

Pain and Palliative care course IUG

16th to 18th November 2024

Welcome to this online course to help you understand and develop the competencies to integrate pain and palliative care into your clinical practise. This is an area of medicine which allows us to think holistically, challenges some of our assumptions, develop our skills in communication, learn fascinating science, explore how we can always do something to offer support even in the face of chronic illness and end of life, emphasise the importance of presence and demonstrate our inner values and sources of hope and strength.

We have been teaching this as an IUG and international Faculty for some years now. This year we have taken the hybrid element away due to the challenging circumstances and lack of internet. We have written new narrated ppt presentations which allow you to use the material at your own pace. We have also incorporated 6 case scenarios to help you learn. Please do the homework for this prior to listening to the narrated ppt as you will learn much more by working through the questions first. If possible, work through these case scenarios with one or more fellow students. This is also the format for one of your assessments and so will help you be ready for that in due course.

All the international Faculty have experience in teaching and practising palliative care and have been to Gaza. You will find the previous flipped classroom for reference and this link will take you to a dropbox folder for more resources, management protocols and online texts for further reading. Self-directed learning will always mean you retain the information better.

<https://www.dropbox.com/scl/fo/as5bfwbwymzrjg9lrbv3s/AFN1WpU1V4gU006JJYFl40g?rlkey=tw5e4fqr9fjgb8342tcvkqt1h&dl=0>

Please also download the iPal Global app which gives you fast access to symptom control advice. You may also find the website Vital Talks helpful. <https://www.vitaltalk.org/resources/>

Please enjoy this opportunity to grow as clinicians and learn important skills you will use in many settings. For further questions and queries please reach out to your teaching assistant and I will organise an online discussion or answer them via Whatsapp.

Faculty

Dr Khamis Elessi
Dr Mhoira Leng
Dr Anna Cleminson
Dr Rachael Coghlan
Dr Martin Leiper
Dr Nahla Gafer
Dr Anna Voek

Domains

1. Basics palliative care
2. Pain and symptom management
3. Psychosocial and spiritual
4. Ethical and legal
5. Communication skills
6. Teamwork and professionalism

Competencies

IUG medical students should be able to;

- Understand the principles of palliative care as part of chronic disease management and whole person medicine with an evidence-based approach.
- Identify patients who need palliative care and manage alongside disease modifying treatment
- Assess and manage patients holistically in the context of their families.
- Demonstrate skills in pain assessment and management using pharmacological and non-pharmacological means
- Demonstrate skills in symptom prevention, assessment and management in palliative care patients using pharmacological and non-pharmacological means
- Demonstrate skills and attitudes to effectively communicate with patients and their families particularly in response to difficult conversations.
- Understand and apply ethical principles and clinical judgment in managing patients and their families with palliative care needs
- Work effectively within a multi-professional team

Learning approach; blended learning using online classroom teaching, *bedside teaching including role play, clinical rounds*, self-directed learning using flip classroom materials and *clinical modelling*
**to follow*

Assessment

- Reflective case review
- MCQ