



Training & Skill Development Division

Basic Certificate in Palliative Care

Curriculum of 4 Modules

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| WHO definition Introduction to palliative care Physical, Psychological, Social, Spiritual Global, National & Local Scenario | 2 hours | Module 1 Objective: Understanding Holistic Palliative Care concepts, its applications and using AYUSH |
| Community participation in the care of the incurable and terminally ill Volunteers, Neighborhood network Home Care | 1 hour | |
| Role of AYUSH in Palliative Care | 1 hour | |
| Assessment of patients Physical: Pain Assessment, Types of Pain, Pain Scale, Adjuvants, WHO Ladder, Availability of Opioids e.g. Oral Morphine AYUSH Interventions | 2 hours | Module 2 Objective: Understanding Pain and Other distressing symptoms and using Allopathic and AYUSH Treatment for same. General care of patients (Nursing care) |
| Dyspnea, Nausea, Vomiting, Constipation, Diarrhea AYUSH Interventions | 1 hour | |
| General Hygiene, Skin care, Bed Sore Management, Mouth Care, Wound Care, Feeding tube, Diet, Stoma Care, Lymphedema, Universal Precautions AYUSH Interventions | 1 hours | |
| Basics of communication Breaking bad news Addressing emotional reactions Offering support emotional, psychological, social & spiritual | 3 hours | Module 3 Objective: Understanding Palliative Care communication empathy, listening skills and practicing |
| Starting Palliative Care in Resource Poor Settings/at your place | 1 hour | |
| Assessment of patients Psychological distress, Depression, Anxiety, Delirium & Dementia, Caregivers' issues | 2 hours | Module 4 Objective: Improving quality of life by addressing Mental distress. Understanding and addressing the problems of the elderly. Promoting Death in home Vs hospital. |
| Care of the Elderly/ Geriatric Care Care of the dying, loss, grief & bereavement | 2 hours | |
| Course Fee: Indian Residents : INR 2000/- Developing Countries: USD 50/- Developed Countries: USD 100/- | Mode: Distance learning Duration: 4 Weeks | |

[For assistance contact](#)

Training & Skill Development Division of NAPCAIM

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