Postgraduate Certificate
Symptom Management in Palliative Care for Nursing

tech global university

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Symptom Management 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.techtitute.com/us/nursing/postgraduate-certificate/symptom-management-palliative-care-nursing**

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01
Introduction

Symptom Management in Palliative Care focuses on the meticulous assessment and effective management of physical symptoms such as pain, fatigue and dyspnea, in addition to addressing psychological, social and spiritual issues. Therefore, Nursing professionals, armed with specialized qualifications and a holistic approach, work in multidisciplinary teams to provide comprehensive support that is tailored to the individual needs and preferences of the patient and family. In this scenario, a fully online program is offered, developed by professionals with vast experience in palliative care. A program that applies the knowledge gained, coinciding with recent scientific research. Moreover, it is based on the innovative Relearning methodology, which is a pioneer in TECH.

This 100% online Postgraduate Certificate will provide you with specialized knowledge and advanced techniques for the effective management of complex symptoms affecting patients in advanced stages of illness"

Palliative care nurses not only focus on physical pain relief, but also address emotional, social and spiritual aspects of the patient. Using medications, complementary therapies and supportive techniques, they work closely together to ensure holistic and quality care.

It is in this context that this Postgraduate Certificate is born, which will specialize professionals in the deep understanding of the physiological and pathological bases behind the symptomatology that commonly affects patients in terminal states. It will also cover a wide range of conditions, from chronic pain to dyspnea and fatigue, delving into the biological mechanisms and systemic interactions that contribute to these states.

It will also focus on the recognition of variations among similar symptoms, understanding their origin and specific manifestations for appropriate evaluation and treatment. In addition, advanced techniques will be taught to perform comprehensive health examinations of terminally ill patients, ensuring that no aspect of the patient's well-being is overlooked. From physical assessment, to consideration of psychological and social factors, graduates will perform comprehensive screening.

Finally, emphasis will be placed on acquiring practical skills to treat each symptom optimally, using both pharmacological and non-pharmacological interventions. This comprehensive approach will be vital for the implementation of therapeutic strategies that effectively alleviate symptoms and improve the quality of life of patients in their final stages. Without overlooking the importance of empathic communication skills and teamwork, crucial for success in palliative care.

Therefore, TECH has launched a comprehensive and fully digital program, designed to adapt to the individual needs of students, who will only require an electronic device with an Internet connection to access the teaching materials. Additionally, the Relearning methodology is included, which emphasizes the repetition of fundamental concepts to improve and naturalize the assimilation of the content.

This **Postgraduate Certificate in Symptom Management 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 Symptom Control 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'll become skilled not only in improving patients' quality of life through more effective symptom management, but also in providing more competent emotional and psychological support"

"*You'll perform comprehensive health screenings for terminally ill patients and develop specific skills to optimally address each symptom through an extensive library of multimedia resources*"

You will be updated on the causes of symptoms such as pain, fatigue, dyspnea and other common clinical signs in palliative care, acquiring a robust scientific basis to support your subsequent clinical interventions.

You will use assessment tools and measurement scales, essential in the palliative care setting, enabling you to effectively and empathetically document and track patient progress. Enroll now!
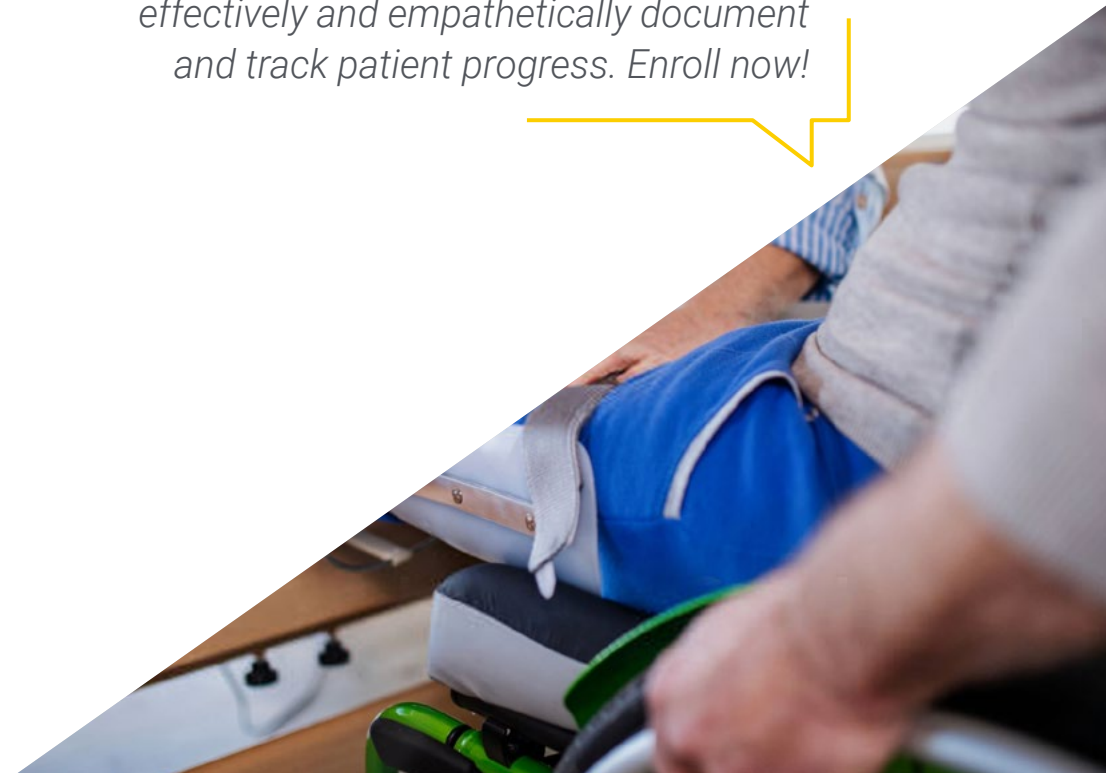
The program's teaching staff includes professionals from the sector who contribute their work experience to this specializing program, as well as renowned specialists from leading societies and prestigious universities.

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.

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Objectives

The main objective of this Postgraduate Certificate will be to qualify healthcare professionals to provide effective and empathetic care to patients with advanced and terminal illnesses. In this way, nurses will be equipped with a thorough understanding of the physiological and pathological basis of common symptoms, as well as skills for the accurate identification and assessment of various symptoms, gaining advanced techniques for the optimal management and treatment of each symptom.

"You'll keep your communication and empathy skills up to date, enhancing your interaction with patients and their families, and ensuring comprehensive care that respects their dignity and improves their quality of life"

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

Specific Objectives

- Understand the physiological and pathological basis of common symptomatology
- Accurately identify the different types of symptoms
- Perform comprehensive examinations in the health of terminally ill patients
- Acquire skills to treat each symptom optimally

" *You will strengthen your accuracy in the identification of different types of symptoms, performing comprehensive assessments of the health status of patients, thanks to the best didactic materials, at the forefront of technology and education"*

Course Management

The teaching team of the academic course will be composed of highly qualified professionals, with extensive experience in clinical practice and academic teaching. Therefore, these mentors include palliative care experts, palliative physicians and other health experts who will bring a rich diversity of perspectives and experiences. Moreover, they not only have mastered the technical and theoretical aspects of symptom management, but also have a deep understanding of the emotional and ethical challenges associated with end-of-life care.

The faculty's pedagogical approach will emphasize interactive learning, case study resolution and ethical reflection, preparing you to face complex situations with competence and compassion"

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

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Structure and Content

Graduates will be immersed in the pathophysiology of the most common symptoms in palliative care, such as pain, dyspnea and nausea, among others, updating on their causes, manifestations and repercussions on the patient's quality of life. In addition, it will emphasize techniques to perform comprehensive evaluations of the patient, using appropriate assessment tools that allow an accurate assessment of the physical and emotional state. They will also delve into advanced strategies for symptom management, including pharmacological and non-pharmacological interventions.

"You will apply clinical interventions within an interdisciplinary framework and holistic approach, ensuring personalized, patient-centered care"

Module 1. Symptom Management

1.1.   Symptom Management
    1.1.1.   Consultation Approach
    1.1.2.   How to Reflect the Severity of Symptoms
    1.1.3.   Scales
1.2.   Anorexia-Cachexia
    1.2.1.   Approach
    1.2.2.   Monitoring
    1.2.3.   Treatment
1.3.   Anxiety- Depression
    1.3.1.   Approach
    1.3.2.   Monitoring
    1.3.3.   Treatment
1.4.   Digestive Symptoms
    1.4.1.   Nausea
    1.4.2.   Constipation
    1.4.3.   Dysphagia
1.5.   Respiratory Symptoms
    1.5.1.   Cough
    1.5.2.   Hemoptysis
    1.5.3.   Stators
1.6.   Hiccup
    1.6.1.   Approach
    1.6.2.   Monitoring
    1.6.3.   Treatment
1.7.   Delirium
    1.7.1.   Approach
    1.7.2.   Monitoring
    1.7.3.   Treatment

"

The content will provide you with a solid foundation and practical skills to deliver quality, compassionate palliative care, supported by a revolutionary learning methodology known as Relearning"

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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.

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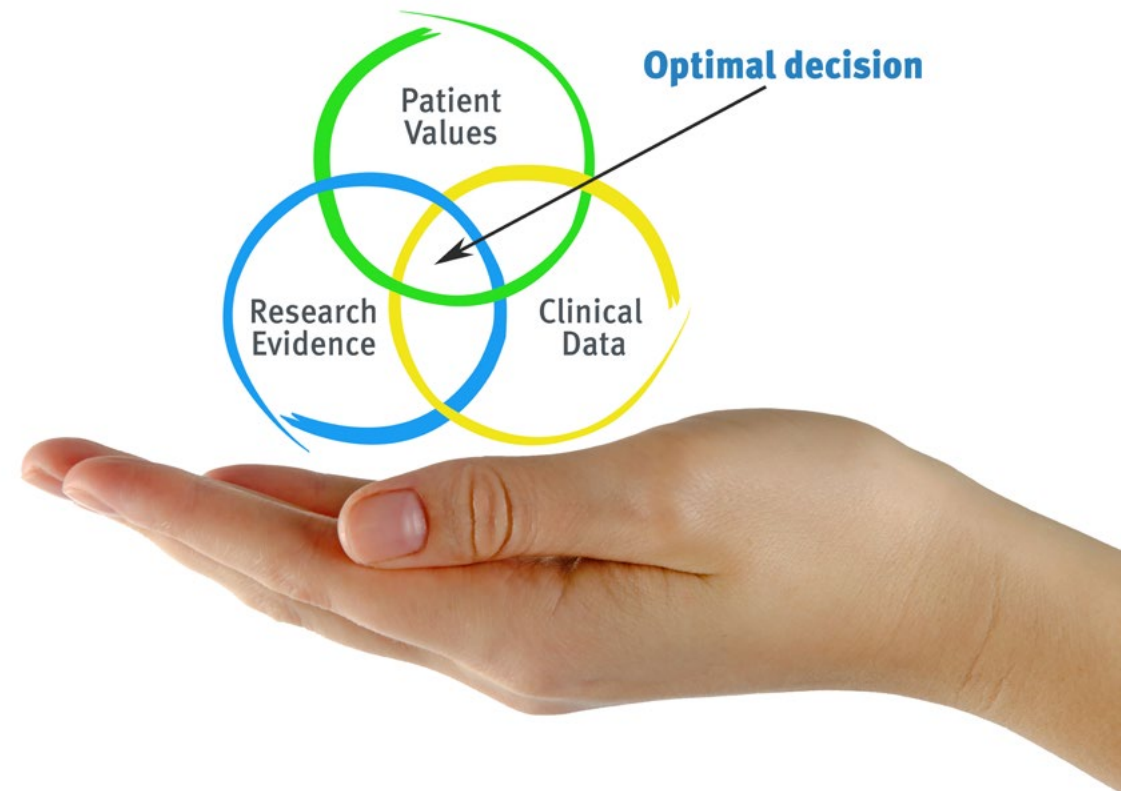
According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that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

> *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.

01 learning from evidence

02 relearning from evidence

03 testing

04 learning from an expert

05 neurocognitive context dependent learning

06 Von-Restorff effect

07 case based learning through storytelling

08 competencies testing (retesting)

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.

20%

15%

15%

3%

20%

17%

7%

3%
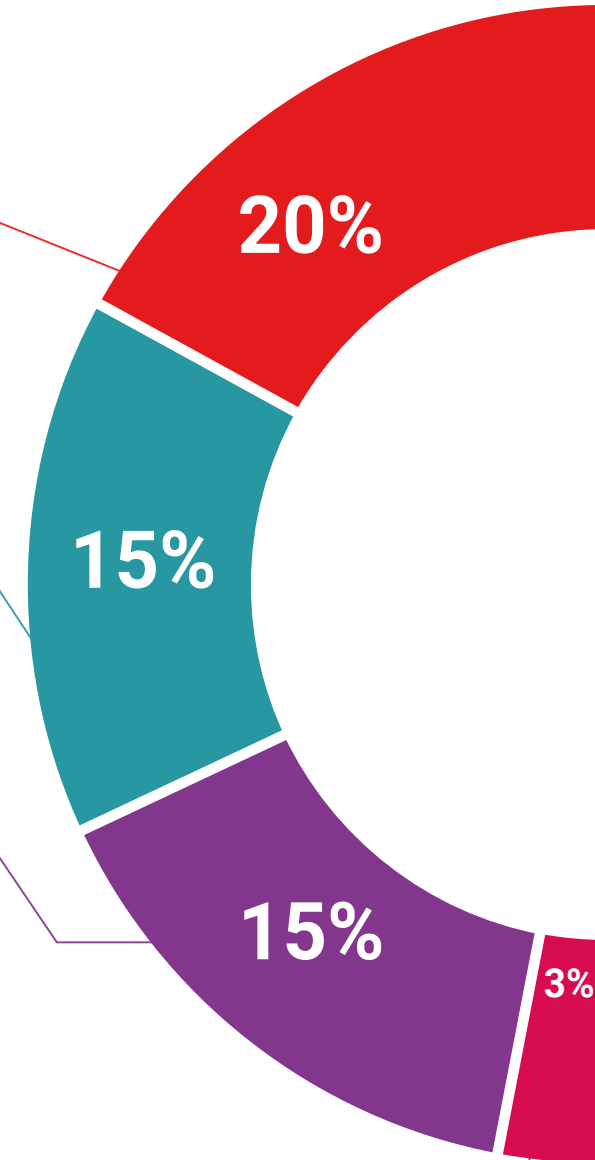
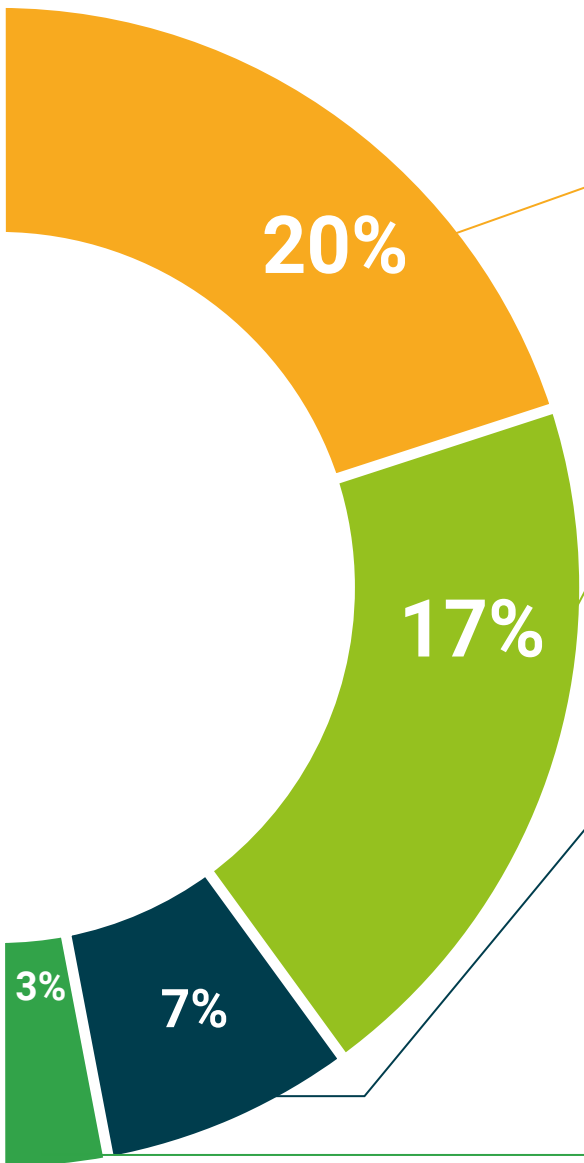### Expert-Led Case Studies and Case Analysis

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.

Certificate

The Postgraduate Certificate in Symptom Management 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.

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 Symptom Management 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 Symptom Management in Palliative Care for Nursing**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**

tech *global university*

Mr./Ms. _____, with identification document _____ has successfully passed and obtained the title of:

Postgraduate Certificate in Symptom Management in Palliative Care for Nursing

This is a private qualification of 180 hours of duration equivalent to 6 ECTS, with a start date of dd/mm/yyyy and an end date of dd/mm/yyyy.

TECH Global University is a university officially recognized by the Government of Andorra on the 31st of January of 2024, which belongs to the European Higher Education Area (EHEA).

In Andorra la Vella, on the 28th of February of 2024

Dr. Pedro Navarro Illana
Dean

This qualification must always be accompanied by the university degree issued by the competent authority to practice professionally in each country.   Unique TECH Code: AFWORD23S   techtitute.com/certificates

*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.

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