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|------------------|---|---------------|----------------|------------------|---------------------|
| Course Unit | Therapeutic relationship in Palliative Care | | Field of study | Health Sciences | |
| | Postgraduate in Palliative Care | | School | School of Health | |
| Academic Year | 2023/2024 | Year of study | 1 | Level | ECTS credits 6.0 |
| Type | Semestral | Semester | 1 | Code | 5037-794-1102-00-23 |
| Workload (hours) | 162 | Contact hours | T - | TP 40 | PL - |
| | | | TC - | S 10 | E - |
| | | | OT 10 | O - | |

T - Lectures; TP - Lectures and problem-solving; PL - Problem-solving, project or laboratory; TC - Fieldwork; S - Seminar; E - Placement; OT - Tutorial; O - Other

Name(s) of lecturer(s)

Learning outcomes and competences

At the end of the course unit the learner is expected to be able to:

1. Recognize emotional literacy importance in palliative care
2. Reflect on therapeutic relationship importance in palliative care.
3. Identify the principles of communication and their applications in health contexts.
4. Recognize and understand the importance of communication and perception skills, and how they interfere with communication
5. Identify and understand the attitudes and behaviors needed to establish a therapeutic relationship in different health contexts
6. Recognize and manage situations that require special skills to approach and communicate with the patient or family
7. Apply strategies, communication skills and therapeutic relationship appropriately with the patient and his family
8. Reflect on the importance of Humanity, Dignity and Hope in palliative care

Prerequisites

Before the course unit the learner is expected to be able to:
none

Course contents

1. Emotional literacy 2. The therapeutic relationship in palliative care 3. Communication in Palliative Care 4. Breaking bad news 5. Conspiracy of Silence 6. Communication with the family 7. Psychological Aspects of Terminal Illness 8. Support for health professionals: Burnout and compassion fatigue 9. Humanity: a care tool 10. Dignity Therapy 11. Management of hope

Course contents (extended version)

1. Emotional literacy
2. The therapeutic relationship in palliative care
- Emotional literacy and the therapeutic relationship: "the dance of the soul"
3. Communication in Palliative Care
- Characterization of communication in health/palliative care.
- Communication technique (Dimensions functions of non-verbal communication. , Dissemia, Compassion)
4. Breaking bad news
5. Silence Conspiracy
6. Communication with the family
7. Psychological Aspects of Terminal Illness
- Mourning as a dynamic process (phases, stages or transitions)
- Intervention in Grief (Tasks model from Worden 2013)
8. Support for health professionals: Burnout and compassion fatigue
9. Humanity: a care tool
10. Dignity Therapy and Management of hope

Recommended reading

1. Abejas, A. G. , Duarte, C. (2021). Humanização em Cuidados Paliativos. Lisboa: Lidel.
2. Chochinov H. M. Dignity Therapy: Final Words for Final Days. Oxford University Press, 2011.
3. Gineste, Y. , & Pellissier, J. (2008). Humanidade: Cuidar e compreender a velhice. Lisboa, Portugal: Medicina e saúde.
4. Salazar, H. , Duarte, J. (2017). A comunicação em Cuidados Paliativos: Uma estratégia fundamental. In H. Salazar (Coord). Intervenção Psicológica em Cuidados Paliativos (pp. 1-46). Pactor.
5. Twycross, R. (2003). Cuidados paliativos (2Ed.) Lisboa: Clempsi Editores.

Teaching and learning methods

Theoretical-practical online classes with exposition of the themes. Presentation of practical cases for analysis, reflection and discussion. Analysis and reflection of scientific articles. Practical application of skills through dynamics.

Assessment methods

1. exam (%) + practical work (30%) - (Regular) (Final)
2. exam (100%) - (Regular, Student Worker) (Supplementary, Special)

Language of instruction

Portuguese

Electronic validation

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|----------------------------------|-------------------------------------|----------------------------------|---------------------------------------|
| Alexandra Marisa Maia Alves Neto | Maria José Almendra Rodrigues Gomes | Ana Maria Nunes Português Galvão | Adília Maria Pires da Silva Fernandes |
| 11-11-2023 | 17-12-2023 | 17-12-2023 | 03-01-2024 |