

Guidelines For
Competency Based Training Programme
In
Basics of Palliative care, Geriatrics and
Rehabilitation



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Course details

Goals: To train healthcare workers in care of patients with serious suffering and long term care by using basic principles of palliative care and rehabilitation.

Structure: Course Duration: 6 months

Eligibility: BAMS/ BHMS / BPT/ BOT / BSc Nursing/ GNM

Course Objectives:

- Understand the principles and practice of palliative care.
- Assess common physical, psychological, and spiritual symptoms.
- Communicate effectively with patients and families regarding prognosis and goals of care.
- Collaborate with a multidisciplinary team to provide rehabilitation.

Course Structure:

Module 1: Introduction to Palliative Care

- Definition and scope of palliative care
- Role of Multidisciplinary team in palliative care
- Ethical considerations and cultural sensitivity

Module 2: Principles of Symptom Management

- Pain assessment and management
- Managing fatigue, nausea, and dyspnea
- Addressing anxiety, depression, and delirium

Module 3: Communication Skills

- Breaking bad news
- Handling difficult conversations with patients and families

Module 4: Psychological Support

- Understanding the psychological impact of Disease

- Providing emotional support and counseling.

Module 5 : End-of-Life Care

- Recognizing signs of impending death
- Advance care planning and decision-making
- Bereavement support for families

Module 5: Team Collaboration and Self-Care

- Working within a multidisciplinary team
- Preventing burnout and compassion fatigue
- Reflective practice and self-care strategies

Module 6: Rehabilitation:

- Basic Principles of Rehabilitation and long term care
- Practical aspects of long term care at home
- Setting up Home based care plan
- Family training and empowerment for long term care

Module 7: Elderly Care

- Special healthcare needs of elderly.
- Geriatric Rehabilitation
- Geriatric giants

Teaching Methods:

- Lectures and case-based discussions
- Bed Side discussion and simulation exercises
- workshops and group activities

Assessment and Certification:

- Pre- and post-course knowledge assessment
- Participation in interactive sessions

- Reflective writing assignment

Duration of The Course: 6 months

Attendance and leave rules:

minimum 80% attendance is mandatory

Duties and Responsibilities of Participants:

Active participation, Completion of task assigned
to the participants