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Course title: PALLIATIVE MEDICINE

ECTS credit allocation (and other scores): 1

Semester: autumn

Level of study: ISCED-7- long-cycle programmes (EQF-7)

Branch of science: Medical and health sciences

Language: English

Number of hours per semester: 20 h

Course coordinator/ Department and e-mail: monika.rucinska@uwm.edu.pl/anna.sugajska@uwm.edu.pl

Type of classes: classes

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#### Substantive content

**CLASSES:** Introduction to palliative medicine. History of palliative care. Palliative care, hospice care (stationary hospice care, home hospice care, outpatient clinic). History taking in palliative medicine. Communication with palliative medicine patients and their families. Physical examination of palliative care patients. 2. Pain management in palliative care – part 1. Causes of cancer pain. Classification of pain. Pain assessment tools. 3. Pain management in palliative care – part 2. Treatment of cancer pain. Principles of analgesic use. Analgesic ladder. Prevention of side effects of pain treatment. Invasive methods for pain treatment. Concept of Total pain. 4. Patients at the end of life. Symptoms management. Emergencies in palliative medicine

#### LECTURES:

**Learning purpose:** Students know the principles of palliative long-term care and hospice care. Students know the rules of interdisciplinary approach to patient requiring palliative care and understand the role of physician in an interdisciplinary team. Students know the causes, pathomechanisms, symptoms, assessment of severity and principles of treating somatic symptoms in various stages of cancer. Students know and understand the importance of palliative medicine and symptomatic treatment of: pain, dyspnoea, anxiety, depression, fatigue, constipation, nausea and vomiting, cachexia, bedsores, lymphoedema, etc. Students know different forms of palliative treatment: chemotherapy, radiotherapy, hormonal treatment, surgery, pharmacotherapy. Students understand the need to communicate with the patient and his family, know the rules of professional guidance, and the ethical priorities/dilemmas of the patient in the terminal phase and his family.

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On completion of the study programme the graduate will gain:

**Knowledge-** Students know and understand causes, symptoms, principles of diagnosis and treatment in the most common problems of palliative medicine, including: a) treatment of the most common somatic symptoms, b) treatment in cancer cachexia, prophylaxis and treatment of bedsores, c) most common emergency conditions in palliative medicine. Students know the rules of palliative treatment for patients in the terminal state. Students know the rules of pain management, including cancer pain and chronic pain. Understands the psychosocial consequences of hospitalization and chronic illness. Understands the functioning of medical institutions and the social role of physician. Understands the family role in the treatment process. Students know the problem of adapting to illness as a difficult situation, adaptation steps to threatening events and needs of patients, dying and mourning. Students know the rules of informing about the unsuccessful prognosis.

**Skills:** Students can define states in which life expectancy, functional status, or patient preferences limit behavior according to disease guidelines specified for the disease. Recognizes the patient's agony and states patient's death. Informs the patient and his family about the unfavorable prognosis. Respects the rights of the patient: including the

right to privacy, the right to give informed consent for treatment or withdrawal, and the right to death Uses basic psychological motivational and supportive interventions

Social Competencies: Students can establish and maintain a deep and respectful contact with patient. Student is guided by the good of the patients, placing them first.

Basic literature:

Nathan I. Cherny, Marie Fallon, Stein Kaasa, Russell K. Portenoy, David C. Currow, Oxford Textbook of Palliative Medicine – fifth edition, wyd. Oxford University Press, 2015

Supplementary literature:

1) Robert G. Twycross, Andrew Wilcock, Claire Stark Toller, Symptom Management in Advanced Cancer – fourth edition , 2009 ;

2) Robert G. Twycross, Andrew Wilcock, Introducing Palliative Care 5th Edition , 2016

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The allocated number of ECTS points consists of: 1 ECTS point = 25-30 h of the average student's work, number of ECTS points = 25 h : 25 h/ECTS = 1,00 ECTS

Contact hours with an academic teacher: 22 h

Student's independent work: 30 h