

## **Information about the discipline (elective course)**

### **Palliative and Hospice care**

According to the WHO definition, palliative care is an activity aimed at improving the quality of life, early detection and prevention of the physical, psychological, social and spiritual suffering of patients with a fatal diagnosis, with various nosological forms of chronic diseases.

Traditionally, it is thought that palliative care is provided to cancer patients. However, different groups of diseases may require palliative care. Among the most common reasons for the need for palliative care are vascular diseases (38.5%), oncological diseases (34.0%), chronic respiratory diseases including tuberculosis (10.3%), AIDS (5.7%) and diabetes mellitus (4.6%).

"Palliative and Hospice Care" is a clinical discipline, during the study of which students learn basic theoretical knowledge and practical approaches to determining the category of patients who need palliative and hospice care, mastering the basics of palliative care and the principles of work as part of a multidisciplinary team for palliative care, approaches to management and treatment regimens of palliative patients with various diseases and pathological conditions as well as the basics of ethical and moral principles when working with this category of patients. Assimilation of theoretical material is accompanied by the acquisition of appropriate integrated, general and professional competencies.

The purpose of teaching the discipline is to acquire and deepen knowledge, skills and abilities, mastering the competencies necessary in the professional activity of a doctor to provide comprehensive palliative (including hospice) care to patients who meet the criteria for determining a patient in need of palliative care.

The main tasks of studying the discipline are:

- to form students' understanding of the concept, mastering the principles of organization and provision of palliative and hospice care to patients;
- to form students' skills and abilities to identify patients in need of palliative and hospice care;
- to form students' skills in assessing the quality of life of patients in need of palliative and hospice care;
- to form students' understanding and skills of applying the syndromic approach in palliative medicine;
- to form the ability in students to use step therapy of pain in patients;
- to form in students skills of management of incurable patients with tuberculosis, AIDS, co-infection HIV-infection / tuberculosis;
- to promote the acquisition by students of skills of application of psychological, ethical, social and religious aspects of palliative medicine.

#### **THEMATIC STRUCTURE OF THE MODULE (CONTENT MODULES).**

**The discipline includes 1 module "Palliative and hospice care", which includes 3 content modules.**

##### ***Content module 1. Fundamentals of palliative medicine.***

##### **Topic 1. Basics of palliative and hospice care.**

Definition of palliative care and palliative treatment. Types of palliative care. Definition of "palliative patient". Criteria for identifying a patient in need of palliative care. The main groups of palliative patients.

The concept of life-threatening disease and life-limiting disease.

The concept of quality of life of the patient in the terminal stage of chronic incurable disease.

Clinical approaches and methods for assessing the quality of life of palliative patients

The main tasks, components and principles of palliative care. Methodological bases of palliative care.

Fundamentals of palliative care organization.

The principle of a multidisciplinary team in the organization of palliative care.

Organizational forms of palliative care. Palliative care facilities. Typical structure and functions of a hospice. Hospice care.

Regulations of palliative and hospice care in Ukraine. Ethical principles of palliative care.

Features of palliative care for children.

### ***Content module 2. Syndromic approach to palliative care.***

#### **Topic 2. Management of the main clinical symptoms and syndromes of incurable diseases in the terminal stage.**

The principle of the syndromic approach in palliative medicine. Symptomatic treatment of chronic progressive non-oncological (including orphan) and oncological diseases.

Symptomatic treatment of disorders of the gastrointestinal tract: anorexia/cachexia, dysphagia, nausea, vomiting, diarrhea, constipation, hiccups, ascites.

Symptomatic treatment of respiratory disorders: shortness of breath, cough, hemoptysis.

Symptomatic treatment of urogenital disorders: urinary incontinence, urinary retention, bladder spasm.

Symptomatic treatment of mental and neurological disorders: sleep disorders, depression, convulsions.

Palliative care for bedsores and prevention of their formation. Management of palliative patients with prolonged intoxication.

#### **Topic 3. Palliative and hospice care for patients with chronic pain.**

Pathogenetic bases of chronic pain syndrome.

Classification (types) of chronic pain. Principles of the WHO Cancer Pain Relief Program. Classes of drugs and pharmacological drugs for analgesia in chronic pain in oncology.

Levels of analgesia in palliative oncology according to WHO recommendations. Principles of treatment of chronic pain with opioid analgesics. Adjuvant (additional, adjuvant) pharmacotherapy of chronic pain. Management of patients with pain in bone lesions.

Patients' access to pharmacological anesthesia.

#### **Topic 4. Palliative and hospice care for patients with tuberculosis, AIDS, HIV/tuberculosis co-infection.**

Indications for cessation of etiotropic treatment of patients with tuberculosis and palliative care.

Algorithm for providing palliative care to patients with pulmonary tuberculosis. Features of care for patients with drug resistant forms of tuberculosis.

Palliative and hospice care for AIDS patients. Pharmacological care and care for AIDS patients with lesions of the skin and mucous membranes, itchy skin.

Management of incurable patients with HIV/tuberculosis co-infection.

### ***Content module 3. Palliative care at the end of life.***

#### **Topic 5. Palliative care in the terminal period of life. Emergencies in palliative medicine.**

Ethical, moral and psychological foundations of palliative care in the last days of life. Preagonal state. Agony. Clinical death. Resuscitation measures in palliative medicine.

Urgent conditions of palliative patients.

Diagnosis and emergency care for acute heart failure, pulmonary hemorrhage, acute respiratory failure, pulmonary embolism.

## **COMPETENCIES, THE FORMATION OF WHICH IS CONTRIBUTED BY THE DISCIPLINE:**

Integral competence:

- an ability to solve typical and complex specialized tasks and practical problems in professional activity in the field of the health care or in the process of training, which involves research and/or innovation and is characterized by the complexity and uncertainty of conditions and requirements;

General competencies:

- The ability to act socially responsibly and consciously.

Professional (special) competencies:

- The ability to determine the required mode of work and rest in the treatment of diseases.

## **RESULTS OF STUDYING THE DISCIPLINE.**

As a result of studying the discipline student must:

Know:

- concepts and types of palliative care;
- criteria for identifying a patient in need of palliative care;
- methods of assessing the quality of life of palliative patients;
- main tasks, components and principles of palliative care;
- the principle of multidisciplinary in the organization of palliative and hospice care;
- organizational forms of palliative care;
- structure, functions, tasks of the hospice;
- basics of syndromic approach in palliative medicine;
- symptomatic treatment of the most frequent disorders of the gastrointestinal tract, respiratory system, urinary system;
- symptomatic treatment of certain mental and neurological disorders in palliative patients;
- tactics of management of patients with chronic pain syndrome;
- principles of palliative care for patients with tuberculosis, AIDS, HIV / tuberculosis;
- palliative care for patients with lesions of the skin and mucous membranes;
- ethical, moral and psychological foundations of palliative care for dying patients;
- algorithm of resuscitation measures;
- diagnosis and emergency care for acute heart failure, pulmonary hemorrhage, acute respiratory failure, pulmonary embolism.

Be able to:

- identify patients in need of palliative and hospice care;
- assess the quality of life of palliative patients;
- determine the need to involve specialists in various specialties in a multidisciplinary team in the organization of palliative and hospice care;
- identify symptoms and syndromes that require medical and non-medical correction in the provision of palliative care;
- prescribe symptomatic treatment of the most common disorders of the gastrointestinal tract, respiratory system, urinary system;
- prescribe symptomatic treatment of certain mental and neurological disorders in palliative patients;
- prescribe symptomatic treatment to patients with chronic pain;

- draw up a plan for providing palliative care to patients with tuberculosis, AIDS, HIV / tuberculosis;
- prescribe palliative treatment to patients with lesions of the skin and mucous membranes;
- apply ethical, moral and psychological principles of palliative care to dying patients;
- carry out resuscitation measures;
- diagnose and provide emergency care for acute heart failure, pulmonary hemorrhage, acute respiratory failure, pulmonary embolism.

Demonstrate:

- skills in using quality of life palliative care questionnaires;
- skills of work as a member of a multidisciplinary team in the organization of palliative and hospice care;
- skills of application of the syndromic approach to treatment of palliative patients;
- skills of developing a plan for palliative care for patients with chronic progressive incurable diseases;
- application of ethical, moral and psychological bases of providing palliative care to dying patients;
- cardiopulmonary resuscitation;
- emergency care for acute heart failure, pulmonary hemorrhage, acute respiratory failure, pulmonary embolism.