

The Indian Association of Palliative Care's Foundation Course in Essentials of Palliative Care

Schedule for January 2025

Sl no	Time	Topic (Doctors)	Time	Topic (Nurses)
Day 1_ Saturday_4th January, 2025				
1	1:00 p.m. – 1:30 p.m.	Introduction to the Course <i>(Common session)</i>		
2	1:30 p.m. – 2:30 p.m.	Introducing Palliative Care and its concept <i>(Common session)</i>		
	2:30 p.m. – 3:00 p.m.	BREAK		
3	3:00 p.m. – 4:00 p.m.	Patho Physiology of Pain	3:00 p.m. – 4:00 p.m.	Pain Patho Physiology <i>(including Neuropathic and Difficult pain and Assessment of Pain)</i>
4	4:00 p.m. – 5:15 p.m.	Assessment and Management of Pain	4:00 p.m. – 5:00 p.m.	Management of Pain
Day 2 _ Sunday_5th January, 2025				
1	8:00 a.m. – 9:00 a.m.	Neuropathic and difficult pain	8:00 a.m. – 9:00 a.m.	Symptom assessment The concept - Why and how?
2	9:00 a.m. – 9:40 a.m.	GI Symptoms: Nausea and Vomiting	9:00 a.m. – 9:40 a.m.	GI Symptoms for Nurses: Nausea and Vomiting
	9:40 a.m. – 10:00 a.m.	BREAK		
3	10:00 a.m. – 11:00 a.m.	Oral Care and Skin Care <i>(Common session)</i>		
4	11:00 a.m. – 12:00 p.m.	Malignant wound management and ostomies <i>(Common session)</i>		
	12:00 p.m. – 12:10 p.m.	BREAK		
5	12:10 pm. – 1:30 p.m.	Bowel and Bladder Care <i>(Common session)</i>		

Day 3_Saturday_11th January, 2025

1	1:00 p.m. – 2:00 p.m.	Spirituality <i>(Common session)</i>		
2	2:00 p.m. – 3:00 p.m.	Ethical Issues <i>(Common session)</i>		
	3:00 p.m. – 3:30 p.m.	BREAK		
3	3:30 p.m. – 4:20 p.m.	Spirituality Exercise <i>(Common session)</i>		
4	4:20 p.m. – 5:20 p.m.	Management of Respiratory Symptoms	4:20 p.m. – 5:20 p.m.	Management of Respiratory Symptoms

Day 4_Sunday_12th January, 2025

1	8:00 a.m. – 9:00 a.m.	GI Symptoms: Constipation	8:00 a.m. – 9:00 a.m.	Basics of Home care and Management of bedridden patients
2	9:00 a.m. – 9:40 a.m.	Pain (<i>Case Discussions</i>)	9:00 a.m. – 9:40 a.m.	Nursing Issues (<i>Case Discussions</i>)
	9:40 a.m. – 10:10 a.m.	BREAK		
3	10:10 a.m. – 11:00 a.m.	Pediatric Palliative Care <i>(Common session)</i>		
4	11:00 a.m. – 11:50 a.m.	Care of the Elderly <i>(Common session)</i>		
	11:50 a.m. – 12:10 p.m.	BREAK		
5	12:10 p.m. – 1:10 p.m.	Management of Lymphedema <i>(Common session)</i>		
6	1:10 p.m. – 1:50 p.m.	Lymphedema Management Exercises <i>(Common session)</i>		

Day 5_Saturday_18th January, 2025

1	1:00 p.m. – 2:00 p.m.	Management of Malignant Bowel Obstruction	1:00 p.m. – 2:00 p.m.	GI Symptoms – Constipation Procedures to manage Constipation
2	2:00 p.m. – 3:00 p.m.	Emergencies in Palliative Care	2:00 p.m. – 3:00 p.m.	Emergencies in Palliative Care (<i>Sign and Symptoms; What nurses can do in the absence of doctors?</i>)
	3:00 p.m. – 3:30 p.m.	BREAK		
3	3:30 p.m. – 5:30 p.m.	Communication (Common session)		

Day 6_Sunday_19th January, 2025

1	8:00 a.m. – 8:50 a.m.	How to write Reflective Case History (Common session)		
2	8:50 a.m. – 9:35 a.m.	NDPS Act_ The Basics	8:50 a.m. – 9:20 a.m.	Grief and Bereavement
3	9:35 a.m. – 10:15 a.m.	Basics of Neuro palliative Care	9:20 a.m. – 10:10 a.m.	NDPS Act_ Drugs Documentation and Record Keeping
	10:15 a.m. – 10:30 a.m.	BREAK	10:10 a.m. – 10:30 a.m.	BREAK
4	10:30 a.m. – 11:10 a.m.	Renal Palliative Care	10:30 a.m. – 11:00 a.m.	NG tube feeding, preparation of feeding, solutions for mouth care
5	11:10 a.m. – 11:50 a.m.	Management of Chronic Liver Diseases	11:00 a.m. – 11:30 a.m.	Rehabilitation / Subcutaneous / Ascetic tapping
	11:50 a.m. – 12:10 p.m.	BREAK	11:30 a.m. – 11:40 a.m.	BREAK
6	12:10 p.m. – 1:10 p.m.	End of Life Care	11:40 a.m. – 12:40 p.m.	End of Life Care