



"incurably ill patients must have the right to receive good treatment alleviating their symptoms and good end-of-life care regardless of their place of residence"



PALLIATIVE CARE

The term **palliative care** refers to the holistic treatment of incurably ill patients, supporting the patients' quality of life. Palliative care is required for patients suffering from several different types of diseases, such as cancer, COPD, heart failure, liver disease, Parkinson's disease, diseases causing dementia, and HIV/AIDS.

Palliative care provides patients with good basic care meeting their physical and mental, spiritual and existential needs, alleviating symptoms, and supporting the loved ones.

Palliative Care 15cr

These studies aim at enabling you to independently or in multidisciplinary teams implement patient-oriented, holistic treatment for incurably ill patients.

After completing the studies, you will be able to apply ethical values and principles in your work, and identify and evaluate the needs of patients and their families. You will also have the ability to plan, implement and evaluate symptomatic palliative care in collaboration with other professionals. Furthermore, you will be able to make patient-oriented decisions both independently and in collaboration with other professionals, and you will be capable of developing evidence-based palliative care in your own professional duties.

Implementation:

Lectures, independent study, learning assignments, virtual studies.

Further information:

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Publications:

Henna Myller (ed.) Palliative Care in North Karelia – The best humane care for patients
urn.fi/URN:ISBN:978-952-275-170-6

Henna Myller (ed.) Home Care 24h : Strengthening competences and renewing operations models
kronos.pkamk.fi/tietopalvelut/pdf/C46_verkkoversio.pdf

Structure and core contents of studies

Approaches and Environments of Palliative Care 5 cr

- » Concepts, values and principles of palliative care
- » Operational environments
- » Palliative and end-of-life care practices
- » Encountering and caring for an incurably ill patient

Multiprofessional Palliative Care 5 cr

- » Pain treatment and other symptomatic treatment
- » Suffering, grief and hope, existential, spiritual and social issues
- » Evaluation and support of the patient's quality of life and functional capacity in multiprofessional collaboration
- » Consultation practices and decision-making

Developing Palliative Care 5 crs

- » Evidence-based palliative care, management and decision-making
- » Good palliative care practices and appropriate application of practices
- » Various types of operational models and development of practices in palliative care



Photos: Antti Pitkälä