



# BROCHURE

**Course Title:** Palliative Care: Core Competencies

**Duration:** 6 Weeks

**Format:** Hybrid (Online + In-Person)

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## Overview:

Palliative care, earlier considered to be a niche speciality, has now come into the forefront with the importance of pain management, good communication and state government incorporation of advanced care directives. Corporate hospitals, government healthcare organisations are now actively setting up palliative services.

The Palliative Care Core Competencies programme is designed to equip both palliative care (PC) and non-PC physicians with essential knowledge and skills in palliative care. This hybrid course combines online learning with an in-person workshop on communication and an observership with leading palliative care physicians.

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## Course Goals:

To enable physicians to start competent and good quality Palliative care clinics and Palliative care services in their areas of practice and meet the unmet needs of palliative care of their local population.

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## Course Objectives:

1. **Understand the Principles of Palliative Care:** Provide a solid foundation in the basics of palliative care, including pain management, symptom control, and psychosocial support.
2. **Develop Effective Communication Skills:** Train participants in crucial communication techniques for delivering bad news and conducting serious



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illness conversations. The course will use established protocols and guides for training during the 1-day workshop

3. **Field Experience:** The course includes a 15-day Observer program under the able guidance of experienced palliative care physicians.

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### Course Components:

#### 1. Weekly Online Sessions (2 hours, once a week)

- **Duration:** 6 weeks
- **Format:** Live webinars with interactive Q&A
- **Content Outline:**
  - **Week 1:** Introduction to Palliative Care: History and Principles, Introduction to pain
  - **Week 2:** Deep dive into pain Management: Assessment and Treatment, including opioid stewardship
  - **Week 3:** Symptom Management: respiratory, neurological and GI
  - **Week 4:** Psychosocial and Spiritual Support, Integrating palliative care in different settings, essential nursing issues
  - **Week 5:** Ethical and Legal Issues in Palliative Care, Advanced Care Planning and Living Will
  - **Week 6:** End of life care and emergencies in palliative care

#### 2. In-Person Workshop (Full Day)

- **Focus:** Communication Techniques
- **Components:**
  - **Morning Session:**
    - **SPIKES Protocol:** A structured approach to breaking bad news
    - **Role-Playing Exercises:** Simulated patient interactions in small groups
  - **Afternoon Session:**
    - **Serious Illness Conversation Guide:** Framework for discussing prognosis, goals, and care preferences. This will be done in small groups



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- **Group Discussions and Feedback:** Reflective practice and peer feedback

### 3. Observer Program (15 Days)

- **Duration:** Flexible scheduling within the 6-week course timeframe
- **Location:** Partnered hospitals and palliative care centers in India
- **Experience:**
  - **Shadowing:** Participants will shadow a palliative care physician during their daily routines
  - **Hands-On Practice:** Engage in patient assessments, symptom management, and family meetings under supervision
  - **Reflection Sessions:** Regular debriefs to discuss learning experiences and challenges

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#### Target Audience:

- Palliative Care Physicians
- Healthcare professionals/ specialists interested in incorporating palliative care into their practice

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#### Minimum Enrolment Requirements:

- MBBS
- MD/ DNB: Palliative medicine
- Medical, Radiation oncology

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#### Evaluation and Certification:

- **Evaluation Methods:**



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- Participation in weekly online sessions
  - Performance in role-playing exercises and workshops
  - Observership feedback from supervising physicians
  - **Certification:** Participants will receive a certificate of completion upon fulfilling all course requirements
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### Course Leads:

- **Dr Mahesh Menon-** A chronic pain and palliative care consultant with a wide experience of setting up palliative care in corporate settings, international government organisations and in the community. He is the Secretary and founding member of SIPP and the Director of Academics and Training.
  - **Dr Smriti Khanna-** A palliative care consultant at PD Hinduja Hospital, Mumbai, she has experience in both adult and paediatric palliative care and is a faculty at various national and international training programmes
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### Course Fee:

- INR 25,000/- for 6 weeks training for Indian Nationals
  - USD 300/- for 6 weeks training for International Physicians
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### Contact Information:

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**Registration:** Apply here: <https://forms.gle/V1xk1TP88TfNmZdm9>

- Early registration is recommended due to limited slots in each batch.



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**Dates:**

- Registrations open: August 25<sup>th</sup> 2024
  - Course starting date: September 20<sup>th</sup> 2024
  - Total intake: Limited to 20 seats only.
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