

Training Program Report: Palliative Care Training for Nurses

Date: September 14 - 15, 2024

Venue: Theosophical Society Seminar Hall, Cuttack, India

Organized by: Amrit Dhara Palliative Care Trust

Overview

Amrit Dhara Palliative Care Trust successfully conducted a comprehensive two-day training program on palliative care in Cuttack, aimed at enhancing the skills and knowledge of 150 nurses. The training was designed to improve the delivery of compassionate and effective palliative care, emphasizing the critical aspects of care for patients with serious illnesses. The participants were nursing students of College of Nursing choudwar, Cuttack and were divided into two groups, with 73 nurses attending on the first day and 77 nurses on the second day.

Objectives of the Training Program

1. **Enhance Knowledge:** The primary objective was to provide nurses with in-depth knowledge of palliative care principles and practices. This includes understanding the fundamental concepts and the importance of palliative care in improving patient quality of life.
2. **Skill Development:** The program aimed to develop practical skills in managing pain and symptoms, and in communicating effectively with patients and their families. This encompasses a range of technical and interpersonal skills essential for providing high-quality palliative care.
3. **Compassionate Care:** A significant goal was to foster an empathetic approach to care. This involves not only addressing physical symptoms but also supporting emotional, psychological, and spiritual needs of patients and their families.

Program Content

The training program was meticulously designed to cover various critical aspects of palliative care:

- **Introduction to Palliative Care:** Led by Professor B. N. Mohanty, this session offered a comprehensive overview of palliative care, highlighting its significance and core principles. This foundational session laid the groundwork for more in-depth exploration of patient care.
- **Nursing Role and Strategy in Symptom Management:** Dr. Mahesh Kumar Agarwal led this discussion, focusing on effective techniques for assessing and managing pain. The session emphasized practical strategies for dealing with common symptoms associated with terminal illnesses.
- **Psychosocial Issues in Palliative Care:** Guided by Dr. Avijit Dam, this part of the program tackled the management of psychosocial challenges such as anxiety, depression, and family dynamics, underscoring the importance of a holistic approach to care.
- **Spiritual Dimension in Palliative Care:** Dr. Chittaranjan Satpathy conducted this session, which highlighted the importance of addressing patients' spiritual needs and providing support that honors diverse beliefs and values.

- **Communication Skills:** This session, also led by Dr. B. N Mohanty, focused on the art of effective communication with patients and their families, particularly around end-of-life matters. It covered techniques for navigating sensitive conversations with empathy and clarity.
- **Care of the Dying and Bereavement Care:** Under the guidance of Dr. Avijit Dam, this segment provided insights into delivering compassionate care during the final stages of life and supporting families through the process of grief and bereavement.
- **Ethics in Palliative care:** Professor Sumita Mohanty addressed the ethical and legal considerations in palliative care. This session explored critical issues such as informed consent and decision-making capacity, providing a framework for navigating ethical dilemmas.
- **Common Nursing Procedures in Palliative Care:** Ms. Usha Mohanty led this session on standard nursing procedures within palliative care, covering essential tasks such as medication administration and medical equipment management.
- **Hands-On Sessions:** These interactive workshops, led by Dr. Mahesh Kumar Agarwal, Dr. Sumita Mohanty, Ms. Usha Mohanty, and Physiotherapist Archana, provided participants with hands-on experience in critical areas such as tracheostomy care, colonoscopy care, lymphedema management, and morphine administration.

Training Methodology

The training employed a blend of methodologies to ensure an engaging and informative experience:

- **Lectures and Presentations:** Experienced palliative care professionals delivered lectures, providing theoretical knowledge and practical insights.
- **Interactive Workshops:** Hands-on sessions were designed to enhance practical skills and facilitate problem-solving in real-world scenarios.

Outcomes and Impact

The training program achieved its objectives effectively:

- **Increasing Knowledge:** Participants gained a robust understanding of palliative care principles, which will enhance their ability to provide high-quality care.
- **Enhancing Skills:** Nurses demonstrated improved skills in pain and symptom management, critical for effective palliative care delivery.
- **Promoting Compassionate Care:** The program successfully emphasized the importance of empathetic, patient-centered care, fostering a compassionate approach among the participants.

Conclusion

The palliative care training program organized by Amrit Dhara Palliative Care Trust was highly successful, receiving positive feedback from the nursing staff in Cuttack. The two-day program equipped 150 nurses with essential tools and knowledge, significantly advancing their ability to deliver compassionate and effective palliative care. Future initiatives could benefit from additional case studies and extended practical sessions to further deepen the training experience.

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