

# **Post-registration Certificate Course in Palliative Care Nursing (27 September 2018 – 27 June 2019)**

*This program is organized by Institute of Advanced Nursing Studies and  
conducted by New Territories West Cluster*

## **Course Information**

---

### **Aim of Program**

To develop participant's knowledge, skill and attitude necessary to deliver quality palliative care

### **Program Intended Learning Outcome**

Upon completion of the course, participants are expected to be able to:

1. Discuss the philosophy and principles of palliative care in clinical practice across settings.
2. Reflect own attitudes and feelings, and assist terminally-ill patients and their family members towards advanced progressive disease, dying, death, and mourning.
3. Assess the bio-psycho-social, cultural, and spiritual needs of individuals and significant others in the course of palliative care.
4. Integrate principles of palliative care in the management of the dying patients, their family members and the bereaved in an inter-disciplinary team approach.
5. Apply the pharmacological and non-pharmacological management in symptom relief of the terminally-ill patients.
6. Evaluate the effectiveness of nursing interventions according to the state of the dying process and make alterations to the management plan.
7. Demonstrate effective therapeutic communication and basic counselling skills in providing quality palliative care.
8. Identify ethical and legal issues applicable to the provision of palliative care.
9. Conduct innovative clinical projects and adopt appropriate research methodology to facilitate continuous quality improvement in the palliative care nursing.

**Course Design & Duration**

- A. Theoretical Input: 20 study days  
 • Time: 9:00am – 5:15pm

I. Fundamental Module

Year	Month	Study Day	Venue
2018	Oct	05/10 (Fri)	LG2, LT, NQ, PMH
		11/10 (Thu)	LG2, LT, NQ, PMH
		26/10 (Fri)	LG2, LT, NQ, PMH

II. Specialty Specific Module

Year	Month	Study Day	Venue
2018	Sep	27/09 (Thu)	SB1034AB, 1/F, SB, TMH
	Oct	18/10 (Thu)	SB1034AB, 1/F, SB, TMH
	Nov	01/11 (Thu)	Lecture Room 1, G/F, School of General Nursing, TMH
		08/11 (Thu)	SB1034AB, 1/F, SB, TMH
		15/11 (Thu)	G09, Block M, KH
		22/11 (Thu)	Lecture Room 1, G/F, School of General Nursing, TMH
		29/11 (Thu)	G09, Block M, KH
	Dec	06/12 (Thu)	SB1034AB, 1/F, SB, TMH
		13/12 (Thu)	G09, Block M, KH
		20/12 (Thu)	SB1034AB, 1/F, SB, TMH
		28/12 (Fri)	Multi-Disciplinary Simulation and Skills Centre, QEH
	2019	Jan	08/01 (Tue)
15/01 (Tue)			Multi-Disciplinary Simulation and Skills Centre, QEH
24/01 (Thu)			TBC
31/01 (Thu)			TBC
Feb		28/02 (Thu) (Written Exam)	TBC
Jun		27/06 (Thu) (Project Presentation)	TBC

B. Clinical Practicum: 6 weeks in Hospice Palliative Wards/Units/Day Care Centres

Cluster	Hospice / Palliative Care Unit	
	Clinical Practicum I	Clinical Practicum II
HKEC	PYNEH / RTSKH	PYNEH / RTSKH
HKWC	QMH / GH	GH
KCC	HKBH / OLMH / QEH	HKBH / WTSH
KEC	HHH / UCH	HHH / UCH
KWC	CMC	CMC
NTEC	SH / BBH	SH / BBH
NTWC	TMH	TMH

- Course participants will be divided into 2 groups (Group A & Group B)
- The initial 2 weeks are for Practicum I, and the remaining 4 weeks for Practicum II

	Clinical Practicum I [2 weeks]	Clinical Practicum II [4 weeks]
<b>Group A</b> 04/03/2019 - 14/04/2019	04/03/2019 – 17/03/2019	18/03/2019 – 14/04/2019 (PH on 05/04/2019)
<b>Group B</b> 22/04/2019 - 02/06/2019	22/04/2019 – 05/05/2019 (PH on 22/04/2019 & 01/05/2019)	06/05/2019 – 02/06/2019 (PH on 13/05/2019)

## **Venues**

- A. Theoretical Input
1. Lecture Room 1, G/F, School of General Nursing, Tuen Mun Hospital
  2. SB1034A&B, 1/F, Special Block, Tuen Mun Hospital
  3. G09, G/F, Block M, Kowloon Hospital
  4. LG2, Lecture Theatre, Nurse Quarter, Princess Margaret Hospital
  5. Multi-Disciplinary Simulation and Skills Centre, Queen Elizabeth Hospital
- B. Clinical Practicum
- Hospice / Palliative Care Units of PYNEH, RTSKH, GH, QMH, HKBH, QLMH, QEH, WTSH, HHH, UCH, CMC, BBH, SH, TMH

## **Assessments**

<b>Items</b>	<b>Weighting</b>	<b>Date</b>
<b>A. Written Assessment</b>		
1. Quiz for Module I	5 %	26/10/2018 (09:00 – 10:00)
2. Written Examination for Module II	55 %	28/02/2019 (09:00 – 12:00)
3. Group Project - Oral presentation - Written Assignment	20 %	27/06/2019
4. Patient Care Study	20 %	Group A : 28/04/2019 Group B : 16/06/2019
<b>B. Continuing Clinical Assessment</b>	100 %	Group A : 14/04/2019 Group B : 02/06/2019

## **Target Participants**

Nurses in RN rank

## **Class Capacity**

45 registered nurses

## **Entry Requirements**

1. Registered Nurses with valid practicing certificates issued by the Nursing Council of Hong Kong and have not less than 24 months of post-registration nursing experience.
2. Priority will be given to nurses currently working in Hospice and/or Palliative Care Units in HA hospitals / institutions.
3. Lower priority will be given to nurses who have enrolled in previous PRCC without successful completion.
4. Direct entry to Module II: Specialty Specific Module will be considered for those who have successfully completed the Fundamental Module of PRCC in Palliative Care Nursing in past 3 years (15.6.2015 – 6.7.2015) or (30.8.2016 – 20.9.2016) or (27.6.2017 – 19.7.2017).

### **Exit Requirements**

Successfully enrolled participants are required to complete the below module 1 to 12 of Hospice Palliative Care Nursing in eLearning programs from HA eLC.

HA E-Learning Program		Date of Completion
1.	Hospice & Palliative Care Concept	On or before 31/1/2019
2.	Nursing Assessment in Palliative Care	
3.	Pain Management	
4.	Other Symptoms Management in Terminal Illness and Palliative Emergencies	
5.	Psychological Support for Terminal Patients	
6.	Care in the Last 48 hours	
7.	Grief and Bereavement	
8.	Staff Stress and Staff Support	
9.	Ethical Aspects of Care	
10.	Advance Care Planning	
11.	Palliative Care in End Stage Organ Failure	
12.	Care Plan for the Imminently Dying	

### **Program Development and Review Committee**

HAHO	Ms. Cynthia WONG	Head (N), IANS
	Ms. Ada CHUNG	Manager (N), IANS
	Ms. Sena SZE	Manager (N), IANS
HKEC	Ms. LEUNG Yuk Lan	DOM1 (M&G), RTSKH
	Ms. Maggie CHAN	DOM (ONC), PYNEH
	Ms. YEUNG Wai Fong, Ellen	NC (Palliative Care), HKEC
HKWC	Ms. LEE Man Yee	DOM (CMU, PMU, POH & SOPD), GH
	Mr. TSANG Kwok Wai	NC (PMU/Palliative Care), GH
	Ms. LAI Kit Yu, Kithelia	DOM (ONC), QMH
KCC	Ms. LEUNG Wai Yee, Carenx	DOM (Clin. Onc), QEH
	Ms. LUM Ming Yuet, Annda	NC (Palliative Care), KCC
	Ms. Maria PI	SNO (Nursing), HKBH
	Ms. LI Kam Ying	DOM (DREC), WTSH
	Ms. HAI Siu Fong, Charity	WM (Palliative Care), OLMH
KEC	Ms. WONG Siu Bik, Abby	DOM (Medicine), HHH
	Mr. TANG Siu Keung, Eric	Deputy GM(N) / DOM (M&G), UCH
	Ms. NG Yuen Bing	DOM (M&G), UCH
	Ms. KO Po Shan, Polly	NC (Palliative Care), KEC
KWC	Mr. Walter LEUNG	DOM (MG), CMC
	Ms. LAM Chui Yuk, Jade	NC (Palliative Care), CMC
	Mr. LO Cho Kin, Joe	DOM (ONC), PMH
NTEC	Dr. KWOK Mei Ling, Angela	GM (N), SH / BBHCND
	Ms. CHANG Pui Wan, Shirley	DOM (ONC), PWH
	Dr. KWAN Wai Man, Cecilia	NC (PC), NTEC / NC (PC), BBH
NTWC	Mr. WONG Mak Chiu	DOM (ONC / DR&NM), TMH
	Ms. CHAN Chun Hung	NC (Palliative Care), NTWC



## **Course Content**

### **1. An Overview of Palliative Care**

- 1.1. Palliative care concept and service development
- 1.2. Quality of life issues
- 1.3. E-Learning program
  - Palliative care concept

### **2. Interdisciplinary collaborative practice in the Palliative Care Settings**

- 2.1. Physiotherapy in palliative care
- 2.2. Occupational Therapy for palliative care
- 2.3. Role of Medical Social Worker in palliative care
- 2.4. Appreciation of complementary modalities
- 2.5. Use of Traditional Chinese Medicine on symptom control

### **3. Patterns of Disease Progression**

- 3.1. Prognostic challenges in palliative care
- 3.2. Palliative radiotherapy, chemotherapy and targeted therapy
- 3.3. Palliative care for patients with chronic renal failure
- 3.4. Palliative care for patients with heart failure
- 3.5. Palliative care for patients with advanced respiratory diseases
- 3.6. Palliative care for patients with dementia
- 3.7. Palliative care for patients with neurological diseases
- 3.8. Palliative nursing care for patients with dementia and neurological diseases
- 3.9. Palliative nursing care for patients in organ failure
- 3.10. E-Learning program
  - Palliative care for end-stage organ failure

### **4. Physical and Psychological Symptom Management**

- 4.1. Cancer pain & symptoms management
- 4.2. Nursing management of pain
- 4.3. Nursing management of common symptoms in advanced diseases
- 4.4. Care of patient with lymphedema
- 4.5. Nursing perspectives in wound management
- 4.6. Care of confused patient
- 4.7. Palliative care emergencies
- 4.8. Application of psychotherapeutic approaches
- 4.9. Handling patient with suicidal risk in palliative care setting
- 4.10. Commonly used drugs
- 4.11. E-learning program
  - Pain management
  - Other symptoms management for the terminally ill and management of palliative emergencies

## **5. Care of the Patient and Family**

- 5.1 Comprehensive nursing assessment
- 5.2 Breaking bad news
- 5.3 Nursing management of common psychological reactions
- 5.4 Care for the family
- 5.5 Communication and counselling skills (3-days workshop)
  - Breaking bad news, advance care planning, grief & bereavement
- 5.6 Spiritual nursing care (Part I, II)
- 5.7 Sexuality for the clients in palliative setting
- 5.8 E-learning program
  - Nursing assessment in palliative care
  - Psychological support for terminal patients

## **6. Care of Dying Person in Various Settings**

- 6.1 Role & quality of home care nurse and Special issues in home care
- 6.2 Palliative Day Care
- 6.3 Volunteer services and use of community resources
- 6.4 Care of professional carer
- 6.5 E-learning program
  - Staff stress and staff support

## **7. Life & Death Issues**

- 7.1 Use of self in care of the dying
- 7.2 Reflection of death
- 7.3 Psychology of death
- 7.4 Common religious rituals on death and dying
- 7.5 Life and death education
- 7.6 Green Funeral

## **8. Care of Imminently Dying & Bereavement**

- 8.1 Care of patients at the last days of life
- 8.2 Loss, grief and bereavement
- 8.3 Support children when their relative had terminal illness and bereavement care
- 8.4 Sharing on Dying at home
- 8.5 Community based bereavement care & support
- 8.6 E-learning program
  - Care in the last 24 to 48 hours
  - Care plan for the imminently dying
  - Grief and bereavement

## **9. Advance Care Planning**

- 9.1 Advance care planning and advance directive
- 9.2 Nursing role in advance care planning
- 9.3 E-learning
  - Advance care planning

## **10. Ethical Issues in End-of-life Care**

- 10.1 Ethical principles and application in palliative medicine
- 10.2 Nursing and related legal issues
- 10.3 Debate discussion on euthanasia and physician assisted suicide
- 10.4 E-learning program
  - Ethical aspects of care

## **11. Miscellaneous**

- 11.1 Quality & risk management
- 11.2 Briefing on examination
- 11.3 Briefing on group project & clinical practicum
- 11.4 Learning contract
- 11.5 Discussion and tutorial on group project
- 11.6 Presentation of group project & case study writing
- 11.7 Groups project presentation & peer review