

Introduction to Palliative Care

This one-day course will introduce participants to the basic concepts of palliative care – caring for people suffering from a terminal illness as well their families. The course will focus on physical, psychosocial and philosophical aspects of palliative care. Specifically, the ethos of palliative care, symptom control and psychological care will be examined.

Outline of Day

Note: Category 1 Approved by Nursing and Midwifery Board of Ireland (NMBI)

09.45	Registration
10.00	Introduction and Objectives for the Day
10.10	Palliative Care – Concepts and Philosophy Role of the Nurse
11.15	Tea / Coffee
11.30	Pain Management Breakthrough Pain
13.00	Lunch
13.30	Symptom Management in the Last Days
14.30	Death, Last Offices and Bereavement
15.15	Communicating with Family
15.45	Questions and Evaluation
16.00	Close

Aims and Objectives

- To explore the principles and practices of palliative/end of life care with people with life-limiting conditions and to provide nurses with skills and tools to support people in their end of life journey.
- To advise participants on providing holistic care for persons diagnosed with a life-limiting illness in the last days of a person's life and also for their families, carers and significant others.
- To provide guidance on how to communicate effectively with persons with a life-limiting illness in the last days of a person's life and also with their families, carers and significant others.
- To increase knowledge on enhancing the quality of life of the person with a life-limiting illness and to recognise and respect the uniqueness of each person's approach to death.
- To advise on working effectively as part of the healthcare team.