

# Postgraduate Certificate

## Family and Bereavement Support in Palliative Care for Nursing





## Postgraduate Certificate Family and Bereavement Support in Palliative Care for Nursing

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Credits: 6 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/nursing/postgraduate-certificate/family-bereavement-support-palliative-care-nursing](http://www.techtute.com/us/nursing/postgraduate-certificate/family-bereavement-support-palliative-care-nursing)

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# 01

# Introduction

Recognizing the complexity and emotional depth that accompanies the end of life, nurses are increasingly able to provide not only physical care to the patient, but also comprehensive emotional and psychological support to family members. Therefore, this holistic approach helps to manage anticipatory and post-bereavement grief by facilitating empathic communication processes and ongoing support. In this context, a fully digital program has been developed, designed by highly experienced palliative care specialists, which facilitates the practical application of knowledge supported by the latest scientific research. In addition, it is supported by the innovative Relearning methodology.



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*This 100% online Postgraduate Certificate will provide you with specialized knowledge and crucial competencies to improve the quality of patient care and their family environment. With all the TECH quality guarantees!"*

Advances in understanding the emotional impact of the terminal illness process have promoted a more holistic, family-centered approach. As a result, Nursing professionals are increasingly able to provide adequate emotional support, offering spaces for active listening, counseling and resources to help families cope with loss and grief.

At this juncture, TECH has implemented this Postgraduate Certificate, which will address the intersection between psychology and medical care, especially in contexts of advanced illness. Through this specialization, professionals will be able to apply psychological principles to improve the understanding and management of emotions, stress and bereavement.

The syllabus will also enhance graduates' communication skills to ensure effective and compassionate interaction, which is key to managing sensitive situations such as discussing prognoses and treatment options. In addition, they will be instructed on how to design procedures that avoid the conspiracy of silence, a common phenomenon where family members and professionals avoid talking about the seriousness of the situation to protect the patient, but which often results in increased anxiety and isolation.

Finally, fundamental clinical and ethical issues, such as the differences between palliative sedation and euthanasia, will be discussed in depth. In this regard, concepts, practices and legal considerations will be clarified, allowing nurses to better understand their roles and ethical decisions in end-of-life care. In addition, advanced strategies will be developed to help families manage bereavement.

In this way, TECH has launched a complete and fully online program, created specifically to meet the specific needs of students, who will only need an electronic device connected to the Internet to access the study materials. In addition, it integrates the innovative Relearning methodology, which consists of the repetition of key concepts to facilitate and improve the assimilation of the content.

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

- ♦ The development of case studies presented by experts in Family and Bereavement Support in Palliative Care for Nursing
- ♦ 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 the self-assessment process can be carried out 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



*You will sensitively and effectively manage the emotional and psychosocial aspects of grief, facilitating better communication and support during the most difficult times of terminal illness. Enroll now!"*

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*You'll break down communication barriers in an ethical and empathetic manner, ensuring that the patient's loved ones are adequately informed and supported, thanks to a comprehensive library of multimedia resources”*

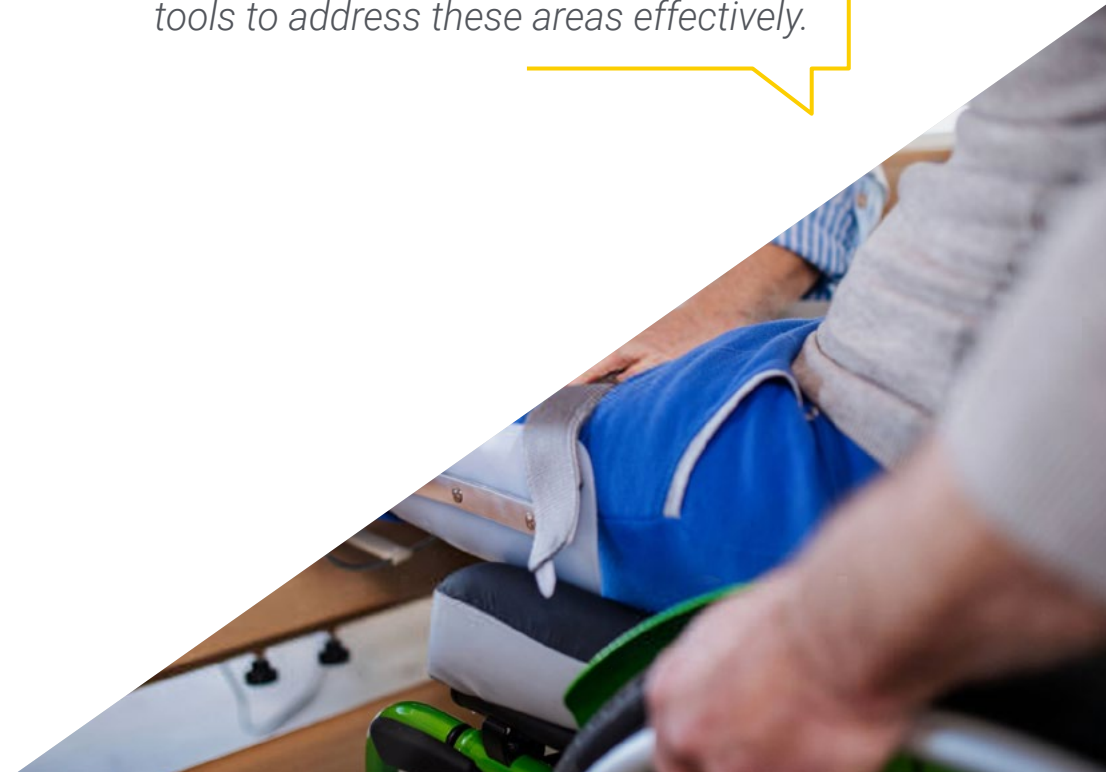
The program's teaching staff includes professionals from the sector who contribute their work experience to this specializing program, as well as renowned specialists from leading societies and prestigious universities.

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 focus on crucial ethical and clinical issues, such as differentiating between palliative sedation and euthanasia, as well as developing strategies to avoid the conspiracy of silence.*

*You will dive into understanding the emotional and psychosocial dimensions of terminal illness, equipping you with tools to address these areas effectively.*



# 02 Objectives

The main objective of this university program will be to empower professionals with specialized skills and knowledge, to improve the quality of care provided to terminally ill patients and their families. Therefore, it will delve into the understanding of the emotional and psychological dynamics involved in the grieving process, as well as distinguish between ethical clinical practices, such as palliative sedation and euthanasia. In addition, they will focus on developing competencies to address and dismantle the conspiracy of silence, ensuring that patients and their loved ones are fully informed and supported in their experience.





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*You will equip yourself with advanced skills in communication, psychology and ethics, in order to facilitate empathetic and effective accompaniment of families during the bereavement process"*



## General Objectives

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- ◆ 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





## Specific Objectives

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- ♦ 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 the illness



*Take advantage of this unique opportunity that only TECH offers you! You will update your clinical practice in Family and Bereavement Support in Palliative Care through the best didactic materials, at the forefront of technology and education"*

03

# Course Management

The teachers are highly qualified professionals with a solid background in nursing, psychology and medical ethics, specialized in the field of palliative care. These experts combine a wealth of practical experience in the direct care of terminally ill patients and their families with a deep theoretical knowledge that will enable them to provide quality education. In addition, their pedagogical approach is comprehensive, emphasizing both technical competence and the emotional and ethical sensitivity necessary to deal with patients in highly vulnerable situations.





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*Teachers will integrate the latest evidence and advances in palliative care, assuring you of up-to-date and relevant teaching”*

## 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



# 04

## Structure and Content

The content of this academic program will range from the theoretical and practical understanding of the psychology of grief and family dynamics, to the management of complex situations, such as the communication of bad news and the differentiation between palliative sedation and euthanasia. In addition, they will learn innovative techniques to improve the approach and interaction with family members, as well as strategies for effective bereavement management and procedures to avoid the conspiracy of silence, all focused on enhancing the communication and ethical skills of nurses.





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*You will be prepared to act with sensitivity, knowledge and respect, ensuring that the care provided respects the patient's dignity and supports the family throughout the palliative care process"*

## Module 1. Family and Bereavement Care in Palliative Care

- 1.1. Psycho-Oncology
  - 1.1.1. Psychological Assessment of the Patient in Palliative Care
  - 1.1.2. Adaptation Process of the Patient at the End of Life
  - 1.1.3. Support for the Terminally Ill Patient
- 1.2. The Family of the Palliative and Terminally Ill Patient
  - 1.2.1. Family Assessment and Functioning
  - 1.2.2. The Process of Adaptation of the Family to the End-of-Life Situation.
  - 1.2.3. Support for the Family in the Terminal Phase
  - 1.2.4. Caregiver Burden in Palliative Care
- 1.3. Bereavement in Palliative Care
  - 1.3.1. Assessment
  - 1.3.2. Symptoms of Bereavement
  - 1.3.3. Complicated or Pathological Grief
  - 1.3.4. Psychological Assessment and Counseling in Bereavement
- 1.4. Spirituality and Palliative Care
  - 1.4.1. Approach to Spirituality in the Consultation Room
  - 1.4.2. Facilitating Spiritual Services
  - 1.4.3. Empathy
- 1.5. Anticipated Wishes
  - 1.5.1. What Does It Involve
  - 1.5.2. Current Legality
  - 1.5.3. Process
  - 1.5.4. Benefits of Having an Advance Directive
- 1.6. Last Days of Life (LDS) Situation
  - 1.6.1. Characteristics and Diagnosis of LDS
  - 1.6.2. General Care in LDS
  - 1.6.3. Symptomatic Control in LDS
- 1.7. Non-pharmacological Measures in the Last Days of Life
  - 1.7.1. Psychological Support
  - 1.7.2. Hydration
  - 1.7.3. Advice to Family Members
  - 1.7.4. Instrumental Support at Home



- 1.8. Refractory Symptoms
  - 1.8.1. What do They Consist of?
  - 1.8.2. Most Common Symptoms at the End of Life
  - 1.8.3. Management of Refractory Symptoms
- 1.9. Palliative Sedation
  - 1.9.1. Type I:
  - 1.9.2. Indications for Palliative Sedation
  - 1.9.3. Pharmacology of Sedation
  - 1.9.4. Differences Between Sedation and Euthanasia
- 1.10. Euthanasia in Palliative Care
  - 1.10.1. Differences Between Palliative Sedation and Euthanasia
  - 1.10.2. Current Legality
  - 1.10.3. Process
  - 1.10.4. Euthanasia Process

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*The comprehensive approach of the program will not only strengthen your ability to act with sensitivity and knowledge, but also improve the overall quality of palliative care management. Bet on TECH!”*



# 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.





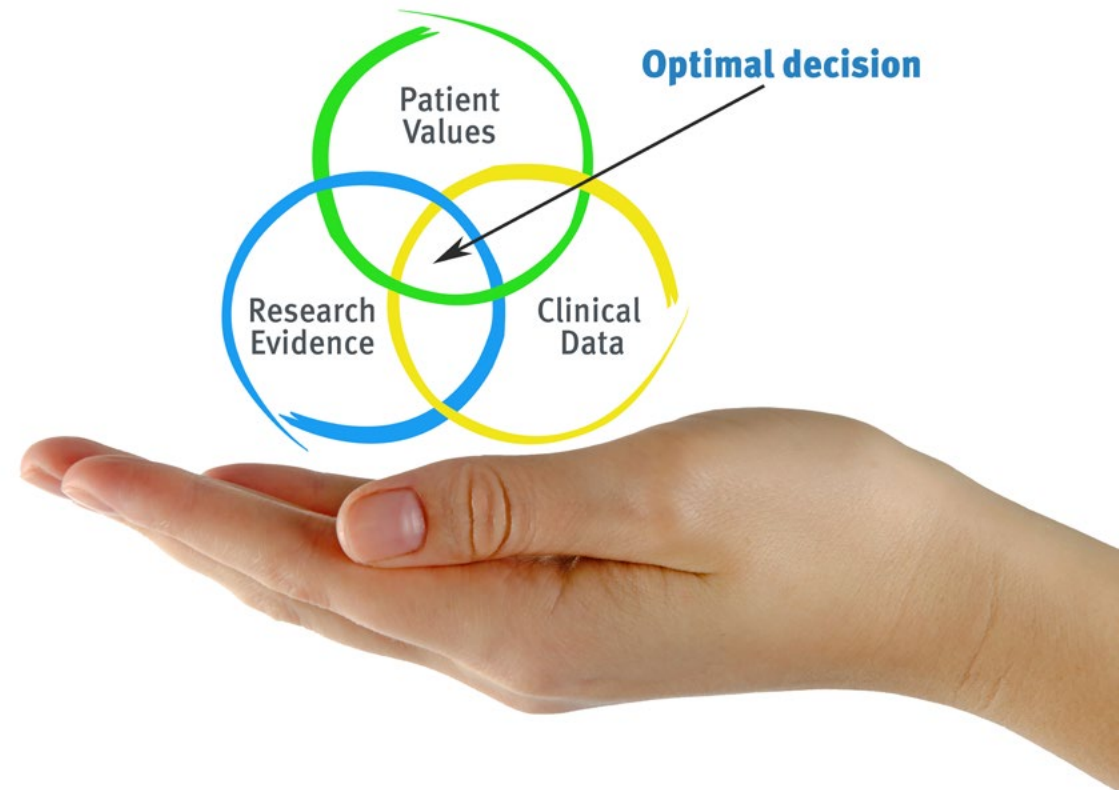
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization”*

## At TECH Nursing School we use the Case Method

In a given situation, what should a professional do? 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. Nurses learn better, faster, and more sustainably over time.

*With TECH, nurses can experience a learning methodology 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, in an attempt to recreate the real conditions in professional nursing 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. Nurses who follow this method not only grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on practical skills that allow the nursing professional to better integrate knowledge acquisition into the hospital setting or primary care.
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 case studies with a 100% online learning system based on repetition combining a minimum of 8 different elements in each lesson, which is a real revolution compared to the simple study and analysis of cases.



*The nurse will learn through real cases and by solving 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 we have trained more than 175,000 nurses with unprecedented success in all specialities regardless of practical workload. 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.

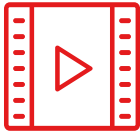
*Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.*

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 really 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.



### Nursing Techniques and Procedures on Video

We introduce you to the latest techniques, to the latest educational advances, 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 them as many times as you want.



### Interactive Summaries

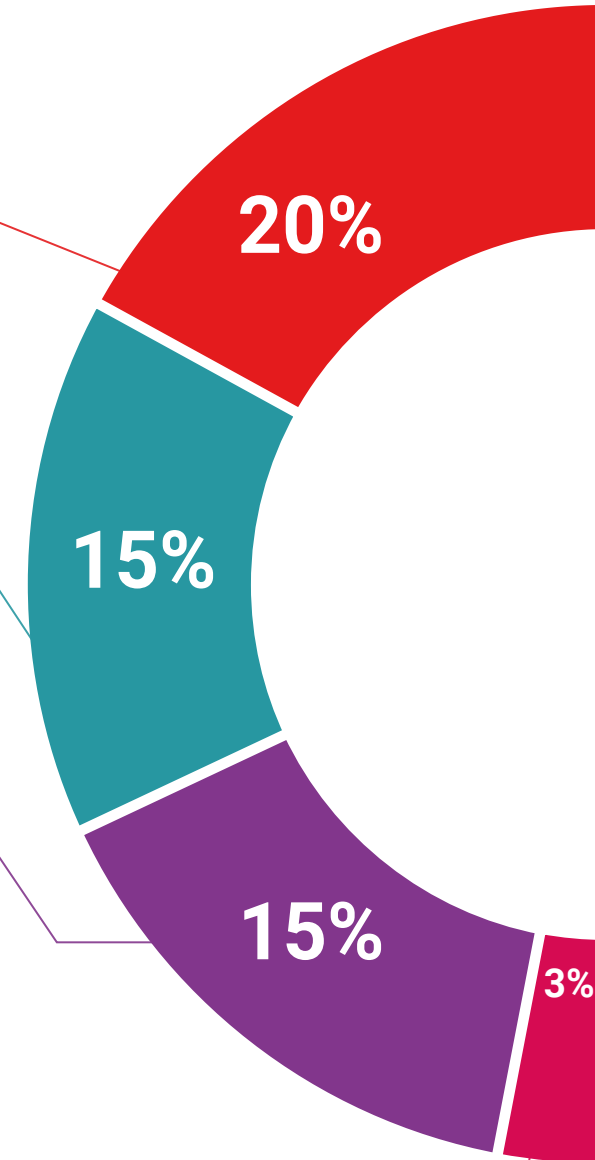
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

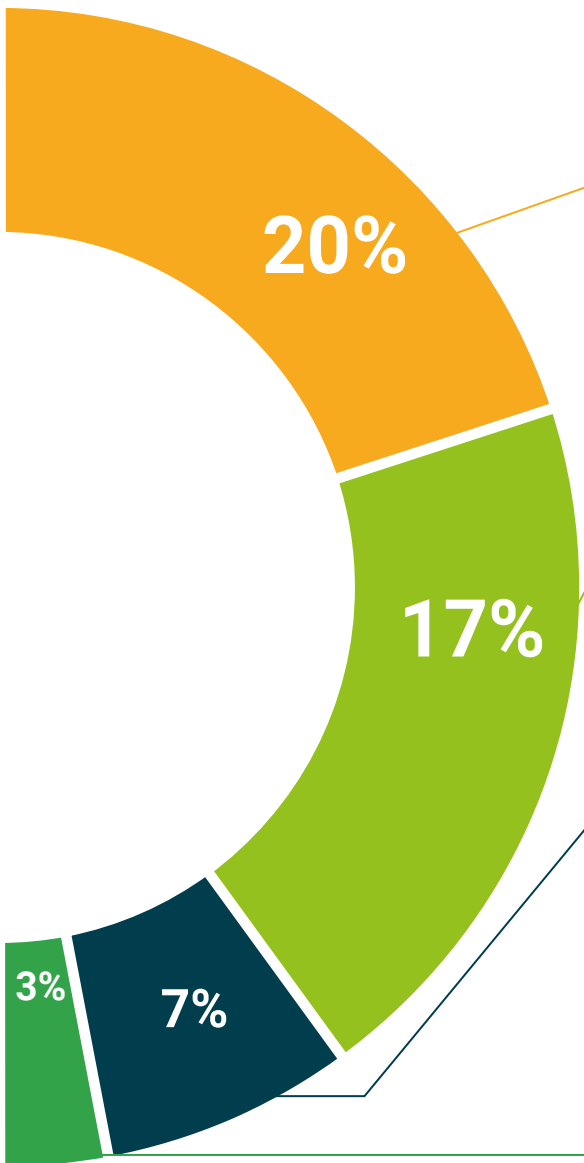
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



### 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 suggesting that observing third-party experts can be useful.  
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 Certificate in Family and Bereavement Support in Palliative Care for Nursing guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Global University.





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*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 Certificate in Family and Bereavement Support in Palliative Care for Nursing**

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 Certificate in Family and Bereavement Support in Palliative Care for Nursing**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 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 presentation  
online development languages  
classroom



## Postgraduate Certificate Family and Bereavement Support in Palliative Care for Nursing

- » Modality: **online**
- » Duration: **6 weeks**
- » Certificate: **TECH Global University**
- » Credits: **6 ECTS**
- » Schedule: **at your own pace**
- » Exams: **online**

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