

## HOSPICE AFRICA – UGANDA EDUCATION UNIT

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### **Background Information**

Hospice Africa–Uganda is a Non-Governmental Organisation and Company Limited by guarantee. With effect from June, 2003 Hospice Africa-Uganda Education Unit was admitted to the status of a recognized connected/ affiliated institution with Makerere University for the purpose of teaching courses leading to the award of the Diploma in Palliative Care of Makerere University.

Palliative Care aims at improving the quality of life for patients through control of symptoms, pain and holistic approach when a curative treatment is no longer an option. The concept was traditionally focused on cancer patients but has now expanded to HIV/AIDS and other patients with incurable diseases. It was therefore found necessary to introduce a Diploma programme to enhance knowledge and skills of providing the required care.

### **Knowledge and Skills**

The Diploma assists participants through, gaining comprehensive knowledge in the concepts of palliative care and application to the local situation. They also gain a detailed knowledge of management of terminal conditions and related symptoms. They are exposed to information about less common conditions and appreciation of the increasingly

complex field of Palliative Medicine; they are also able to evaluate and apply new advances as appropriate. They do understand and apply the integration of curative and Palliative approaches.

Development of communication skills within the team includes other health professionals, spiritual advisors, counselors, family, carers and patient in order to maximize the overall well being of the dying patient, to encompass the TOTAL CARE of the individual, not only physical but psychological, social and spiritual. The acquisition of skills in ethical clinical judgement, advocacy, community mobilization, administration, teaching and research would be an added advantage. The decision making process involves critical analysis, synthesis, evaluation and judging the value and relevance to the individual circumstance, all of which have been lacking amongst practitioners.

### **Professional Attitude**

The Diploma Programme would encompass a set of values, ethical standards and accompanying behaviour that participants should adopt and observe throughout their practice. This includes respecting all other individuals involved in the care of the patients and the patients themselves at all times.

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## **DIPLOMA IN PALLIATIVE CARE PROGRAMME**

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### **Introduction:**

The eighteen-month distance training programme of the Diploma of Palliative Care is aimed at:

- Increasing knowledge in Palliative Care,
- Acquiring skills and an ability to integrate knowledge to clinical situations in the local environment,
- Developing an approach towards patients and their families with a terminal illness aimed at improving physical, social, psychological and spiritual well-being and
- Acquiring knowledge to facilitate an interdisciplinary approach.

The advantages of the distance learning Diploma Programme in this speciality is the dissemination of knowledge, within a relatively new discipline, to as wide an audience as possible at minimal cost. There are very few Health Professionals in the whole of the African Continent who have been formally trained in Palliative Care. The fastest and cheapest way to therefore disperse this knowledge and encourage the cascade effect, is to train persons from a wide range of countries in Africa and to encourage these persons then to be facilitators within their own region/district/country.

### **Overall Objective**

The overall objective of this diploma is to give special training to those who are involved with end of life care and critical care in the home, and facilitate the integration of Palliative Care within their own environment.

### **Specific Objectives**

At completion of the Diploma Programme the participant will:

1. Critically evaluate and appreciate the philosophy of Palliative Care and Hospice
2. Apply the philosophy of Palliative Care and Hospice to patients with Cancer and/or AIDS, and other chronic, or life threatening diseases.
3. Be able to control pain and symptoms based on the original WHO guidelines.
4. Have gained skills and knowledge to allow highest quality of life possible for the individual and family, within their preferred setting.
5. Be able to adapt their knowledge to the African situation using critical analysis and appraisal so that their care is culturally acceptable and affordable.
6. Within his/her own profession be a resource facilitator and trainer in Palliative Care.
7. Be able to understand and use the holistic approach for patient and family.
8. Be an active team member of the Palliative Care Team using a multidisciplinary approach. This includes supporting the team and respecting the role of each member.
9. Be sensitive to the role of other professionals and/or carers, particularly in the cultural context.
10. Be able to continuously improve their skills by updating knowledge and using recent advances according to the African situation.

### **General Regulations**

Studies, assessment and examination for the Diploma will be governed by the general regulations and statute of Makerere University and the Faculty of Medicine; with entry requirements as below:

- Ordinary Level or equivalent, and a minimum of two years post registration clinical experience.
- It should be noted that initially all correspondence will be in English.
- All Modules will be considered Core as the Diploma stands at present.

### **Curriculum Structure**

#### **Duration**

The distance learning Diploma of Palliative Care extends over a period of eighteen months. This will consist of three semesters and a recess term. The duration of a semester is 17 weeks: 14 – 16 weeks for distance learning, one week for residential teaching in the first semester, two weeks in the second semester and one week for examinations in each semester. There is a three-week holiday between the semesters. The recess term will last ten weeks.

#### **Year 1, Semester I**

There is an introductory residential one-week, to be held at Hospice Uganda in Kampala with Lectures and facilitation by the local tutors. This is followed by distance learning of the Core Curriculum.

The medium to be used to facilitate the distance learning, to disseminate Module Work and materials is by both e-mail and postal. For the first group of participants who started in April, 2002 there was a selection bias towards candidates with access to e-mail facilities or reliable postal facilities or reliable postal facilities. The purpose of this bias was to ease the process of distribution; however, in subsequent groups it has been possible to accept participants who do not have e-mail facility, such that this is no longer a pre-requisite for entry to the Diploma.

In this semester the Core Curriculum includes the following, and there is a one week residential period at the start of the semester:

<b>Year 1: Semester I</b>		<b>CU</b>
DPM 111	Epidemiology of Cancer and AIDS	2
DPM 112	Team Work, Holistic Approach and Communication	3
DPM 113	Pain and Symptom Control	4
DPM 114	Psychosocial Issues and Spiritual/Cultural Issues	4
DPM 115	Ethical Issues in Palliative Care	2
	<b>TOTAL</b>	<b>15</b>

### **Year 1: Semester II**

During this semester there will be a two-week residential session. This will address issues relating to the Core Curriculum.

In this semester the Core Curriculum will include:

<b>Year 1: Semester II</b>		<b>CU</b>
DPM 121	Teaching Palliative Care	2
DPM 122	Audit and Research	2
DPM 123	Children: Special Needs	2
DPM 124	Death and Dying	2

DPM 125	Organisation/Management and Legal Issue	5
DPM 126	Palliative Care Models	2
	<b>TOTAL</b>	<b>15</b>
<b>Recess Term</b>		
DPM 131	Visiting Clinical Practice	4
DPM 132	Audit, Research and Statistics	4
	<b>TOTAL</b>	<b>8</b>

### **Year II: Semester I**

This will consist of advanced Modules, with no residential section.

<b>CODE</b>	<b>MODULE</b>	<b>CU</b>
DPM 211	Physical Aspects	4
DPM 212	Communication Skills	3
DPM 213	Psychosocial/Spiritual/Cultural Issues 2	2
DPM 214	Teaching Palliative Care	2
DPM 215	Palliative Care Models 2	2
DPM 216	Further Organisation and Management	2
	<b>TOTAL</b>	<b>15</b>