



UNIVERSITY OF WARMIA AND MAZURY IN OLSZTYN
Faculty of Medicine

Course syllabus – part A

USOS Code: 48SJ-PALMED

ECTS: 0.50

Cycle: 2026L

Palliative Medicine Palliative Medicine

SUBJECT MATTER CONTENT:

Classes – 1. Introduction to palliative medicine. History of palliative care. Palliative care, hospice care (stationary hospice care, home hospice care, outpatient clinic). History taking in palliative medicine. Communication with palliative medicine patients and their families. Physical examination of palliative care patients. 2. Pain management in palliative care – part 1. Causes of cancer pain. Classification of pain. Pain assessment tools. 3. Pain management in palliative care – part 2. Treatment of cancer pain. Principles of analgesic use. Analgesic ladder. Prevention of side effects of pain treatment. Invasive methods for pain treatment. Concept of Total pain. 4. Patients at the end of life. Symptoms management. Emergencies in palliative medicine.

TEACHING OBJECTIVE:

Students know the principles of palliative long-term care and hospice care. Students know the rules of interdisciplinary approach to patient requiring palliative care and understands the role of physician in an interdisciplinary team. Students know the causes, pathomechanisms, symptoms, assessment of severity and principles of treating somatic symptoms in various stages of cancer. Students know and understand the importance of palliative medicine and symptomatic treatment of: pain, dyspnoea, anxiety, depression, fatigue, constipation, nausea and vomiting, cachexia, bedsores, lymphoedema, etc. Students know different forms of palliative treatment: chemotherapy, radiotherapy, hormonal treatment, surgery, pharmacotherapy. Students understand the need to communicate with the patient and his family, know the rules of professional guidance, and the ethical priorities/dilemmas of the patient in the terminal phase and his family.

DESCRIPTION OF THE LEARNING OUTCOMES OF THE COURSE IN RELATION TO THE DESCRIPTION OF THE CHARACTERISTICS OF THE SECOND LEVEL LEARNING OUTCOMES FOR QUALIFICATIONS AT LEVELS 6-8 OF THE POLISH QUALIFICATION FRAMEWORK IN RELATION TO THE SCIENTIFIC DISCIPLINES AND THE EFFECTS FOR FIELDS OF STUDY

Symbols for outcomes related to the discipline:

M/NM+++, M/NMA_P7S_UW+++++

Symbols for outcomes related to the field of study:

K.1.+, K.2.+, K.3.+, D.U7.+, D.U14.+, D.U10.+, E.U21.+, E.U37.+

LEARNING OUTCOMES:

Legal acts specifying learning outcomes:
672/2020;

Discipline: Medical Sciences

Course status: Obligatory

Group of courses: B - major course

ISCED Code: 0912

Field of studies: Medicine

Field: Medicine

Learning profile: -

Form of studies: full-time

Level of studies: uniform master's studies

Year/Semester: 5th year 10th semester,
Medicine in English

Classes types: Classes;

Classes: Classes (20h);

Language: ANG

Introductory subject: Oncology, internal medicine, surgery, pediatrics, geriatrics

Prerequisites: Basic knowledge of oncology, chemo- and radiotherapy, internal medicine and geriatrics

Organized by the unit:

Coordinators responsible for the course:

Monika Rucińska, monika.rucinska@uwm.edu.pl

Additional notes:

Knowledge (W1) – the principles and methods of communicating with the patient and his/her family, conducive to empathic, and trust-based relationship; the significance of verbal and non-verbal communication in the process of communicating with the patient, and the notion of trust in interaction with the patient; the functioning of the health care system entities and the social role of the physician; the basic psychological mechanism of human functioning in health and illness; Students knows and understands causes, symptoms, principles of diagnosis and treatment in the most common problems of palliative medicine, including: a) treatment of the most common somatic symptoms, b) treatment in cancer cachexia, prophylaxis and treatment of bedsores, c) most common emergency conditions in palliative medicine Students knows the rules of palliative treatment for patients in the terminal state Students the rules of diagnostics and therapeutic procedures in most frequently encountered problems of palliative medicine, including: 1) symptomatic treatment of the most frequent somatic symptoms, 2) the procedure in cancer cachexia and in preventing and treating bed sores, 3) the most frequently encountered emergencies in palliative medicine; the rules of palliative procedure with respect to the patient in terminal condition; the principles of treating pain, including neoplastic and

Skills (U1) – engage the patient in the therapeutic process; recognise the ethical dimension of medical decisions, and differentiate between factual and regulatory aspects; identify the violence risk factors, recognise violence, and react to it as appropriate; recognise conditions where the duration of survival, functional condition, or preferences of the patient limit adherence to the guidelines laid down for the specific disease; recognise the patient in agony and confirm his/her death;

Social competences (K1) – Students can establish and maintain a deep and respectful contact with patient. Student is guided by the good of the patients, placing them first.

Symbols for outcomes related to the field of study:

Classes – ['K1', 'U1', 'W1'] – Practical exercises -discussion on selected topics, especially communication with the patient and his family

FORM AND CONDITIONS OF VERIFYING LEARNING OUTCOMES:

Classes (Colloquium test) – ['K1', 'U1', 'W1'] – The credit grade is a result of the following elements: presences at classes, evaluations of the preparation for classes, activities at classes, final credit written in the form of test (6 openended questions

REQUIRED LITERATURE:

1. **Oxford Textbook of Palliative Medicine – fifth edition**, Nathan I. Cherny, Marie Fallon, Stein Kaasa, Russell K. Portenoy, David C. Currow,; Oxford University Press,; 2015; Pages: ; Tome: ;

COMPLIMENTARY LITERATURE:

- 1. Symptom Management in Advanced Cancer – fourth edition ,**

Robert G. Twycross, Andrew Wilcock, Claire Stark Toller,;
fourth edition; 2009; Pages: ; Tome: ;

- 2. Introducing Palliative Care 5th Edition**

Robert G. Twycross, Andrew Wilcock,; 5th Edition; 2016;
Pages: ; Tome: ;



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Detailed description of ECTS credits awarded - part B

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Palliative Medicine

Palliative Medicine

1. Contact hours with the academic teacher:

- participation in: Classes	20 h
- consultation	2 h
	Total: 22 h

Independent work of a student:

-	0.00 h
- preparation for passing	9.50 h
	Total: 9.50 h

contact hours + independent work of a student Total: 31.50 h

1 ECTS credit = 25-30 h of an average student's work, number of ECTS

ECTS Points = 31.50 h : 25 h/ECTS = 0.50 ECTS

Average: 0.50 ECTS

- including the number of ECTS credits for contact hours with the direct participation of an academic teacher - 0.35 ECTS pts

- including the number of ECTS credits for hours of independent work of a student - 0.15 ECTS pts