



BASIC PALLIATIVE CARE COURSE

HRDCorp Training Programme No: 10001348692



**HRDF
Claimable**

ASIAN INTEGRATED MEDICAL SDN BHD



6A & 20, Jalan CP6/50, Taman Cheras
Perdana, 43200 Selangor



www.iElder.asia  healthcare@iElder.asia



+6012 300 5592 Nick Song

BASIC PALLIATIVE CARE COURSE

Introduction

Palliative care is an essential aspect that focuses on providing holistic care and support to individuals with serious illnesses and their families. It aims to enhance the quality of life by addressing physical, emotional, social, and spiritual needs. The Introduction to Basic Palliative Care course is designed to equip person with foundational knowledge, skills, and attitudes required to provide compassionate and effective care to patients facing life-limiting illnesses.

Objectives

At the end of this workshop, the learners are expected to have competency in:

- To improve the care of seriously ill patients and their families.
- To improve caregiver satisfaction, by building generalist palliative care knowledge and clinical skills with an emphasis on communication across disciplines.
- To promote the understanding and integration of palliative care across the continuum of care for end of life care patient

MODULE 1 – HISTORY AND DEVELOPMENT OF PALLIATIVE CARE

- Cicely Saunder – a voice for the voiceless
- Palliative Medicine
- WHO definition in healthcare
- The impact on the family of terminal restlessness and its management
- Extending Specialist Palliative Care to all.
- Quality of Life in Palliative Care: Principle and practices
- Is there such a thing as a Good death?

MODULE 2 – SIGN & SYMPTOMS MANAGEMENT IN PALLIATIVE CARE

- Vomiting and nausea
- Pain assessment in the non-verbal
- Breathless and respiratory problems
- Anxiety and depression mood in the end of life

MODULE 3 – SYMPTOMS MANAGEMENT IN PALLIATIVE CARE

- Psycho – Social Issue in palliative Care
- Loss and Mourning
- Measurement of distress in Palliative Care
- Bereavement

MODULE 4 – SPIRITUALITY IN PALLIATIVE CARE

- Sexuality in Palliative Care on patient's perceptive
- Culture and believe in end the of Life
- Last Day preparation

BASIC PALLIATIVE CARE IN NURSING

MODULE 5 – SUPPORTIVE CARE

- Stress – Patient and Family Member in end of life journey
- Supports to caregiver in the end of life of patient
- Ethics in Palliative Care
- Setting a support group to support the family member and caregiver.

MODULE 6 – COMMUNICATION IN PALLIATIVE CARE

- Breaking a bad news diagram
- What do patients receiving palliative care for cancer and their family want to be told?
- Nurse- Patient communication in palliative care

MODULE 7- PALLIATIVE CARE IN LONG TERM FACILITY

- How the care rendered in Elderly Care Centre
- Integrating Palliative Care in Long Term Facility
- The Domain need to cover

Methodology

- Lectures, Video clips,
- Assessment tool
- Practical session
- Assessment

Target Audience

Any professionals, researchers or caregivers, particularly healthcare practitioners who are closely dealing with older people who live in the community. The targeted professionals but not limited to, are as follows:

- Nursing Home Operators
- Occupational Therapists
- Physiotherapists
- Nurses
- Social Workers
- Rehabilitationists
- Care Givers

Training Fee : RM1,300 per pax

2 days training

Time: 9am to 6pm

Medium: English

Venue : iElder SS2

Physical Class

Office Number : 03-95439588

Nick (PIC) : 012 300 5592



About the Trainer

HRDCorp Trainer ID: 14239

Ms. Thurgadevi Nagarajan is a dedicated and highly qualified nursing professional with extensive experience in various healthcare settings. Holding a Diploma in Nursing from MAHSA University (2009), She has furthered her education with a Certificate in Basic Palliative Care Nursing (2019) and a BSc (Hons) in Nursing Studies from Greenwich University, UK (2012). Additionally, she achieved an MSc with Distinction in Palliative Care Nursing from Newcastle University, UK (2016).

Her expertise encompasses a wide range of specializations, including critical care, multidisciplinary nursing, and palliative care, gained during her tenure at esteemed institutions like Sri Kota Medical Centre, Puteri Hospital (Bangsar), Singapore Ang Mo Kio Hospital, Bright Vision Hospital, and the National Cancer Centre at Singapore General Hospital. She has also excelled as a Nurse Educator, Infection Control Nurse, and Nurse Clinician. Beyond her clinical roles, She has contributed significantly to the field by setting up a Psychiatric Palliative Ward at Surya Nursing Home, an accomplishment which showcases her leadership and organizational skills. Her international exposure includes a 22-week Intern Scholarship at Beth Hospice Home in Perth, Australia. She has demonstrated a strong commitment to community service and professional development, as evidenced by her ownership of Lotus Ville Care Centre Sdn Bhd since May 2021, a facility specializing in palliative care, stroke, Alzheimer's, and dementia. She is honored to have received prestigious awards, including the Singapore Health Quality Service Silver (2014) and Gold (2016) Awards. In addition to my professional endeavors, I actively engage in charitable initiatives and hold memberships in esteemed organizations such as the Breast Cancer Support Group Johor, Tengku Laksamana Johor – Cancer Foundation, Kelab Gembira – Laughter Yoga Group, Malaysia Nursing Association, Agecope – Johor, NCAS, and the Singapore Hospice Council.