



**PRAVARA INSTITUTE OF MEDICAL SCIENCES  
(DEEMED TO BE UNIVERSITY)  
Loni, Tal. Rahata, Dist. Ahmednagar 413736  
NAAC Re-accredited with 'A' Grade**

**SYLLABUS**

**Fellowship in Palliative Care  
(Smt. Sindhutai Eknathrao Vikhe Patil College of Nursing)  
(Academic Council Meeting Dated 28<sup>th</sup> October 2021)**

**Fellowship in Palliative Care**

**Aim:**

The course is designed to prepare registered nurses (B.Sc., P.B.B.Sc. or M.Sc.) with specialized knowledge, skills and attitude in providing advance palliative quality care. Palliative care approach improves the quality of life of patients, their families, caregivers and communities affected by any incurable diseases or chronic debilitating or end stage medical disease.

**Purpose:**

The course will sensitize palliative care, issues in communicating with clients and relatives, ethical and legal issues, symptom management and impart basic palliative nursing skills to client with incurable diseases or chronic debilitating or end stage medical disease.

**Admission criteria:**

The student seeking admission to this course should:

1. Be a registered nurse (Registered Nurse & Registered Midwife) or equivalent
2. Possess a minimum of work experience one year
3. Nurses from other countries must obtain an equivalence certificate
4. Be physically fit

**Number of seats: 05**

**Duration:**

Duration of the course is one academic year

**Distribution of the Course: 52 weeks**

1. Teaching: Theory & Clinical practice 36 weeks
2. Research Block 6 weeks
3. Examination (including preparation) 4 weeks
4. Vacation 4 weeks
5. Public holidays 2 weeks

**General objective:**

At the end of the course the student will be able to develop advanced skills and practice of palliative care and provide quality care for clients with incurable diseases or chronic debilitating or end stage medical disease.

**Specific objectives:**

At the end of the course the student will be able to

1. Describe the philosophy & principles of palliative care
2. Communicate effectively, breaking bad news and compassionately with adults and geriatrics and their families
3. Describe the techniques of pain management for incurable diseases or chronic debilitating or end stage medical disease
4. Identify, assess and provides palliative care for the management of clients with symptoms of gastrointestinal, respiratory, cardiovascular, urology, neurological, psychological problems and during emergencies
5. Provide high quality evidence based palliative care to client and their families through nursing process
6. Describe the common nursing issues in palliative care
7. Identify, assess and provide palliative care in children
8. Recognize, assess and manage palliative care in geriatric population
9. Explains cardinal principles of ethical decision making in palliative care
10. Describe the principles of handling spiritual issues in palliative care
11. Provide culturally appropriate end of life palliative care
12. Coordinate with key stakeholders in palliative care to clients in hospital and community
13. Teach and supervise nurses, allied health workers & caregivers in skills necessary to provide palliative care to clients

**Course of studies:**

Palliative care (including advance courses):	200 Hours
Integrated Clinical Practice:	950 Hours
Total:	1150 Hours

## Clinical experience

Areas of clinical experience required:	32 weeks
Medical wards	5 weeks
Surgical wards:	5 weeks
Intensive care units/CCU:	5 weeks
Geriatric ward:	3 weeks
Emergency & Casualty:	2 weeks
Oncology wards:	5 weeks
Day Care Center:	3 weeks
Old Age Home/Hospice/Palliative Centre:	4 weeks

## Curriculum

**Description:** This course is designed to develop an understanding of the philosophies, principles and different models of delivery of palliative care, its relevance in our socio-cultural scenario, issues in communicating with clients and relatives, ethical and legal issues, symptom management and impart basic nursing skills relevant to people with incurable and chronic illnesses and issues related to death.

**Objectives:** At the end of the course the student will be able to:

1. Describe the philosophy & principles of palliative care
2. Communicate effectively, breaking bad news and compassionately with adults and geriatrics and their families
3. Describe the techniques of pain management for incurable diseases or chronic debilitating or end stage medical disease
4. Identify, assess and provides palliative care for the management of clients with symptoms of gastrointestinal, respiratory, cardiovascular, urology, neurological, psychological problems and during emergencies
5. Provide high quality evidence based palliative care to client and their families through nursing process
6. Describe the common nursing issues in palliative care
7. Identify, assess and provide palliative care in children
8. Recognize, assess and manage palliative care in geriatric population

9. Explains cardinal principles of ethical decision making in palliative care
10. Describe the principles of handling spiritual issues in palliative care
11. Provide culturally appropriate end of life palliative care

### **Section A: Palliative care I**

<b>Unit 01:</b> Introduction to Palliative care	10 hours
<b>Unit 02:</b> Communication skills	15 hours
<b>Unit 03:</b> Pain Management	25 hours
<b>Unit 04:</b> Management of GI symptoms	10 hours
<b>Unit 05:</b> Management of Respiratory symptoms	10 hours
<b>Unit 06:</b> Management of Cardiovascular system	10 hours
<b>Unit 07:</b> Management of Urological symptoms	10 hours
<b>Unit 08:</b> Management of psychological symptoms	10 hours
<b>Unit 09:</b> Management of chronic neurological symptoms	10 hours

### **Section: B Palliative care II**

<b>Unit 10:</b> Management of emergencies in palliative care	10 hours
<b>Unit 11:</b> Management of nursing issues in palliative care	10 hours
<b>Unit 12:</b> Palliative care in children	10 hours
<b>Unit 13:</b> Palliative care in geriatric population	10 hours
<b>Unit 14:</b> Ethical decision making in palliative care	10 hours
<b>Unit 15:</b> Handling spiritual issues in palliative care	10 hours
<b>Unit 16:</b> Loss, Grief & Bereavement	10 hours
<b>Unit 16:</b> End of Life care	10 hours
<b>Unit 17:</b> Research & Statistics	10 hours

### **Teaching learning activities**

Methods of teaching: Lecture, demonstration & discussion, supervised practice, seminar, role play, workshop, conference, skill training, simulations, field visits, and research project

### **Methods of assessment:**

Written examination, objective type, short notes, assignments, case studies/care notes, clinical presentation, seminars, project

**Essential clinical/practical activities**

- Writing of nursing care plan for assigned patients
- Writing case studies – 5
- Case presentations – 5
- Writing observation report
- Planned health teaching – 5
- Project – 1
- Conduct bedside rounds
- Prepare clinical rotation plan
- Prepare clinical teaching plan for students
- Perform clinical evaluation of students/staff
- Supervision techniques
- Writing unit report, performance appraisal, guidance, staff assignment, material management
- Maintenance of records and report

**Essential palliative care skills**

**I. Procedures Assisted:** Communication, decision making, management of complications of treatment and disease, management of pain and symptoms, psychosocial care for patients & family, spiritual understanding and approaches, care of dying and bereavement care.

**II. Procedures Performed:**

- Assessment of physical care, spiritual & religious needs, decision making, psychosocial care, bereaved family, grief & bereavement of patients, family members & caregivers, palliative care needs of cancer patients & incurable diseases or chronic debilitating or end stage medical disease
- Pain assessment by pain assessment tool among the children, elderly & unconscious patients
- Provides relief from pain: non pharmacological & pharmacological strategies for pain management.
- Assessment of symptoms of GI, Respiratory, cardiovascular, urology, psychological & chronic neurological disorders
- Therapeutic communication with children, adults, geriatric clients, family members, caregivers & health team members

- Provides a supportive system to help patients live actively as possible until death.
- Integrates psychological and spiritual aspect of palliative care
- Provides psychological support during stages of grief process & bereavement to the client, family members & care givers
- Feeding - management of OG tube insertion, gavage feeding, TPN, jejunostomy
- Provides basic hygienic care, elimination : catheter care & bowel care, stoma care
- Administration of drugs: I/M, IV injection, IV Cannulation & fixation infusion pump Calculation of dosages, monitoring fluid therapy, Blood administration.
- Monitoring - clinically & with monitors, ECG
- Advanced Airway management a) Application of Oro Pharyngeal Airway b) Oxygen therapy c) Care of Tracheostomy d) Endotracheal Intubation
- Setting, use & maintenance of basic equipment: ventilator, O2 analyzer, monitoring equipment, infusion pump,
- Cardio pulmonary Resuscitation

#### **Evaluation:-**

Term end examination will be arranged and conducted by Smt. Sindhutai Eknathrao Vikhe Patil College of Nursing and declare the result.

#### **Examination Scheme**

Paper - I : Palliative Care - I

Paper - II : Recent advances in Palliative Care

#### **Theory Examination:- (2 Paper of 100 marks each)**

2 LAQ x 20 Marks = 40 Marks

6 SAQ x 10 Marks = 60 Marks

#### **Practical Examination:-**

One Long Case / Long experiments = 50 Marks

Three Short Cases (3 x 30) = 90 Marks

Viva Voce / Oral / OSPE / Spottes = 60 Marks

#### **Minimum Passing:-**

i) Minimum 50% in Theory papers (Each paper minimum is 40%)

ii) Minimum 50% in Practical /Clinical & Viva Voce

iii) Overall 50% Theory & Practical/Clinical

**Award of class:-**

- 50% to 59.5% = II<sup>nd</sup> class
- 60 to 74.5% = I<sup>st</sup> Class
- Above 75% = I<sup>st</sup> Class with Distinction

**Attempts:-**

- A student shall clear the Examination only within three attempts or within 4 years of admission.
- Result / Issue of Mark Sheet – Head of Institute & HOD will jointly issue the Mark Sheet.

**Certification:-**

- A) Title – Fellowship in Palliative Care.
- B) A fellowship is awarded upon successful completion of the prescribed study program, which will state that i) Candidate has completed the prescribed course of palliative care. ii) Candidate has completed prescribed clinical experience. iii) Candidate has passed the prescribed examination.
- C) Certificate will be issued with the signatures of concern Principal & Vice-Chancellor, Pravara Institute of Medical Sciences (Deemed to be University).
- D) Certificates to be prepared by concern College.

**Mandatory Fullfilment:-**

- 1) To participate in UG teaching / PG teaching.
- 2) Presentation of 6 assignments.
- 3) One Research Methodology Workshop.
- 4) Participation / Presentation with minimum One Research article in Seminars/Conferences/workshop etc.
- 5) One Research Paper in Indian / Scopas / UGC Care list journal.

**Conditions for admission to examination**

The Student:

- 1. has attended not less than 80% of the theoretical instruction hours in each subject during the year.
- 2. has done not less than 80% of the clinical practical hours. However, students should make up 100% of attendance for integrated practice experience in term of hours and activities before awarding the certificate.



*h. d. d. d. d.*  
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