



UČNI NAČRT PREDMETA / COURSE SYLLABUS

Ime predmeta:	Osnove paliativne medicine in paliativne oskrbe
Course title:	Basics of Palliative medicine and Palliative Care

Študijski program in stopnja Study programme and cycle	Študijska smer Study option	Letnik Year of study	Semester Semester
Splošna medicina, enovit magistrski študijski program		Četrty, peti, šesti	7., 9., 11.
General medicine, Uniform master's degree study program		Fourth, fifth, sixth	7th, 9th, 11th

Vrsta predmeta (obvezni ali izbirni) /
Course type (compulsory or elective)

izbirni

elective

Univerzitetna koda predmeta / University course code:

Predavanja Lectures	Seminar Seminar	Vaje Tutorial	Klinične vaje Clinical training	Druge oblike študija Other forms of study	Samost. delo Individual work	ECTS
5	40	AV LV RV			45	3

Nosilec predmeta / Course coordinator:

doc. dr. Nevenka Krčevski Škvarč

Jeziki /Languages:

Predavanja / Lectures: slovenski/slovene

Vaje / Tutorial: slovenski/slovene

Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:

Prerequisites for enrolling in the course or for performing study obligations:

Vsebina (kratek pregled učnega načrta):

- Osnove paliativne oskrbe (5%)
 - Definicija paliativne oskrbe
 - Razvoj paliativne medicine
 - Smrt in umiranje
- Obravnava bolečine in simptomov (55%)
 - Vzroki in mehanizmi bolečine
 - Lajšanje bolečine
 - Osnovni principi obravnave simptomov
 - Obravnava najpogostejših simptomov
- Psihosocialni in duhovni aspekti (20%)
 - Psihološke reakcije na kronično bolezen
 - Vpliv izgube neodvisnosti
 - Etnične, socialne in religiozne

Content (syllabus outline):

- Basics of Palliative Care (5%)
 - Definition of Palliative Care
 - Development of Palliative medicine
 - Death and dying
- Pain and Symptom management (55%)
 - Causes and mechanisms of pain
 - Pain treatment
 - Basics of symptom management
 - Management of the most frequent symptoms
- Psychosocial and spiritual Aspects (20%)
 - Psychological reactions to chronic illness
 - Impact of loss of independence

- razlike - Žalovanje - Duševnost: upanje, vera	- Ethnic, social and religious differences - Mourning - Spirituality: hope, belief
4. Etične in pravne zadeve (5%) - Odločitve pri umirajočem bolniku - Evtanazija - Terminalna sedacija - Pomoč pri suicidu	4. Ethical and legal Issues (5%) - Decision-making at the end of life - Euthanasia - Terminal sedation - Physician assisted suicide
5. Komunikacija (10%) - Modeli komunikacije - Specialne situacije za komunikacijo	5. Communication (10%) - Models of communication - Special situations of communication
6. Timsko delo in samo-refleksija (5%) - Kako delovati v timu - Mreža - Izgorevanje	6. Teamwork and Self-reflection (5%) - How to work in a team - Network - Burn-out

Temeljni literatura in viri / Reading materials:

Osnovna literatura:

Paliativna oskrba odraslih bolnikov z rakom v Sloveniji: temeljni pojmi in priporočila. R. Urednika Maja Ebert Moltara, Marjana Bernot. Ljubljana; Onkološki Inštitut, 2023.

https://www.onkoi.si/fileadmin/onko/datoteke/strokovnaknjiznica/ostalepublikacije/Paliativna_oskrba_odraslih_bolnikov_z_rakom_v_Slo_temeljni_pojmi_in_priporocila/2023

Ebert Moltara, M., Malačič, S. & Gumilar, I. (Eds.). (2021). *Paliativna oskrba: priročnik*. Ljubljana: Slovensko združenje paliativne in hospic oskrbe.

https://0501.nccdn.net/4_2/000/000/008/486/priroc%C3%8C%C2%8Cnik_paliativna_oskrba_-e-verzija-.pdf.

Ebert Moltara, M. (Ed.). (2020.1). *Obvladovanje simptomov v paliativni oskrbi bolnika z rakom*. Ljubljana: Ministrstvo za zdravje. https://www.gov.si/assets/ministrstva/MZ/DOKUMENTI/staro/RSK/AD5_2_PRIPOROCILA-OBVLADOVANJE-SIMPTOMOV-V-PALIATIVNI-OSKRBI-BOLNIKA-Z-RAKOM-za-RSK.pdf

Watson, M., Campbell, R., Vallath, N., Ward, S., & Wells, J. (2019). *Oxford handbook of palliative care*. Oxford: Oxford University Press.

Cilji in kompetence:

Cilji:

- Spoznati osnovne principe paliativne oskrbe
- Prepoznati splošne in specifične potrebe in probleme bolnika, ki potrebuje paliativno oskrbo
- Naučiti načine obvladovanja bolečine in simptomov
- Spoznati načine komunikacije, etične principe in timski pristop obravnave

Kompetence:

Osnovno bodo študenti pridobili izkušnje za obravnavo bolnika, ki potrebuje celostno paliativno oskrbo.

Objectives and competences:

Objectives:

- Student should learn basic principles of palliative care
- Student should be possible to identify general and specific needs of the patient who need palliative care(PBL)
- Student should get detailed knowledge on the pain and symptom management (PBL)
- Student should learn basic principles of communication, ethical issues and the principles of team work

Competences:

Sposobni bodo opredeliti bolnikove težave in potrebe. Sposobni bodo načrtovati primerno obravnavo	Primarily, students will acquire the experience for the management of the patient who need integral palliative care. They will be able to identify patients problems and needs. They will be able to create appropriate management.
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Predvideni študijski rezultati:

Znanje in razumevanje: • Paliativne oskrbe • Poznavanje bolečine in načinov zdravljenja • poznavanje drugih simptomov in načinov obravnave simptomov • Razumevanje vseh potreb bolnika v paliativni oskrbi • Razumevanje procesa umiranja in poznavanje postopkov ob koncu življenja Prenesljive/ključne spretnosti in drugi atributi: Študent bo se soočal z bolniki v različnih stopnjah paliativne oskrbe ter neposredno pridobil izkušnje in spretnost v komunikaciji in pri odločanju o pravilni izbiri zdravljenja bolečine in drugih simptomov
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Intended learning outcomes:

Knowledge and understanding: • understanding of palliative care • knowledge on pain and pain management • knowledge on other symptoms and symptom management • Understanding of all needs of the patient who needs palliative care • Understanding of the process of dying and the knowledge of decision-making at the end of life Transferable/Key Skills and other attributes: The student will meet the patients who need different degree of palliative care and will achieve experience and basic skills in communication and proper introduction of pain and symptom management
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Metode poučevanja in učenja:

• Predavanja • Seminarji

Learning and teaching methods:

• Lectures • Seminars
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Delež (v %) / Share (in %)		Assessment methods:
Načini ocenjevanja:		
Način (pisni izpit, ustno izpraševanje, naloge, projekt) • Seminar • Ustno izpraševanje ŠTUDIJSKE OBVEZNOSTI ŠTUDENTOV: Obvezna prisotnost na seminarjih in kliničnih vajah POGOJI ZA PRISTOP K POSAMEZNEMU PREVERJANJU ZNANJA: Seminarska naloga je pogoj za pisni izpit	50 50	Type (examination, oral, coursework, project): • Seminar • Oral exam ACADEMIC OBLIGATIONS OF STUDENTS: Obligatory presence at seminars and clinical cases REQUIREMENTS FOR ACCESS TO INDIVIDUAL KNOWLEDGE CHECKING: Coursework is prerequisite for written exam

Reference nosilca / Course coordinator's references:

• Winfried Hauser, Bart Morlion, Kevin E Volwes, Kristy Bannister, Eric Buchser, Roberto Casale, Jean-Francois Chenot, Gillian Chumbley, Asbjorn Mohr Drewes, Geert Dom, Lisa Jutila, Tony O'Brien, Ester Pogatzki-Zahn, Martin Rakusa, Cramen Suarez-Serrano, Thomas Tolle, Nevenka Krčevski Škvarč. European clinical practice recommendations on opioids for chronic noncancer pain – Part 1: Role of opioids in the management of chronic noncancer pain. Eur J Pain 2021; 25(5):949-968
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- Nevenka Krčevski Škvarč, Bart Morlion, Kevin E Volwes, Kristy Bannister, Eric Buchser, Roberto Casale, Jean-Francois Chenot, Gillian Chumbley, Asbjorn Mohr Drewes, Geert Dom, Lisa Jutila, Tony O'Brien, Ester Pogatzki-Zahn, Martin Rakusa, Cramen Suarez-Serrano, Thomas Tolle, Winfried Hauser. European clinical practice recommendations on opioids for chronic noncancer pain – Part 2: Special situations. Eur J Pain 2021; 25(5):969-85.
- Bennet M, Eisenberg E, Ahmedzai SH, Bhaskar A, O'Brien T, Mercandante S, Krčevski Škvarč N, Vissers K, Wirz S, Wells C, Morlion B. Standards for the management of cancer-related pain across Europe_ a position paper from the EFIC Task Force on cancer pain. Eur J Pain 2019; 23:660-68.
- Krcevska Skvarc N, Availability and approval of cannabis-based medicines for chronic pain management and palliative/supportive care in Europe: a survey of the status in the chapters of the European Pain Federation. Eur J Pain 2018;22:440-54.
- Häuser W, Finn DP, Kalso E, Krcevska-Skvarc N, Kress H, Morlion B, Perrot S, Schäfer M, Wells C, Brill S. European Pain Federation position paper on appropriate use of cannabis-based medicines and medical cannabis for chronic pain management. Eur J Pain 2018;22:1547-64.