

Course Unit	Symptom control in Palliative Care	Field of study	Health Sciences
	Postgraduate in Palliative Care	School	School of Health
Academic Year	2023/2024	Year of study	1
Type	Semestral	Semester	2
		Level	
		ECTS credits	10.0
		Code	5037-794-1202-00-23
Workload (hours)	270	Contact hours	T - TP 60 PL - TC - S 10 E - OT 20 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) Maria José Almendra Rodrigues Gomes, Ana Isabel Rodrigues Goncalves, Liseta da Conceicao Pereira Gomes Goncalves

### Learning outcomes and competences

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

1. Know and understand the basic principles of different symptoms and provide relief to patients and families, contributing to a better quality of life.
2. Being able to assess the person with uncontrolled symptoms and propose strategies and interventions to solve problems.
3. Demonstrate skills in implementing a care plan to the person / family with chronic illness, advanced and progressive, always in collaboration with the interdisciplinary team.

### Prerequisites

Before the course unit the learner is expected to be able to:  
no prerequisites

### Course contents

General principles of control of symptoms - Symptomatic Control Models Pain Evaluation of Pain - the 5th Vital Sign Analgesics Drugs Intervention strategies for pain Management of cancer pain. Managing side effects of opioids Control Symptoms, Respiratory, Gastrointestinal, I, neurological, psychiatric, dermatological and systemic Treatment of pressure ulcers Care in agony / Hydration end of life. Urgency in palliative care.

### Course contents (extended version)

1. Pain Pain Evaluation Pain assessment tools Epidemiological data National Program for Pain
2. Analgesics Drugs Concept multimodal analgesia / balanced Intervention strategies for pain
3. Oncology Pain Management Basic principles of drug treatment of cancer pain. Opioids
4. Control of Respiratory Symptoms: Control of Gastrointestinal Symptoms I:
  - Dyspnoea • Cough • Rales • Hiccups
  - Xerostomia - Mucositis • Nausea and vomiting • Dysphagia • Anorexia - Cachexia • Constipation
5. Control of neurological symptoms: Control of psychiatric symptoms:
  - Delirium • Seizures • Weakness
  - Anxiety and Depression • Changes in sleep patterns
6. Control of Symptoms and dermatological Systemic symptoms
  - Itch • Lymphedema • Jaundice
  - Asthenia • Itching and sweating
7. Treatment of Pressure Ulcers
8. Palliative Surgery
9. Bone Metastasis
  - Bifosfonates / Radioterapy / Hormone Therapy
10. Urgency in Palliative Care
11. Care in Agony / Hipodermoclise
12. Sedation in Palliative Care
13. Advanced heart failure Neuromuscular Diseases AIDS and Palliative Care
14. Neoplasms / Malignant / Dementia
15. Information management in palliative care

### Recommended reading

1. Porta, J; Gómez-Batiste, X, Tuca Alberto. (2005) – Control de sintomas em pacientes com Cancer Avanzado y Terminal – ARAN 1ª ed Madrid.
2. Derek Doyle; HanKs, George; Cherny, Nathan; Calman; S Kenneth. (2004)- Oxford Textbook Palliative Care- 3ª edição Oxford University Press.
3. Melzack, Ronald; Wall, Patrick . (2005)- Handbook Pain Management -Elsevier Limited
4. Ferraz, J.G. (2002) - Controlo de Sintomas no Cancro Avançado - Fundação Calouste Gulbenkian.
5. Neto, I.G. ( 2020). Cuidados Paliativos; Conheça-os melhor. Lisboa: Fundação Francisco Manuel dos Santos.

### Teaching and learning methods

Expository and participatory using slide presentation and discussion of clinical cases. Study with small group discussion - presentation and discussion in plenary.

### Assessment methods

1. Written exam - (Regular, Student Worker) (Final, Supplementary, Special)
  - Final Written Exam - 70%
2. Working group - (Regular) (Final)
  - Practical Work - 30%

### Language of instruction

Portuguese

### Electronic validation

Maria José Almendra Rodrigues Gomes	Ana Maria Nunes Português Galvão	Carina de Fatima Rodrigues	Adília Maria Pires da Silva Fernandes
16-01-2024	17-01-2024	17-01-2024	18-01-2024