



UNIwersYTET
Andrzeja Frycza Modrzewskiego
w Krakowie

Collegium Medicum Faculty of Medicine

SUBJECT CARD

Field of studies: Medicine
Form of studies: Full-time course
Degree: long-cycle Master's program
Specializations: No specialization
Academic year: 2024/2025

PALLIATIVE MEDICINE	
SUBJECT NAME	Palliative medicine
NUMBER OF ECTS POINTS:	2
LANGUAGE OF INSTRUCTION	english
TEACHER(S)	Dr hab. Tomasz Grądalski mgr Elżbieta Wesołek lek. Joanna Sojka lek. Małgorzata Kulis mgr Anna Białoń-Janusz
PERSON RESPONSIBLE	Dr hab. Tomasz Grądalski
NUMBER OF HOURS:	
LECTURES:	12 h
CLASSES:	18 h
GENERAL OBJECTIVES	
OBJECTIVE 1:	Knowledge, skills and approach to patients in advanced disease, particularly at the end-of-life.

PALLIATIVE MEDICINE

OBJECTIVE 2:

Knowledge, skills and attitudes towards management of physical, psychosocial and spiritual symptoms of patients in advanced disease and their families.

LEARNING OUTCOMES

MK1

Acknowledge and justify the integration of palliative care within mainstream medicine, recognize and respect the professional responsibility to care for people with life-limiting conditions, and their families, to ensure comfort and dignity.

MK2

Identify the importance of correct communication the individuals' goals and concerns regarding medical care in advanced disease.

MK3

Acknowledge the multidimensional nature of symptoms accompanying the advance disease and knowledge towards non-pharmacological and pharmacological symptom mana

MS1:

Skills towards the recognition of multidimensional problems and communication with the patient and his/her family

MS2:

Abilities towards symptom management of advanced disease.

MS3:

Skills towards the referrals to ambulatory, home and in-patients palliative care.

INTRODUCTORY REQUIREMENTS

Knowledge on diagnosing, natural history, causative therapies of chronic illness, e.g. chronic heart failure, chronic obstructive pulmonary disease, cancer, neurodegenerative disorders, chronic renal and liver insufficiency.

COURSE PROGRAM

DESCRIPTION

LECTURE 1:

Basic principles of palliative care

LECTURE 2:

End-of-life communication with the patient and his family

LECTURE 3:

Strategy of therapeutic management at the end-of-life

LECTURE 4:

Pain in advanced disease

LECTURE 5:

Symptom management at the end-of-life

LECTURE 6:

Quality of life and care assessment

CLASS 1

Communicating new goals in medical care (e.g. SPIKES, REMAP and NURSE techniques)

PALLIATIVE MEDICINE	
CLASS 2	Problems assessment within the multidisciplinary team (IPOS and ESAS scales)
CLASS 3	Alimentary symptoms management (oral infections, nausea and vomiting, constipation, bowel obstruction, artificial nutrition and hydration)
CLASS 4	Psychological symptoms (anxiety, depression, delirium, dementia, spiritual distress, palliative sedation)
CLASS 5	Edema of advanced disease (pathophysiology, complications, pharmacotherapy, physiotherapy)
CLASS 6	Specific drug therapy at the end-of-life (routes of administration, equivalent dosages, typical errors)
CLASS 7	Management of selected concomitant diseases (diabetes, thrombosis, chronic steroid therapy)
CLASS 8	Pressure sores and ulcers (prophylactic, diagnosis, management)
CLASS 9	The last days of life (anticipated care, diagnosing dying, patient/family accompaniment)
DIDACTIC METHODS (APPLIED)	DESCRIPTION
	Lectures Bedside teaching Discussing cases Therapeutic procedures accompaniment
STUDENTS WORKLOAD:	
CONTACT HOURS WITH THE ACADEMIC TEACHER	30 h
HOURS WITHOUT THE PARTICIPATION OF THE ACADEMIC TEACHER	Preparation for classes: incl. literature studying – 15 hours. Preparation for the exam: 15 hours
TOTAL NUMBER OF HOURS FOR THE COURSE	60 h
CONDITIONS FOR COURSE COMPLETION	

PALLIATIVE MEDICINE

Mandatory presence at all lectures and classes (excused absence will demand additional attendance in time agreed with the particular teacher).

METHODS OF ASSESSMENT:

IN TERMS OF KNOWLEDGE:	Written test
IN TERMS OF SKILLS:	Active participation and practical skills at classes are assessed and evaluated
IN TERMS OF SOCIAL COMPETENCE:	Students behaviour and communication within the group are assessed
FORMATIVE:	Not applicable
SUMMATIVE (I & II)	EXAM: Test (multiple choice type) 30 questions RETAKE EXAM: Oral examination, 3 open question including one covering typical case discussion

GRADING SCALE

3,0 (Satisfactory)	positive test answers between 60-64%
3,5 (Satisfactory plus)	positive test answers between 65-69%
4,0 (Good)	positive test answers between 70-79%
4,5 (Good plus)	positive test answers between 80-89%
5,0 (Very Good)	positive test answers between 90-100%

BASIC LITERATURE

[1] Wilcock A, Twycross R, Stark Toller C. Introducing palliative care (6 th ed. or newer)

SUPPLEMENTARY LITERATURE

[1] Palliative Care Formulary (5 th ed or newer)

[2] PACE Steps for success for high quality palliative care in the care home information pack (<https://www.endoflifecare.be/pace-steps-to-success>)

[3] Weisbrod N. Primary Palliative Care in Dementia. Neurotherapeutics 2022
<https://doi.org/10.1007/s13311-021-01171-x>

[4] Alleviating the access abyss in palliative care and pain relief—an imperative of universal health coverage: the Lancet Commission report/ Lancet 2017, Oct 12
[http://dx.doi.org/10.1016/S0140-6736\(17\)32513-8](http://dx.doi.org/10.1016/S0140-6736(17)32513-8)
(<https://www.thelancet.com/commissions/palliative-care>)