

Caraterização da Unidade Curricular / Characterisation of the Curricular Unit

Designação da Unidade Curricular / Curricular Unit:	[70859995233] Opções Terapêuticas em Cuidados Paliativos [70859995233] Therapeutic Options in Palliative Care		
Plano / Plan:	PLANO CPGCPFV - A PARTIR DE 2022/2023		
Curso / Course:	Pós-Graduação em Cuidados Paliativos e Fim de Vida		
Grau / Diploma:	Pós-Graduação		
Departamento / Department:	ENFERMAGEM		
Unidade Orgânica / Organic Unit:	ESCOLA SUPERIOR DE SAÚDE DE VISEU		
Área Científica / Scientific Area:	Saúde		
Ano Curricular / Curricular Year:	1		
Período / Term:	S1		
ECTS:	11		
Horas de Trabalho / Work Hours:	0050:00		
Horas de Contacto/Contact Hours:			
(T) Teóricas/Theoretical:	0000:00	(TC) Trabalho de Campo/Fieldwork:	0000:00
(TP) Teórico-Práticas/Theoretical-Practical:	0030:00	(OT) Orientação Tutorial/Tutorial Orientation:	0000:00
(P) Práticas/Practical:	0000:00	(E) Estágio/Internship:	0000:00
(PL) Práticas Laboratoriais/Practical Labs:	0000:00	(O) Outras/Others:	0000:00
(S) Seminário/Seminar:	0000:00		

Docente Responsável / Responsible Teaching

[5024] Olivério De Paiva Ribeiro

Outros Docentes / Other Teaching

[5053] Sofia Margarida Guedes de Campos Salvado Pires

[5054] Susana Marisa Loureiro Pais Batista

[5147] Renato Jorge Coelho dos Santos

[304017] Maria Cristina Monteiro Ramos Cardoso

[606854] Marta Miguel de Bastos Graça

[606855] Maria Helena Moita Ferreira Lourenço

[606856] Sara Margarida Rodrigues Gomes

[606857] Luís Miguel Cruz Andrade Simões

[606859] Maria do Céu de Almeida Santos Loureiro

Learning Outcomes of the Curricular Unit

The curricular unit Therapeutic Options in Palliative Care falls within the scope of knowledge and acquisition of skills in palliative care, favoring professional development and facilitating new dimensions of care.

It is intended to achieve the following objectives:

Identify the different means of monitoring and controlling pain and other signs and symptoms;

Evaluate physiopsychological changes with validated tools;

Justify interventions in the context of urgency, hospitalization and community;

Differentiate forms of intervention in Pediatrics;

Explain forms of intervention vis-à-vis the Caregiver;

Describe the different phases of the process of death and dying.

It is intended to train and develop in the student scientific, relational, technical skills that allow intervention in multidisciplinary professional teams as caregiver and trainer in care of the Person in Palliative Situation.

Syllabus

THE PALLIATIVE PATIENT IN A PERSPECTIVE OF CONTINUITY OF CARE

Emergencies in Palliative Care

The Hospitalized Patient

The Palliative Patient in the Community

The terminally ill ? Management of the phase of the death and dying process

Humanitude in Palliative Care: Singularity of Relation, Interaction and Communication

PAIN MONITORING AND CONTROL

Evaluation and measurement instruments

Pharmacological Approach

Non-Pharmacological Approach

THERAPEUTIC PRINCIPLES

SYMPTOM MONITORING AND CONTROL

Digestive

Stomatologic

Cardiorespiratory

Urinary

Dermatological

Neuropsychiatric

CARING FOR THE CAREGIVER

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Demonstration of the syllabus coherence with the curricular units' learning objectives

Considering the mission of the ESSV, to train health professionals endowed with scientific, technical, pedagogical, human and cultural competences, with the creation of this curricular unit in the Postgraduate Course in Palliative Care and End of Life, it is intended to give students not only theoretical deepening, but also the understanding of end-of-life health care, as a necessity in terms of public health, as an ethical imperative that promotes fundamental rights and, therefore, as a priority social obligation. It is right to speak of an ethic of biomedical research, capable of helping to make an itinerary that respects the dignity of the person.

Teaching Methodologies (Including evaluation)

The methodologies focus on the active participation of students and are based on the oral and direct exhibition method, using the most appropriate audiovisual means, problem solving/analysis and critical reflection, preparation of portfolios and group work under the guidance of teachers. Through these methodologies it is intended to develop in the student the critical/reflective analysis as well as the experiential development.

For the evaluation of the curricular unit it is foreseen the realization of group work that includes its oral presentation, the evaluation of all the work developed in relation to the organization of the conference and realization of the study visit. The classification results from the average obtained in the papers, in the organization of the conference and in the study visit, with a maximum quotation of 20 values.

Demonstration of the coherence between the teaching methodologies and the learning outcomes

Given that clinical practice develops in a professional context, we bet on the mobilization of theoretical knowledge for professional practice. Before the beginning of the internship, an integration meeting is held with the students and the pedagogical team, where they are given all the orientations related to the curricular unit. Students are offered the assessment instrument containing the objectives, the skills to be developed, and the methodological guidelines.

Bibliografia / Bibliography

Machado, M G F (2000). **A medicina familiar e os cuidados paliativos** . [Lisboa]: [s.n.].

Portugal. (2005). **Programa nacional de cuidados paliativos** . Divisão de Doenças Genéticas, Crónicas e Geriátricas. Lisboa: Direcção-Geral da Saúde.

Santos, F. S. (2011). Cuidados Paliativos. Diretrizes, Humanização e Alívio de Sintomas. S. Paulo. Ed Atheneu.

Sociedade Francesa de Acompanhamento e de Cuidados Paliativos. Colégio de Cuidados de Enfermagem (2000). **Desafios da enfermagem em cuidados paliativos: cuidar: ética e prática** . Loures: Lusociência.

Twycross, R. (2001). **Cuidados paliativos** . 1ª ed. Lisboa: Climepsi.

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