

SUBJECT CARD

Faculty of Medicine and Health Sciences
Medicine

Form of studies: Full-time course

Degree: long-cycle Master's programme

Specializations: No specialization

Academic year: 2022/2023

| PALLIATIVE MEDICINE | |
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| SUBJECT NAME | Palliative medicine |
| NUMBER OF ECTS POINTS: | 2 |
| LANGUAGE OF INSTRUCTION | English |
| TEACHER(S) | Dr hab. Tomasz Grądalski mgr Elżbieta Wesolek lek. Joanna Sojka lek. Małgorzata Kulis lek. Dorota Nawrot-Bobula mgr Anna Białoń-Janusz |
| PERSON RESPONSIBLE | Dr hab. Tomasz Grądalski |
| NUMBER OF HOURS: | |
| LECTURES: | 12 hours |
| CLASSES: | 18 hours |
| GENERAL OBJECTIVES | |
| OBJECTIVE 1: | Knowledge, skills and approach to patients in advanced disease, particularly at the end-of-life. |
| OBJECTIVE 2: | Knowledge, skills and attitudes towards management of physical, psychosocial and spiritual symptoms of patients in advanced disease and their families. |
| LEARNING OUTCOMES | |
| MW1: | 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. |
| MW2: | Identify the importance of correct communication the individuals' goals and concerns regarding medical care in advanced disease. |
| MW3: | Acknowledge the multidimensional nature of symptoms accompanying the advance disease and knowledge towards non-pharmacological and pharmacological symptom management. |

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| MU1: | Skills towards the recognition of multidimensional problems and communication with the patient and his/her family. |
| MU2: | Abilities towards symptom management of advanced disease. |
| MU3: | 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) |
| 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 |

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| | Lectures Bedside teaching Discussing cases Therapeutic procedures accompaniment |
| STUDENTS WORKLOAD: | |
| CONTACT HOURS WITH THE ACADEMIC TEACHER | 30 hours |
| 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 hours |
| CONDITIONS FOR COURSE COMPLETION | |
| Mandatory presence at all lectures and classes (excused absence will demand additional attendance in time agreed with the particular teacher). | |
| METHODS OF ASSESMENT: | |
| 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 (6th ed. or newer) | |

PALLIATIVE MEDICINE

SUPPLEMENTARY LITERATURE

[1] Palliative Care Formulary (5th 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>)