

# INTRODUCTION TO PALLIATIVE CARE

## ONLINE FORMAT



### INTRODUCTION

Palliative care provides holistic care to patients (and their families) diagnosed with a life-threatening or life-limiting illness. It is care that helps people live their life as fully and as comfortably as possible. Palliative care identifies and treats symptoms which may be physical, emotional, spiritual or social. Because palliative care is based on individual needs, the services offered will differ but may include: Relief of pain and other symptoms, for example, vomiting, shortness of breath; Assistance to families to come together to talk about sensitive, difficult issues; Links to other services such as home help; Support for people to meet cultural obligations; Counselling for emotional, social and spiritual concerns, as well as bereavement support; Referrals to respite care services. Palliative care is a patient-centred model of care, meaning that the patient is involved in all decision-making regarding his treatment and care, additionally family and carers can receive practical and emotional support.

### PURPOSE OF THE TRAINING

The course aims to give a basic overview of palliative care and orientate and introduce health care professionals to the palliative care approach, processes and principles

### TARGET GROUP

Medical Officers, Registered Professional Nurses, Clinical Nurse Practitioners and social and allied workers

### MAXIMUM NO OF PARTICIPANTS

Minimum 10 up to a maximum of 20 participants per training session.

### COURSE DESIGN

A 10 week online interactive experience, requiring approximately 2 hours of reading per week and a 90-minute virtual Zoom meeting once per week. The course contains theoretical and practical application components using adult learning principles.

### COURSE CONTENT

#### The following topics will be covered:

- Define and explain palliative care, respite care, end of life care and hospice care
- Fundamentals and principles of palliative care
- Identification of patient's requiring palliative care
- Caregiver attributes, values & self-awareness
- Ethics in palliative care

- 'Quality of Life' concept explained
- Communication in palliative care
- Pain and symptom management
- Loss, grief and bereavement
- Teams and Care for the caregiver
- Palliative Care in a variety of settings
- Cultural and Spiritual Sensitivity

**\*Content subject to change**

### TRAINING ASSESSMENT

Participants will be subjected to a written examination with a pass rate of 70%.

### TRAINING ACCREDITATION

The training is accredited for 30 CEU's and is registered at the University of Cape Town as an attendance short course at NQF level 7. The nursing participants who attend this course will receive 1 CPD point for Area of Practice.

### CERTIFICATION

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

### CORRESPONDENCE

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

**Course cost: R6,450.00**

Course Coordinator: Leonore Haley and Fiona Shraga