

APCC 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 Association of Palliative Care Centres 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

- Social Science graduates, doctors, professional nurses, social workers, theologians, psychologists, occupational therapists, dietitians, and speech therapists.
- 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 for eleven weeks, requiring approximately 2 hours of pre-reading and a 90-minute virtual Zoom meeting per week. Attendance is compulsory unless alternate arrangements are made with the coordinator under specific conditions.

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 psychosocial professionals 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 15 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 APCC on training@apcc.org.za Course Fee: R7500 <i>Course Coordinator:</i> Connie Zulch