

## **YENEPOYA NURSING COLLEGE**

### **REPORT ON POST BASIC CERTIFICATE COURSE ON PALLIATIVE CARE NURSING**

The second contact session of the first batch of participants in Post Basic Certificate Course in Palliative Care Nursing having 16 students took place between 6-4-2015 and 10-4-2015. This is a post certificate course is organised by Yenepoya Nursing College, the constituent of Yenepoya University. An opening remark was given by the course coordinator, Principal of Yenepoya Nursing College Dr. Asha P Shetty.

A well known educationist Dr. Sudhakar Nayak, Director of health professional education, Manipal university took away the entire attention, his philosophical teaching on life and management of sorrow has left the participants with a deep understanding of human values and virtues. The second day was headed by a music therapist and relaxation therapist from Germany Dr. Cordula Dietrich. She had demonstrated the mighty of music therapy as a modern non pharmacological approach in end of life care. She had exhibited the body Tambura an instrument which is designed in Germany keeping Indian Tambura as a guideline. It has 28 strings and delivers a mind soothing tune and vibrations which in turn puts the client in a state of relaxation. The practical session on self care exposed the entire group to experience the vibrations of music therapy and left them in a state of relaxation. It was also played in the hospital wards on three patients on getting their verbal consent and all three patients expressed their satisfaction. The third day the morning session was on pain management. Dr. Frank Eisner, Anaesthetist and Professor, department of palliative medicine from Germany, had highlighted about pain and its intensity in client with end stage of diseases. His teaching was also included pain assessment and management using the WHO ladder. The research findings and statistics representations made the learners to have deeper understanding on end stage pain management. Dr. Vina Vaswani, Director, centre for the Ethics Yenepoya University was the resource person for the afternoon session. The expert on the ethics in medicine made the learners to have deeper understandings on the care of clients at ethical point of view. She had highlighted on the general rules and medical contraindications for feeding the terminally ill. She also made the group to express in writing how would they like to die. The short activity made the learners feel the emotions of clients on death bed. The day four was on 'Guided Imagery' the session was headed by Mrs. Vineeta Associate Professor and HOD, mental health nursing, Yenepoya

University. An audio with background commentary and a light music made the group to go into a world of stress free and thus made the group to understand how guided imagery would compliment in treating the client with stress. In the afternoon a physician and an expert in hospice and palliative care practitioner Dr. Naveen R. Rodrigues gave a deeper understanding in the management of pain. His teaching was concentrated around types of pain, pain pathology, pain assessment and managing the pain. Last day of the second contact session was headed by a nurse expert in palliative care Mrs. Stella from Calicut her vast practical experiences and illustration on nursing care for clients with colostomy, fungated wounds, tracheotomy care as well as communication made the group to leave the classroom with utmost satisfaction. The group also was informed regarding the next contact session schedule.









