

## 26778 - Palliative Care

### Información del Plan Docente

<b>Academic Year</b>	2016/17
<b>Academic center</b>	104 - Facultad de Medicina
<b>Degree</b>	304 - Degree in Medicine
<b>ECTS</b>	4.0
<b>Course</b>	5
<b>Period</b>	First semester
<b>Subject Type</b>	Optional
<b>Module</b>	---

### **1.Basic info**

#### **1.1.Recommendations to take this course**

#### **1.2.Activities and key dates for the course**

### **2.Initiation**

#### **2.1.Learning outcomes that define the subject**

#### **2.2.Introduction**

### **3.Context and competences**

#### **3.1.Goals**

#### **3.2.Context and meaning of the subject in the degree**

#### **3.3.Competences**

#### **3.4.Importance of learning outcomes**

### **4.Evaluation**

### **5.Activities and resources**

#### **5.1.General methodological presentation**

For the training of students, they are to perform two basic types of activities:

##### 1. Contact activities in large and small groups:

###### a. Lectures

## 26778 - Palliative Care

b. Practical Seminars with presentation of clinical cases by the student

2. Non-contact activities, which students, will be the main actor:

a. Performance of clinical cases by the students

b. Performing two jobs

### 5.2.Learning activities

1. Classroom activities

a) Lectures (theoretical, practical and discussion content)

b) Two Seminars with compulsory attendance and signature control

i) Communication and relationship with the patient and family. The bad news in medicine.

ii) Case report prepared by students at home and that will present in groups whose composition will take place at the beginning of the course.

2. Non-contact activities

a) Performing of clinical cases for presentation in seminar

b) Performing two jobs

i) Original comment, 500-600 words (2 pages printed single-spaced, step 12) to choose a chapter book "Watch Me" by Cicely Saunders. 2011 Castilian translation.

ii) Comment Free next movie: "Love Life" Nichols Mikel 2011. Available by teachers.

### 5.3.Program

Program Theory

Theoretical classes

Class 1. History and Development of Palliative Care. Principles of Palliative Medicine. General principles of control and evaluation of symptoms.

Class 2. Basics pain and evaluation. Treatment of mild to moderate pain. A djuvant drugs for pain management.

Class 3. Treatment of severe pain. Morphine and alternative opioids. Strategy in difficult pain.

Class 4. General problems: anorexia and cachexia, weakness. Nutrition and hydration. Digestive problems: mouth care, evacuation disorders, opioid-induced constipation, nausea and vomiting, intestinal obstruction.

Class 5. Respiratory problems: breathlessness, cough and hemoptysis. Neurological problems: delirium and other symptoms. Emergency in Palliative Medicine.

Class 6 Palliative Care in late-stage organ failure.

Class 7. Ethical aspects of care at the end of life. Euthanasia and palliative care. Aragón d eath deserving law.

Class 8. Management agony. Situation last hours or days. Palliative Sedation. Suffering and spiritual care.

Textbook support

Manual Palliative Medicine

Carlos Centeno, Marcos Gomez, Maria Nabal, Antonio Pascual

## 26778 - Palliative Care

Editorial Eunsa, 2009

approximately 21 &euro;

Bibliography: BOOKS IN SPANISH OF INTEREST FOR TRAINING PALLIATIVE CARE

1994 M. Gómez Las Palmas. Palliative care and psychosocial intervention in terminally ill

1995 Astudillo W, Mendinueta C, E. Astudillo Pamplona. Care of the terminally ill and care for his family

1995 González Baron M Ordonez A, J Feliu, Zamora P, E. Espinosa Madrid. Treaty of palliative medicine and supportive care in cancer patient

1996 Gómez Batiste X, J Planas Sunday, Roca Casas J, P. Viladiú Barcelona. Palliative Care in Oncology

1997 E. Lopez Imedio Madrid. Continuing Education. Paliativos2 care

1998 M. Gómez Sancho Madrid. How to give bad news in Medicine

1998 E. Lopez Imedio Madrid. Palliative Care Nursing

1998 Centeno C.Valladolid. Introduction to Palliative Medicine

1998 M. Gómez Sancho Madrid. Palliative Medicine. The response to a need

1999 M. Gómez Sancho Madrid. Palliative Medicine in Latin Culture

1999 F Lopez Lara, C. Centeno Valladolid. Updates in Palliative Medicine

### BOOKS IN ENGLISH

2005. Oxford Testbook of Palliative Medicine. Dr. Nathan Cherny et al.

[www.oxfordmedicine.com](http://www.oxfordmedicine.com)

### 5.4.Planning and scheduling

Schedule sessions and presentation of works

Presentation of work:

Jobs are sent by e- mail to [emiliog@unizar.es](mailto:emiliog@unizar.es) before the final exam .

The delivery date will be agreed with the students at the beginning of the course.

Schedule training sessions and seminars

It will be held by groups and dates are assigned when the number of students is known.

### 5.5.Bibliography and recommended resources

- Gómez, M. Cuidados paliativos e intervención psicosocial en enfermos terminales. Las Palmas, 1994
- Astudillo Alarcón, Wilson. Medicina paliativa : cuidados del enfermo en el final de la vida y atención a su familia / Wilson Astudillo Alarcón, Carmen Mendinueta Aguirre, Edgar Astudillo Alarcón . - 5ª ed. corr. y aum. Pamplona : EUNSA, 2008
- Tratado de medicina paliativa y tratamiento de soporte del paciente con cáncer / M. González Barón ... [et al.] . - 2ª ed. Buenos Aires ; Madrid [etc.] : Editorial Médica Panamericana, cop. 2007
- Gómez Batiste X, Planas Domingo J, Roca Casas J, Viladiú P. Cuidados paliativos en oncología. Barcelona, 1996
- López Imedio, Eulalia. Formación continuada. Cuidados paliativos 2 Madrid, 1997
- Gómez Sancho, Marcos. Cómo dar las malas noticias en medicina / Marcos Gómez Sancho . - 3ª ed. rev. y amp, [Madrid] : Arán, D.L. 2006
- López Imedio, Eulalia. Enfermería en cuidados paliativos / Eulalia López Imedio Madrid : Editorial Médica Panamericana, D.L. 1998
- Centeno Cortés, Carlos. Introducción a la medicina paliativa / Carlos Centeno Cortés Valladolid : Junta de Castilla y León, Consejería de Sanidad y Bienestar Social, 1998
- Gómez Sancho, Marcos. Medicina paliativa : la respuesta a una necesidad / Marcos Gómez Sancho Madrid : Arán, D.L. 1998
- Gómez Sancho, M. Medicina paliativa en la cultura latina. Madrid: 1999
- López Lara F, Centeno C. Actualizaciones en medicina paliativa. Valladolid, 1999
- Oxford Testbook of Palliative Medicine. Dr. Nathan Cherny et al. 2005

## 26778 - Palliative Care