1. **Basic Palliative Care and Psycho-Social Care**

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| ***Lesson Plan*** | |
| **Topic** | Basics of palliative Care |
| **Title** | **Introduction to Palliative Care** |
| **Learning Outcome** | Describe and discuss critically the philosophy and practice of palliative care. |
| **Summary** | Medical students will have been exposed to the biomedical model of care and it is important to present palliative care as a novel concept embracing the holist dimensions of the human being. The session will focus on the principles of palliative care, the experience of patients and families confronted with life limiting illnesses and the role of palliative care to address the multiple needs of such patients in the physical, emotional, social and spiritual domain |
| **Learning Objectives**  **C- Cognition**  **S – Skills**  **A – Attitudes** | Cognition:   1. Define palliative care. 2. Explain holistic principles of practice for palliative care. 3. Understand the impact for patients and their families of living with a ‘life-limiting condition’ 4. Explain how palliative care fits within the multidimensionality of the human being nature, and how it assesses and address them, in order to face the potential emerging needs (physical, emotional, social and spiritual).   Attitude:   1. Recognize and address the challenges/misconceptions about palliative care |
| **Learning Methods** | * Icebreaker * Brainstorming * Individual / group exercises * Videos- discussions * Case studies * Lecture |
| **Timing** | 1 hour classroom + 30 minutes seminar |
| **Bibliography / Resources** | * <https://www.youtube.com/watch?v=ttW8pxF__g4> * <http://www.who.int/cancer/palliative/definition/en/> * IAHPC – Manual of palliative care, <http://www.pacificcancer.org/pacp-resources/palliative-care-cancer-survivorship/iahpc-manual-palliative-care.pdf> * Robert Twycross, Introducing Palliative Care, [http://books.google.ro/books?id=YmMwVnGTNiYC&pg=PA5&lpg=PA5&dq=quality+of+life+twycross&source=bl&ots=vQry1XX5Lf&sig=9vHiIfz0CoWe1Rc-](http://books.google.ro/books?id=YmMwVnGTNiYC&pg=PA5&lpg=PA5&dq=quality+of+life+twycross&source=bl&ots=vQry1XX5Lf&sig=9vHiIfz0CoWe1Rc-TbS1b6e89bo&hl=ro&sa=X&ei=h8kzVOfQLc7JPd75gdAO&ved=0CCwQ6AEwAQ) * <https://onlinelibrary.wiley.com/doi/full/10.1111/j.1365-2648.2003.02975.x> |

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| ***Lesson Plan*** | |
| **Topic** | Basic of palliative care |
| **Title** | **Palliative care as an integrated medical discipline** |
| **Learning Outcome** | Describe and discuss critically the development and practice of palliative care. |
| **Summary** | It is proven that early integrated palliative care in cancer patients’ treatment has just not a beneficial effect on the patient and his/her family by improving the quality of life and survival, but also on the health system by reducing the costs with useless interventions and admissions. Future physicians need to understand importance of interventions aiming the quality of life in parallel with active treatment or increasing of survival; to experience the complexity of specialized palliative care and to apply in their daily work interventions of basic palliative care.  This session prepares the students to discuss various illness trajectories, acknowledge the value of integrating palliative care early in the course of the illness and recognize the challenges of doing so in their own health care systems about palliative care, principles and its beneficiaries. |
| **Learning Objectives**  **C- Cognition**  **S – Skills**  **A – Attitudes** | Cognition:   1. Discuss illness trajectories 2. Explain how palliative care fits within medicine; public health agenda 3. Discuss the challenges within the future development of palliative care at local, national and international levels.   Attitude:   1. Acknowledge and justify the integration of palliative care in the mainstream medicine. 2. Describe the value of integrating palliative care alongside disease modifying therapies (e.g. palliative oncological therapies). 3. Recognise and respect the professional responsibility to care for people with life-limiting conditions, and their families, to ensure comfort and dignity. |
| **Learning Methods** | * Online course * Video discussion * Exercises |
| **Timing** | 1 hours online + 30 minutes seminar  Exercise post visit PC setting to reflect the integration of PC in the mainstream medicine - 15 min  Video Illness trajectories video with discussion discussed -15 min |
| **Bibliography/Resources** | * Scott Murray ilness trajectories <https://www.youtube.com/watch?v=vS7ueV0ui5U> <http://www.uq.edu.au/primarypallcare/documents/Concept%20of%20Trajections%20Scott%20Murray%200610.pdf> <https://www.ed.ac.uk/files/atoms/files/demography_of_death_and_dying.pdf> * [David Hui](https://www.ncbi.nlm.nih.gov/pubmed/?term=Hui%20D%5BAuthor%5D&cauthor=true&cauthor_uid=26598947) and [Eduardo Bruera](https://www.ncbi.nlm.nih.gov/pubmed/?term=Bruera%20E%5BAuthor%5D&cauthor=true&cauthor_uid=26598947); Integrating palliative care into the trajectory of cancer care<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4772864/> * Eduardo Bruera and David Hui Integrating Supportive and Palliative Care in the Trajectory of Cancer: Establishing Goals and Models of Care <https://pdfs.semanticscholar.org/7d80/44f05bedd7d2a03f1ce51d9ddf3fa2354dc3.pdf> * [Laura Finn](https://www.ncbi.nlm.nih.gov/pubmed/?term=Finn%20L%5BAuthor%5D&cauthor=true&cauthor_uid=29230124), MD,corresponding author1 [Alva Roche Green](https://www.ncbi.nlm.nih.gov/pubmed/?term=Green%20AR%5BAuthor%5D&cauthor=true&cauthor_uid=29230124), MD,2 and [Sonia Malhotra](https://www.ncbi.nlm.nih.gov/pubmed/?term=Malhotra%20S%5BAuthor%5D&cauthor=true&cauthor_uid=29230124) Oncology and Palliative Medicine: Providing Comprehensive Care for Patients With Cancer<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5718452/> * Quality of Death Index Report, <http://graphics.eiu.com/upload/eb/qualityofdeath.pdf> * Finn L, Green AR, Malhotra S.- [Oncology and Palliative Medicine: Providing Comprehensive Care for Patients With Cancer.](https://www.ncbi.nlm.nih.gov/pubmed/29230124) Ochsner J. 2017 Winter;17(4):393-397. * Kain DA, Eisenhauer EA.- [Early integration of palliative care into standard oncology care: evidence and overcoming barriers to implementation.](https://www.ncbi.nlm.nih.gov/pubmed/28050132)Curr Oncol. 2016 Dec;23(6):374-377 * Temel JS, Greer JA, El-Jawahri A, Pirl WF, Park ER, Jackson VA, Back AL, Kamdar M, Jacobsen J, Chittenden EH, Rinaldi SP, Gallagher ER, Eusebio JR, Li Z, Muzikansky A, Ryan DP.- [Effects of Early Integrated Palliative Care in Patients With Lung and GI Cancer: A Randomized Clinical Trial.](https://www.ncbi.nlm.nih.gov/pubmed/28029308)J Clin Oncol. 2017 Mar 10;35(8):834-841. |