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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 * Scenarios * Small group work |
| **Timing** | 1 hour online + 30 minutes seminar/ field visit services  Video Illness trajectories discussed -10 min  Small - Group work:   * values integrate PC alongside other therapies in a given situation – 2 groups on a given scenario * Challenges for development of palliative care in their settings/national level – 2 groups |
| **Bibliography/Resources** | * Scott Murray Illness 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. |