

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 and St Christopher's Hospice, London, United Kingdom. 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 by 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

A highly subsidized Course fee of Rs 1500 (US\$25) for candidates of the pioneer batch.

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 Rs 200 (US\$ 3) per day – (triple sharing) or Rs 300 (US\$ 5) per day (twin sharing). Simple food will be available at a subsidized cost of approximately US\$ 2 per day.

Total cost of food and accommodation for the two-week orientation program will be approximately US\$ 100 per candidate.

Total cost per candidate including course fee will be US\$ 125 + 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: **11 February 2019**

Last date for receiving applications: **20 January 2019**

Orientation program at Institute of Palliative Medicine will be from 11 February to 23 February 2019.

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 debates
2. Interactive sessions/ mentoring on Slack Workspace
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

CONTACT

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

CURRICULUM

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. Quality assurance and improvement

11. What are the safeguards? Medicolegal issues

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

Evaluation of Orientation (At the end of two weeks)

PART III : SELF STUDY (100 HOURS)

1. 10 hours of online sessions in '*Slack Workspace*'
2. Learning through key videos and resources available online
3. 30 hours for preparation and submission of five assignments
4. 60 hours for an audit (to be done locally) – To be submitted online

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TRAINING PROGRAM ON SETTING UP OF PALLIATIVE CARE SERVICES

Institute of Palliative Medicine, Kerala (WHO Collaborating Centre for Community Participation in Palliative Care and Long Term Care) in collaboration with St Christopher's Hospice (London) and Sanjeevan Palliative Care Project (Pondicherry)

APPLICATION FORM

For the Course starting on 11 February 2019

Name	
Designation	
Address	
Mobile Phone number:	
Email address	
Sex	Male/ Female / Other
Educational Qualifications	
Experience in Health Care (Please give details)	
Experience in Palliative Care if any (Please give details)	

If you are in Government service, have you secured permission to apply from the concerned authority? Yes/ No

Date:

Signature

Completed applications to reach Institute of Palliative Medicine, Medical College, Calicut, Kerala, India, 673008 by post or email (fellowship.palliativecare@gmail.com) before 20 January 2019