

För alla läkare under hela kariären

Description of the objectives for doctors' specialty training

The Swedish Medical Association's
translation into English

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Validity and area of application of this document

For information purposes, the Swedish Medical Association (Läkarförbundet) has translated parts of the National Board of Health and Welfare's (Socialstyrelsens) publication "Läkarnas specialiseringstjänstgöring Målbeskrivningar 2015" ISBN 978-91-7555-304-7 into English.

In this publication, the knowledge, skills and approaches that the registered doctor undergoing specialty training (the specialty resident, specialty trainee or "ST-läkare" in Swedish) is to develop during his/her specialty training. The descriptions of the objectives specify a number of learning objectives. Learning objectives a apply to all specialties, learning objectives b apply to many specialties while learning objectives c are specific to each specialty. This English translation is only intended to be regarded as an aid that the Swedish Medical Association provides in applying the descriptions of the objectives for doctors' specialty training. Because the translation is a product from the Swedish Medical Association and not of the National Board of Health and Welfare, the translation is not valid for application as regulations. It is the National Board of Health and Welfare's printed publication describing the regulations and general recommendations that applies.

In this document, the Swedish Medical Association has chosen to translate all learning objectives a and learning objectives b as well as the glossary of terms from the National Board of Health and Welfare's publication. In addition, the specialist skills descriptions and learning objectives c for 27 specialties have been translated, which has been done in consultation with and funded by the Swedish Medical Association's specialty associations and the Swedish Society of Addiction Medicine.

Glossary of terms

Clinical attachment	Structured programme where the specialty resident observes the professional practice of one or more colleagues and to some extent performs tasks in the area in question
Supervision	Support and guidance in the form of dialogue provided continuously
Supervisor	<p>Specialist doctor who has completed an educational supervisor course and who supervises the specialty resident, and evaluates his or her professional development</p> <p>The supervisor may be the specialty resident's principal supervisor or another doctor with appropriate specialist skills for that training period</p>
Clinical practice under supervision	The specialty resident's clinical practice under his/her own professional liability and with the support of the supervisor
Course	Structured programme based on set educational goals
Quality and development activities	Quality improvement project that the specialty resident carries out, which is part of the healthcare system's systematic quality management
Independent written project based on scientific principles	Written project undertaken in which the specialty resident independently answers a scientific question using evidence based medicine principles
School health service	Medical interventions in student health

Supplementary specialties

Palliative Medicine

Description of skills

The specialty of Palliative Medicine is characterised by the management of patients with incurable, progressive, life-threatening disease where the objective is to prevent and alleviate suffering and give the patient the conditions for the best possible quality of life.

This specialty is characterised by:

- General knowledge of life-threatening, progressive diseases and injuries,
- The ability to diagnose, treat and evaluate complex physical and psychological symptoms, and
- The ability to diagnose, treat and evaluate the social problems and spiritual and existential needs of patients with incurable, progressive, life-threatening diseases, and of their families.

Skills in palliative medicine are also applicable earlier in the course of the illness.

The specialty covers all health and medical care areas: highly specialised care, inpatient care, home care, special care homes and primary healthcare. Knowledge of the organisation and approaches of the health and medical care system and social services, including municipal care, is important for the skills area.

Palliative medicine is a supplementary specialty.

Skills requirements

For Palliative Medicine, learning objectives a1-a6, b1-b5 and c1-c13 apply.

Learning objectives a and b

Learning objective a1 Teamwork, leadership and pedagogy	Programme activities	Assessment
<p>The specialist doctor shall:</p> <ul style="list-style-type: none"> – Be able to take responsibility for his/her continuous learning in the workplace – Be able to exercise leadership in his/her daily work, including lead a healthcare team – Be able to take responsibility for the development of multi-professional teamwork – Be able to take responsibility for cooperation with patients and their families** – Be able to work in networks looking after the patient – Be able to collaborate with agencies outside the hospital healthcare system such as social welfare boards, agencies within the social services, schools and Försäkringskassan (the Swedish Social Insurance Agency) – Be able to present and explain medical information in a way that is understandable to the recipient, orally and in writing – Be able to plan and carry out teaching and training – Be able to supervise and instruct colleagues and students 	Clinical practice under supervision	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	Participation in one or more courses	Certificate of completed programme activities and attained the required competencies issued by the course provider or the supervisor
	<p>General recommendations</p> <ul style="list-style-type: none"> Participation in intra- or inter-professional reflection in groups Supervise under supervision Teach under supervision 	

Learning objective a2 Ethics, diversity and equality	Programme activities	Assessment
The specialist doctor shall: <ul style="list-style-type: none"> – Demonstrate knowledge and understanding of the principles of medical ethics and be able to identify ethical problems and analyse these in a structured way – Be able to handle conflicts in values in his/her daily work – Be able to treat people as individuals and with respect regardless of gender, transgender identity or expression, ethnic origin, religion or other faith, disability, sexual orientation or age. 	Clinical practice under supervision	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	Participation in one or more courses	Certificate of completed programme activities and attained the required competencies issued by the course provider or the supervisor
	General recommendations Participation in intra- or inter-professional reflection in groups	

Learning objective a3 Infection Prevention and Control	Programme activities	Assessment
The specialist doctor shall: <ul style="list-style-type: none"> – Be able to take responsibility for the prevention and control of healthcare-associated infections 	Clinical practice under supervision	Certificate of completed programme activities and attained the required competencies issued by the supervisor

Learning objective a4 Systematic quality and patient safety management	Programme activities	Assessment
The specialist doctor shall: <ul style="list-style-type: none"> – Critically examine his/her own practice and be able to conduct a risk and outcome analysis – Be able to take responsibility for systematically implementing measures, processes and procedures to improve patient care – Be able to take responsibility for the integration of new technologies and procedures into his/her daily work as a doctor 	Clinical practice under supervision	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	Quality and development work	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	General recommendations Participation in seminars Attendance at large professional gatherings	

Learning objective a5 Medical science	Programme activities	Assessment
The specialist doctor shall: <ul style="list-style-type: none"> – Demonstrate a deeper knowledge and understanding of medical scientific methodology and ethical principles – Be able to critically examine and evaluate medical science information – Demonstrate a scientific evidence based approach to his/her daily way of working and routines 	Clinical practice under supervision	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	Independent written work based on scientific methodology	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	Participation in one or more courses	Certificate of completed programme activities and attained the required competencies issued by the course provider or the supervisor
	General recommendations Participation in seminars Attendance at large professional gatherings	

Learning objective a6 Legislation and other regulations and the health and medical care system's organisation	Programme activities	Assessment
<p>The specialist doctor shall:</p> <ul style="list-style-type: none"> – Demonstrate knowledge of the legislation and regulations which govern the healthcare system and its staff – Demonstrate knowledge of the health and medical care system's organisation and administration – Demonstrate knowledge of the health and medical care system's various financial control systems and their importance for the balancing of priorities in his/her daily work 	<p>Participation in one or more courses</p>	<p>Certificate of completed programme activities and attained the required competencies issued by the course provider or the supervisor</p>

Learning objective b1 Communication with patients and families	Programme activities	Assessment
The specialist doctor shall: <ul style="list-style-type: none"> – Be able to adapt his/her way of communicating based on the patient's and their relatives' individual needs and communication capabilities – Be able to give patients and their families difficult news with respect, empathy and sensitivity – Be able to support the patient's ability to manage a change in life situation as a result of an illness or disability – Be able to consult with patients and their families concerning the patient's self-care 	Clinical practice under supervision	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	Participation in one or more courses	Certificate of completed programme activities and attained the required competencies issued by the course provider or the supervisor
	General recommendations Participation in intra- or inter-professional reflection in groups Clinical attachment	

Learning objective b2 Prevention of disease and ill-health	Programme activities	Assessment
The specialist doctor shall: <ul style="list-style-type: none"> – Be able to guide patients in matters of lifestyle choices in order to: <ul style="list-style-type: none"> – Prevent the development of diseases associated with one or more lifestyle habits – Improve the prognosis in patients with diseases associated with one or more lifestyle habits 	Clinical practice under supervision	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	Participation in one or more courses	Certificate of completed programme activities and attained the required competencies issued by the course provider or the supervisor
	General recommendations Attendance at large professional gatherings	

Learning objective b3 Medicines	Programme activities	Assessment
<p>The specialist doctor shall:</p> <ul style="list-style-type: none"> – Be able to adapt pharmacotherapy to the patient’s age, sex, weight, kidney and liver function as well as any comorbidity and other medication – Be able to assess the risks of interactions and side effects with pharmacotherapy – Be able to work with patients and their families to achieve compliance with medications – Be able to work with other parties in the patient care chain with regard to pharmacotherapy – Be able to critically review and evaluate scientific evidence surrounding pharmacotherapy – Demonstrate knowledge of the environmental impacts of pharmacotherapy – Demonstrate knowledge of the health economics aspects of pharmacotherapy 	<p>Clinical practice under supervision</p>	<p>Certificate of completed programme activities and attained the required competencies issued by the supervisor</p>
	<p>Participation in one or more courses</p>	<p>Certificate of completed programme activities and attained required competencies requirements issued by the course provider or the supervisor</p>

Learning objective b4 Insurance medicine	Programme activities	Assessment
The specialist doctor shall: <ul style="list-style-type: none"> – Be able to apply procedures in insurance medicine as part of the treatment of the individual patient – Be able to collaborate on insurance medicine matters relating to the individual patient with actors within and outside the healthcare system 	Clinical practice under supervision	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	Participation in one or more courses	Certificate of completed programme activities and attained the required competencies issued by the course provider or supervisor
	General recommendations Attendance at large professional gatherings	

Learning objective b5 Palliative care in the final stages of life	Programme activities	Assessment
The specialist doctor shall: <ul style="list-style-type: none"> – Be able to identify the need for and initiate palliative care in the final stages of life – Be able to hold conversations with patients and their families concerning transiting to palliative care – Be able to apply the fundamental principles of palliative symptom relief with regard to physical, psychological, social and existential needs 	Clinical practice under supervision or alternatively clinical attachment	Certificate of completed programme activities and attained the required competences issued by the supervisor
	Participation in one or more courses	Certificate of completed programme activities and attained the required competences issued by the course provider or the supervisor
	General recommendations Participation in seminars Attendance at large professional gatherings Clinical attachment Training in simulated environment	

Learning objectives c

The specialist doctor shall have:

- Knowledge of the values, ethical principles and approaches of palliative care,
- The ability to manage difficult clinical situations and ethical problems,
- Knowledge of the disease process in life-threatening, incurable, progressive conditions,
- Knowledge of the complex physical and psychological symptoms, social problems and spiritual and existential needs that may appear in patients with incurable, progressive, life-threatening disease, regardless of age, diagnosis or multimorbidity,
- The ability to manage complex physical and psychological symptoms, social problems and spiritual and existential needs that may appear in patients with incurable, progressive, life-threatening disease, with both pharmacological and non-pharmacological methods,
- Knowledge of the psychological responses to crisis, loss and symptoms,
- Knowledge of the religious and cultural impacts on all aspects of palliative care,
- Ability to communicate effectively and empathetically about difficult, threatening news and existential needs as well as recognise and respond to the needs of the patient's relatives for practical and emotional support,
- Knowledge and the capacity to create, lead and also collaborate in multi-professional teams, and
- Knowledge of the possibilities and limitations of palliative medicine.

The specialist doctor should be able to act as an independent, advisory expert. The ability to work with the organisational, group and individual perspectives in conjunction with other expertise, government agencies and organisations in the fields of occupational health and safety area and the environment is therefore central. It is also important to master the specific medical-ethical problems that can arise within the area.

Learning objective c1	Programme activities	Assessment
The specialist doctor shall: – Have knowledge of the hospice philosophy and the development of palliative medicine and the definitions, terms and concepts that are central in the area	Clinical practice under supervision at one or more units conducting such activities or managing such cases	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	Participation in one or more courses	Certificate of completed programme activities and attained the required competencies issued by the course provider or the supervisor
	General recommendations Attendance at large professional gatherings Theoretical studies	

Learning objective c2	Programme activities	Assessment
The specialist doctor shall: – Have knowledge of how the need for palliative care is calculated	Clinical practice under supervision at one or more units conducting such activities or managing such cases	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	Participation in one or more courses	Certificate of completed programme activities and attained the required competencies issued by the course provider or the supervisor
	General recommendations Attendance at large professional gatherings Theoretical studies	

Learning objective c3	Programme activities	Assessment
The specialist doctor shall: <ul style="list-style-type: none"> – Have knowledge of the values of palliative care – Have the ability to manage difficult clinical situations and ethical dilemmas and problems 	Clinical practice under supervision at one or more units conducting such activities or managing such cases	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	Participation in one or more courses	Certificate of completed programme activities and attained the required competencies issued by the course provider or the supervisor
	General recommendations Participation in group reflection, within and between professions Attendance at large professional gatherings Theoretical studies	

Learning objective c4	Programme activities	Assessment
The specialist doctor shall: <ul style="list-style-type: none"> – Have knowledge of the biology, pathophysiology and natural progression of life-threatening conditions and diseases and about disease modifying therapies, and be able to distinguish between the symptoms of disease and treatment-related adverse reactions – Have knowledge of the painful symptoms that can appear in the final stages of life and the significance of simultaneous complex multimorbidity – Be able to manage the patient's various treatments in consultation with other specialists during the course of the illness 	Clinical practice under supervision at one or more units conducting such activities or managing such cases	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	Participation in one or more courses	Certificate of completed programme activities and attained the required competencies issued by the course provider or the supervisor
	General recommendations Theoretical studies	

Learning objective c5	Programme activities	Assessment
<p>The specialist doctor shall:</p> <ul style="list-style-type: none"> – From a holistic perspective and with focus on the individual’s situation, master the diagnosis, prevention, treatment and evaluation of basic and complex physical and psychological symptoms as well as social and existential problems in patients with incurable, progressive, life-threatening disease, in order to alleviating suffering and achieving the best possible quality of life for patients and their relatives – Master the pharmacological methods for alleviating advanced symptoms in patients with incurable, progressive, life-threatening disease – Be well able to question, refrain from and gently discontinue drug treatments that do not confer patient benefit 	<p>Clinical practice under supervision at one or more units conducting such activities or managing such cases</p>	<p>Certificate of completed programme activities and attained the required competencies issued by the supervisor</p>
	<p>Participation in one or more courses</p>	<p>Certificate of completed programme activities and attained the required competencies issued by the course provider or the supervisor</p>
	<p>General recommendations</p> <p>Participation in intra- or inter-professional reflection in groups</p> <p>Theoretical studies</p>	

Learning objective c6	Programme activities	Assessment
<p>The specialist doctor shall:</p> <ul style="list-style-type: none"> – Have knowledge of non-pharmacological methods of alleviating symptoms and suffering – Have knowledge of complementary and alternative treatment methods and procedures used by patients in palliative care as well as the legislation and other regulations that apply to these methods and procedures 	<p>Clinical practice under supervision at one or more units conducting such activities or managing such cases</p>	<p>Certificate of completed programme activities and attained the required competencies issued by the supervisor</p>
	<p>Participation in one or more courses</p>	<p>Certificate of completed programme activities and attained the required competencies issued by the course provider or the supervisor</p>
	<p>General recommendations</p> <p>Clinical attachment</p> <p>Theoretical studies</p>	

Learning objective c7	Programme activities	Assessment
The specialist doctor shall: <ul style="list-style-type: none"> – Have knowledge of psychological responses to crisis, loss, uncertainty and physical symptoms, as well as how psychological defence mechanisms can manifest themselves and how coping strategies can be used – Be able to assess and manage patients with anxiety, depression and disorientation and other psychological and mental health problems using pharmacological and non-pharmacological therapies – Have knowledge of the impact of family relationships and economic factors on the experience of symptoms and well-being, and be able to refer on to relevant professionals 	Clinical practice under supervision at one or more units conducting such activities or managing such cases	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	Participation in one or more courses	Certificate of completed programme activities and attained the required competencies issued by the course provider or the supervisor
	General recommendations Participation in seminars Theoretical studies	

Learning objective c8	Programme activities	Assessment
The specialist doctor shall: <ul style="list-style-type: none"> – Have knowledge of religious and cultural impact, including language, on all aspects of palliative care – Have the ability to recognise and respond to the patient's existential needs and search for meaning and be able to differentiate this from religious needs 	Clinical practice under supervision at one or more units conducting such activities or managing such cases	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	Participation in one or more courses	Certificate of completed programme activities and attained the required competencies issued by the course provider or the supervisor
	General recommendations Theoretical studies	

Learning objective c9	Programme activities	Assessment
The specialist doctor shall: <ul style="list-style-type: none"> – Master effective and empathetic communication with patients, their relatives and carers when taking medical history, providing information, delivering difficult or threatening news and in existential conversations 	Clinical practice under supervision at one or more units conducting such activities or managing such cases	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	Participation in one or more courses	Certificate of completed programme activities and attained the required competencies issued by the course provider or the supervisor
	General recommendations Participation in intra- or inter-professional reflection in groups Clinical attachment Theoretical studies	

Learning objective c10	Programme activities	Assessment
The specialist doctor shall: <ul style="list-style-type: none"> – Have knowledge of how a multi-professional team functions as well as how the team's structure, process and group dynamics affect the results of their work – Master building, leading and collaborating in palliative care teams 	Clinical practice under supervision at one or more units conducting such activities or managing such cases	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	Participation in one or more courses	Certificate of completed programme activities and attained the required competencies issued by the course provider or the supervisor
	General recommendations Theoretical studies Work in a care team	

Learning objective c11	Programme activities	Assessment
The specialist doctor shall: <ul style="list-style-type: none"> – Have knowledge of the social support resources available to families – Be able to assess the individual needs of families for practical and emotional support and be able to assess how relatives can be involved in the planning of the patient’s care to create a sense of security and meaningfulness – Have knowledge of anticipatory grief, the components of grief and pathological grief as well as how pathological grief can be prevented in relatives 	Clinical practice under supervision at one or more units conducting such activities or managing such cases	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	Participation in one or more courses	Certificate of completed programme activities and attained the required competencies issued by the course provider or the supervisor
	General recommendations Participation in seminars Theoretical studies Work in a care team	

Learning objective c12	Programme activities	Assessment
The specialist doctor shall: <ul style="list-style-type: none"> – Have knowledge of the possibilities and limitations of palliative medicine – Be aware of his/her own personal values and beliefs and attitudes to death and how these can affect his/her professional attitude and capability of closeness and distance – Have knowledge of the significance of continuous exposure to grief and losses, how personal losses and grief affect one’s work, the value of mentoring and when and where to get help 	Clinical practice under supervision at one or more units conducting such activities or managing such cases	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	General recommendations Participation in intra- or inter-professional reflection in groups Theoretical studies	



Learning objective c13	Programme activities	Assessment
The specialist doctor shall: – Be able to apply legislation and other regulations applicable to the specialty	Clinical practice under supervision	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	Participation in one or more courses	Certificate of completed programme activities and attained the required competencies issued by the course provider or the supervisor

General recommendations

Programme structure

Specialist medical training should be located at clinics specialising in palliative care, including palliative inpatient care unit or hospice, in home care and consulting teams. Clinical practice should give the specialty resident experience of working in multi-professional teams. During his/her training, the specialty resident should be supervised by a specialist in palliative medicine or a doctor with considerable experience in the field.

It is desirable that the training is continuous so that the specialty resident can follow patients under care in the end stages of life and experience the value of continuity in relationships, medical decisions, ethical choices and existential conversations. It is of great importance that the specialty resident is able to follow the whole process in patients, their families, in the team and in themselves.

During clinical practice, the specialty resident should get insight into how general palliative care is practised at units other than his/her own base clinic, for example in residential care, in municipal home care and in hospital clinics.

It is important that the specialty resident seeks self-knowledge through reflection and guidance.

Throughout the entire programme, theoretical studies should be alternated with clinical practice.