

# HPCA PSYCHOSOCIAL PALLIATIVE CARE COURSE

## E-LEARNING

### INTRODUCTION

Psychosocial and spiritual care is integral to the provision of quality palliative care to clients and families faced with a life-threatening illness. This psychosocial course was developed by the Hospice Palliative Care Association of South Africa to better equip psychosocial professionals, including social workers, psychologists and spiritual care practitioners to provide appropriate and comprehensive psychosocial palliative care to clients and families affected by a life-threatening illness in hospices and other healthcare settings within the South African context.

### PURPOSE OF THE TRAINING

The course aims to equip learners with appropriate skills, knowledge and attitude for incorporating psychosocial palliative care practices and principles.

### ADMISSION CRITERIA

- A Bachelor's degree in social sciences, social work, psychology, occupational therapy, nursing or theology.
- Be involved in a counselling role at place of work.
- Have attendance authorised by employer.
- Have appropriate writing skills in English.

### COURSE DESIGN & DURATION

There are both face-to-face and online course formats available. This leaflet is for the online format.

The online course runs over eleven weeks, requiring approximately 2 hours of pre-reading and a 90-minute virtual Zoom meeting per week. The course is highly interactive with group discussions, self-reflections, role plays and case studies included.

The course contains theoretical and practical application components using adult learning principles, as well as self-directed work-based learning, which will be assessed by facilitators through a learner portfolio of evidence (PoE).

Learners who are not from a hospice palliative care environment are encouraged to spend a day in a hospice setting to help consolidate training received.

Portfolio entries are part of continuous assessment to ensure that learners reflect the knowledge and skills learned in each module.

A case study will be completed by learners as part of a summative assessment to measure learning which has taken place.

## COURSE CONTENT

**Module 1:** Introduction to palliative care. This module introduces the principles and practices of palliative care and its place along the healthcare continuum in a developing world. The role of the psychosocial professional in palliative care is addressed.

**Module 2:** Communication and counselling. Emphasizes the importance of communication and counselling skills to support and assist clients, their families and healthcare providers when providing palliative care, and revisits some of the knowledge and skills required, and the issues the psychosocial professional would need to address. Sharing a poor prognosis also highlighted in this module.

**Module 3:** Ethics and human rights. Promotes understanding of the guiding principles of human rights, as well as ethical and legal considerations in palliative care and how they apply to psychosocial care.

**Module 4:** Interdisciplinary team. Addresses the importance of the multi/interdisciplinary team in the provision of palliative care and factors that contribute to good teamwork. The role and function of the psychosocial professional is also highlighted within the context of the interdisciplinary team.

**Module 5:** Culture and spirituality. Addresses the importance of understanding the role of culture and spirituality in palliative care and those practices that promote cultural and spiritual sensitivity with clients and families in the workplace.

**Module 6:** Pain and symptom management. Includes an overview of pain and symptoms in palliative care and their management, as well as highlighting the psychosocial aspects linked to pain and symptoms.

**Module 7:** Loss, Death, Grief, and Bereavement. Provides the psychosocial professional with knowledge and skills to understand the processes of loss, death, grief and bereavement and to render bereavement services.

**Module 8:** Care for the caregiver. The needs of caregivers, including the psychosocial professional are highlighted in this module, as well as guidelines to help prevent compassion fatigue and burnout. Psychosocial professionals are also given practical suggestions to help promote their own wellness.

## TRAINING ASSESSMENT

Portfolio entries are part of continuous assessment to ensure that learners reflect the knowledge and skills learned in each module.

A case study will be completed by learners as part of a summative assessment to measure learning which has taken place.

## TRAINING ACCREDITATION

SACSSP: Approved for 18 CPD points

## CERTIFICATION

All delegates who complete the course successfully will be awarded with a certificate of completion.

## CORRESPONDENCE & APPLICATION

All correspondence to be directed to HPCA on [training@apcc.org.za](mailto:training@apcc.org.za)

Course Fee: R7500

Course Coordinator: Fran Tong