

Attachment 1: Online questionnaire for students in their practical year (PY)

Attachment 1 to Dronia MC, Dillen K, Elsner F, Schallenburger M, Neukirchen M, Hagemeyer A, Hamacher S, Doll A, Voltz R, Golla H. *Palliative care education and knowledge transfer into practice – a multicenter survey among medical students and resident physicians in Germany using a mixed-methods design*. GMS J Med Educ. 2024;41(3):Doc27. DOI: 10.3205/zma001682

Structural data

Age: _____ Gender <input type="checkbox"/> male <input type="checkbox"/> female <input type="checkbox"/> other
University: _____
<p>Have you already come into contact with palliative care structures (palliative care ward, doctors or nursing staff with further training in palliative care, palliative care service (PMD)¹, palliative outpatient clinic, palliative day clinic, specialised outpatient palliative care (SAPV), hospice (service), further training courses)?</p> <p><input type="checkbox"/> yes <input type="checkbox"/> no</p> <p>If yes, in which way?</p> <p>.....</p>
<p>Did you complete a specific medical education before your studies or did you work in a medical institution during your studies?</p> <p><input type="checkbox"/> yes <input type="checkbox"/> no</p> <p>If yes, in which medical field did you work?</p> <p>.....</p>

What does palliative care mean to you?

.....

.....

.....

How would you rate the proportion of palliative medicine teaching in the overall curriculum?

- too low just right too high
- not specified Other

Looking back, which palliative medicine course as part of QB13 prepared you best for dealing with patients with an incurable, advanced illness?

¹ Sometimes also referred to as a palliative medical consultation service

At the University of Cologne

- QB13 Lectures
 - Competence Course: Death and mourning
 - Competence Course: changing therapy goals
 - Competence Course: Symptom control
 - PY-START Course
 - Internship in palliative medicine
 - Practical Year tertial in palliative medicine
 - Other events:
-

At the Heinrich Heine University Düsseldorf

- Palliative care Lectures
 - Palliative care seminars
 - Bedside teaching at the palliative care centre
 - Internship in palliative medicine
 - PY tertial in the palliative care centre
 - Other events
-

At the RWTH Aachen

- Lectures
 - Palliative care system block
 - Seminar
 - Traineeship in palliative medicine
 - PY tertial in the palliative care centre
 - Other events
-

Did you miss anything during your studies with regard to your palliative care training?

- yes no don't know

Which aspects may have been dealt with too briefly or not at all?

- Notification of serious diagnoses
- Dealing with patients in pre-final/final phases of life
- Change of treatment goal to a palliative concept
- Communication with relatives
- Symptom-relieving therapy (dyspnoea, pain, nausea, weakness...)
- Dealing with death and grief
- Other:

Were you involved in the communication of serious diagnoses during your practical year?

- Yes, I was often able to be part of these conversations
- I was rarely able to be present at these conversations
- No, these conversations were held without me
- Not specified
- Other

As a PY student, were you involved in the care and treatment of patients with a palliative care therapy concept?

- Yes, I was often able to care for patients with a palliative care concept under supervision
- Occasionally I was able to care for patients with a palliative care concept under supervision
- This opportunity never arose
- Not specified

Please rate your skills in relation to the following core palliative care competencies (from 1=strongly disagree to 5=strongly agree) ²

<p>C 1</p>	<p>Core components of palliative care ³</p> <p>I feel confident in naming the core components of palliative care.</p> <p>1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/></p>
<p>C 2</p>	<p>Physical well-being of palliative patients</p> <p>I can strengthen the physical well-being of patients during the course of their illness.</p> <p>1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/></p> <p>I feel confident in treating common symptoms that can occur in palliative care patients.</p> <p>1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/></p> <p>I feel confident in my knowledge of the causes of common symptoms that can occur in palliative care patients.</p> <p>1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/></p> <p>I feel confident in prescribing appropriate and adequate pain therapy.</p> <p>1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/></p> <p>I feel confident in my knowledge of the therapeutic effects and side effects of analgesics.</p> <p>1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/></p> <p>I feel confident in my knowledge of the therapeutic effects and side effects of symptom-relieving medication (other than analgesics).</p> <p>1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/></p>

² According to Marie Curie Palliative Care Institute Liverpool – SEPC & Thanatophobia Assessment Scale, German version – Clinic for Palliative Medicine, RWTH University Aachen

³ Core components of palliative care: For example, understanding the importance of the physical, psychological, social and spiritual aspects of patients and their relatives, adopting a life-affirming attitude with a focus on quality of life, and the ability to recognise palliative care needs early enough.

<p>C 3</p>	<p>Dealing with psychological needs</p> <p>I feel able to assess the patient's needs.</p> <p>1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/></p> <p>I feel confident in being able to provide psychological care for palliative care patients.</p> <p>1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/></p>
<p>C 4</p>	<p>Dealing with social needs</p> <p>I feel confident in being able to provide social care for palliative care patients.</p> <p>1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/></p>
<p>C 5</p>	<p>Dealing with spiritual needs</p> <p>I feel confident in being able to provide spiritual care for palliative care patients.</p> <p>1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/></p>
<p>C 6</p>	<p>Care for relatives and dependants</p> <p>I feel able to assess the needs of the relatives of palliative care patients.</p> <p>1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/></p> <p>I feel confident in being able to provide psychological support to relatives of palliative care patients.</p> <p>1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/></p> <p>I feel confident in being able to provide social care for relatives of palliative care patients.</p> <p>1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/></p> <p>I feel confident in being able to provide spiritual care for relatives of palliative care patients.</p> <p>1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/></p>

C 7	<p>Ethical aspects</p> <p>I feel confident to include ethical aspects in the decision-making process.</p> <p>1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/></p>
C 8	<p>Care coordination and interdisciplinary teamwork</p> <p>I am able to work in an interdisciplinary and multi-professional team.</p> <p>1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/></p> <p>I feel confident in being able to involve different care centres and different professions in the treatment.</p> <p>1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/></p>
C 9	<p>Communicative skills</p> <p>I feel secure in myself talking to the patient about his/her death.</p> <p>1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/></p> <p>I feel confident in answering the patient's question "Will I suffer a lot or be in pain?"</p> <p>1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/></p> <p>I feel confident in answering the patient's question "How long do I have to live?"</p> <p>1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/></p> <p>I feel confident discussing the death of the patient after it has occurred.</p> <p>1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/></p> <p>I feel confident in discussing the (expected) death of the patient with the patient's relatives.</p> <p>1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/></p>
C 10	<p>Reflection and further training</p> <p>I am aware of the need for continuous reflection on my work.</p> <p>1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/></p>

Indicate the number whether you disagree or agree with the following statements (from 1=strongly disagree to 5= strongly agree).⁴

C 11	Dying patients give me a feeling of uncertainty. 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/>
C 12	I feel pretty helpless when I have dying patients on my ward. 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/>
C 13	It is frustrating to have further conversations with relatives of patients who cannot expect a recovery. 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/>
C 14	Caring for dying patients traumatises me. 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/>
C 15	I feel uncomfortable when a dying patient wants to say goodbye to me. 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/>
C 16	I do not look forward to being the doctor caring for a dying patient. 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/>
C 17	When patients start talking about death, it makes me uncomfortable. 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/>

D How do you determine the palliative care needs of a patient?

- Type of illness
- Stage of the disease
- Symptom burden
- Patient request
- Other: _____

⁴ From Marie Curie Palliative Care Institute Liverpool – SEPC & Thanatophobia Assessment Scale, German version – Clinic for Palliative Medicine, RWTH University Aachen

In your opinion, when is the right time to integrate palliative medical treatment?

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In your opinion, which non-oncological diseases require palliative care?

- ALS
- M. Parkinson
- COPD
- Heart failure
- Renal insufficiency
- Other: _____

How do you rate palliative medical care for patients in an inpatient setting? Please select one of the following answers:

- Completely sufficient
- Mostly sufficient
- Rarely sufficient
- Not sufficient
- Other: _____
- Not specified

It is reasonable to set up a separate palliative care ward in hospitals/clinics.

- Agree Do not agree Don't know

It is reasonable to set up a palliative care service in hospitals/clinics.

- Agree Do not agree Don't know

Outpatient palliative care services, e.g. specialised outpatient palliative care (SAPV), are a useful addition to the services provided by general practitioners/specialists.

- Agree Do not agree Don't know

The following lines are intended to give you the opportunity to make remarks or comments independently of the questions we have asked. Perhaps you can remember an example of a patient or a situation that had a particular impact on you.

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