



**MAHATMA GANDHI UNIVERSITY**  
*of*  
**MEDICAL SCIENCES & TECHNOLOGY**  
JAIPUR

**VAC 24**

**PALLIATIVE NURSING**

Campus:

RIICO Institutional Area, Sitapura, Tonk Road, JAIPUR - 302 022 (Raj.) INDIA

Phone : +91-141-2771804 • 2771777 | Fax : +91-141-2771805 • 2771807

Website : [www.mgumst.org](http://www.mgumst.org) | E-mail : [info@mgumst.org](mailto:info@mgumst.org) Sponsoring Body : India Education Trust

# Mahatma Gandhi Nursing College

## Value Added Course - Palliative Nursing

### Total hours - 20

#### Introduction

Palliative care refers to the optimization of quality of life for both the patients with serious illness and their families using special measures to anticipate, treat, and prevent suffering. This care encompasses the continuum of illnesses including physical, psychosocial, emotional, and spiritual needs of seriously ill patients.

Nurses spend more time with patients and families than any other health professional as they face serious illness. Expert nursing care reduces the distress and burdens of those facing death, and the ability to offer support for unique physical, social, psychological, and spiritual needs of the patients and their families. Collectively, nurses have demonstrated a commitment to palliative care, with some nurses showing even greater initiative in the treatment of end-of-life patients.

Unit	Time (Hrs)		Content	Teaching/ Learning Activities
	T	P/L		
I	3		<ul style="list-style-type: none"> <li>• Introduction to Palliative Care:               <ul style="list-style-type: none"> <li>• Definition</li> <li>• History</li> <li>• Principles of Palliative Care</li> <li>• Concepts of grief &amp; bereavement</li> <li>• Palliative care in non-cancer illness</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Lecture</li> <li>• Discussion</li> </ul>
II	4	1	<ul style="list-style-type: none"> <li>• Introduction to Pain               <ul style="list-style-type: none"> <li>• Definition</li> <li>• Pathophysiology</li> <li>• Classification of pain-Nociceptive and neuropathic pain</li> <li>• Assessment of pain</li> <li>• Concept of acute and chronic pain</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Lecture</li> <li>• Discussion</li> </ul>
III	2		<ul style="list-style-type: none"> <li>• Assessment of nausea and vomiting. Recognition of the various consequences of prolonged nausea and vomiting in Palliative Care patients including dehydration and nutritional problems</li> </ul>	<ul style="list-style-type: none"> <li>• Lecture</li> <li>• Discussion</li> </ul>
IV	2		<ul style="list-style-type: none"> <li>• Assessment of dyspnea and causes. Recognition of the fact that unable to breath properly, makes people afraid which makes the breathing harder. Impact of dyspnea on patient's quality of life.</li> </ul>	<ul style="list-style-type: none"> <li>• Lecture</li> <li>• Discussion</li> </ul>

<b>V</b>	2	<ul style="list-style-type: none"> <li>• Altered nutrition. Recognition of inadequate nutrition due to disease, treatment or financial constraints. Small and frequent feeds are encouraged.</li> </ul>	<ul style="list-style-type: none"> <li>• Lecture</li> <li>• Discussion</li> </ul>
<b>VI</b>	3	<ul style="list-style-type: none"> <li>• Communication <ul style="list-style-type: none"> <li>• Need of Medical communication</li> <li>• Barriers to effective communication</li> <li>• Differentiate between good and poor communication</li> <li>• Communicating Bad News</li> <li>• Dealing with collusion</li> <li>• Dealing with emotion</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Lecture</li> <li>• Discussion</li> </ul>
<b>VII</b>	4	<ul style="list-style-type: none"> <li>• End of Life Care (EOLC) &amp; Medical Ethics <ul style="list-style-type: none"> <li>• Describe the principles of autonomy, beneficence, non-maleficence and justice and apply them to palliative care</li> <li>• Communication with the patient and family at the end of life</li> <li>• Recognize the dying process</li> <li>• Describe when it is appropriate to withhold treatment</li> <li>• Prescribing for end of life care</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Lecture</li> <li>• Discussion</li> </ul>