



## INTRODUCTION

### Course Description

This course aims to foster a positive, proactive, and compassionate attitude toward the care of patients at the end of life. Students will develop the knowledge and skills required to provide holistic care to patients and their families, addressing physical, psychological, social, and spiritual needs in order to alleviate suffering and improve quality of life. Emphasis will also be placed on interdisciplinary teamwork and collaborative practice in palliative care settings.

- **Course Title:** Palliative Care
- **ECTS Credits:** 3 ECTS
- **Year/Semester:** 4th Year, First Semester
- **Course Type:** Compulsory
- **Faculty:**
  - Dr. Jesús Martín (Course Coordinator) – [jmartinm@unav.es](mailto:jmartinm@unav.es)
  - Ms. Christina Sarazin
  - Dra. Ana Carvajal
  - Mr. Fernando Echarri
  - Ms. Teresa Barrio
- **Language:** English
- **Classroom and Schedule:** Please refer to the timetable available on the Faculty of Nursing website.

## LEARNING OUTCOMES (Competencies)

### COMPETENCIES OF NURSING GRADUATES

- **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.



- 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.

## **PROGRAM**

The course is organized around the following thematic areas:

### **1. Introduction to Palliative Care**

- Principles and philosophy of palliative care
- Historical development of palliative care
- The role of nursing in palliative and end-of-life care

### **2. Assessment and Management of Physical Symptoms**

- Comprehensive assessment of patients with advanced disease
- Pain assessment and management
- Interdisciplinary teamwork in palliative care
- Management of oral complications and mouth alterations
- Fatigue, and lack of appetite
- Delirium assessment and management
- Management of dyspnea and respiratory distress
- Care during the last days of life

### **3. Emotional, Psychosocial, and Spiritual Care**

- Emotional aspects of coping with advanced illness
- Communication and emotional support for patients and families
- Self-awareness and self-reflection in healthcare professionals
- Family support and grief/bereavement care
- Spiritual needs and spiritual care at the end of life

### **4. Specialized Areas in Palliative Care**

- Pediatric palliative care
- Ethical issues and decision-making in palliative care

### **5. Interprofessional and Experiential Learning**

- Interdisciplinary teamwork and collaborative practice
- Clinical and experiential learning activities with specialized palliative care teams

## **EDUCATIONAL ACTIVITIES**

### **Classroom-Based Learning Activities**

Interactive Lectures and Clinical Case Discussions (0.72 ECTS – 18 hours)



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This course combines interactive lectures with the analysis of clinical cases to facilitate students' understanding of the philosophy and principles of palliative care, as well as the comprehensive care of patients with advanced illness and their families.

Students will have access to recommended readings and supporting learning materials through ADI. Sessions will be structured around clinical cases that students will analyze individually and collaboratively based on their prior autonomous study. Faculty members will facilitate discussion, encourage critical reflection, and clarify the theoretical foundations underlying the topics addressed.

**Number of hours:** 18 hours

**Competencies addressed:** 1, 2, 3, 5, 7, and 8

*University of Navarra Museum Activity (0.16 ECTS – 4 hours)*

Students will participate in an educational activity at the University of Navarra Museum designed to promote self-awareness, observation, empathy, and reflective practice in the context of palliative care. Through engagement with artistic and creative works, students will explore the emotional and human dimensions of caring for individuals facing advanced and end-of-life illness.

Students will also develop a creative reflective exercise aimed at expressing and critically examining the personal and professional impact of caring for patients in advanced and terminal stages of illness.

**Number of hours:** 4 hours

**Competencies addressed:** 2 and 4

*Interprofessional Colloquium Sessions (0.16 ECTS – 4 hours)*

Students will participate in sessions with the Supportive and Palliative Care Team at Clínica Universidad de Navarra and the Palliative Care Team at Hospital San Juan de Dios. These sessions will provide students with the opportunity to better understand the interdisciplinary nature of palliative care and the specific contributions of different healthcare professionals involved in patient and family care.

Active student participation and discussion will be encouraged in order to maximize the educational value of these sessions.

**Number of hours:** 4 hours

*Case Method Session (0.08 ECTS – 2 hours)*

A case method session focused on the emotional aspects involved in caring for patients receiving palliative care will be conducted. Through the analysis and discussion of clinical scenarios, students will reflect on the emotional challenges associated with end-of-life care, the therapeutic relationship with patients and families, and the professional role of nurses in emotionally complex situations.

**Number of hours:** 2 hours

## Independent and Faculty-Guided Learning Activities

*Tutorials (0.04 ECTS – 1 hour)*

Students may schedule individual or small-group tutorials with the course coordinator to clarify questions, deepen their understanding of course content, or discuss academic concerns related to the subject.

**Location:** Office S091, Edificio de los Castaños



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**Number of hours:** 1 hour

**Reflective Assignment** (*0.08 ECTS – 2 hours*)

Students will complete a reflective assignment based on their experience during the educational activity at the University of Navarra Museum. The aim of this activity is to encourage self-reflection, empathy, and critical thinking regarding the emotional and human dimensions of palliative care practice.

**Number of hours:** 2 hours

**Independent Study and Autonomous Learning** (*1.68 ECTS – 42 hours*)

Students are expected to engage in independent study of the course content using lecture materials and recommended readings. They will be responsible for organizing and managing their own learning process throughout the course.

**Number of hours:** 42 hours

**Competencies addressed:** 1, 2, 3, 5, and 6

## ASSESSMENT

### Ordinary Examination Period

A **multiple-choice examination** will be administered to assess students' knowledge acquisition and their ability to apply course concepts to clinical situations. **Weight in the final grade:** 70%

A **case method session** focused on the emotional aspects involved in caring for patients receiving palliative care will also be conducted. This activity will take place on "TBD" and will assess students' reflective and analytical skills in emotionally complex clinical situations. **Weight in the final grade:** 10%

Students will complete a **reflective assignment** based on their experience during the educational activity at the University of Navarra Museum. The reflection (maximum 200 words) should address the personal and professional insights gained from the session. The submission deadline is "TBD". **Weight in the final grade:** 10%

**Class participation and engagement** in reflective discussions will also be considered, as they demonstrate students' interest, preparation, and commitment to the course. **Weight in the final grade:** 10%

### Extraordinary Examination Period

Students who do not pass the course during the ordinary examination period will be required to complete a written examination in June with the same characteristics as the ordinary assessment.

The grades obtained for the case method session, the reflective assignment related to the Museum activity, and class participation during the ordinary examination period will be retained for the extraordinary examination period.

### Grading System

In accordance with Article 5 of Royal Decree 1125/2003, student performance will be graded on a scale from 0 to 10, with the following qualitative classifications:

- **0.0–4.9:** Fail (SS)
- **5.0–6.9:** Pass (AP)



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- **7.0–8.9:** Good / Very Good (NT)
- **9.0–10:** Excellent (SB)

The distinction of *Matrícula de Honor* may be awarded to students who achieve an outstanding level of academic performance and demonstrate exceptional acquisition of course competencies and learning outcomes.

## \* Students with Special Learning Needs

Students with special educational needs must first contact the Office of Academic Affairs of the School of Nursing in order to obtain the corresponding authorization for academic accommodations. This authorization must then be provided to the course coordinator.

Students are encouraged to complete this process at the beginning of the semester. Appropriate accommodations related to the teaching methodology and/or assessment procedures will be implemented when necessary, while ensuring that all course learning objectives are achieved.

## Academic Integrity

**It is reminded that any attempt at fraud, copying, plagiarism, or other irregular behavior constitutes a serious offense as set forth in Title IV “Academic Disciplinary Regulations for Students” within the System of Rules on Coexistence at the University of Navarra.**

## OFFICE HOURS

Dr. Jesús Martín Martín ([jmartinm@unav.es](mailto:jmartinm@unav.es))

- Office S091. Castaños Building.
- Appointments will be agreed by e-mail.

## BIBLIOGRAPHY AND RESOURCES

### Basic

- 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](#)
- Gómez-Sancho, M., Altisent-Trota, R., Bátiz-Cantera, J., Ciprés-Casasnovas, L., Gándara-del-Castillo, Á., Herranz-Martínez, J. A., Rocafort-Gil, J., Casado, M., y Rodríguez-Sendín, J. J. (2010). Atención médica al final de la vida: conceptos y definiciones. Revista de la Sociedad Española del Dolor, 2010, Vol.17 (3), p.177-179 . [Localízalo en la Biblioteca](#)
- 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.
- Oxford textbook of Palliative Medicine. de Nathan I. Cherny, Marie T. Fallon, Stein Kaasa, Russell K. Portenoy , David C. Currow . (2015) 5th edition [Localízalo en la Biblioteca](#)
- 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](#)
- Enfermería en Cuidados Paliativos y al final de la vida. Belén Martínez Cruz y col. (2012). Elsevier. España. [Localízalo en la Biblioteca](#)
- Ferrell and Coyle (Eds). OXFORD TEXTBOOK OF PALLIATIVE NURSING 3e. Oxford University Press, 2010. [Localízalo en la Biblioteca](#)

### Additional references of interest



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- Cicely Saunders. Fundadora del movimiento Hospice de Cuidados Paliativos. Shirley du Boulay (2011). Ediciones Palabra.
- Manual Oxford de cuidados paliativos. Max S. Watson y col (traducción, Pedro Ojeda Fernández). (2008) Madrid
- Symptom Management in advanced cáncer. Robert Twycross and & Andrew Wilcock (2004). Radcliffe medical Press. Third Edition
- The IAHPC 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>