



Foundation Course in Essentials of Palliative Care for Volunteers (FCEPCV)

Schedule

Time	Session
Day 1 – Friday, 8th May 2026	
3:00 – 3:10 PM	Introduction and Welcome
3:10 p.m. – 3:25 p.m. (15 mins)	Introduction of Volunteers
3:25 to 4:10 p.m. (45 mins)	Introduction to Palliative Care <ul style="list-style-type: none"> • History (Internationally & Indian Scenario) • Total Pain • Multidisciplinary Team • Oncology & non-oncology, including mental illness • Ethical Issues • Goals of Care and Transition to PC • Home Care, Hospice and Hospital
4:10 pm to 5:00 pm (50 mins)	Role of Volunteers in PC & Community Participation <ul style="list-style-type: none"> • Patient Care • Networking • Awareness & Education • Advocacy • Fundraising
Day 2: Saturday, 9th May 2026	
3:00p.m. to 3:45 p.m. (45 mins)	Communication skills in PC- Part 1 <ul style="list-style-type: none"> • Active Listening • Empathy • Non-Verbal Communication
3:45 to 4:30 p.m. (45 mins)	Communication Skills in Palliative Care – Part 2 <ul style="list-style-type: none"> • Collusion • Breaking Bad News • Managing Anger • Denial
4:30 p.m. to 5:00 p.m. (30 mins)	Team Activity/ Role Play – Communication (Break)
Sunday, 10th May 2026- No sessions	
Day 3, Monday, 11th May 2026	
3:00p.m. to 3:50 p.m. (50 mins)	Psychological Issues in Palliative Care <ul style="list-style-type: none"> • Depression • Anxiety • Adjustment Issues

	<ul style="list-style-type: none"> • Body Image Issues • Sexual Issues • Delirium • Demoralisation • Caregiver Burden <p>What Volunteers can do?</p>	
3:50 – 4.40 pm (50 mins)	<p>Addressing Social Issues & Social Rehabilitation</p> <ul style="list-style-type: none"> • Respite Care • Social Stigma • Family & Cultural Issues • Financial Issues • Educational Support • Livelihood Support • Companionship • Government Policies & Schemes <p>What Volunteers can do</p>	
4:40 – 5:00 pm (20 mins)	Volunteer Sharing -1	
Day 4, Tuesday, 12th May 2026		
3:00 p.m. to 3:45 p.m.	Paediatric, Adolescent and Palliative Care	
3:45 - 4: 30 pm	Geriatric Palliative Care	
4:30 p.m. to 5.00 p.m.	Volunteer Experience Sharing – 2	
Day 5, Wednesday, 13th May 2026		
3:00 to 3:45 p.m. (45 mins)	Self-Care, Secondary Traumatic Stress, Resilience & Coping for Volunteers	
3.45 to 4. 30 p.m. (45 mins)	<p>Physical Issues & Management of Pain</p> <ul style="list-style-type: none"> • Pain • SOB • Vomiting • Constipation • Anorexia • Cachexia • Fatigue • Cough • What Volunteers can do? 	
4:30 to 5:10 pm (40 mins)	Physiotherapy & Occupational Therapy in Palliative Care	
Day 6, Thursday, 14th May 2026		
3:00 to 3:40 p.m. (40 mins)	<p>Complementary & Alternative Therapies</p> <p>What Volunteers can do?</p>	
3.40 to 4.30 p.m. (50 mins)	<p>Nursing Issues in Palliative Care</p> <ul style="list-style-type: none"> • Bed and personal Care • Wound Dressing • Ostomy Care • Bleeding 	

	<ul style="list-style-type: none"> • Oral Care • Feeding • Catheter Management • What Volunteers can do? 	
4:30 to 5:00 p.m. (30 mins)	Volunteer Experience Sharing – 3	
Day 7, Friday, 15th May 2026		
3:00 – 3:40 p.m. (40 mins)	Existential & Spiritual Issues in Palliative Care <ul style="list-style-type: none"> • What Volunteers can do? 	
3:40 to 4:40 p.m. (60 mins)	Understanding Death & Dying, Good Death & End-of-Life Care <ul style="list-style-type: none"> • Advance Care Planning (ACP) • Living Wills <ul style="list-style-type: none"> • What Volunteers can do? 	
4:40 – 5:10 pm (30 mins)	Volunteer’s Experience Sharing – 4	
Day 8, Saturday, 16th May 2026		
3:00 – 4:00 p.m. (60 mins)	Grief & Bereavement <ul style="list-style-type: none"> • Anticipatory Grief • Normal Grief • Complicated Grief • Bereavement What Volunteers can do?	
4:00 to 4:45 p.m. (45 mins)	Volunteer Experience Sharing. Plan of Action.	
4: 45 to 5:00 p.m. (15 mins)	Discussion & Guidance for Progression to “Part B” of the Course	