

HOSPICE PALLIATIVE CARE ASSOCIATION

PALLIATIVE CARE COURSES



HPCA
CARE & SUPPORT
Hospice Palliative Care Association of South Africa



Palliative care provides holistic care to patients (and their families) diagnosed with a life-threatening or life-limiting illness. It is care that helps people live their life as fully and as comfortably as possible. Palliative care identifies and treats symptoms which may be physical, emotional, spiritual or social. Because palliative care is based on individual needs, the services offered will differ but may include: Relief of pain and other symptoms, for example, vomiting, shortness of breath; Assistance to families to come together to talk about sensitive, difficult issues; Links to other services such as home help; Support for people to meet cultural obligations; Counselling for emotional, social and spiritual concerns, as well as bereavement support; Referrals to respite care services. Palliative care is a patient-centred model of care, meaning that the patient is involved in all decision-making regarding his treatment and care, additionally family and carers can receive practical and emotional support.

COURSE CONTENT

The following topics will be covered:

- Define and explain palliative care, respite care, end of life care and hospice care
- Fundamentals and principles of palliative care
- Identification of patient's requiring palliative care
- Caregiver attributes, values & self-awareness
- Ethics in palliative care
- 'Quality of Life' concept explained
- Communication in palliative care
- Pain and symptom management
- Loss, grief and bereavement
- Teams and Care for the caregiver
- Palliative Care in a variety of settings
- Cultural and Spiritual Sensitivity`

COURSE DESIGN

Face to Face: A five-day interactive contact session with theoretical and practical components using adult learning principles.

eLearning: A 10 week online interactive experience, requiring approximately 2 hours of reading per week and a 90-minute virtual Zoom meeting once per week. The course contains theoretical and practical application components using adult learning principles.

TARGET GROUP

Medical Officers, Registered Professional Nurses, Clinical Nurse Practitioners and social and allied workers.

ACCREDITATION

The training will be HPSCA accredited for an estimated 30 CEU's and is registered at the University of Cape Town as an attendance short course at NQF level 7.

MAX NUMBER

10-20

INTRODUCTION TO PSYCHOSOCIAL PALLIATIVE CARE COURSE

Psychosocial and spiritual care is integral to the provision of quality palliative care to clients and families faced with a life-threatening illness. This psychosocial course was developed by the Hospice Palliative Care Association of South Africa to better equip psychosocial professionals, including social workers, psychologists and spiritual care practitioners to provide appropriate and comprehensive psychosocial palliative care to clients and families affected by a life-threatening illness in hospices and other healthcare settings within the South African context.

COURSE DESIGN

The duration of the course is designed for a week (four and a half days). While this time frame is quite intensive, it is considered to be the most cost-effective and time efficient. It can however, be lengthened to run over five or ten weeks depending on the availability of the learners.

Methods of learning in this course include face-to-face learning as well as self-directed work based on learning, which will be assessed by facilitators through a learner portfolio of evidence (PoE).

Learners who are not from a hospice palliative care environment are encouraged to spend a day in a hospice setting to help consolidate training received.

Portfolio entries are part of continuous assessment to ensure that learners reflect the knowledge and skills learned in each module.

A case study will be completed by learners as part of a summative assessment to measure learning which has taken place.

COURSE CONTENT

The course focusses on the development of the attitude, knowledge and skills of the psychosocial professional. It contains practical exercises, group participation and portfolio entries. This would include their experiences in the workplace and their successes and challenges. Learners are encouraged to share these so that the learning experience is relevant and meaningful.

The roleplays and case studies included in the modules have been included as self-reflective exercises and is an opportunity for psychosocial professionals to review their experiences when in conversations with clients and families. Self-awareness and reflections relating to personal experiences of loss, illness and death are strongly encouraged to enable psychosocial professionals to more effectively support and allow the expression of these emotions/experiences in clients.

ACCREDITATION

Awaiting accreditation from Council Of Social Professions (SAPCSP)
Awarded with a certificate of the completion.

TARGET GROUP

- A Bachelor's degree in social sciences, social work, psychology, occupational therapy, nursing or theology.
- Be involved in a counselling role at place of work.

FORMAT OF COURSE

Currently Face to Face