

## Module 1 – Principles of Palliative Care

*To provide health care that's relevant to community needs, you need to understand the experiences, preferences and care requirements for people with life-limiting illnesses.*

### Overview

This module will help you develop the knowledge and skills needed to provide quality care, across various health care settings, to people with life-limiting illnesses and their families.

### Aims and objectives

You'll develop an understanding of the social and personal experiences of people with life-limiting illnesses and their families. This module will also cover the core principles of palliative care. After completing this module, you should be able to:

- analyse the impact historical trends have on community perceptions about death and dying and bereavement in contemporary society
- recognise how your own values and beliefs about death and dying affect your personal and professional responses and interactions with people with life-limiting illnesses and their families
- describe the core principles of palliative care  
analyse the various care contexts and the roles of the interdisciplinary team in caring for people with life-limiting illnesses and their families

## **Module 2 Communicating with people with Life-limiting Illnesses**

*Providing support for people with life-limiting illnesses requires you to understand the meaning of the illness and its effects on individuals. It's then vital to identify and acknowledge an individual's concerns and sources of distress, and respond to these effectively.*

### **Overview**

This module will help you develop your skills in communicating with people with life-limiting illnesses and their families.

### **Aims and objectives**

After completing this module, you should be able to:

- demonstrate the principles of effective communication when interacting with people with life-limiting illnesses and their families
- identify sources of psychological, social and spiritual support for people with life-limiting illnesses and their families
- recognise how your own values and beliefs about death and dying affect your personal responses and interactions with people with life-limiting illnesses and their families.

## Module 3 – Palliative Assessment and Intervention

*To understand a person's symptoms and identify appropriate intervention strategies, a comprehensive, multidimensional approach to assessment is needed.*

### Overview

This module will help you develop the knowledge and skills needed to identify the health needs of people with life-limiting illnesses. The resource will also help you develop your understanding of the principles for managing common clinical problems in palliative care.

### Aims and objectives

The module's activities will develop your understanding of the principles of assessment and intervention for people with life-limiting illnesses across a variety of care settings. After completing this module, you should be able to:

- describe the epidemiological and clinical features along the illness trajectories of specific life-limiting illnesses
- explain the principles for assessing common symptoms and health problems associated with life-limiting illnesses
- explain the principles for management of common symptoms and health problems associated with life-limiting illnesses.

## Module 4 – Optimising function in Palliative Care

*Maintenance of physical, psychological, and social functioning is often important to ensure optimal quality of life for people with life-limiting illnesses and their families.*

### Overview

This module will help you develop your understanding of how to provide support for people with life-limiting illnesses and their families. In particular, it focuses on issues of loss, negotiating goals of care, and understanding the effect of caregiving.

### Aims and objectives

After completing this module, you should be able to:

- recognise the different responses and emotions of people living with life-limiting illnesses and their families
- discuss strategies for facilitating collaborative decision-making on care goals with people with life-limiting illnesses and their families
- identify interventions that will optimise physical, psychological and social function for people with life-limiting illnesses and their families
- analyse the effect of care giving on the family networks of people with life-limiting illnesses
- recognise how your own values and beliefs about death and dying affect your responses and interactions with people with life-limiting illnesses and their families.