

DEPARTMENT OF NURSING PALLIATIVE AND END OF LIFECARE COURSE  
(CERTIFICATE) PROGRAM **TARGET GROUP:** NURSES, DOCTORS, SOCIAL WORKERS  
AND OTHER HEALTHCARE PROFESSIONALS WHO ARE INTERESTED IN  
PALLIATIVE CARE

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**DAY1: PALLIATIVE CARE: DEFINITIONS AND PHILOSOPHY**  
MULTIDISCIPLINARY APPROACH AND ROLE OF THE TEAM MEMBERS IN  
PALLIATIVE CARE  
HOSPICE AND END OF LIFE CARE

PALLIATIVE CARE MODELS AND EXAMPLES  
ASSESSMENT OF THE NEEDS OF PATIENTS AND THEIR FAMILIES FOR  
PALLIATIVE CARE

**DAY2: PAIN MANAGEMENT**  
-BARRIERS IN PAIN MANAGEMENT  
-PAIN ASSESSMENT  
-BASIC PRINCIPLES IN PAIN MANAGEMENT

PAIN MANAGEMENT: PHARMACOLOGIC THERAPIES  
PAIN MANAGEMENT: NON-PHARMACOLOGIC METHODS

SYMPTOM MANAGEMENT  
FATIGUE / DYSPNEA, COUGH / HICCUP  
LYMPHEDEMA / WOUND  
SEIZURES AND OTHER NEUROLOGIC SYMPTOMS

**DAY3: SYMPTOM MANAGEMET II / ANOREXIA / CACHEXIA, MUCOSITIS / MOUTH  
CARE/ CONSTIPATION, DIARRHEA  
NAUSEA / VOMITING / RETCHING / GL OBSTRUCTIONS**

SYMPTOM MANAGEMET-III / DEPRESSION / ANXIETY  
POST-TRAUMATIC STRESS DISORDERS / DELIRIUM / AGITATION  
CONFUSION / SLEEP DISORDERS

**DAY4: COMMUNICATION: BASIC PRINCIPLES**

- BARRIERS AND MYTHS
- BREAKING BAD NEWS
- TEAM COMMUNICATIONS

**EFFECTIVE COMMUNICATION STRATEGIES: GROUP WORK**

**CULTURAL / SPIRITUAL ASPECTS**

- CULTURAL BELIEFS (TEAM, PATIENT, FAMILY )
- CULTURAL ASSESSMENT
- SPIRITUAL ASSESSMENT

**DAY5: FINAL HOURS: THE SIGNS AND SYMPTOMS OF IMPENDING DEATH AND NURSING CARE**

- LOSS, GRIEF AND BEREAVEMENT**
- GRIEF TYPES, GRIEF ASSESSMENT
- LOSS, GRIEF PROCESS AND NURSING CARE

**ETHICAL ISSUES**

**ETHICAL DILEMMA**

**END OF LIFE CARE DECISIONS**

- WITHHOLDING / WITHDRAWING TREATMENT, FUTILE TREATMENT, ASSISTED DYING,
- EUTHANASIA

**-DO NOT RESUSCITATE (DNR) ORDERS**