

## **ICA PALLIATIVE CARE TRAINING PROGRAM**

The Indian College of Anaesthesiologists (ICA) along with Pallium India is offering the following structured courses for Doctors, Nurses and Healthcare workers in the field of Palliative Medicine through online mode:

1. Foundation Course in Palliative Nursing
2. Foundation Course in Palliative Medicine (Doctors)
3. Volunteer Training Program

The details of the programs are as follows:

### **1. Foundation Course in Palliative Nursing**

#### **Eligibility:**

- B.Sc. Nursing or 4 Year Degree in Nursing
- GNM or 3 Year Diploma in Nursing
- ANM or 2 Year Diploma in Nursing
- BSc Nursing- Final Year Student

#### **Class Details**

No of sessions: 18

#### **Course Fees:**

**₹1500.** Payment is to be made after completing the registration.

#### **Features of Online Foundation Course in Palliative Nursing**

- Prescribed syllabus-oriented courses
- 1 or 2 sessions per week, as per schedule
- Pre-test and post-test for assessment
- Case Presentation by a participant in each session
- Regular assignments
- Various learning materials will be provided
- Several articles regarding the subject will be shared
- Certificate issuance at the end based on Case Presentation, Attendance (minimum 80% required) and Assignments (needs to score minimum 80% of the total marks)

#### **Learning Outcomes**

- Introduction to Palliative Care:
- Introduction to Pain
- Management of Pain
- Management of Pain-Opioids
- Communication
- Communication II
- Wound Management I ( Pressure Sore)
- Wound Management II ( Fungating Ulcer)
- Psycho-social Issues

- Delirium
- Gastro Intestinal symptoms-Nausea & Vomiting
- Gastro Intestinal symptoms-Intestinal Obstruction
- Respiratory Symptoms-Cough & Dyspnoea
- Ostomy Care
- Subcutaneous Infusion/ Hypodermoclysis
- Lymphoedema
- Lymphoedema Practical Session
- End of Life Care (EOLC) & Medical Ethics

## 2. Foundation Course in Palliative Medicine

### Eligibility:

M.B.B.S or B.D.S with permanent registration with medical / dental council.

### Class Details

Number of sessions: 20

### Course Fees:

₹3000. Payment is to be made after completing the registration

### Features of Online Foundation Course in Palliative Medicine

- Prescribed syllabus-oriented courses
- Pre-test and post-test for assessment
- Case Presentation by a participant in each session
- Regular assignments
- Various learning materials will be provided
- Several articles regarding the subject will be shared
- Certificate issuance at the end based on Case Presentation, Attendance (minimum 80% required) and Assignments (needs to score minimum 80% of the total marks)

### Learning Outcomes

- Introduction to Palliative Care:
- Introduction to Pain and its management
- Medical Ethics
- Communication
- Palliative care in non-cancer illness
- Symptom Management
- Wound Management
- Psycho-social Issues
- Delirium
- Palliative care emergencies
- Organizing of Palliative Care Services
- End of Life Care (EOLC)
- NDPS Act & Opioid availability

### **3. Volunteer Training Program**

#### **Who can be a part of this program?**

- Members from residents associations, welfare groups, pensioners, senior citizens' clubs, rotary clubs etc.
- School and college students
- General public

#### **Topics Covered**

- Understanding palliative care and essential principles of palliative care
- Need for home-based care and different components of it
- Importance of Psychosocial care and about compassionate community care
- Effective empathetic communication with patient and family
- Differentiate between good and poor communication and steps for effective communication
- Different ways by which we can initiate community support
- Role of community volunteers

#### **Course Schedule**

The online Volunteer Training Program is conducted from Monday to Friday (5 sessions). The duration of each session is 1.5 hours.

### **ICA PALLIATIVE CARE CERTIFICATE PROGRAM**

A.) Webinar series: INR 1500/ ONLY-- In collaboration with PALLIUM India  
(details as above point 1 & 2 only)

B.) 'In-house observership' for 2 weeks in Palliative Care & Pain at the Sir Ganga Ram Hospital, New Delhi in the departments of Palliative Medicine & the Institute of Anaesthesiology, Pain & Perioperative Medicine

C.) Fees structure: 10,000 INR (including webinar series as above)

***(ICA membership mandatory for Anaesthesiologists)***