

INTRODUCTION TO PALLIATIVE CARE COURSE FOR CAREGIVERS

INTRODUCTION

Caregivers have a vital role to play in the provision of palliative care and are important team members in providing impeccable care to patients diagnosed with a life-threatening or life-limiting illness and their families. It is care that helps people live their life as fully and as comfortably as possible. Palliative care is patient-centred and 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; provision of psychological and spiritual support to both the patient and their significant others, it should begin at diagnosis and can take place alongside other treatments and can be provide anywhere. 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 caregivers to palliative care principles, ethics and values.

TARGET GROUP

Enrolled Nursing Assistants, caregivers and homebased carers

MAXIMUM NO OF PARTICIPANTS

Minimum 15 up to a maximum of 20 participants per training session.

COURSE DESIGN

A five-day interactive contact session with theoretical and practical components using adult learning principles.

COURSE CONTENT

The following topics will be covered:

- | | |
|--|--|
| <ul style="list-style-type: none">• Define and explain palliative care, places of care and palliative care for the older person• 'Quality of life' and 'patient & family-centred' concepts explained• Caregiver attributes, values and self-awareness• Teamwork, values, and communication in palliative care• Legal and ethical issues in palliative care | <ul style="list-style-type: none">• Pain and symptom control• End of life care• Spiritual & culturally sensitive care• Loss, grief and bereavement• Self-care for the caregiver• Palliative Care in a variety of settings |
|--|--|

TRAINING ASSESSMENT

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

TRAINING ACCREDITATION

The training is registered with APCC as an attendance short course at NQF level 3.

CERTIFICATION

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

CORRESPONDENCE

All correspondence to be directed to training@apcc.org.za
Course Coordinator Leonore Haley