

# Postgraduate Diploma

## Symptom Management in Palliative Care for Nursing





## Postgraduate Diploma Symptom Management in Palliative Care for Nursing

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

Website: [www.techtute.com/us/nursing/postgraduate-diploma/postgraduate-diploma-symptom-management-palliative-care-nursing](http://www.techtute.com/us/nursing/postgraduate-diploma/postgraduate-diploma-symptom-management-palliative-care-nursing)

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# 01

# Introduction

Symptom control in palliative care represents a fundamental facet of nursing practice, focusing on improving the quality of life of patients with advanced or terminal illnesses. In fact, nursing professionals play a key role in the comprehensive management of symptoms such as pain, dyspnea, fatigue and gastrointestinal problems, among others. Within this framework, a fully online program has been created, designed by specialized professionals with extensive experience in palliative care. Therefore, it provides a practical approach, which facilitates the application of knowledge in daily practice, aligned with the latest scientific evidence. Additionally, it is based on the revolutionary Relearning methodology, which is a pioneer in TECH.







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*Thanks to this 100% online Postgraduate Diploma, you will update your clinical competencies in the management of complex and multifaceted symptoms associated with advanced and terminal illnesses"*

Palliative care nurses are adopting an interdisciplinary approach that integrates the management of physical, psychological, social and spiritual symptoms. From managing pain and dyspnea, to addressing anxiety and depression, nursing professionals are specialized to provide compassionate, personalized care that improves patients' quality of life.

This is how this Postgraduate Diploma was born, which will delve into pain from its anatomical basis to the most effective forms of exploration. Therefore, graduates will be able to identify and differentiate the different types of pain in order to be able to apply the most effective conventional treatments. In addition, they will be immersed in alternative and innovative techniques, therefore expanding their repertoire of tools to combat pain, considering the individuality of patients and their specific needs.

The study plan will also focus on recognizing the different types of symptoms that palliative care patients may present, covering appropriate methods to explore patients to ensure accurate diagnosis and effective intervention. In this way, nurses will be able to treat each symptom in a correct and personalized way, basing their interventions on clinical evidence and empathy.

Finally, professionals will differentiate between palliative and terminal patients, which is crucial for clinical decision making. In addition, the most frequent emergencies in these patients will be reviewed, as well as their clinical management, including knowledge of the most appropriate treatments for each situation. This will be essential to prepare nurses to respond quickly and effectively.

For this reason, TECH has introduced a comprehensive, online program, designed to be flexible and responsive to the specific needs of the student body. To access study materials, all that is required is an electronic device connected to the Internet. In addition, it employs the innovative Relearning methodology, which focuses on the repetition of essential concepts to achieve a detailed and clear understanding of the contents.

This **Postgraduate Diploma 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 Management in Palliative Care for Nursing
- ♦ The graphic, schematic and practical contents with which it is conceived gather scientific and practical information on those disciplines that are essential 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 lead in clinical decision making, collaborating effectively with multidisciplinary teams and providing emotional and psychosocial support to both patients and their families"*

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*You will effectively manage palliative care patients on a symptom-by-symptom basis, offering a personalized and compassionate approach to optimize the patient's quality of life"*

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 differentiate between palliative and terminal patients, and you will also specialize in the most common emergencies that may arise in this context. What are you waiting to enroll?*

*You will cover conventional treatments, as well as alternatives and new therapies to improve pain management in palliative care patients, all through an extensive library of multimedia resources.*



# 02

## Objectives

The main objective of this Postgraduate Diploma will be to specialize nursing professionals to acquire a deep understanding and advanced skills in the management of complex symptoms in patients with advanced and terminal illnesses. Therefore, nurses will be equipped with effective tools to efficiently assess and treat pain and other symptoms, using both conventional methods and innovative techniques. Graduates will also be prepared to handle emergency situations in the palliative context, ensuring timely and appropriate interventions.







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*You will be qualified in the effective management of pain and other complex symptoms, as well as in recognizing and addressing specific emergencies in the context of palliative care”*



## 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



*You will develop empathetic communication skills and foster interdisciplinary teamwork, ensuring holistic care that responds to the physical, emotional and spiritual needs of patients and families"*





## Specific Objectives

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### Module 1. Pain Treatment

- ◆ Delve into the knowledge of pain
- ◆ Analyze conventional treatments
- ◆ Provide patients with information about their pain condition, as well as self-regulation and self-care strategies to manage it effectively
- ◆ Investigate alternative and innovative techniques for implementation in clinical practice

### Module 2. Symptom Management

- ◆ 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

### Module 3. Emergencies in Palliative Care

- ◆ Differentiate between palliative and terminal patients
- ◆ Recognize the most frequent emergencies in palliative patients
- ◆ Carry out a correct clinical management of palliative emergencies
- ◆ Adjust the most appropriate treatments according to the specific needs of the patient



03

# Course Management

The faculty are highly qualified professionals with vast experience in the field of health and palliative medicine. In fact, these mentors are not only recognized for their clinical practice and skills in complex symptom management, but also for their contribution to research and development of new methodologies in palliative care. Therefore, their direct experience and commitment to continuing education will ensure that the contents are aligned with the latest practices and advances in the field, providing graduates with in-depth and up-to-date specialization.







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*The teaching team is composed of experts in palliative medicine, expert nurses and other healthcare professionals, who will bring a comprehensive and multidisciplinary perspective to the program"*

## 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. Tarraso Gómez, María Luisa

- ♦ Assistant Physician of the Home Hospitalization and Palliative Care Unit of La Ribera University Hospital
- ♦ Specialist Physician of the Pain Unit at La Ribera University Hospital
- ♦ Specialist in Family and Community Medicine. Residency at Dr. Peset Hospital
- ♦ Master's Degree in Palliative Care from the University of Valladolid
- ♦ Degree in Medicine and Surgery from the University of Valencia
- ♦ Member of: Valencian Society of Home Hospitalization and Palliative Group of the Spanish Multidisciplinary Society of Pain

**Dr. Monroy Antón, José Luis**

- ♦ Assistant Physician, Specialist in Radiation Oncology at La Ribera University Hospital
- ♦ Medical Services Doctor at the Infantry Academy of Toledo
- ♦ Director of Medical Radiodiagnosis Installations
- ♦ Occupational Risk Prevention Service Physician
- ♦ Expert of the Medical Association for Madrid Courts
- ♦ Degree in Medicine and Surgery from the Autonomous University of Madrid
- ♦ Collaborating Doctor in the Spanish Association Against Cancer
- ♦ Member of the Advisory Group to the Scientific Committee of the Spanish Society of Radiological Protection
- ♦ ESTRO Fellow" Certification
- ♦ Member of: Spanish Society of Palliative Care, Spanish Society of Radiation Oncology, European Society for Therapeutic Radiology and Oncology

**Dr. Clep, Camelia Alina**

- ♦ Specialist in Internal Medicine at the La Ribera University Hospital
- ♦ Degree in Medicine and Surgery from Iuliu-Hatieganu University, Cluj-Napoca Romania
- ♦ Attending Physician in the Home Hospitalization and Palliative Care Unit
- ♦ Specialist Degree in Palliative Care. International University of La Rioja
- ♦ Master's Degree in Chronic Diseases. University of Barcelona
- ♦ Member of: Spanish Society of Internal Medicine, Spanish Society of Home Hospitalization and Spanish Society of Palliative Care

**Dr. Santander López, Jorge**

- ♦ Assistant Physician of the Home Hospitalization and Palliative Care Unit at La Fe Hospital
- ♦ Specialist in Family and Community Medicine
- ♦ Specialist in Home Hospitalization and Palliative Care
- ♦ Degree in Medicine and Surgery from the University of Mendoza, Argentina
- ♦ University Expert in Pain

**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



*A unique, key, and decisive educational experience to boost your professional development"*

# 04

## Structure and Content

The academic program will cover a wide range of content, designed to prepare nursing professionals in the expert and empathetic management of patients with advanced diseases. Therefore, it will cover everything from pain management, including its anatomy, assessment methods and conventional and alternative treatments, to the control of common symptoms in palliative care, such as fatigue, respiratory distress and gastrointestinal problems. It will also focus on the identification and management of specific medical emergencies in this area, specializing nurses to differentiate between palliative and terminal situations.





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*From the in-depth study of pain and its anatomy, to the exploration of conventional and alternative forms of treatment, you will gain the skills to effectively manage pain"*

## Module 1. Pain Treatment

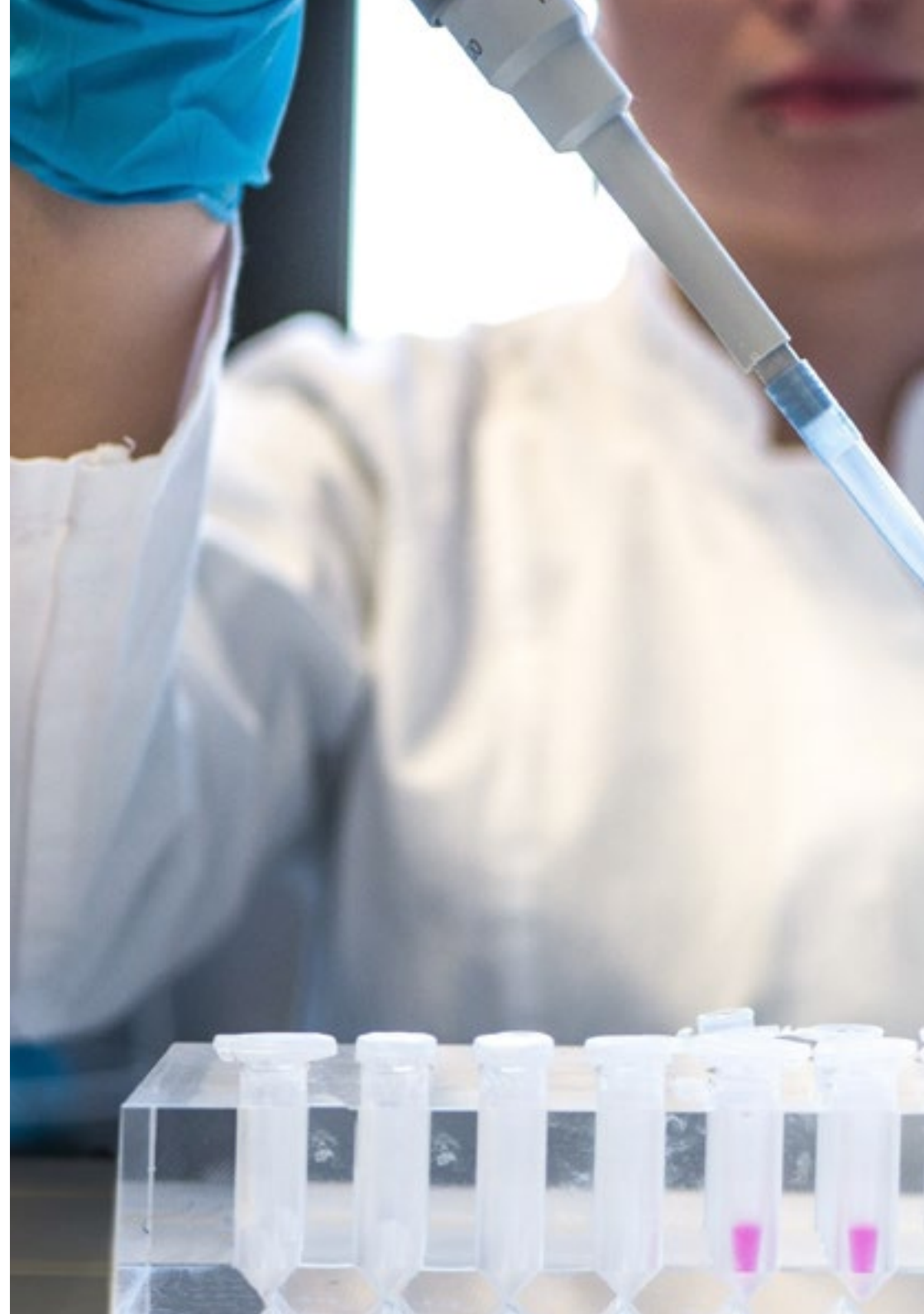
- 1.1. Pain in Palliative Care
  - 1.1.1. Approach to Pain in Palliative Care
  - 1.1.2. Epidemiology
  - 1.1.3. Most Common Types of Pain in Palliative Care Patients
- 1.2. Anatomy of Pain
  - 1.2.1. Topographic Atlas
  - 1.2.2. Pain Pathways
- 1.3. Classification
  - 1.3.1. According to Duration
  - 1.3.2. According to Origin
  - 1.3.3. According to Severity
  - 1.3.4. According to Pathophysiology
- 1.4. Pain Assessment and Diagnosis
  - 1.4.1. Anamnesis and Examination
  - 1.4.2. Scales and Algorithms
  - 1.4.3. Imaging Techniques
- 1.5. Pharmacological Treatment of Pain in the Palliative Patient
  - 1.5.1. Usual Pharmacological Treatment
  - 1.5.2. Pharmacological Treatment of the Most Frequent Comorbidities: IR, CHF, Hepatic Insufficiency, Cognitive Impairment
  - 1.5.3. Opioid Rotation
- 1.6. Non-Pharmacological Treatment
  - 1.6.1. Physical Therapy
  - 1.6.2. Radiotherapy
  - 1.6.3. Rehabilitation
- 1.7. Pain in the Palliative Oncology Patient
  - 1.7.1. Consultation Approach
  - 1.7.2. Most Frequent Types of Pain
  - 1.7.3. Treatment and Follow-up Guidelines



- 1.8. Intervention Techniques
    - 1.8.1. Ganglion Ablation
    - 1.8.2. Infiltrations
    - 1.8.3. Plexus
    - 1.8.4. Drug Infusion Pumps
    - 1.8.5. Neuro-Modulators
  - 1.9. Pain Associated with Antineoplastic Treatment
    - 1.9.1. Hypercalcemia
    - 1.9.2. Tumor lysis
    - 1.9.3. Related to Radiotherapy
  - 1.10. Repercussions of Pain
    - 1.10.1. On the Quality of Life
    - 1.10.2. On the Emotional Sphere
    - 1.10.3. Economic Repercussions
- Module 2. Symptom Management**
- 2.1. Symptom Management
    - 2.1.1. Consultation Approach
    - 2.1.2. How to Reflect the Severity of Symptoms
    - 2.1.3. Scales
  - 2.2. Anorexia-Cachexia
    - 2.2.1. Approach
    - 2.2.2. Monitoring
    - 2.2.3. Treatment
  - 2.3. Anxiety- Depression
    - 2.3.1. Approach
    - 2.3.2. Monitoring
    - 2.3.3. Treatment
  - 2.4. Digestive Symptoms
    - 2.4.1. Nausea
    - 2.4.2. Constipation
    - 2.4.3. Dysphagia
  - 2.5. Respiratory Symptoms
    - 2.5.1. Cough
    - 2.5.2. Hemoptysis.
    - 2.5.3. Stators
  - 2.6. Hiccup
    - 2.6.1. Approach
    - 2.6.2. Monitoring
    - 2.6.3. Treatment
  - 2.7. Delirium
    - 2.7.1. Approach
    - 2.7.2. Monitoring
    - 2.7.3. Treatment
  - 2.8. Asthenia
    - 2.8.1. Approach
    - 2.8.2. Monitoring
    - 2.8.3. Treatment
  - 2.9. Pruritus
    - 2.9.1. Approach
    - 2.9.2. Monitoring
    - 2.9.3. Treatment
  - 2.10. Seizures
    - 2.10.1. Approach
    - 2.10.2. Monitoring
    - 2.10.3. Treatment

### Module 3. Emergencies in Palliative Care

- 3.1. Febrile Neutropenia
  - 3.1.1. Infections in Palliative Medicine
  - 3.1.2. Approach and Diagnosis
  - 3.1.3. Treatment
- 3.2. Tumor lysis Syndrome
  - 3.2.1. Approach
  - 3.2.2. Diagnosis
  - 3.2.3. Treatment
- 3.3. Spinal Cord Compression
  - 3.3.1. Approach
  - 3.3.2. Diagnosis
  - 3.3.3. Treatment
- 3.4. Hypercalcemia
  - 3.4.1. Approach
  - 3.4.2. Diagnosis
  - 3.4.3. Treatment
- 3.5. DVT- PTE
  - 3.5.1. Approach
  - 3.5.2. Diagnosis
  - 3.5.3. Treatment
- 3.6. Anxiety Attack.
  - 3.6.1. Approach
  - 3.6.2. Diagnosis
  - 3.6.3. Treatment
- 3.7. Intestinal Occlusion
  - 3.7.1. Approach
  - 3.7.2. Diagnosis
  - 3.7.3. Treatment







- 3.8. Massive Hemorrhage
  - 3.8.1. Approach
  - 3.8.2. Diagnosis
  - 3.8.3. Treatment
- 3.9. Oncologic Breakthrough Pain
  - 3.9.1. Approach
  - 3.9.2. Diagnosis
  - 3.9.3. Treatment
- 3.10. Others in Emergency Situations
  - 3.10.1. Hemoptysis.
  - 3.10.2. Gastrointestinal Bleeding
  - 3.10.3. Dyspnea

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*This comprehensive approach will enable you to develop clinical and communication skills to improve the patient's quality of life and offer support to families during complex and emotionally challenging processes”*

# 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.



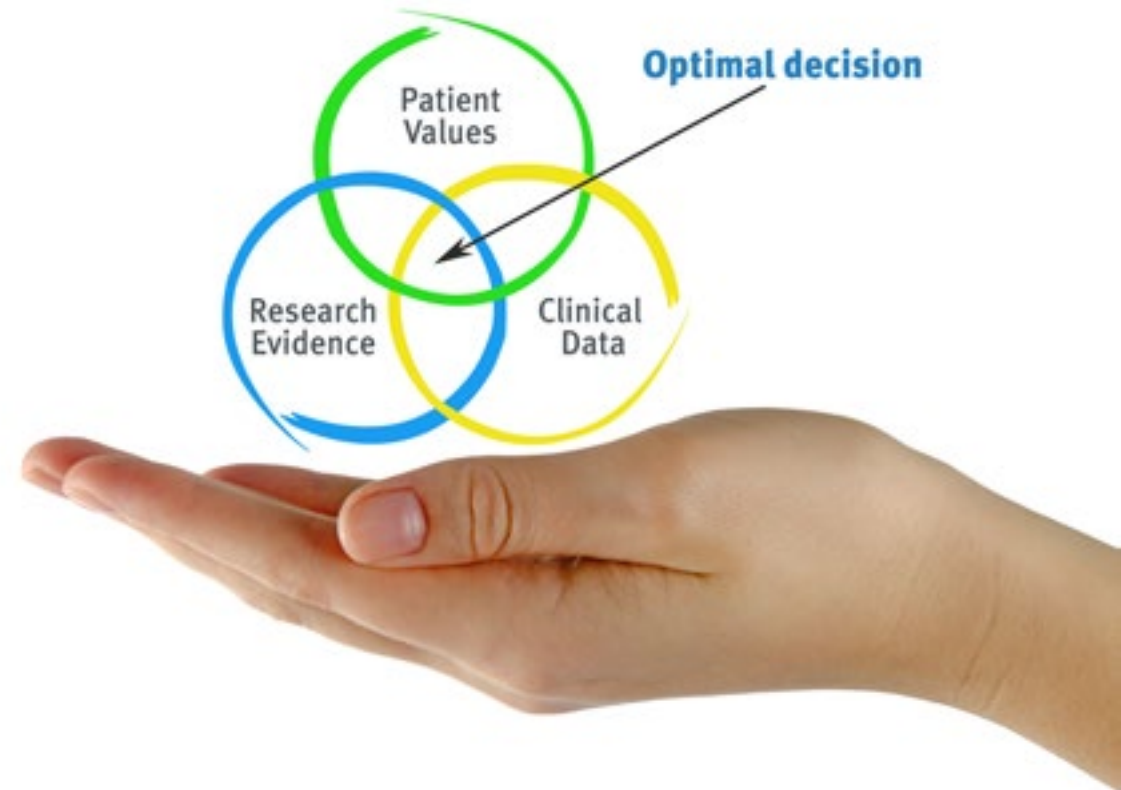
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## 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.

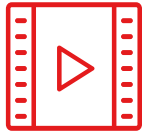
*Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.*

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

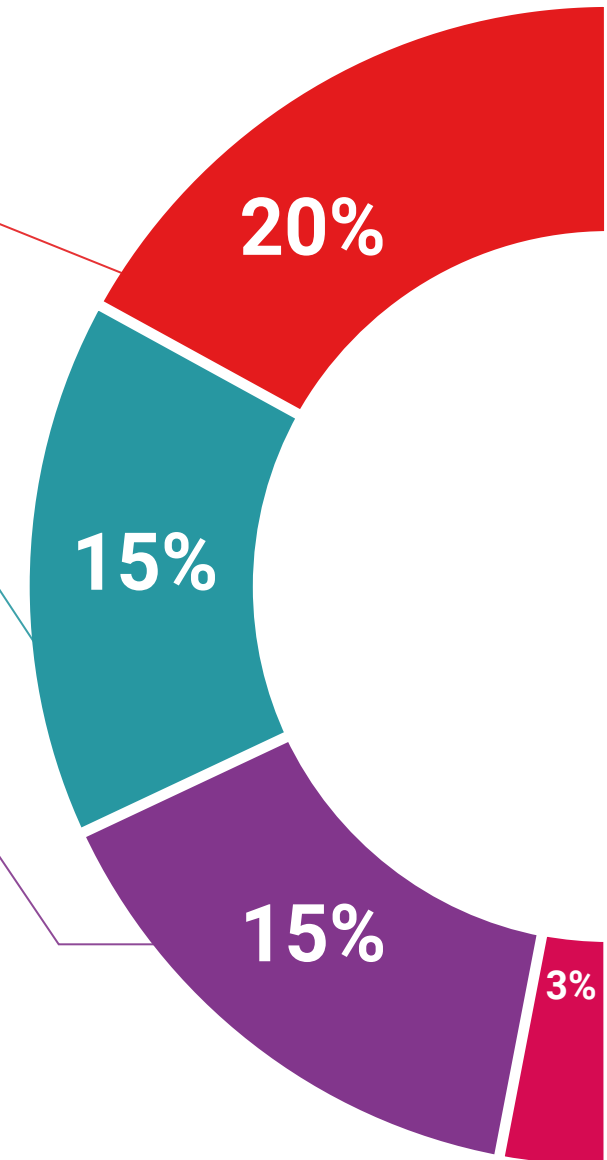
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

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

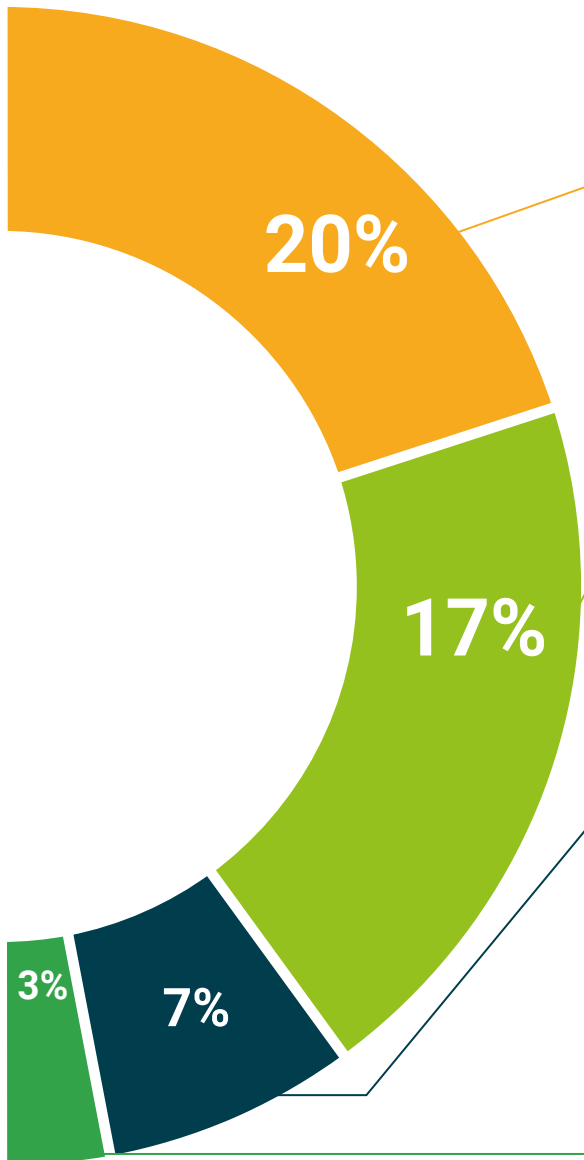


### Additional Reading

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 Diploma 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.



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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 Diploma 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.

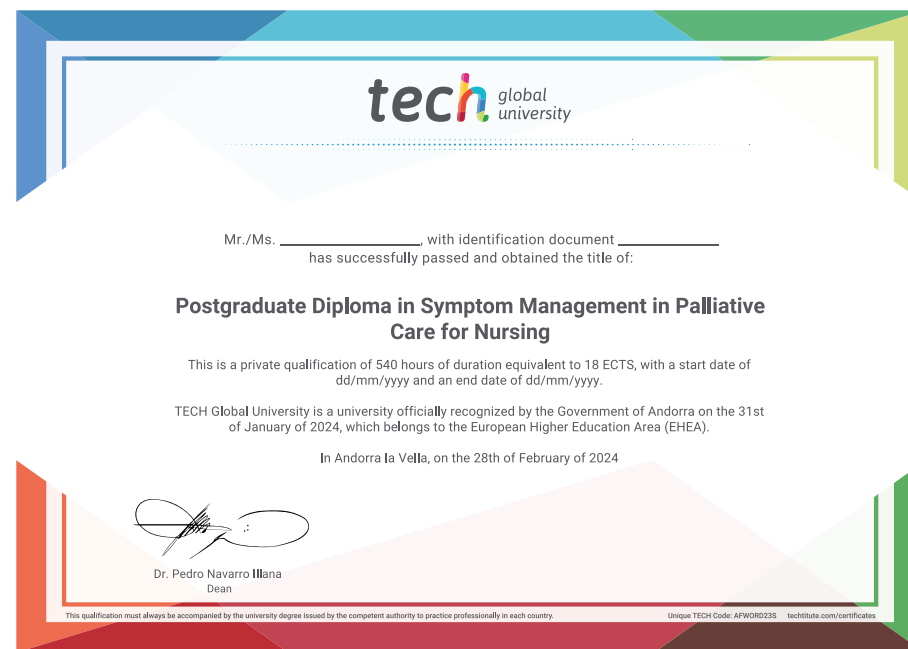
This **TECH Global University** private qualification is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Diploma in Symptom Management in Palliative Care for Nursing**

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  
classroom



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