of 8-10 persons. Representatives of the network of palliative care are split up into these groups. These representative only listen to the discussions among health care professionals.</p> <p>Each group discusses a case of PD patient in the palliative phase</p> <ul style="list-style-type: none"> <li>- Give a clear description on the case, disease progression, symptoms, treatment, palliative care interventions;</li> <li>- Which difficulties of these case were present? Why and how did you cope with it?</li> <li>- How can palliative care be improved based on this case?</li> <li>- What can we offer in our region on palliative care?</li> <li>- What do we need to improve palliative care based on this case?</li> </ul>
30 minutes	<p><b>Introduction of the palliative care network</b></p> <ul style="list-style-type: none"> <li>- Organizational structure;</li> <li>- Development of the network in past years;</li> </ul>

	<ul style="list-style-type: none"> <li>- Available healthcare professionals and organizations in the network;</li> <li>- Aim and vision;</li> <li>- Activities;</li> <li>- Referral to the palliative care specialist</li> <li>- Future development and goals.</li> </ul>
40-70 minutes	<p><b>How to continue?</b></p> <p>Divide the group into subgroups of 8-10 persons. Representatives of the network of palliative care are split up into these groups.</p> <ul style="list-style-type: none"> <li>- Each subgroup develops a list of following steps to improve palliative care in their region. Write these steps on a flap over. Choose three steps that are realistic to start with and discuss what is needed for each step.</li> <li>- Discuss plenary outcomes</li> <li>- Prioritize by using an online tool</li> <li>- Discuss actions that need to be made by the network</li> </ul>