Curriculum for

Post-Doctoral Fellowship Course

in

PALLIATIVE MEDICINE

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**SRI AUROBINDO UNIVERSITY**

SAIMS HOSPITAL CAMPUS, Indore Ujjain, State Highway, Bhawrasla, Indore, Madhya Pradesh 453555

1. **Syllabus – Palliative Medicine – Tenure of 1 year**
2. **Teaching and Training Activities**

The fundamental components of the teaching programme include:

1. Case presentations & discussion- once a week
2. Seminar — Once a week
3. Journal club- Once a week
4. Round Presentation- weekly once.
5. Faculty lecture teaching- Twice a month
6. Clinical Audit-Once a Month
7. Present one Poster/ Paper during one year period at conference / symposium
8. Candidates will be posted as in-house resident and will attend OPD, In-patient and Home care duties as per clinical roster.
9. **Goals**
10. Understand history, philosophy and definitions of palliative care.
11. Know pathophysiology, clinical course and treatment modalities of various common illnesses presenting to palliative care.
12. Perform a thorough assessment: History and Clinical Examination of Patients with serious illnesses and distress.
13. Evaluate and /or conduct relevant investigations
14. Choose appropriate treatment modality with focus on quality of life for patients with serious illnesses and the skills for lifelong continuing education.
15. Develop teaching, training and research skills necessary for palliative medicine.
16. Understand research methodology, Data Collection, Analysis and Interpretation.
17. Follow Ethical and Medicolegally safe practice of Palliative Medicine.
18. **Teaching and Training Topics**
19. [Introduction to Palliative Care](#_TOC_250064)
    1. [History, Philosophy and Definitions](#_TOC_250063)
    2. [Personal Qualities and Behaviours of Palliative Medicine Physicians](#_TOC_250062)
20. [Physical Care](#_TOC_250059)
    1. History Taking
    2. [Clinical Examination](#_TOC_250058)
    3. [Decision Making and Clinical Reasoning](#_TOC_250057)
    4. [Disease Process and Management](#_TOC_250056)
    5. [Management of Concurrent Clinical Problems](#_TOC_250055)
    6. [Principles of Pain and Symptom Management](#_TOC_250054)
    7. [Pain Management](#_TOC_250053)
    8. [Management of Gastrointestinal Symptoms](#_TOC_250052)
    9. [Management of Respiratory Symptoms](#_TOC_250051)
    10. [Management of Genitourinary Symptoms](#_TOC_250050)
    11. [Management of Musculoskeletal and Skin Problems.](#_TOC_250049)
    12. [Management of Neurological and Psychiatric Problems](#_TOC_250048)
    13. [Management of Other Miscellaneous Symptoms](#_TOC_250047)
    14. [Management of Emergencies in Palliative Medicine](#_TOC_250046)
    15. Principles of [Public Health Related to Palliative Care](#_TOC_250045)
    16. [Pharmacology and Therapeutics in Palliative Medicine](#_TOC_250042)
    17. [Long Term Conditions in Palliative Care](#_TOC_250041)
    18. Principles of [Rehabilitation in palliative care](#_TOC_250040)
    19. Various models of Palliative care [delivery](#_TOC_250039)
    20. [Care of the Dying Patient and his/her Family](#_TOC_250038)
21. Communication
    1. [The Patient as the Central Focus of Care](#_TOC_250037)
    2. [Relationships with Patients and Communication within a Consultation](#_TOC_250036)
    3. [Communication with Patients and Carers](#_TOC_250035)
    4. [Breaking Bad News](#_TOC_250034)
    5. Goals of care discussion
    6. Documentation of advance care planning.
22. Psychosocial Care
    1. [Social and Family Relationships](#_TOC_250033)
    2. [Psychological Responses of Patients and Carers to Life-Threatening Illness and Loss](#_TOC_250032)
    3. [Interface with Psychology and Psychiatry](#_TOC_250031)
    4. [Grief and Bereavement](#_TOC_250029)
    5. Religion and Spirituality
23. Attitudes and Responses of Doctors and Other Professionals
    1. [Self-Awareness and self-care](#_TOC_250027)
    2. [The Doctor-Patient Relationship](#_TOC_250025)
    3. [Supporting Professional Colleagues](#_TOC_250024)
    4. [Team Working and Patient Safety](#_TOC_250016)
24. Ethics and legal framework
    1. [Principles of Medical Ethics and Confidentiality](#_TOC_250021)
    2. [Theoretical Ethics and Applied Ethics in Clinical Practice of Palliative Medicine](#_TOC_250020)
    3. Legal Frameworks with [Aspects of the Law Particularly Relating to Palliative Medicine Practice](#_TOC_250017)
25. Learning and Teaching
    1. [Learning and Self-Development](#_TOC_250015)
    2. [Teaching and Training](#_TOC_250014)
26. Research
    1. [Evidence and Guidelines](#_TOC_250013)
    2. Research methodology
    3. [Ethical considerations in Research](#_TOC_250012)
27. Management
    1. [Leadership Skills](#_TOC_250010) in Palliative care
    2. [Managing a Palliative Care Service](#_TOC_250006)
    3. Conducting a Clinical [Audit](#_TOC_250000)

**D. Rotatory Posting in Related Departments\***

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| **S. No.** | **Department** | **Clinical Hours** |
|  | Pain Clinic | 80 |
|  | Internal Medicine | 80 |
|  | Neurology | 48 |
|  | Nephrology | 48 |
|  | Medical Oncology | 80 |
|  | Surgical oncology | 48 |
|  | Radiation Oncology | 48 |
|  | Physiotherapy/ Occupational Therapy / Rehabilitation | 40 |
|  | Radiology and Nuclear Medicine | 40 |
|  | Psychiatry | 30 |

\*Rotation to be decided by Palliative Medicine Department

1. **Log Book**

A candidate shall maintain a log book of procedures (assisted / performed) during the training period, certified by the concerned post graduate teacher / Head of the department / senior consultant.

This log book shall be made available to the examiners for their perusal at the time of the final examination.

The log book should show evidence that the before mentioned subjects were covered (with dates and the name of teacher(s) The candidate will maintain the record of all academic activities undertaken by him/her in log book.

Details to be entered:

1. Personal profile of the candidate
2. Educational qualification/ Professional data
3. Record of case histories, family meetings
4. Procedures learnt
5. Record of case Demonstration/Presentations
6. Research work/ Paper presentation/ publications

Every candidate, at the time of practical examination, will be required to produce performance record (log book) containing details of the work done by him/her during the entire period of training as per requirements of the log book. It should be duly certified by the supervisor as work done by the candidate and countersigned by the administrative Head of the Institution.

1. **List of Books Recommended**
2. OXFORD Textbook of Palliative Medicine; by Derek Doyle; Oxford Medical Publication
3. TEXT BOOKS Palliative Medicine, by T. Declan Walsh MD and Augusto T. Caraceni MD
4. Evidence Based Practice of Palliative Medicine, by Goldstein, Nathan;
5. Textbook of Palliative Medicine and Supportive Care 2nd Ed 2015 Eduardo Bruera, Irene Higginson, Charles F von Gunten , Tatsuya Morita
6. Palliative Care Formulary (PCF) 7th Ed, Robert Twycross, Andrew Wilcock , Paul Howard
7. Bonica Management of Pain; Third Edition; Lippincotts, William & Wilkins
8. Introducing Palliative Care by Robert Twycross, Indian edition.
9. **List of Journals recommended.**
10. Indian Journal of Palliative Care
11. Palliative Medicine
12. Progress in Palliative Care
13. Supportive Care in Cancer
14. BMC Palliative Care
15. Journal of Palliative Medicine
16. BMJ Supportive & Palliative Care
17. Indian Journal of Palliative Care
18. Journal of Pain & Symptom Management
19. Pain-Official Journal of International Association for Study of Pain