GRADUATE DIPLOMA IN PALLIATIVE MEDICINE

List of Saturday Lesson Dates (as of 31 March 2015)

<table>
<thead>
<tr>
<th>SATURDAY LESSONS</th>
<th>DATES</th>
<th>VENUE / TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MODULE 1</strong></td>
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<tr>
<td>Session 1.1</td>
<td>18 July 2015</td>
<td>NUS / 2 – 6pm</td>
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<td>Session 1.2</td>
<td>01 August 2015</td>
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<td>Module Assessment</td>
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<tr>
<td><strong>MODULE 2</strong></td>
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<tr>
<td>Session 2.1</td>
<td>12 September 2015</td>
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<td>10 October 2015</td>
<td>NUS / 2 – 6pm</td>
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<tr>
<td><strong>MODULE 3</strong></td>
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<tr>
<td>Session 3.1</td>
<td>07 November 2015</td>
<td>NUS / 2 – 6pm</td>
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<td>Session 3.2</td>
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<td>05 December 2015</td>
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<td><strong>MODULE 4</strong></td>
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<td>Session 4.1</td>
<td>09 January 2016</td>
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<td>Session 4.2</td>
<td>23 January 2016</td>
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<td><strong>MODULE 5</strong></td>
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<td>Session 5.1</td>
<td>12 March 2016</td>
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<td>Session 5.2</td>
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<td>Session 5.3</td>
<td>09 April 2016</td>
<td>NUS / 2 – 6pm</td>
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<tr>
<td>Module Assessment</td>
<td>23 April 2016</td>
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<tr>
<td><strong>Case Report Submission (10% Grading)</strong></td>
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<tr>
<td>Deadline: By end of Module 5, 30 April 2016, 2359 hrs</td>
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<td><strong>MODULE 6</strong></td>
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<td>Session 6.1</td>
<td>07 May 2016</td>
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<td>11 June 2016</td>
<td>NUS / 2 – 6pm</td>
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<tr>
<td><strong>FINAL EXAMINATION</strong></td>
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<tr>
<td>1st or 2nd Saturday of July 2016 (Full day commitment)</td>
<td>To be Confirmed</td>
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*Attendance Requirements*
- Candidates only allowed to miss 1 Saturday session per module
- Total of 4 missed sessions allowed for the entire course
- Final Examination is compulsory
Module 1
VM5101: Introduction to Palliative Care

This module is designed to introduce participants to the scope and principles of palliative care, and the general principles in the management of advanced cancers and the advanced non-cancer diseases.

By the end of the module, the participants should be able to:

a) Understand what palliative care entails.

b) Be familiar with the current principles of cancer treatment.

c) Be familiar with non-cancer progressive diseases and their management principles.

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<thead>
<tr>
<th>Session</th>
<th>Dates</th>
<th>Syllabus</th>
<th>Venue</th>
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</table>
| 1.1     | 18 July 2015| 1. Course Overview
2. Introduction to Palliative Care I
   - History of Palliative Care
   - Principles of Palliative Care
   - Scopes of Palliative Care Services
3. Introduction to Palliative Care II
   - Dying in Singapore
   - Current Framework of Palliative Care Services in Singapore
   - National Strategy for Palliative Care Report 2011
   - Role of Family Physicians in Palliative Care in Singapore
4. Predicting Survival in Patients with Advanced Diseases
   (prognostication) | NUS |
| 1.2     | 01 August 2015| 5. Disease–Modifying Management in Advanced Cancer I
   - Epidemiology and Current Management of Major Malignancies
   - Medical Treatment of Cancer (chemotherapy) in Palliative Care
   - Co-management of patients
6. Disease–Modifying Management in Advanced Cancer II
   - The role of radiotherapy in palliative care
   - The role of general surgery in palliative care
   - The role of interventional radiology in palliative care | NUS |
| 1.3     | 15 August 2015| 7. Palliative Care in Non-Malignant Conditions I
   - Disease trajectories and role of palliative care in non-malignant conditions
   - Palliative care in end-stage lung diseases
   - Palliative care in end-stage heart diseases
   - Palliative care in end-stage renal failure
8. Palliative Care in Non-Malignant Conditions II
   - Palliative care in HIV/AIDS
   - Palliative in non-malignant neurological disorder
   - Patient with Advanced Dementia | NUS |
Module 2
VM5102 : Symptom Management in Palliative Care I

This module is designed to introduce participants to the scope and principles of palliative care, and the general principles in the management of advanced cancers and the advanced non-cancer diseases.

By the end of the module, the participants should be able to:

a) Understand what palliative care entails.
b) Be familiar with the current principles of cancer treatment.
c) Be familiar with non-cancer progressive diseases and their management principles.

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<th>Session</th>
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</table>
| 2.1     | 12 September 2015 | 1. The Management of Cancer Pain I  
- Physiology of cancer pain  
- Assessment of cancer pain  
- Principles of management of cancer pain  
- WHO 3-Step Ladder  
- Drugs – Paracetamol, NSAIDs, Codeine, Tramadol  
2. The Management of Cancer Pain II  
- Drugs – Opioids and side effects  
- Drugs – Morphine, Fentanyl, OxyCodone, Hydromorphone  
3. The Management of Cancer Pain III  
- Management of neuropathic pain in cancer  
- Drugs – Gabapentin, Pregabalin, sodium valproate, TCA, LignoPad  
4. The Management of Cancer Pain IV  
- Difficult cancer pain  
- Opioid Rotation  
- Use of Ketamine  
- Methadone  
- Spinal Analgesia | NUS |
| 2.2     | 26 September 2015 | 5. The Management of Gastrointestinal Symptoms  
- Palliation of nausea & vomiting  
- Management of malignant intestinal obstruction  
6. Anorexia, Cachexia and Fatigue in Advanced Cancer  
- Management of Anorexia-cachexia syndrome  
- Management of Fatigue  
7. Hydration and Nutrition in Advanced Cancer  
8. Nutrition of Patients with Impaired Swallowing  
- Simple bed-side swallowing assessment  
- Caution feeding in patient with mild swallowing impairment | NUS |
| 2.3     | 10 October 2015  | 9. The management of Gastrointestinal Symptoms in Palliative Care II  
- Management of constipation & diarrhoea  
- Management of jaundice, hepatic encephalopathy, hiccup  
- Management of ascites  
10. The Management of Respiratory Symptoms in Palliative Care  
- The management of dyspnoea  
- The management of cough and haemoptysis | NUS |
Module 3
VMS103 : Symptom Management in Palliative Care II

This module covers management of common emergencies in palliative medicine. These include metabolic (e.g.: hypercalcaemia), neurological (e.g.: cord compression, delirium and brain metastasis) and other conditions like bleeding and fractures. Management of common infections and nursing issues (wound and tubes management) will also be included in this module.

By the end of the module, the participants should be able to:
  a) Be able to diagnose and manage common palliative medicine emergencies like hypercalcaemia and cord compression.
  b) Be able to advise and manage common nursing issues in palliative medicine like pressure sore dressing and common tube/stoma problems.

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<tbody>
<tr>
<td>3.1</td>
<td>07 November 2015</td>
<td>1. Emergency in Palliative Care I&lt;br&gt;- Management of spinal cord compression&lt;br&gt;2. Emergency in Palliative Care II&lt;br&gt;- Metabolic emergencies in palliative care&lt;br&gt;- Management of hypercalcaemia&lt;br&gt;- Management of diabetes and other disorders of glucose metabolism in palliative care&lt;br&gt;3. Other Emergencies in Palliative Care&lt;br&gt;- Management of bleeding in advanced cancer</td>
<td>NUS</td>
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<tr>
<td>3.2</td>
<td>21 November 2015</td>
<td>4. Neurological Complications in Palliative Care&lt;br&gt;- Management of brain metastases including management of seizure&lt;br&gt;- The management of delirium in palliative care&lt;br&gt;5. Urological/Complications in Palliative Care&lt;br&gt;- Management of common urinary symptoms in palliative care&lt;br&gt;- Care of indwelling urinary catheter&lt;br&gt;- Care of percutaneous nephrostomy tube&lt;br&gt;6. Management of Common Infections in Palliative Care</td>
<td>NUS</td>
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<tr>
<td>3.3</td>
<td>05 December 2015</td>
<td>7. (i) Nursing Care in Palliative Care I&lt;br&gt;- Perineum care/Bowel care&lt;br&gt;- Transfer and turning of patient on the bed&lt;br&gt;- Care of the paraplegia/bed-ridden&lt;br&gt;- Oral care and management of dry mouth&lt;br&gt;(ii) Nursing Care in Palliative Care II&lt;br&gt;- Wound care, skin care and prevention of pressure ulcers&lt;br&gt;- Common dressings&lt;br&gt;(iii) Nursing Care in Palliative Care III&lt;br&gt;- Management of tubes, stoma care and fistulae</td>
<td>NUS</td>
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Module 4
VM5104: Psychiatry, Psychological Care & Spiritual Issues in Palliative Care

This module covers common psychosocial and spiritual issues in palliative care. Assessment and management of Anxiety and Depression as well as managing patients asking for hastened death will be included. There will be a section on grief and bereavement and caring for caregivers, including healthcare workers. Sexuality and body image and its impact on patients’ psychosocial well-being will be covered in the module.

By the end of the module, the participants should be able to:

a) Be able to recognise, assess and manage common psychological issues like depression and anxiety in palliative care.
b) Be able to provide care and support to caregivers.
c) Be able to identify and refer patients/carers with high suicide and bereavement risks.

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</table>
| 4.1     | 09 January 2016 | **1. Psychiatry in Palliative Care (I)**  
- Assessment and management of depression  
- Assessment of suicide and risk management  
- Dealing with desire for hastened death  
**2. Psychiatry in Palliative Care (II)**  
- Assessment and management of anxiety and insomnia  
- Emotional care and support of patient in palliative care | NUS   |
| 4.2     | 23 January 2016 | **3. Psychosocial Care of Families and Care-givers in Palliative Care including Grief and Bereavement**  
**4. Self-care of Healthcare Professionals** | NUS   |
| 4.3     | 13 February 2016| **5. Spiritual Issues in Palliative Care**  
**6. Sexuality and Body Image** | NUS   |
Module 5  
VM5105 : Communication and Ethical Issues

This module covers communication skills in breaking bad news, managing collusion, conducting a family conference and advance care planning. It also covers major ethical dilemmas encountered in palliative care such as withholding and withdrawing life sustaining treatment. Learning will be achieved through use of role plays and case discussions in this module.

By the end of the module, the participants should be able to:

a) Describe and practise communication skills in breaking bad news, managing collusion, conducting a family conference and advance care planning.

b) Describe major ethical issues in palliative care and learn frameworks of approach to ethical dilemmas.

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</table>
| 5.1     | 12 March 2016 | 1. Communication Workshop I  
- Breaking bad news  
2. Communication Workshop II  
- Conducting a family conference  
- Managing collusion | NUS   |
| 5.2     | 26 March 2016 | 3. Advance Care Planning  
| 5.3     | 9 April 2016  | 4. Common Ethical Issues in Palliative Care | NUS   |

*Submission of Case Report by 30 April 2016, 2359 hrs*
Module 6
VM5106: Practices of Palliative Medicine

This last module is designed to consolidate the teachings in the last 5 modules into practice, and to see how palliative medicine is practised into various settings in the community and in special groups of patients.

By the end of the module, the participants should be able to:

a) Understand how palliative medicine can be practised in the clinic setting, at patient’s home and in the community institutions.
b) Be familiar with managing dying at home.
c) To see how family physicians can play an important role in providing palliative care in the community.

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| 6.1     | 07 May 2016 | 1. Palliative Care in the Primary Care I  
- Palliative care in the clinic  
- Palliative care at home  
- Working with hospice home care service  
- Referring to an inpatient hospice  
2. Managing Dying Patients at Home  
- Termination/Reconciliation of drugs near end of life  
- Use of antibiotics near end of life.  
- Managing common symptoms in last hours.  
- Equipment rental in the last hours  
- Preparing the family  
- Signing of CCOD  
3. Use of Syringe Driver or Syringe Pump at Home  
- Indication  
- Mixing of drugs |
| 6.2     | 28 May 2016 | 4. Palliative Care in the Primary Care II  
- Palliative care in the nursing home  
- Palliative care in the community hospital  
- Working with private home care services (medical and nursing)  
5. Palliative Care in the Secondary and Tertiary Centre  
- Palliative care in an inpatient hospice  
- Palliative care in the acute hospital  
6. Palliative Care in Special Groups  
- Palliative care in children (Paediatric)  
- Palliative care in elderly (Geriatric) |
| 6.3     | 11 June 2016 | 7. Financing Issues in Palliative Care  
- The roles of insurance, Medisave, Medishield and Medifund  
- Models of financing palliative care service delivery  
8. Seeing the Big Picture  
- The role of AIC in palliative care in Singapore  
- The role of MOH in palliative care in Singapore  
9. Common Problems faced by Family Physicians in Providing Palliative Care in Primary Care (e.g. prescribing controlled drugs) |

*Final Examination on First/Second Saturday (full day) of July 2016