



## CONTINUING EDUCATION

### Important News:

Students who have successfully completed the HNHB Fundamentals of Hospice Palliative Care or the Hospice Association of Ontario (HAO) Introduction to Palliative Care will be granted an exemption for PALL 1001- Introduction to Palliative Care if they wish to continue their studies in the excellent and comprehensive Palliative Care Certificate Program at Niagara College.

### Certificate Requirements:

Either a College Diploma or University Degree, preferably in a related discipline (as determined by the College), or an acceptable combination of related work experience and post-secondary education in addition to the courses required by this certificate (as determined by the College). These documents must be presented to the Registrar's Office with the Application to Graduate.

### Campus Location:

#### Niagara-on-the-Lake Campus

135 Taylor Road,  
Niagara-on-the-Lake, ON  
L0S 1J0



## Niagara College Continuing Education



For further information contact:  
(905) 735-2211, 641-2252, 563-3254,  
374-7454, ext. 7510.  
FAX (905) 736-6000.

For direct phone-in registration using  
Visa or MasterCard, call (905) 988-4306.



## Continuing Education

## PALLIATIVE CARE MULTIDISCIPLINE CERTIFICATE PROGRAM



This certificate is designed to enhance the knowledge and skills of all health care providers who are working with or caring for those individuals living with a terminal illness. This certificate is aligned with the "National Norms and Principles of Practice" that have been developed by the Canadian Hospice Palliative Care Association.

## REQUIRED COURSES

### PALL 1001—Introduction to Palliative Care

3 Credits

PALL 1001 is an introduction to palliative care. The course explores the philosophy and concepts that are fundamental to the provision and delivery of quality care and support for those living with a terminal illness – the client and family or loved ones. Emphasis is placed on the concept of a coordinated, interdisciplinary approach to treating and caring for the “whole” person – their physical, emotional, social, cultural, spiritual, and practical well-being. PALL 1001 will be an opportunity for students to also reflect and consider their own personal attitudes and points of view on dying and death, and the meaning, quality and value of life. Students will be expected to demonstrate the practical application, in a variety of palliative care settings, of the information presented and discussed in class, and of the skills taught.

### PALL 1003—Communications and Informed Decision-Making

3 Credits

This course is designed to assist the student to gain increased insight into the communication process as it relates to oneself, terminally ill patients, their families and the care team. It will focus on basic communication skills, barriers to effective communication, group skills and counselling techniques. Students will be expected to actively participate and demonstrate in the classroom setting the integration of concepts and practical application relevant to situations in palliative care.

### PALL 1004—Pain and Symptom Management

3 Credits

Using the principles of evidence-based practice, PALL1004 focuses on the management of the symptoms of terminal illness. Emphasis is placed on the assessment and control of pain. Pharmacological, non-pharmacological, adjuvant and complementary therapies are explored in depth. The treatment of adverse effects of drug therapies and also of common symptoms will be discussed. The palliative client’s physical comfort will be considered within the context of managing his or her “total pain”. Clinical and ethical issues in pain and symptom management in palliative care will be reviewed. Students will be expected to actively participate in class room discussion and in interactive or role-playing exercises designed to demonstrate the practical application – in a variety of palliative care settings – of the information presented and discussed in class, and of the skills taught.

### PALL 1008—Psychological Aspects

3 Credits

This course is designed to present the student with a variety of issues related to the psychological, social, emotional and spiritual needs of terminally ill patients, their families and significant others. Emphasis is placed on stress factors and coping mechanisms, family dynamics and crisis intervention, therapeutic activities, suicide, grief and bereavement follow-up. The object of this course is to help the student develop a personal philosophy of death awareness while recognizing a variety of attitudes, beliefs and feelings toward life, illness, death and loss.

### PALL 1006—Ethical And Legal Aspects

3 Credits

PALL 1006 will explore and study both the legal and the ethical aspects of palliative and end-of-life care. This course will focus on the fundamental principles of ethical conduct and ethical decision making, and consider how these can potentially be affected by factors such as personal beliefs and values of the client, family care provider. Patient rights and responsibilities, and cultural, generational and religious influences regarding such issues as care planning, informed consent, confidentiality, and truth-telling will be discussed in depth. Ethical dilemmas, euthanasia and assisted suicide, client advocacy, terminal or palliative sedation, and ethics in medical research are among other subjects that will be studied. Students will be expected to demonstrate the practical application, in a variety of palliative care settings, of the information presented and discussed in class, and of the skills taught.

### PALL 1012—Death, Grief and Bereavement

3 Credits

This course explores grief, bereavement and mourning, and the role of the care provider in supporting family and loved ones through this process. It focuses on the human experience of when death is imminent, of death itself, and of the period that follows the end of the life of a family member or loved one. Topics to be discussed include the goals of care and treatment options as death approaches and the preparations for an at-home death. The course also explores signs and symptoms of grieving and expressions of grief, gender differences in how grief is expressed, and how adults and children may grieve differently. Spiritual and cultural considerations, and the many different ceremonies, customs, traditions and rituals associated with death in a multicultural society are examined. This course also explores the care provider’s reaction to the death of a client, their expressions of grief, and appropriate responses or coping strategies.

### PRAC 1007 –Field Placement

2 Credits

PRAC 1007 presents an opportunity for the student to gain practical experience in a palliative care setting of choice. Successful completion of all courses in Niagara College’s Palliative Care – Multidisciplinary Certificate Program is a prerequisite. The student is required to identify an appropriate palliative care setting. Subsequently, the Program Coordinator will contact a representative of the hospice, hospital, long term care facility or service provider (e.g., nursing agency) in question and, in turn, identify a preceptor who should be responsible for monitoring and reporting on the student’s activity. The student is required to maintain a journal, to record activities, comments, and observations, which will be submitted to the Program Coordinator on completion of the field placement. Students must complete all requirements of PRAC 1007 within a single semester (i.e., three months).

**For information on which courses are being offered this term, please visit our website at [www.niagaracollege.ca/ce](http://www.niagaracollege.ca/ce) or call (905) 735-2211 ext. 7510.**