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| Course Unit | Clinical Training II - Optional - Palliative Care | | Field of study | Nursing | |
| Bachelor in | Nursing | | School | School of Health | |
| Academic Year | 2021/2022 | Year of study | 3 | Level | 1-3 |
| Type | Semestral | Semester | 2 | ECTS credits | 6.0 |
| Code | 9500-698-3205-02-21 | | | | |
| Workload (hours) | 162 | Contact hours | T - | TP - | PL - |
| | | | TC - | S - | E - |
| | | | OT - | O | 106 |

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 Helena Pimentel

Learning outcomes and competences

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

1. Interiorize the principles and assumptions of Palliative Care philosophy and integrate them into an individualized care plan for the person with advanced and progressive disease;
2. Acquire skills in four key areas of Palliative Care (communication, care of family / caregiver, symptoms control and teamwork);
3. Provide nursing care to the patient / family as a basic care unit and an active part of the team;
4. Contribute to family caregiver enabling in order to establish the continuity of care when returning home and to prevent negative effects of caregiving.

Prerequisites

Before the course unit the learner is expected to be able to:
Not applicable

Course contents

Personal attitudes, feelings, values and expectations regarding death and individual, cultural and spiritual diversity; values and philosophical principles of SC; ethical / legal principles of issues related to end-of-life care; main communication skills; standardized instruments to assess symptom severity; most common methods for relieving symptoms (pharmacological and non-pharmacological); care plan for family / caregivers; mourning process

Course contents (extended version)

1. Integrates PC team to understand its philosophical values and principles.
2. Establishes patient / family assessment for individualized and humanized care
 - Establishes an individualized care plan
 - Recognizes the patient / family's attitudes, feelings and expectations regarding illness and death
 - Identifies ethical and legal issues related to end of life care
 - Recognizes the more prevalent symptoms in PC
 - Identifies standardized tools for symptom relief
 - Integrates the most common methods for relieving symptoms (pharmacological / non-pharmacological)
 - integrates into the plan the prescriptions of other professionals
3. Understands and applies the main communication skills
 - Establishes help and therapeutic relationship
 - Learns how to tell bad news
 - Identifies/participates in conspiracy of silence management and how to deal with uncertainty and hope
4. Collaborates in the identification of family needs
 - Makes family assessment: Family APGAR, genogram, ecomap
 - Participates and collaborates in the family conference
 - Evaluates family / caregiver care needs
 - Diagnoses caregiver enabling needs
5. Collaborates in management and comfort care in the last days and hours of life
 - Identifies the phases of the normal mourning process and acts accordingly
 - Identifies situations of pathological mourning and acts accordingly
6. Implements previously planned nursing interventions
7. Evaluates the effectiveness of the interventions

Recommended reading

1. ANCP (2006). Formação de Enfermeiros em C P. http://www.apcp.com.pt/uploads/Recomendacoes-Formacao_em_CP.pdf
2. CNCP (2017). Proposta de formação prégraduada em enfermagem CP. https://www.sns.gov.pt/wp-content/uploads/2017/08/2-Forma%C3%A7%C3%A3o-Pr%C3%A9-Graduada-Enfermagem_Proposta-CNCP_0708217.pdf

Teaching and learning methods

Each student will be supervised by a teacher and accompanied by an advisor from the context where the internship takes place. The methods to use are consistent with the work being undertaken and the progress of each student.

Assessment methods

- Continuous assessment - (Regular, Student Worker) (Final)
 - Practical Work - 80% (Student's daily performance)
 - Case Studies - 20% (work group on a theme proposed by the teacher)

Language of instruction

Portuguese, with additional English support for foreign students.

Electronic validation

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| Maria Helena Pimentel | Ana Fernanda Ribeiro Azevedo | Maria Eugénia Rodrigues Mendes | Adília Maria Pires da Silva Fernandes |
| 15-03-2022 | 16-03-2022 | 16-03-2022 | 16-03-2022 |