

FELLOWSHIP IN PALLIATIVE CARE



INTRODUCTION/ OBJECTIVES

Fellowship in Palliative Care is an advanced course run by the Institute of Palliative Medicine, India in partnership with Sanjeevan Palliative Care Project, Pondicherry, India, St Christopher's Hospice, London, United Kingdom and Bangabandhu Sheikh Mujib Medical University, Bangladesh. The six-month course is designed as a distance education program with contact sessions based on principles of adult learning. This Fellowship Program is conducted at Institute of Palliative Medicine, Calicut, India, at the request of WHO as part of its designation as a WHO Collaborating Centre for Community Participation in Palliative Care and Long-term Care. The objective of the program is to deliver a good quality training program, affordable to participants from low- and middle-income countries.

The Fellowship Program aims to create a group of palliative care workers with an in depth knowledge of core issues in organising palliative care at the grassroot level and well versed with the recent advances and challenges in palliative care and community participation regionally, nationally and globally. Those who successfully complete the course will be issued certificates of successful completion.

TARGET GROUP

This course is aimed at people working/ interested in the field of palliative care. Clinical staff or program managers/ coordinators or community volunteers are eligible to apply. This training program will be particularly useful for trainers and program managers (individuals in management positions in Non-Government Organizations and government agencies) in palliative care. The main target participants include:

- Program managers of health care projects
- Palliative care trainers
- Social workers in palliative care
- Non-clinical volunteers/ staff/ paid carers
- Health care advocacy groups
- Doctors/nurses who want to further explore non-medical aspects of Palliative Care
- Any other person interested in learning about setting up of palliative care services

MEDIUM OF INTERACTION

The course will be in English

COURSE FEE

Course fee is INR 15000 (US\$ 250). Limited number of places with a subsidized Course fee of Rs 5000 (US\$ 80) are available for candidates from Low- and Middle-Income Countries.

The fee **does not** cover travel and accommodation costs.

FOOD AND ACCOMMODATION COSTS

Shared basic accommodation will be available at the Institute of Palliative Medicine campus at a heavily subsidized rate of INR 350 (US\$ 5) per day – (triple sharing) or Rs 500 (US\$ 8) per day (twin sharing).

Simple food will be available at a subsidized cost of approximately US\$ 5 per day.

Total cost of food and accommodation for the two-week orientation program will be approximately US\$ 160 per candidate.

Total cost per candidate including course fee will be US\$ 410 + travel expenses

More expensive food & accommodation options are available close to Institute of Palliative Medicine campus for those who prefer them.

SCHOLARSHIPS/ TRAVEL BURSARIES

A limited number of scholarships/ Travel bursaries partly/ fully supporting the cost of the course/ travel are available.

Application forms for scholarship/ travel bursary will be made available on request.

COURSE STRUCTURE

The course will be delivered as distance education, with contact sessions, assignments and evaluations

Duration of the Course: **6 months**

Start date: **3 February 2020**

Last date for receiving applications: **30 November 2019**

Announcement of names of selected candidates: **15 December 2019**

Last date for remittance of fees by selected candidates to secure the place: **15 January 2020**

Orientation program at Institute of Palliative Medicine will be from 3 February to 17 February 2020.

The Fellowship program will have

1. Orientation program at Institute of Palliative Medicine at the beginning of the course. Orientation sessions will include didactic sessions, group discussions and presentations by candidates
2. Interactive sessions/ mentoring online

3. Assignments: the candidate is expected complete five written assignments during the course
4. Project: the candidate is expected to complete an audit of a service during the course
5. Mentorship: trainees will be linked with Mentors throughout the course for online discussions and guidance

EVALUATION

Candidates will be evaluated through

1. A Written Examination at the end of the Orientation Program
2. Presentation by the candidate during the Orientation Program
3. Response to Assignments to be submitted online
4. A Completed Audit Project submitted online

CONTACT

fellowship.palliativecare@gmail.com can be contacted for further details/ clarifications.

BROAD OUTLINE OF TOPICS

PART I: PRIMER

1. What is Palliative care?

- a. Introduction to the course, the field of palliative care and delegates' local contexts

2. Introduction to palliative care: what are the essential components?

Led by case studies

3. How much palliative care does your region need?

- a. Needs assessment, case mix, complexity and costs

4. Family caregivers

5. Community Participation in palliative care

6. Understanding the patient's biomedical, psycho-social and spiritual status

Interactive sessions on problems faced by advanced, chronically bedridden and terminal patients and possible areas of interventions

7. Communication

- a. Group work and practical exercises

8. The basics of nursing care

9. Supporting patients and supporting ourselves

- a. Distress, coping and resilience

10. Practical issues

- a. How needs may be met locally, understanding local assets

11. Grief and Bereavement

PART II: POST PRIMER SESSIONS

1. Setting up Palliative Care Services

2. Availability of and access to morphine/ narcotic drugs

3. Death and dying

4. Ageing and palliative care , dementia

5. Can community psychiatry programs be linked with community based palliative care?

6. Rehabilitation in palliative care

7. Overview of care of the patient

8. Wellbeing of staff working in palliative care

9. Building a team in palliative care

10. Management and leadership

11. Quality assurance and improvement

12. What are the safeguards? Medicolegal issues

13. Field visits to different palliative care facilities - Exposure to home care and palliative care at rural units/ PHCs

PART III : SELF STUDY (75 HOURS)

1. **10 hours of online sessions with mentors**
2. **Learning through key videos and resources available online**
3. **30 hours for preparation and submission of five assignments**
4. **35 hours for an audit (to be done locally) – To be submitted online**