

## 5 days Palliative Care Basic Course with specialisation on geriatrics at KMC MANIPAL Dec. 2015 Basic Introduction week

Time	1 <sup>st</sup> day Fri. Dec 11 <sup>th</sup> '15	2 <sup>nd</sup> day Sat. Dec 12 <sup>th</sup> '15	3 <sup>rd</sup> day Sun. Dec 13 <sup>th</sup> '15	4 <sup>th</sup> day Mo. Dec 14 <sup>th</sup> '15	5 <sup>th</sup> day Tues. Dec 15 <sup>th</sup> '15
9.00 – 10.30	At home / work	Overview Half Day on symptom control: Pain – Where it comes from and why which pain should be treated and with which control method? Dr. Abul	Pain assessment tools; Pain documentation and management, WHO-ladder, other principles Dr. Gayathri	Role of Emotions and social needs in the end-of-life care (patients, relatives, cares themselves) Dr. Nayak	spiritual-religious needs / assistance by team members and cooperation in the multiprofessional team Dr Becker
10.30-11.00	Tea break (Thursday to Sunday)				
11.00-12.30	preparing to arrive and registration	Open wounds, malignant wounds Dr Sheetal and Problems of respiration Dr. Meenakshi	Gastrointestinal problems (vomiting, nausea, diarrhea, constipation, ileus) Dr. Jinzy	Coping with death and strategies of avoidance, emotional needs in the end of life care Dr. Nayak	Evaluation, use for own practice, avoid “burn out”; overview over the next 3 weeks, “basic certificate” ALL
12.30-13.30	Midday break (Thursdsday to Sunday), Thursday midday break: Film: “Some more days”.				
13.30 – 15.00	13.30: Introductive session, forming the group, giving an overview, Dr. Becker	Overview: Emotional symptom control (denial, anger, anxiety, grief depression) Dr. Becker	Communication: Break bad news, empathic listening, collusion, good communication with relatives Dr. Becker	Pain Control: Opioids and adjuvants and drug interaction Dr. Madhu	Back home
15.00 – 15.30	Tea break (Wednesday to Saturday)				
15.30 – 17.00	How palliative care is procured, definition , history Dr. Becker	Ethical questions: euthanasia, assisted suicide, advanced will, ending of futile treatment Dr. Becker	Social needs, role of family, caretakers, extended team inclusive volunteers and helpers Dr. Becker	Palliative Care needs of Geriatric Population Dr. Adhikari	Back home

## 5 days Palliative Care Basic Course with specialisation on geriatrics at KMC Attavar Dec. 2015 Basic Introduction week

Time	1 <sup>st</sup> day Wed Jan 20 <sup>th</sup> '16	2 <sup>nd</sup> day Thur Jan 21 <sup>st</sup> '16	3 <sup>rd</sup> day Fri. Jan 22 <sup>nd</sup> '16	4 <sup>th</sup> day Sa. Jan 23 <sup>rd</sup> '16	5 <sup>th</sup> day Sun. Jan 24 <sup>th</sup> '16
9.00 – 10.30	At home / work	Overview Half Day on symptom control: Pain – Where it comes from and why which pain should be treated and with which control method? Dr. Abul	Pain assessment tools; Pain documentation and management, WHO-ladder, other principles Dr. Gayathri	Role of Emotions and social needs in the end-of-life care (patients, relatives, cares themselves) Dr. Nayak	spiritual-religious needs / assistance by team members and cooperation in the multiprofessional team Dr Becker
10.30-11.00	Tea break (Thursday to Sunday)				
11.00-12.30	preparing to arrive and registration	Open wounds, malignant wounds Dr Sheetal and Problems of respiration Dr. Meenakshi	Gastrointestinal problems (vomiting, nausea, diarrhea, constipation, ileus) Dr. Jinzy	Coping with death and strategies of avoidance, emotional needs in the end of life care Dr. Nayak	Evaluation, use for own practice, avoid “burn out”; overview over the next 3 weeks, “basic certificate” ALL
12.30-13.30	Midday break (Thursdsday to Sunday), Thursday midday break: Film: “Some more days”.				
13.30 – 15.00	13.30: Introductory session, forming the group, giving an overview, Dr. Becker	Overview: Emotional symptom control (denial, anger, anxiety, grief depression) Dr. Becker	Communication: Break bad news, empathic listening, collusion, good communication with relatives Dr. Becker	Pain Control: Opioids and adjuvants and drug interaction Dr. Madhu	Back home
15.00 – 15.30	Tea break (Wednesday to Saturday)				
15.30 – 17.00	How palliative care is procured, definition , history Dr. Becker	Ethical questions: euthanasia, assisted suicide, advanced will, ending of futile treatment Dr. Becker	Social needs, role of family, caretakers, extended team inclusive volunteers and helpers Dr. Becker	Palliative Care needs of Geriatric Population Dr. Adhikari	Back home

# Advanced Palliative Care with specialisation on geriatrics for MD

## Second Week: interactive learning: physical Symptom-Control, Ethics, Team

Time	Wednesday 17 <sup>th</sup> Feb '16	Thursday 18 <sup>th</sup> Feb '16	Friday 19 <sup>th</sup> Feb '16	Saturday 20 <sup>th</sup> Feb '16	Sunday 21 <sup>th</sup> Feb '16
9.00 – 10.30	At home / work	Nutrition and hydration, thirst and mouth dryness, Dr. Pratibha GIS, Dr. Meenakshi	Open wounds workshop Dr. Mahesh Skin problems: Itching Dr. Swati	Physiotherapy: What to do/give/prescribe for patients and for oneself? Dr Shyam	Spiritual Issues and Coping with resistance  Dr Becker
10.30-11.00	Tea break (Thursday to Sunday)				
11.00-12.30	preparing to arrive, travel and registration	Pain control: NSAIDs, adjuvant medicines, side effects,  Dr. Abul / Dr. Madhu	End-of-life (final care): Delirium and Agitation and Multimorbidity /Multi-pharmacy Dr. NN / Dr Sheetal	Learning of Palliative Care // How to evaluate Success?  Dr Becker	Items to learn for the own practice, short evaluation, view on future learning ALL
12.30-13.30	Midday break (Wednesday to Sunday)				
13.30 – 15.00	Introduction, Group forming, Overview, Report: practicability of the already learned Dr Becker	Team members of a palliative care team Some input on group-dynamics Dr Becker	Ethics: Tools to use, in India: advanced will; de-escalation of treatment, anticipatory prescriptions Dr Becker	Family: How to support forgiveness among family members (if they want help on that)? Dr Becker	Back home
15.00 – 15.30	Tea break (Wednesday to Saturday)				
15.30 – 17.00	Stroke – care in the end of life Dr Shyam And: HIV – special needs Dr. Satish	Social and financial needs /wishes: Workshop: What to do? How to cope with the impossibility of relief? Dr Becker	And ethical conferences (Nijmwegen) and other tools to solve problems  Dr Becker	Stroke, geriatric heart and respiratory disorders and other sicknesses in the end-of-life-care (P)	Back home

## 20 day Palliative Care with specialisation on geriatrics for MD

### Third Week: interactive learning on Geriatrics, Communication, grief

Time	Wednesday 31 <sup>st</sup> Aug `16	Thursday 1 <sup>st</sup> Sept `16	Friday 2 <sup>nd</sup> Sept `16	Saturday 3 <sup>rd</sup> Sept `16	Sunday 4 <sup>th</sup> Sept. `16
9.00 – 10.30	At home / work	Alzheimer and related diseases palliative needs Participants Dr Adhikari	Nursing problems in geriatric end-of-life-care: mouth care Dr Asha	Alternative therapies Music Therapy- Bodytambura Mr Mohan	Topic “open”, which will come from the group process
10.30-11.00	Tea break (Thursday to Sunday)				
11.00-12.30	preparing to arrive,	Pain and Geriatric assessment with patients with cognitive disorders Dr Adhikari	Communication skill training; Break the bad news Dr Sheetal / Dr Becker	Alternative therapies Music Therapy- Bodytambura Mr Mohan	Items to learn for the own practice, short evaluation, introduction into the 4. week
12.30-13.30	Midday break (Thursday to Sunday)				
13.30 – 15.00	Short Review of practicability of the already learned Dr Becker	Communication: skill training Emphatic listening, open questions Mrs. Smitha	Spirituality: Does it really help? Why? How?  Dr. Nayak	Psychotherapy and end-of-life-care  Dr. Pai / NN	Back home
15.00 – 15.30	Tea break (Wednesday to Saturday)				
15.30 – 17.00	Three short case studies on Palliative Care communication and discussion Dr Sheetal	family support tool: Genogram and Case work on “family problems” Dr Becker	Communication: Manage anger, avoidance, collusion  Dr Nayak	Prolonged Bereavement and bereavement is difficult situations (suicide, sudden death, child death) Dr. Pai NN	Back home

## 20 day Palliative Care with specialisation on geriatrics for MD

### Fourth week: 100 % interactive: comprehensive case studies/ Workshops

Time	Wednesday Dec 2016	Thursday Dec 2016	Friday Dec 2016	Saturday Dec 2016	Sunday Dec 2016
9.00 – 10.30	At home / work	3rd and 4th case study in 2 smaller groups ALL	9th and 10th case study in 2 smaller groups ALL	13th and 14th case study in 2 smaller groups ALL	Other (new) case studies in 2 smaller groups ALL
10.30-11.00	Tea break (Thursday to Sunday)				
11.00-12.30	preparing to arrive,	5th and 6th case study in 2 smaller groups  ALL	11th and 12th case study in 2 smaller groups ALL	15th and 16th case study in 2 smaller groups ALL	Evaluation, certification, winding up, sharing the experience ALL
12.30-13.30	Midday break (Thursday to Sunday)				
13.30 – 15.00	Introduction in 4th week, on supervision, professional counselling, Balint, psychodrama JBE	7th and 8th case study in 2 smaller groups ALL	Workshop 2:  Open topic	Workshop as a group on Group dynamics JBE (OR CASE STUDIES)	Back home
15.00 – 15.30	Tea break (Wednesday to Saturday)				
15.30 – 17.00	1st and 2nd case study in 2 smaller groups ALL	Workshop 1: NN	Workshop 3:  Open topic	Evaluation of the workshop on Group dynamics JBE (OR CASE STUDIES)	Back home