

# Transilvania University of Braşov, Romania

## Study program: Management and strategies of palliative care

Faculty: Medicine

Study period: 2 years (master)

### 1<sup>st</sup> Year

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Management of pain and other symptoms in palliative care	M_IP-MDS	7	3	3		
<p><b>Course description (Syllabus):</b> The aim of this module is for master students to develop excellence in symptom management based on sound scientific evidences. Symptom management is one of the core tasks of professionals working in palliative care in order to relieve the suffering of patients with chronic progressive illnesses. Pain, as one the most common encountered symptom, has dedicated several sessions in this module. This will enable students to manage it adequately both with pharmacological and no pharmacological methods. Understanding the barriers that hinder proper pain relief in patients will help students to become patients advocates for pain free lives. Management of other symptoms such as respiratory, digestive, neurological will be also presented.</p>						

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
The particularities of palliative care in oncological diseases	M_IP-ONC	5	2			
<p><b>Course description (Syllabus):</b> The aim of this module is to create awareness on different illness trajectories for cancer and noncancer patients and to understand when palliative care can make a difference for the quality of life of this patients and what interventions are necessary to address the palliative care needs of patients with cancer and what are the emergencies in PC</p>						

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Translating scientific research in health	M_IP-MCS	7	2	1		
<p><b>Course description (Syllabus):</b> To graduate the program the master students will have to do a piece of research for their dissertation. This module will review both qualitative and quantitative research methodologies, present different data collection and analysis methods and will help the students to plan already their research project and start their literature review.</p>						

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Advanced concepts in informatics and medical biostatistics	M_IP-IBS	5	1	1		
<p><b>Course description (Syllabus):</b> To be able to read articles and correctly interpret the results of quantitative research students need to have sound knowledge of medical statistics and to analyze their data during their research project they need to learn how to work with different research software. This module will present descriptive and analytic statistics and work with SPSS and other softwares.</p>						

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Management difficult treatable symptoms	M_IP-MSGT	7	3	3		
<b>Course description (Syllabus):</b> This module is focused on suffering in the case of complex patients who have symptoms alongside non-physical suffering. Refractory symptoms will be discussed and palliative care sedation will be presented as an option for refractory symptoms in the last days of life.. Symptoms as pain with the concept of central sensitization, fatigue, psychiatric symptoms are presented. Management of terminal patients and their families in different settings is also part of the module.						

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Suffering, spirituality and culture in palliative care	M_IP-SSC	7	2	2		
<b>Course description (Syllabus):</b> Alleviation of suffering and increased quality of life for patients and the family is the declared aim of the WHO definition of palliative care. The module will bring to students' attentions 2 frameworks for definition of suffering, will explore suffering in different historical and cultural contexts, suffering expressed in art produced by patients and in the different domains of total pain (physical, psychological, social, and spiritual). During the module we will clarify the concept of quality of life and the various tools available to asses quality of life, will discuss narrative assessment in contrast with biomedical assessment in PC, and focus on therapeutically encounter between patients families and care team.						

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Mass-media and medical communication	M_IP-MCM	6	2			
<b>Course description (Syllabus):</b> Working with media is a necessary skill to be developed as palliative care is a domain in full development not well established yet in the national health care system so continues information about its content and progress needs to be done both for authorities, professionals and general public. Students will learn practical skills how to write a press release, how to handle a TV or radio interview and how to prepare for face to face meetings with authorities.						

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Palliative care applied in chronic progressive diseases	M_IP_B CP	6	2			
<b>Course description (Syllabus):</b> Chronic illnesses are marked by fluctuations and variations over time. Individuals with chronic illness experience pain and other symptoms that are not always adequately managed. Their caregivers often have to deal with enormous burden as the illness progresses. Palliative care can serve as an intervention to manage chronic illness, not just at the end of life but also in the early phases of illness. Palliative care particularities in heart and liver failure, cirrhosis, HIV, COPD, and neurological diseases will be presented .						

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
From clinical practice to palliative care research	M_IP_P _C	6	2			
<b>Course description (Syllabus):</b> this course will help students to translate problems encountered into their work into research questions and research projects; to identify research opportunities at local , national and international level, to critical discuss the ethical concerns when doing research projects in a highly vulnerable population; to acknowledge major research results that shape the devopment of the palliative care field						

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Practical training 1	M_IP-P1	4				2
<b>Course description (Syllabus):</b> Students will observe and do supervised work in palliative care services with focus mainly on clinical aspects of care. They will observe services in a variety of settings home care., inpatient unit outpatient clinic day center, protocols used in work operational procedures.						

## 2<sup>nd</sup> Year

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Bioethics and health systems legislation. Ethics and academic integrity	M_IP-BE	6	2	1		
<b>Course description (Syllabus):</b> This module is focused on ethical issues starting with general principles and rules, decision making models and moving towards more complex aspects concerning care at end of life. Legislation governing medical services and particularly palliative care services will be discussed.						

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Medical marketing strategies	M_IP-SMM	5	1			
<b>Course description (Syllabus):</b> This module will discuss marketing strategies for palliative care services an important aspect taking into consideration that palliative care services are partially reimbursed through the health care insurance system and still rely on support and donations from community or other national and international donors. The module will focus on developing key messages, designing promotional materials, organizing awareness campaigns, building coalitions and networks, fundraising techniques.						

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Communication and care partnership with the patient with chronic progressive disease	M_IP-CRBCP	7	2	2		
<b>Course description (Syllabus):</b> The aim of this module is to develop students' competencies in the area of communication, work with families and end of life care and support of families during bereavement period. Sessions will address topics like breaking bad news, dealing with collusion, conflict management, loss and grief, staff support, family dynamic within illness context, and practical aspects like organizing family conferences, discussing goals of care.						

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Leadership and management in palliative care	M_IP-LM	7	2	2		
<b>Course description (Syllabus):</b> The aim of this module is to prepare master students to take future leadership and managerial roles in palliative care services. The transformational leadership theory is used to construct the syllabus and students have classes focused on self-development, organizational development and management and learn practical skills needed in team management like delegation, facilitation, staff appraisal, budget management, strategic planning. To foster personal growth students, have to do during the module a palliative care activity that will develop a new skill to oblige them to move out of their zone of comfort for experiential learning. Mentoring is offered for successful outcome of the activity.						

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Non-pharmacological methods of symptom management	M_IP-NonF	5	1			
<b>Course description (Syllabus):</b> this module aims to give students theoretical knowledge on non pharmacological treatments for various symptoms; as results students will be able to develop comprehensive management plans that include non pharmacological measures discuss their benefits and limits						

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Research activity for the master thesis	M_IP-CD	20				10
<b>Course description (Syllabus):</b> This time is allocated to developing the dissertation theoretical part and practical work						

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Practical training 2	M_IP-P	10				5
<b>Course description (Syllabus):</b> Students will observe and do supervised work in palliative care services with focus mainly on organizational management and leadership aspects. They will observe services in a variety of settings home care, inpatient unit outpatient clinic day center, operational procedures used in work.						