

Postgraduate Diploma Palliative and Family Care



Postgraduate Diploma Palliative and Family Care

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Accreditation: 18 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: www.techtute.com/medicine/postgraduate-diploma/postgraduate-diploma-palliative-family-care

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01

Introduction

Palliative Care is not only limited to symptom management and relief of physical suffering, but also encompasses comprehensive support for their families. In fact, the World Health Organization recognizes that bereavement is a universal and natural experience that follows the loss of a loved one. In light of this, it advocates holistic care that addresses the emotional and social needs of families during this difficult period. For this reason, physicians need to have advanced skills to provide emotional support to help families cope with emotions such as grief. In this sense, TECH implements a pioneering online university program oriented to bereavement in Palliative Care.





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Thanks to this Postgraduate Diploma, based on Relearning, you will develop advanced competencies to offer optimal emotional support to both terminally ill patients and their families”

Nutrition plays a key role in the well-being and quality of life of palliative care patients. However, palliative care patients often face unique challenges that affect their ability to maintain adequate nutrition. For example, some treatments such as chemotherapy or radiation therapy can affect both appetite and food tolerance. In this context, medical professionals must have a deep knowledge in this area to provide dietary recommendations to help their patients maintain a balanced diet to prevent conditions such as malnutrition, anemia or Pulmonary Cachexia.

Within this framework, TECH develops an innovative program that delves into specific diets (such as hyperproteic or restrictive) for graduates to recommend terminal patients the necessary nutrients to maintain their physical functionality. Likewise, the syllabus covers the international regulations in force and applicable to this health branch. Also, doctors will be specialized to offer psychological support to deal with the grieving process and common feelings such as guilt.

The university program will be taught 100% online, on a virtual platform that is not governed by predefined schedules. Therefore specialists will have the opportunity to self-manage their progress in a personalized way at any time of the 24 hours a day. One of the most distinctive features of the methodology is the learning process that TECH uses in all its programs: Relearning. This system will promote the acquisition of competencies in a fast and flexible manner from the analysis of the theoretical contents and the exemplification of cases based on the real context of the medical profession.

On the other hand, the academic itinerary will have a renowned International Guest Director who will be part of the faculty to give a very complete Masterclasses on the main innovations for the care of palliative patients worldwide.

This **Postgraduate Diploma in Palliative and Family Care** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ Practical cases presented by experts in Palliative Care
- ♦ The graphic, schematic and eminently practical contents with which it is conceived gather scientific and practical information on those disciplines that are indispensable for professional practice
- ♦ Practical exercises where self-assessment can be used to improve learning.
- ♦ Its special emphasis on innovative methodologies
- ♦ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



TECH has the most complete and exclusive Masterclasses, along with the academic guidelines of a renowned International Guest Director. Don't miss this opportunity and enroll now"

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You will deepen in the diets for specific pathologies such as COPD or liver failure and you will be qualified to offer nutritional recommendations to alleviate the symptoms of your patients”

The program's teaching staff includes professionals from the sector who contribute their work experience to this specializing program, as well as renowned specialists from leading societies and prestigious universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive education programmed to learn in real situations.

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise during the course. For this purpose, students will be assisted by an innovative interactive video system created by renowned and experienced experts.

You will develop advanced skills with which you will address the different stages of grief in the families of patients, providing them with comprehensive support during the process of loss or grief.

You will complete the program 100% online, so that you can do it while you develop your full-time healthcare activity. TECH adapts to your needs!



02 Objectives

Upon completion of this program, clinicians will have a solid understanding of the medical and ethical principles that underpin Palliative Care. Furthermore, healthcare professionals will adopt a holistic approach focusing on all the needs of their patients in order to alleviate their suffering. In tune with this, graduates will enhance their communication skills with both users and their families, which will facilitate difficult conversations and shared decision making. In addition, experts will develop skills to provide emotional support to help individuals cope with grief, loss and anxiety.



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You will conduct comprehensive assessments of dietary intake and specific nutritional needs of patients in Palliative Care”



General Objectives

- ♦ Have a solid understanding of the fundamentals and models of care in Palliative Care, as well as aspects such as epidemiology or pathophysiology of chronic diseases
- ♦ Enhance clinical skills for the comprehensive assessment of patients, including the management of complex symptoms and the approach to total suffering
- ♦ Adopt an individualized approach to care, focusing on both the preferences and values of users, respecting their autonomy at all stages of pathology
- ♦ Obtain empathetic and effective communication skills with both affected individuals and their families
- ♦ Apply knowledge of specific nutrition to improve prognosis and reduce complications in patients with advanced disease
- ♦ Keep abreast of innovations in matters such as diagnostic and therapeutic techniques most relevant to the follow-up of palliative patients



The syllabus incorporates a variety of real-life case studies and exercises to bring the development of the program closer to everyday medical practice”





Specific Objectives

Module 1. Pediatric Palliative

- ◆ Know the origin and development of Palliative Care
- ◆ Delve into the different types of organization in Palliative Care
- ◆ Develop practical skills in symptom management (such as pain control, Dyspnea management or Fatigue management)
- ◆ Acquire skills to provide emotional support to patients and family members facing serious pathologies

Module 2. Family and Bereavement Support in Palliative Care

- ◆ Recognize the importance of psychology in palliative care
- ◆ Manage innovative techniques of approaching family members
- ◆ Establish the differences between palliative sedation and euthanasia
- ◆ Develop advanced strategies to help families manage bereavement
- ◆ Design procedures to avoid the conspiracy of silence
- ◆ Enhance communication skills to interact with patients' loved ones and inform patients honestly about issues such as prognosis of illness

Module 3. Nutrition in Palliative Care Patients

- ◆ Acquire competences to diagnose malnutrition in palliative patients from early stages
- ◆ Perform an optimal approach to Cachexia and Sarcopenia
- ◆ Have a deep understanding of the types of diets depending on the pathology
- ◆ Master the method of average nutrition

03

Course Management

In line with its commitment to offer the most complete and updated university programs, TECH carries out a rigorous selection process to choose its teachers. For this Postgraduate Diploma, it has brought together highly specialized professionals in Palliative and Family Care. These specialists have extensive work experience, where they have helped to optimize both the physical and emotional well-being of numerous patients and, therefore, their quality of life. Therefore, graduates will have access to a high quality program that will give them the opportunity to advance significantly in their professional development.





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You will be advised at all times by the teaching staff, made up of specialists with a broad professional background in Palliative and Family Care”

International Guest Director

Dr. Blinderman is Associate Professor of Medicine and **Director of the Adult Palliative Medicine Service at Columbia University Medical Center/New York-Presbyterian Hospital**. He was previously an attending physician on the Palliative Care Service at Massachusetts General Hospital and co-directed the MGH Cancer Pain Clinic from 2007-2010.

He has published numerous original articles, reviews and chapters in the following areas: palliative care, early palliative care in lung cancer patients, palliative care for the dying patient, medical ethics, existential distress, symptom assessment and quality of life in patients with chronic pulmonary and heart failure, as well as cancer pain management and pain management in patients with a history of substance abuse. He is currently the editor of the Case Discussions section of the Journal of Palliative Medicine.

His academic resume includes an **MD in Medical School for International Health** from Ben Gurion University, as well as a **BA in Chemistry from Boston University**, a degree he earned *Magna Cum Laude*.



Dr. Blinderman, Craig David

- Director of Palliative Care at New York Presbyterian Hospital, New York, U.S.A.
- Specialist in Palliative Care at Massachusetts General Hospital
- Professor of Medicine at Harvard Medical School
- Degree in Chemistry, Boston University
- Associate Professor, Department of Medicine, Columbia University

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Thanks to TECH you will be able to learn with the best professionals in the world"

Management



Dr. Lafuente Sanchis, Manuel Pablo

- ◆ Head of the Home Hospitalization and Palliative Care Service at La Ribera University Hospital, Valencia
- ◆ Specialist in Family and Community Medicine at the Virgen de los Lirios Hospital, Alcoy
- ◆ Clinical Simulation Instructor, Catholic University of Murcia
- ◆ University Professor in Nursing Studies
- ◆ Expert in Palliative Care, International University of La Rioja
- ◆ University Expert in University Teaching from the Catholic University of Valencia
- ◆ Degree in Medicine and Surgery from the University of Valencia
- ◆ Member of: Spanish Society of Home Hospitalization and Spanish Society of Clinical Simulation

Professors

Dr. Torrijos Pastor, Antonio

- ◆ Physician in Home Hospitalization La Ribera University Hospital
- ◆ Outpatient Emergency Physician at Carlet Integrated Health Center
- ◆ Specialist in Family and Community Medicine at the Marina Baixa Hospital, Alicante
- ◆ Degree in Medicine and Surgery from the University of Cadiz
- ◆ University Master's Degree in Palliative Care from the University of Valladolid
- ◆ Master's Degree in Clinical Medicine Research from the Miguel Hernández University
- ◆ Member of: SVMFYC Home Care Working Group, SEMERGEN Palliative Care Working Group and SEMFYC National Mental Health Working Group

Dr. Duart Clemente, Cristina

- ◆ Specialist in Family and Community Medicine in the Valencia Health System
- ◆ Specialist of the Valencian Provincial Directorate of Disability Assessment Team
- ◆ Specialist in Family and Community Medicine at La Ribera University Hospital
- ◆ Master's Degree in Palliative Care from the University of Valladolid
- ◆ Degree in Medicine and Surgery from the University of Navarra



Dr. Martín Marco, Antonio

- ◆ Internal Medicine Specialist at Arnau de Vilanova Hospital, Valencia
- ◆ Attending Physician in the Home Hospitalization and Palliative Care Unit
- ◆ Head of Teaching and Research in the Palliative Care in Unit
- ◆ Master's Degree in Emergency Medical Care
- ◆ Master's Degree in Emergency Medical Care
- ◆ Degree in Medicine and Surgery from the University of Zaragoza
- ◆ Member of: Spanish Society of Medical Oncology and Spanish Society of Internal Medicine

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A unique, crucial and decisive learning experience to boost your professional development”

04

Structure and Content

This program will provide medical personnel with a thorough understanding of the principles of Palliative and Family Care. To this end, the academic itinerary will analyze the historical evolution of this specialty up to the birth of modern terminal care. This will allow graduates to appreciate the advances that have been achieved in this branch, among which the more patient-centered clinical approaches stand out. Likewise, the syllabus will delve into the field of Psycho-oncology so that specialists can offer greater emotional assistance to both cancer patients and their families.



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Take the opportunity to learn about the latest advances in this field in order to apply it to your daily practice"

Module 1. Palliative Care

- 1.1. Current Situation in Palliative Care
 - 1.1.1. Death in Modern Society
 - 1.1.2. Evolution of the Specialty
 - 1.1.3. Units at the European Level
 - 1.1.4. Units at International Level
- 1.2. Palliative Care from the Perspective of International Law
 - 1.2.1. Human Rights
 - 1.2.2. European Law
 - 1.2.3. International Legality
- 1.3. Syllabuses
 - 1.3.1. Accreditation
 - 1.3.2. Pre-university Teaching
 - 1.3.3. Post-university Teaching
- 1.4. Scientific Societies
 - 1.4.1. National
 - 1.4.2. Regional
 - 1.4.3. Relations
- 1.5. Economic Perspective of Palliative Care in the Health Care System
 - 1.5.1. Economic Impact on Palliative Illness Health Systems
 - 1.5.2. Efficiency of Palliative Care Units
 - 1.5.3. Impact on the Family Economy
- 1.6. Organization of Palliative Care
 - 1.6.1. Hospital
 - 1.6.2. Home Hospitalization Units
 - 1.6.3. Palliative Care Based in Primary Care
- 1.7. Development of International Standards
 - 1.7.1. Historical Evolution of Palliative Care
 - 1.7.2. Birth of Modern Palliative Care
 - 1.7.3. Development of Palliative Care Units



- 1.8. Research in Palliative Care
 - 1.8.1. Evolution of Scientific Publications in Palliative Care
 - 1.8.2. Impact Journals in Palliative Care
 - 1.8.3. Latest Publications
- 1.9. Clinical History in Palliative Medicine
 - 1.9.1. Clinical Evaluation of Symptoms
 - 1.9.2. Scales in Palliative Medicine
 - 1.9.3. Evaluation of the Family and Main Caregiver

Module 2. Family and Bereavement Support in Palliative Care

- 2.1. Psycho-oncology
 - 2.1.1. Psychological Assessment of the Patient in Palliative Care
 - 2.1.2. Adaptation Process of the Patient at the End of Life
 - 2.1.3. Support for the Terminally Ill Patient
- 2.2. The Family of the Palliative and Terminally Ill Patient
 - 2.2.1. Family Assessment and Functioning
 - 2.2.2. The Process of Adaptation of the Family to the End-of-Life Situation.
 - 2.2.3. Support for the Family in the Terminal Phase
 - 2.2.4. Caregiver Burden in Palliative Care
- 2.3. Bereavement in Palliative Care
 - 2.3.1. Assessment
 - 2.3.2. Symptoms of Bereavement
 - 2.3.3. Complicated or Pathological Grief
 - 2.3.4. Psychological Assessment and Counseling in Bereavement
- 2.4. Spirituality and Palliative Care
 - 2.4.1. Approach to Spirituality in the Consultation Room
 - 2.4.2. Facilitating Spiritual Services
 - 2.4.3. Empathy
- 2.5. Advance Directives
 - 2.5.1. What Is It?
 - 2.5.2. Current Legality
 - 2.5.3. Process
 - 2.5.4. Benefits of Having an Advance Directive
- 2.6. Last Days of Life (LDS) Situation
 - 2.6.1. Characteristics and Diagnosis of LDS
 - 2.6.2. General Care in LDS
 - 2.6.3. Symptomatic Control in LDS
- 2.7. Non-pharmacological Measures in the Last Days of Life
 - 2.7.1. Psychological Support
 - 2.7.2. Hydration
 - 2.7.3. Advice to Family Members
 - 2.7.4. Instrumental Support at Home
- 2.8. Refractory Symptoms
 - 2.8.1. What do They Consist of?
 - 2.8.2. Most Common Symptoms at the End of Life
 - 2.8.3. Management of Refractory Symptoms
- 2.9. Palliative Sedation
 - 2.9.1. Type I
 - 2.9.2. Indications for Palliative Sedation
 - 2.9.3. Pharmacology of Sedation
 - 2.9.4. Differences Between Sedation and Euthanasia
- 2.10. Euthanasia in Palliative Care
 - 2.10.1. Differences Between Palliative Sedation and Euthanasia
 - 2.10.2. Current Legality
 - 2.10.3. Process
 - 2.10.4. Euthanasia Process

Module 3. Nutrition in Palliative Care Patients

- 3.1. Disease-related Malnutrition
 - 3.1.1. Diagnosis
 - 3.1.2. Monitoring
 - 3.1.3. Treatment
- 3.2. Tumor Cachexia
 - 3.2.1. Diagnosis
 - 3.2.2. Monitoring
 - 3.2.3. Treatment
- 3.3. Specific Diets
 - 3.3.1. Hyperproteic
 - 3.3.2. Hypercaloric
 - 3.3.3. Restrictive
- 3.4. Diets for the Treatment of Anemias
 - 3.4.1. What do They Consist of?
 - 3.4.2. Iron Deficiency
 - 3.4.3. Megaloblastic Anemia
- 3.5. Objectives of Diabetes Mellitus Management
 - 3.5.1. Management in Special Situations (Fasting, Vomiting)
 - 3.5.2. Blood Sugar Levels
 - 3.5.3. Treatment
- 3.6. Diets for Specific Pathologies
 - 3.6.1. Chronic Heart Failure (CHF)
 - 3.6.2. COPD
 - 3.6.3. Liver Failure
 - 3.6.4. Renal Insufficiency
- 3.7. Dysphagia
 - 3.7.1. Diagnosis
 - 3.7.2. Diets with Adapted Textures
 - 3.7.3. Monitoring



- 3.8. Nutrition by SNG/PEG
 - 3.8.1. Types of Tubes
 - 3.8.2. Artificial Nutrition
 - 3.8.3. Treatment
 - 3.8.4. Monitoring
- 3.9. Interactions Between Nutrition and Drugs
 - 3.9.1. Incompatibilities
 - 3.9.2. Treatment Adjustments
 - 3.9.3. Monitoring
- 3.10. Hydration at the End of Life
 - 3.10.1. Medical Aspects
 - 3.10.2. Ethical Aspects
 - 3.10.3. Legal Aspects

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You will be able to access the Virtual Campus at any time and download the contents to consult them whenever you wish. Enroll now!”



05

Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.





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Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"

At TECH we use the Case Method

What should a professional do in a given situation? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Specialists learn better, faster, and more sustainably over time.

With TECH you will experience a way of learning that is shaking the foundations of traditional universities around the world.



According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, trying to recreate the real conditions in the physician's professional practice.

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Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”

The effectiveness of the method is justified by four fundamental achievements:

1. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that evaluate real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the student to better integrate into the real world.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

This university is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, a real revolution with respect to the mere study and analysis of cases.

Professionals will learn through real cases and by resolving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.



At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology, more than 250,000 physicians have been trained with unprecedented success in all clinical specialties regardless of surgical load. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by TECH's learning system is 8.01, according to the highest international standards.



This program offers the best educational material, prepared with professionals in mind:



Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



Surgical Techniques and Procedures on Video

TECH introduces students to the latest techniques, the latest educational advances and to the forefront of current medical techniques. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch the videos as many times as you like.



Interactive Summaries

The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



Testing & Retesting

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



Classes

There is scientific evidence on the usefulness of learning by observing experts. The system known as Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



Quick Action Guides

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.



06 Certificate

The Postgraduate Diploma in Palliative and Family Care guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma issued by TECH Global University.





Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork"

This private qualification will allow you to obtain a **Postgraduate Diploma in Palliative and Family Care** endorsed by **TECH Global University**, the world's largest online university.

TECH Global University is an official European University publicly recognized by the Government of Andorra ([official bulletin](#)). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

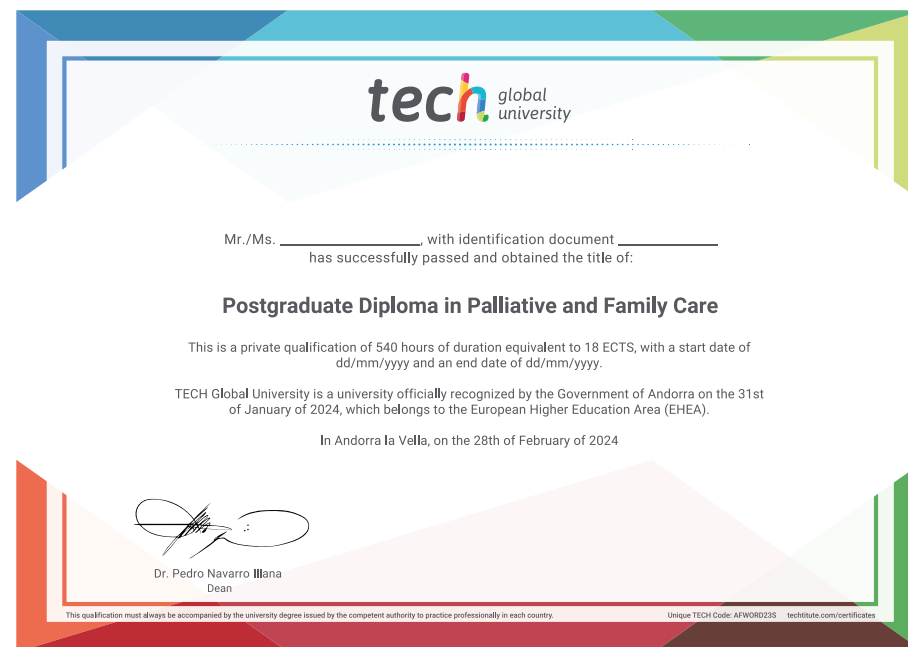
This **TECH Global University** private qualification is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Diploma in Palliative and Family Care**

Modality: **online**

Duration: **6 months**

Accreditation: **18 ECTS**



*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH Global University will make the necessary arrangements to obtain it, at an additional cost.

future
health confidence people
education information tutors
guarantee accreditation teaching
institutions technology learning
community commitment
personalized service innovation
knowledge present
development language
virtual classroom



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