



YENEPOYA

(DEEMED TO BE UNIVERSITY)

Recognized under Sec 3(A) of the UGC Act 1956

Accredited by NAAC with 'A' Grade

Value Added Course

Palliative Care Nursing

Course Code - YN108

ATTESTED

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- Dr.Gangadhara Somayaji K.S.
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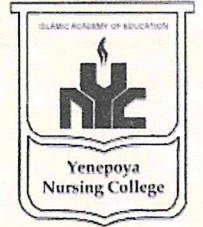


YENEPOYA

(DEEMED TO BE UNIVERSITY)
Recognized under Sec. 3(A) of the UGC Act, 1956
Accredited by NAAC with 'W' Grade

YENEPOYA NURSING COLLEGE

(A Constituent college of Yenepoya (Deemed to be University),
Deralakatte, Mangaluru-575018)



**Gerontological
Nursing**



**Operation Theatre
Nursing**

**ADD-ON
COURSES
FOR
STUDENTS**



**Forensic
Nursing**



**Palliative care
Nursing**

ATTESTED

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Preamble:

Professionally qualified graduates with a sound knowledge of their core disciplines and expertise will have more employment opportunities in the future. Industry demands professionally graduates who possess adequate skills.

Scope and need

Nursing is a complex and challenging profession. Nursing professionals must learn and practice multiple skills as they move to advanced level in their career. At higher level of education nurses need to apply the theoretical and evidenced based information that underpins task performance. Offering add-on courses are best measure to identify the interest of graduating nurses and to equip them with essential skills.

Courses offered

Sl No	Name of the course	Department	Placement
1.	Operation Theatre Nursing	Medical Surgical Nursing	I PB BSc Nursing
2.	Palliative care Nursing	Child Health Nursing	II PB BSc Nursing II MSc Nursing
3.	Gerontological Nursing	Obstetrics and Gynecological Nursing	II PB BSc Nursing II MSc Nursing
4.	Forensic Nursing	Mental Health Nursing	II PB BSc Nursing

Duration:

Theory: 30 hours

Practical: 90 hours

Evaluation :

The examination will be conducted by the Nursing college affiliated to Yenepoya (Deemed to be) University.

Criteria for eligibility to appear for University Exam

i. 80% attendance in theory


ii. 100% attendance in practical

Criteria for pass

In order to pass a candidate should obtain at least 50% marks aggregate including internal Assessment and marks obtained from college examination

Award of Certificate/Diploma


Certificate will be awarded by the Yenepoya Nursing College affiliated to Yenepoya (Deemed to be) University).

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YENEPOYA NURSING COLLEGE/ADD ON COURSE

**DEPARTMENT OF CHILD HEALTH NURSING
ADD ON COURSE IN PALLIATIVE CARE NURSING-SYLLABUS**

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1. PREAMBLE

Palliative care is an approach that improves the quality of life of patients and their families facing the problems associated with life threatening illness through the prevention and relief of suffering by means of early identification and impeccable assessment, and treatment of pain and other problems-physical, psychosocial, and spiritual.

The aim of palliative care is not to lengthen – nor shorten – life but to improve quality of life so that the time remaining, be it days, or months, or years, can be as comfortable, peaceful and fruitful as possible.

The purpose of this course is to improve the knowledge and skills of the health professionals regarding palliative care so that they can provide good quality care to patients with serious, debilitating diseases.

2. Scope and need

- There is a shift in global burden of disease towards non-communicable disease. Although the mortality has come down with average global life expectancy of 70.4 (73.3 Male & 67.5 female) the morbidity has gone up with more and more people with chronic diseases living longer with poor quality of life.
- Approximately 80% of these patients with cancer are diagnosed in advanced stage and more than 1 million cancer patients are estimated to be suffering from moderate to severe pain every year. There are approximately 2.7 million people are living with HIV in India and about 1.89 million suffer from pain. The large number of bed bound people with non communicable diseases in the community has poor access to health care and when available, the care may not be appropriate.
- The World Health Organization [WHO] (1990) and the Barcelona Declarations (1996) both called for palliative care to be included in every country's health services. WHO has recognized palliative care as an integral and essential part of comprehensive care for cancer, HIV, and other diseases
- It utilizes a multidisciplinary approach to patient care, relying on input from physicians, pharmacists, nurses, chaplains, social workers, psychologists, and other allied health professionals in formulating a plan of care to relieve suffering from patient's life. This multidisciplinary approach allows the palliative care team to

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address physical, emotional, spiritual, and social concerns that arise with advanced illness.

- **Career Opportunities**
 - Palliative clinical nurse
 - Palliative care nurse consultant

3. ELIGIBILITY

- Candidates who have enrolled for B.Sc/PB.B.Sc Nursing course

a. Selection

Candidates who fulfill the eligibility criteria will be selected for the course.

4. Duration including hours of theory/practical/clinical/hands-on/community visits

- THEORY-30 HRS
- PRACTICAL- 90HRS

5. Curriculum including syllabus and course content

GENERAL OBJECTIVE

- The purpose of this course is to improve the knowledge and skills of the nurses regarding palliative care so that they can provide good quality care to patients with serious, debilitating diseases.

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Theory: 30hrs


Practical: 90hrs

Course description: This course is designed to develop skills and attitude in providing competent palliative nursing care to the client in hospital and community settings.

Unit	Hours	Learning objectives	Content	Teaching Learning Activity	Assessment Methods
I	Theory:3	Understand the principles and issues associated with palliative care	INTRODUCTION TO PALLIATIVE CARE <ul style="list-style-type: none"> History and development of palliative care in India Definition, Scope and need of palliative care Principles of palliative care Importance of palliative care training for nurses Different modes of delivery of palliative care Myths about palliative care Difference between palliative care and hospice 	<ul style="list-style-type: none"> Lecture cum Discussion Visit to the palliative care center 	<ul style="list-style-type: none"> Objective type Quiz
II	Theory:4 Practical:10	Provide comprehensive pain management (physical, psychosocial and spiritual) in chronically ill patients	PAIN MANAGEMENT <ul style="list-style-type: none"> Concept of pain Assessment Pathophysiology Management (pharmacological, non pharmacological) Judicious use and availability of opioids Legal issues Role of nurse in pain management 	<ul style="list-style-type: none"> Lecture cum Discussion Practice session Supervised clinical practice 	<ul style="list-style-type: none"> Objective type Quiz Supervised clinical Practice
III	Theory:5 Practical:10	Understand various ethical and legal issues involved in palliative care	Ethical and legal Issues in palliative care <ul style="list-style-type: none"> Discussion of decision-making at the end of life, particularly the abatement, withdrawal or withholding of a treatment The proper ways of negotiating and placing 	<ul style="list-style-type: none"> Lecture cum Discussion Practice session Group work activity 	<ul style="list-style-type: none"> Objective type Quiz Presentation


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			<ul style="list-style-type: none"> • ‘Do-not- resuscitate’ -orders (DNR’s) • Exploration of proxy decision-making and advance directives • Ethical and legal differentiation in the national and international context related to care of end of life patients • Euthanasia • Assisted suicide 		
IV	Theory:5 Practica:3 0	Understand and manage various emergencies in chronic ill patients	<p>Psychosocial and spiritual Aspects In palliative care</p> <ul style="list-style-type: none"> • Psychological reactions to chronic illness, grief and loss • Impact on patient and family on loss of independence, role, appearance, sexuality and perceived self worth during a terminal illness • coping strategies • Grief and bereavement as a process of each concerned person • Anticipatory mourning • Risk factors for difficult mourning <p>Spirituality</p> <ul style="list-style-type: none"> • hope • review of one’s life • belief 	<ul style="list-style-type: none"> • Lecture cum Discussion • Practice session • Group work activity 	<ul style="list-style-type: none"> • Objective type • Quiz • Presentati on
V	Theory:5	Understand and practice the effective communication techniques in various situations	<p>Communication</p> <ul style="list-style-type: none"> • Models of communication • Verbal vs. nonverbal communication • Barriers for effective communication • Steps for effective communication <p>Special situations of communication</p> <ul style="list-style-type: none"> • Patient’s information, prognosis • Decision-making • Conflict and conflict resolution talking with relatives. 	<ul style="list-style-type: none"> • Lecture cum Discussion • Psychodrama 	<ul style="list-style-type: none"> • Objective type • Quiz • Role play


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VI	Theory:8 Practical:4 0	Understand effective control of symptoms in palliative care patients	<p>Nursing assessment, diagnosis and management of symptoms in palliative care patients</p> <p>Physical and physiological</p> <ul style="list-style-type: none"> • Dyspnoea • Chronic Pain • Nausea and vomiting • Constipation • Diarrhoea • Pain • Impaired Physical Mobility. • Self care deficit • Impaired nutrition <p>Psychosocial</p> <ul style="list-style-type: none"> • Anxiety • Social isolation • Fear • Grief • Fatigue and powerlessness • Caregiver Role Strain • Depression • Anger • Stress <p>Spiritual</p> <ul style="list-style-type: none"> • Spiritual Distress • Hopelessness 	<ul style="list-style-type: none"> • Lecture cum Discussion • Practice session • Demonstration • Case analysis • Case presentation • Health education 	<ul style="list-style-type: none"> • Objective type • Quiz • Assessment of terminally ill patient management problem
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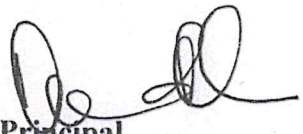
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