

1. OVERVIEW

Subject area	Palliative Care
Degree	Bachelor's Degree in Nursing
School/Faculty	Biomedical and Health Sciences
Year	4th
ECTS	3 ECTS
Type	Compulsory
Language(s)	Spanish
Delivery Mode	On campus
Semester	Semester 8

2. INTRODUCTION

The subject area Palliative Care provides students with specific knowledge and skills in the assessment and care of patients and their families when suffering from a serious, life-threatening illness. Students must explore a concept of care that aims to prevent and alleviate suffering and ensure an improved quality of life, as opposed to the aim of curing an illness. We will address the social, spiritual, biological and psychological aspects of patients and their families, in order to treat people with regard to everything that makes them human. Communication will be a central, ongoing aspect throughout the course, as the act of communication is considered the most powerful tool in palliative care. Another fundamental pillar will be multidisciplinary teamwork, which is necessary and fundamental for addressing actual and potential problems that may arise, in order to prevent and alleviate suffering.

This subject area will enable students to develop a holistic, comprehensive and integrated "view" of palliative care, based on teamwork and nursing care planning. This holistic view involves understanding the ethical and legal issues surrounding death and the subsequent support to families to help them grieve.

3. SKILLS AND LEARNING OUTCOMES

Basic skills (CB, by the acronym in Spanish):

- CB2: Students know how to apply their knowledge to their work or vocation professionally and have the skills that are usually demonstrated by forming and defending opinions and solving problems within their study area.
- CB4: Students can communicate information, ideas, problems and solutions to both specialist and non-specialist audiences.

General skills (CG, by the acronym in Spanish):

- CG18: Know the strategies for adopting measures for providing comfort and symptom relief aimed at patients and their families, in the provision of palliative care that contributes to alleviating the situation of advanced and terminally ill patients.

General European skills (CUE, by the acronym in Spanish):

- CUE6: Ensure quality nursing care and evaluate it independently.
- CUE7: Establish full professional communication and cooperate with members of other health professions.

Cross-curricular skills (CT, by the acronym in Spanish):

- CT1: Students will be able to analyse and evaluate aspects of their own professional activity from an ethical point of view, making decisions and assuming the consequences of their own and other people's actions.
- CT3: Contribute actively in work teams, assuming shared responsibilities.
- CT4: Apply effective communication strategies in professional practice.

Specific skills (CE, by the acronym in Spanish):

- CE29: Understand palliative care and pain management in order to provide care to alleviate the situation of patients in the stages of advanced and terminal illness.

Learning outcomes (RA, by the acronym in Spanish):

- RA1. Describe the foundations, structure and organisation of palliative care teams and units.
- RA2. Identify the roles and activities of the palliative care team.
- RA3. Develop the communication skills needed for the care of palliative patients and their families.
- RA4. Design comprehensive nursing care plans based on scientific evidence, that alleviate the situation of palliative patients and their families.

The following table shows how the skills developed in the subject area relate to the intended learning outcomes:

Skills	Learning outcomes
CT3, CUE7, CB2	RA1. Describe the foundations, structure and organisation of palliative care teams and units.
CT3, CT4, CT1, CB4	RA2. Identify the roles and activities of the palliative care team.
CE29, CT4, CB4	RA3. Develop the communication skills needed for the care of palliative patients and their families.
CE29, CG18, CUE6, CB2	RA4. Design comprehensive nursing care plans based on scientific evidence, that alleviate the situation of palliative patients and their families.

4. CONTENTS

The subject area is divided into eight topics:

1. Evolution, foundations and objectives of palliative care.
2. Structure and organisation of palliative care teams. Skills and functions of the nurse.
3. Communication with the patient and family. Information at the end of life.
4. Multidisciplinary approach to patient problems: assessment and symptom management.
 - 1.1. Pain.

- 1.2. Respiratory problems.
- 1.3. Digestive problems.
- 1.4. Elimination problems.
- 1.5. Skin and mucous membrane problems.
- 1.6. Neuro-psychological problems.
- 1.7. Discomfort.
5. Comprehensive care plans.
6. Patient and family care in the acute phase. Terminal sedation.
7. Ethical and legal aspects of death.
8. Family bereavement work.

5. TEACHING-LEARNING METHODS

The types of teaching-learning methods are as follows:

- Lecture
- Case studies
- Collaborative learning
- Reflective learning
- Dialogic learning

6. LEARNING ACTIVITIES

The types of learning activities, plus the amount of time spent on each activity, are as follows:

On campus:

Learning activity	Number of hours
Lectures	13 h
Asynchronous lectures	5h
Reports and written work	10 h
Problem-solving	12 h
Group work	5 h
Group tutorials	2 h
Debates and discussions	4 h
Excursion	2 h
On-campus knowledge tests	2 h
Independent working	20 h
TOTAL TOTAL	75

7. ASSESSMENT

The assessment systems, plus their weighting in the final grade for the subject area, are as follows:

On campus:

Assessment system	Weighting
On-campus knowledge test	40%
Case study/problem scenario	25%
Performance monitoring	15%
Reflective journal	20%

On the Virtual Campus, when you open the subject area, you can check the guide with the details of your assessment activities, including the deadlines and assessment procedure for each.

8. BIBLIOGRAPHY

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