



## PRESENTACIÓN

- **Description of the subject:** This subject aims to help students to have an positive and active acctitude with patients at the end of life. They have to learn how to care patients and families in a global way to alleviate physical, psychological, social and spiritual symptoms. This has to be done in a team work.
- **Subject:** Palliative Care
- **Módulo/Materia:**
- **ECTS:** 3 ECTS
- **Curso, semestre:** 4º degree, first semester
- **Carácter:** Compulsory
- **Profesorado:** Dra. Ana Carvajal (acarvajal@unav.es). D. Fernando Echarri. Dña Teresa Barrio.
- **Idioma:** English
- **Aula, Horario:** Room 22, Wednesday or Thursday 9-11h

## COMPETENCIAS

- **Basic competences**
  - CB3 Students must have the ability to gather and interpret relevant data (usually within their area of study) to make judgments that include a reflection on relevant social, scientific and ethical topics.
- **General competences**
  - CIN2 Planning and providing nursing care aimed at patients, families and groups and at achieving results in healthcare, and evaluating their impact using clinical practice and patient-care guidelines, which describe the processes used to diagnose, treat and care for a health problem.
  - CIN15 Working with a team of professionals as a basic unit in the unidisciplinary, multidisciplinary or interdisciplinary structure of healthcare professionals and other personnel in patient-care organizations.
  - CIN18 Being familiar with strategies for adopting measures to ensure comfort and care for symptoms aimed at patients and families when applying palliative care to help provide relief to patients in an advanced stage of disease and terminal patients.
- **Specific competences**
  - CMB7 Identifying the psychosocial responses of people in different health situations (in particular, disease and suffering) and selecting suitable action to help them. Establishing an empathetic and respectful relationship with the patient and family in accordance with the person's situation, the health problem and its stage of development. Using strategies and skills that allow for effective communication with patients, family members and social groups, and that enable them to express their concerns and interests.



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- CME3 Students must apply the nursing process to provide for and ensure the well-being, quality and safety of patients.
- CME5 Managing, assessing and providing comprehensive nursing care for individuals, families and the community.
- CME6 Providing education, facilitation and support for the health and well-being of community members whose lives are affected by health problems, risk, suffering, disease, disability or death.
- CME13 Personalizing the care provided based on age, gender, cultural differences, ethnic group, beliefs and values.
- CME15 Being familiar with palliative and pain-control care to provide relief to patients in an advanced stage and terminal patients.

## PROGRAMA

TOPIC
Presentation of the subject. Basis of PC (1h)
History o PC (1h)
Assessment of the person living with AD (1h)
Mouth alterations (1h)
Pain (4h)
Lack of Appetite, fatigue (1h)
Delirium (1h)
Shortness of breath (1h)
Last days (1h)
Emotional aspects in the patient (2h)
Teamwork (4h)
Family and Grief (2h)



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Spiritual aspects (1h)
Ethical aspects (1h)
Knowledge and care her/himself (4h)

## ACTIVIDADES FORMATIVAS

### CLASSROOM-BASED TRAINING ACTIVITIES

**Participative classes and clinical cases** (0.72 ECTS, 18 hours). The aim of this methodology is for students to acquire knowledge of the philosophy of palliative care and how to care for patients with advanced disease and their families in a comprehensive manner. Students will have access to bibliography and/or work material corresponding to the classes through ADI. The classes will be developed through clinical cases that will be analysed on the basis of the autonomous study previously carried out by the student and teamwork during the classes. The lecturer will guide the discussions and, finally, clarify the theoretical bases underpinning these contents.

Number of hours: 18 hours.

The following competencies are covered: 1, 2, 3, 5, 7 and 8.

**Activity at the University of Navarra Museum** (0,16 ECTS, 4 hours) Students will have an activity at the University of Navarra Museum to develop the skills of self-awareness, observation and empathy when caring for palliative care patients. They will also use a creative work to express the impact of caring for people in advanced and terminal phases.

Number of hours: 4 hours.

Skills: 2, 4.

**Colloquium sessions** (0.16 ECTS, 4 hours) A meeting will be held with the support team of the Clínica Universidad de Navarra and with the Palliative Care Team of San Juan de Dios. Students will be able to get to know the different members of the team and the contribution of each of the professionals to the care of the patient. The active participation of the students will be encouraged in order to take advantage of the opportunity of this meeting.

Number of hours: 4 hours.

Written assessment (0.08 ECTS, 2 hours).

### FACE-TO-FACE TRAINING ACTIVITIES



**Tutorials** (0,04 ECTS, 1 hour) Students will be able to carry out tutorials with the person in charge of the subject in order to clarify doubts, go deeper into the subject or make queries. Place: Office Edificio de los Castaños S075.

**Reflective work** (0.08 ECTS, 2 hours) Students will carry out a reflective work on a text on the lived experiences of patients with advanced disease.

Number of hours: 3 hours.

**Personal study and autonomous work** (1,68 ECTS, 42 hours) Students will have to study the contents taught in class based on and completed with the recommended bibliography. Students will be responsible for the organisation of their personal study and work.

Number of hours: 42 hours.

The following competences are covered: 1, 2, 3, 5, 6.

## EVALUACIÓN

### CONVOCATORIA ORDINARIA

There will be a **written test** to verify the knowledge acquired and how to apply it in clinical situations. Weight in the final grade: 50 %.

In addition, **reflective work** on the lived experiences of patients with advanced disease will be taken into account. The deadline for submission is **September 30th**. Weight in the final grade: 10 %.

There will be an **evaluation of the session at the Museum** through a reflection on what the session at the Museum has given you (maximum 100 words). Deadline for submission is **30th November**. Weight in the final grade: 10%.

**Continuous evaluation** in class will be taken into account as they reflect interest and dedication to the subject. Weight in the final grade: 30%.

To pass the course you must have passed at least the multiple-choice test.

### CONVOCATORIA EXTRAORDINARIA

- The student that has not passed the first application, has to do a written test in June with the same characteristics of the first application. The score of the reflexive work, the reflexion from the activity of the Museum and the participation in class of the first application will be keep for the final score.
- According to the article 5 of the Real Decreto 1125/2003, the results obtained by the students will be score from 0 to 10 with the following qualitative calification
  - 0-4,9: Suspenso (SS).
  - 5,0-6,9: Aprobado (AP).
  - 7,0-8,9: Notable (NT).
  - 9,0-10: Sobresaliente (SB).
- La matrícula se concede en la nota final a los estudiantes que, habiendo obtenido sobresaliente, hayan destacado tanto en aprendizaje de contenidos como en la adquisición de competencias específicas.



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## HORARIOS DE ATENCIÓN

Dra. Ana Carvajal ([acarvajal@unav.es](mailto:acarvajal@unav.es))

- Despacho S075 Edificio Los Castaños. Planta -1
- Horario de tutoría: By email to [acarvajal@unav.es](mailto:acarvajal@unav.es)

## BIBLIOGRAFÍA

### Básica

- Manual de Cuidados Paliativos: MD Anderson Center y Clínica Universidad de Navarra. Carlos Centeno, Antonio Noguera, Rafael Martínez, Eduardo Bruera (2021): Ediciones Universidad de Navarra [Localízalo en la Biblioteca](#)
- Enfermería en Cuidados Paliativos. Eulalia López Imedio (1998). Editorial Pamanericana. [Localízalo en la Biblioteca](#)
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- Manual de Medicina Paliativa. Carlos Centeno, Marcos Gómez Sancho, María Nabal, Antonio Pascual (2009) Editorial Eunsa. [Localízalo en la Biblioteca](#)
- Oxford Handbook of Palliative Care (Oxford Medical Handbooks) . Max Watson Stephen Ward , Nandini Vallath, Jo Wells, Rachel Campbel. (2019) .Third edition.
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- Velad conmigo. Inspiración para una vida en cuidados paliativos. (Traducción de Whatch with me: Inspiration for a life in hospice care. Cicely Saunders) (2011). SECPAL [Localízalo en la Biblioteca](#)
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- Ferrell and Coyle (Eds). OXFORD TEXTBOOK OF PALLIATIVE NURSING 3e. Oxford University Press, 2010. [Localízalo en la Biblioteca](#)

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- Symptom Management in advanced cáncer. Robert Twycross and & Andrew Wilcock (2004). Radcliffe medical Press. Third Edition
- The IAHPIC Manual of Palliative Care 3rd Edition. Manual
- Sociedad Española de Cuidados Paliativos. <http://www.secpal.com/>
- Asociación de Enfermería de Cuidados Paliativos. <http://aecpal.secpal.com/>
- Historia de Cicely Saunders: <https://www.youtube.com/watch?v=2ac9UPr0oKU>