



# Bharath

INSTITUTE OF HIGHER EDUCATION AND RESEARCH

(Declared as Deemed - to - be - University under section 3 of UGC Act 1956)



Sree Balaji College of Nursing

Department Of Medical Surgical Nursing

**VALUE ADDED COURSE**

**PALLIATIVE CARE**

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**Bharath**  
**INSTITUTE OF HIGHER EDUCATION AND RESEARCH**  
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## **REQUISITION LETTER**

**FROM**

08November 2019

Head of the Department

Department Of Medical Surgical Nursing

Sree Balaji College of Nursing

Chennai-44

**TO**

**DR.V. Hemavathy**

Principal,

Sree Balaji College of Nursing

Chennai-44

Respected madam,

Kindly grant me permission to conduct value added course on Palliative care from 18.11.19to 29.11.2019 for a period of two weeks.

**THANKING YOU**

**Yours faithfully**

**PERMISSION LETTER**

Department of medical surgical nursing

Sree Balaji college of nursing

Chennai

Hereby we grant permission to conduct value added course on palliative care from 18 th November 2019 to 29 th November 2019 for a period of two weeks .

Warm regards



**BHARATH INSTITUTE OF HIGHER EDUCATION AND RESEARCH**

**Date: 11-11-2019**

**SREE BALJI COLLEGE OF NURSING**

**CIRCULAR**

**Notification for Value added courses offered by the Sree Balaji College Of Nursing**

The Department of Medical Surgical Nursing , is scheduled to offer a Value added Course on Palliative care from 18/11/2019 to 29/11/19 for a period of 2 weeks. Interested students can approach Mrs. Girijabhaskaran, Professor and Course Coordinator, Department of Medical surgical Nursing for registration and for further details on or before 16<sup>th</sup> November 2019.

**Eligibility- DGNM, ANM, B.SC (NURSING) M.SC ( NURSING)**

Course Coordinator

HOD

Copy to:

Vice Chancellor

Pro Vice Chancellor

Additional Registrar

Deans

CoE

Heads of Departments

**BHARATH INSTITUTE OF HIGHER EDUCATION AND RESEARCH**

**SREE BALAJI COLLEGE OF NURSING**

**DEPARTMENT OF MEDICAL SURGICAL NURSING**

**VALUE ADDED COURSE ON PALLIATIVE CARE**

**2019-2020**

**COURSE CO-ORDINATOR DETAILS**

**Faculty Name:** Mrs. Girija bhaskaran, Professor, HOD, Department of Medical surgical Nursing

**Email ID:** girijas@bharathuniv.ac.in, girijabhaski@gmail.com

**Mobile number:** 9443990430

**BHARATH INSTITUTE OF HIGHER EDUCATION AND RESEARCH**

**SREE BALAJI COLLEGE OF NURSING**

**DEPARTMENT OF MEDICAL SURGICAL NURSING**

**VALUE ADDED COURSE SYLLABUS**

**2019-2020**

**COURSE ON PALLIATIVE CARE**

**OBJECTIVES**

1. To understand the need of palliative care.
2. To know about the areas of palliative care.
3. To practice palliative care among person with long term illness.

**MODULE I: CONCEPT OF PALLIATIVE CARE**

**Introduction-** history of palliative care, principles of palliative care, why it is required for nursing profession, who needs palliative care, where can palliative care be given.

**MODULE II: COMMUNICATION SKILLS**

Definition and methods of communication skills, barriers of communication, qualities of communicator, non verbal communication, examples of good and poor communication skills, collusion, managing anger and denial.

**PRACTICAL SESSION-1 HOUR**

**MODULE III: NURSING CARE OF CONTROLLING SYMPTOMS IN PALLIATIVE CARE PATIENTS**

Pain, nausea, dyspnea, constipation, diarrhea, anxiety, social isolation, care of dying, fear, grief, stress, spiritual distress.

**CARE MODULE: IV NURSING PROCEDURES IN PALLIATIVE**

Nursing assessment, colostomy care, chronic wound care, lymph edema management, assisting in thoracentesis, bladder care, tracheostomy care, care in terminal phase.

**Total Contact Hours: 30**

## **TEXT BOOKS**

1. Text book o Indian society of palliative care
2. Mosby's oncology nursing
3. Lippincott manual of nursing practice.

## **REFERENCE BOOKS**

1. Symptom management in advanced cancer, 3rd Edition, Robert Twycross and Andrew Wilcock- 2001, Radcliff Medical press. Oxon
2. Palliative Nursing Improving end of life care, Shawn Kinghorn, Sandra Raines, 2nd edition, Bailliere, Tindall, Elseiver, 2007, Churchill Livingstone
3. Oxford textbook of Palliative nursing 3rd Edition, By Betty R. Ferrel, Nessa Coyle, Oxford University Press, 2010
4. Web sites that focus on palliative care, journals, PubMed

Date: 21-11-2019

From  
Prof. Girija bhaskaran  
Medical Surgical Nursing  
Sree Balaji College of Nursing  
Bharath Institute of Higher Education and Research,  
Chennai.

Through Proper Channel

To  
The Dean,  
Sree Balaji College of Nursing,  
Bharath Institute of Higher Education and Research,  
Chennai.

**Sub: Completion of value-added course: Palliative Care**

Dear Sir,

With reference to the subject mentioned above, the department has conducted the value-added course titled: **Palliative Care course** on 18/11/2019 to 21/11/2019. We solicit your kind action to send certificates for the participants , that is attached with this letter. Also, I am attaching the photographs captured during the conduct of the course.

Kind Regards

Prof. Girija bhaskaran

HOD Signature with seal





## PROGRAM SCHEDULE ON PALLIATIVE COURSE

18<sup>th</sup> November 2019 (9.00 AM- 4. 00 PM)  
OF NURSING, AUDITORIUM

VENUE: SREE BALAJI COLLEGE

| TIME    | TOPIC   | speaker  |
|---------|---|--|
| 9.00 AM | REGISTRATION  |  |
| 9.30 AM | Prayer Song<br>Welcome Addresss & About the course and the college  | Mrs. Girijabhaskaran, Professor, HOD, Departmen<br>surgical nursing  |
| 10 AM   | Introduction to palliative care   | Mrs.Semmalar,Professor, Department of medical                        |
| 11AM    | History of palliative care  | Mrs. Vijayabharathi,Asst.Professor, Department of<br>Nursing         |
| 11.30AM | <b>BREAK</b>  |  |
| 12 PM   | Principles of palliative care   | Mrs.Pauline sheela priya, Asst.professorDepartme<br>surgical Nursing |
| 1.15PM  | <b>LUNCH</b>  |  |
| 2.15PM  | Why it is required for nursing profession, who needs palliative care and where is<br>palliative care is given | Dr.P.S.Ram Goplan,Psychologist                                       |
| 3.30PM  | <b>COFFEE BREAK</b>   |  |
| 4PM     | <b>FEED BACK/VOTE OF THANKS/GROUP PHOTO/CERTIFICATE<br/>DISTRIBUTION</b>                                      |  |

| TIME    | TOPIC  | SPEAKER  |
|---------|--|--|
| 9.00 AM | REGISTRATION   |  |
| 9.30 AM | Prayer Song<br>Welcome Addresss & About the course and the college | Mrs. Girijabhaskaran, Profes<br>Department of Medical surgical |

|         |  |   |
|---------|--|---|
| 10 AM   | Definition and methods of communication skills                                 | Mrs.Pauline sheela priya, Asst.pr<br>Department of Medical surgical |
| 11AM    | Barriers of communication, qualities of communicator, non verbal communication | Mrs.Semmalar, Professor, Depart<br>medical surgical nursing         |
| 11.30AM | <b>BREAK</b>   |   |

19<sup>th</sup> November 2019 (9.00 AM- 4. 00 PM)  
COLLEGE OF NURSING , AUDITORIUM

**VENUE: SREE BALAJI**

|        |  |  |
|--------|--|--|
| 12 PM  | Examples of good and poor communication skills, collusion, managing anger and denial | Dr.Niranjana MD,<br>Palliative Care Tr |
| 1.15PM | <b>LUNCH</b>   |  |
| 2.15PM | Pain, & nausea   | Dr.Thendral,Cons<br>Institute,Adyar.   |
| 3.30PM | <b>COFFEE BREAK</b>  |  |
| 4PM    | <b>FEED BACK/VOTE OF THANKS/GROUP PHOTO/CERTIFICATE DISTRIBUTION</b>                 | Mrs.Vijayabharath<br>Department of M   |

20<sup>th</sup> November 2019 (9.00 AM- 4. 00 PM)  
COLLEGE OF NURSING , AUDITORIUM

**VENUE: SREE BALAJI**

| TIME    | TOPIC  | SPEAKER                                  |
|---------|--|--|
| 9.00 AM | REGISTRATION   |  |
| 9.30 AM | Prayer Song<br>Welcome Addresss & About the course and the college | Mrs. Girijabhask<br>Department of Med    |
| 10 AM   | Dyspnoea & constipation  | Mrs.Pauline sheela<br>Department of Med  |
| 11AM    | Diarrhoea & anxiety  | Mrs.Semmalar, Pro<br>medical surgical nu |

|         |  |  |
|---------|--|--|
| 11.30AM | <b>BREAK</b>   |  |
| 12 PM   | Social isolation, care of dying  | Dr.Niranjana MDS,<br>Palliative Care Tru |
| 1.15PM  | <b>LUNCH</b>   |  |
| 2.15PM  | Fear, grief, stress & spiritual distress.                                | Dr.Thendral, Consul<br>Institute,Adyar.  |
| 3.30PM  | <b>COFFEE BREAK</b>  |  |
| 4PM     | <b>FEED BACK/VOTE OF THANKS/GROUP<br/>PHOTO/CERTIFICATE DISTRIBUTION</b> | Mrs.Vijayabharathi,<br>Department of Mec |

21<sup>th</sup> November 2019 (9.00 AM- 4. 00 PM)  
COLLEGE OF NURSING ,AUDITORIUM

**VENUE: SREE BALAJI**

| TIME    | TOPIC  | SPEAK                                  |
|---------|--|--|
| 9.00 AM | REGISTRATION   |  |
| 9.30 AM | Prayer Song<br>Welcome Addresss & About the course and the college | Mrs. Girijabhas<br>Department of M     |
| 10 AM   | Nursing assessment,  | Mrs.Pauline sheela<br>Department of M  |
| 11AM    | Colostomy care, chronic wound care,                                | Mrs.Semmalar, Pr<br>medical surgical n |
| 11.30AM | <b>BREAK</b>   |  |
| 12 PM   | Lymph edema management,  | Dr. Niranjana MD<br>Palliative Care Tr |
| 1.15PM  | <b>LUNCH</b>   |  |
| 2.15PM  | Assisting in thoracentesis   | Dr.Thendral, Cons<br>Institute,Adyar.  |

|        |  |                                      |
|--------|--|--------------------------------------|
| 3.30PM | <b>COFFEE BREAK</b>  |                                      |
| 4PM    | <b>FEED BACK/VOTE OF THANKS/GROUP<br/>PHOTO/CERTIFICATE DISTRIBUTION</b> | Mrs.Vijayabharath<br>Department of M |

**SREE BALAJI COLLEGE OF NURSING**  
**DEPARTMENT OF MEDICAL SURGICAL NURSING**  
**LIST OF STUDENTS ATTENDED VALUE ADDED COURSE**  
**PALLIATIVE CARE**

SREE BALAJI COLLEGE OF NURSING  
DEPARTMENT OF MEDICAL SURGICAL NURSING  
LIST OF STUDENTS ATTENDED VALUE ADDED COURSE

| S.NO | NAME OF THE STUDENTS | REGISTRATION NUMBER | SIGNATURE OF THE STUDENT |
|------|----------------------|---------------------|--------------------------|
| 1.   | NIVETHA E            | UI6NR045            | <i>Nivetha</i>           |
| 2.   | NIVETHA SHRI G       | UI6NR046            | <i>Nivetha Shri G</i>    |
| 3.   | PAVITHRA K           | UI6NR047            | <i>Pavithra</i>          |
| 4.   | PAVITHRA M           | UI6NR048            | <i>Pavithra</i>          |
| 5.   | PRABHAVATHI S        | UI6NR049            | <i>Prabhavathi</i>       |
| 6.   | PRATHIBA V           | UI6NR050            | <i>Prathiba</i>          |
| 7.   | PRAVIENAA R          | UI6NR051            | <i>Pravienaa</i>         |
| 8.   | PREMI JASMINE S      | UI6NR052            | <i>Premi Jasmine</i>     |
| 9.   | PRIYADHARSHINI C     | UI6NR053            | <i>Priyadharshini</i>    |
| 10.  | PRIYADHARSHNI M      | UI6NR054            | <i>Priyadharshni</i>     |
| 11.  | PRIYANKA P           | UI6NR055            | <i>Priyanka</i>          |
| 12.  | PRIYANKA T           | UI6NR056            | <i>Priyanka</i>          |
| 13.  | RAJESWARI J          | UI6NR057            | <i>Rajeswari</i>         |
| 14.  | RAMYA K              | UI6NR058            | <i>Ramyak</i>            |
| 15.  | RAMYA R              | UI6NR059            | <i>Ramyar</i>            |
| 16.  | REGIL NELSON         | UI6NR060            | <i>Regil Nelson</i>      |
| 17.  | RENUKADEVI N         | UI6NR061            | <i>Renukadevi</i>        |
| 18.  | REVATHY A            | UI6NR062            | <i>Revathy</i>           |
| 19.  | RIDEIBUROM SYMBLAI   | UI6NR063            | <i>Rideiburom</i>        |
| 20.  | RUKMANIDEVI V        | UI6NR064            | <i>Rukmanidevi</i>       |
| 21.  | SADHANA R            | UI6NR065            | <i>Sadhana</i>           |
| 22.  | SANTHA RUBY S        | UI6NR066            | <i>Santha Ruby</i>       |
| 23.  | SANTHIYA P           | UI6NR067            | <i>Santhiya</i>          |
| 24.  | SARANYA S            | UI6NR068            | <i>Saranya</i>           |
| 25.  | SARASWATHI A L       | UI6NR069            | <i>Saraswathi</i>        |
| 26.  | SATHIYA SWATHI C     | UI6NR070            | <i>Sathiya Swathi</i>    |
| 27.  | SAVITHA K            | UI6NR071            | <i>Savitha</i>           |
| 28.  | SELESMARTINA J       | UI6NR072            | <i>Selesmartina</i>      |

|     |             |          |           |
|-----|-------------|----------|-----------|
| 29. | SHALINI A   | UI6NR073 | Shalini   |
| 30. | SIVAPRIYA V | UI6NR074 | Sivapriya |
| 31. | SOFIA M     | UI6NR075 | Sofia     |
| 32. | SOWMIYA B   | UI6NR076 | Sowmya    |
| 33. | SOWMIYA S   | UI6NR077 | Sowmya    |
| 34. | SRIMATHI S  | UI6NR078 | Srimathi  |
| 35. | SUGANYA K   | UI6NR079 | Suganya   |
| 36. | SUMITHRA S  | UI6NR080 | Sumithra  |
| 37. | THARA V     | UI6NR081 | Thara     |
| 38. | THENMOZHI R | UI6NR082 | Thenmozhi |
| 39. | UMA C       | UI6NR083 | Uma       |
| 40. | VASANTHI T  | UI6NR084 | Vasanthi  |

## SNAPSHOTS

**40 students participated in value added course on palliative care.(18.11.2019)**







## **CERTIFICATE OF PARTICIPATION**

**This is to certify that Vasanthi. T ( U16NRO84 ) has participated in the value added course**

**On Palliative care Organized by Sree Balaji college of Nursing,  
Department of Medical Surgical Nursing On 18<sup>th</sup> November 2019 –  
29<sup>th</sup> November 2019**

**Dr. V. Hemavathy  
Bhaskaran**

Principal, Sree Balaji College of Nursing  
Medical and Surgical Nursing

**Prof. Girija**

HOD, Department of

## Feed back form

### FEED BACK FORM

SREE BALAJI COLLEGE OF NURSING

STUDENT FEED BACK FOR VALUE ADDED COURSE

DEPARTMENT OF MEDICAL SURGICAL NURSING

Academic year: 2019.

Name of the value added course offered: PALLIATIVE CARE

Period of batch: 2019-20.

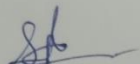
Course co-ordinator: MRS. Geetha Bhaskaran.

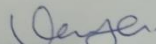
Student feed back

Dear student,

You are required to give your feedback on the following aspects. Please tick in the respective column.

| S.NO | CRITERIA                            | RATING    |          |      |      |              |
|------|-------------------------------------|-----------|----------|------|------|--------------|
|      |                                     | EXCELLENT | VERYGOOD | GOOD | FAIR | BELOW NORMAL |
| 1.   | Mastery of content                  |           | ✓        |      |      |              |
| 2.   | Communication skill                 |           | ✓        |      |      |              |
| 3.   | Punctuality and personal appearance |           | ✓        | ✓    |      |              |
| 4.   | Syllabus coverage                   |           |          | ✓    |      |              |
| 5.   | Demonstration of procedures         |           | ✓        |      |      |              |
| 6.   | infrastructure                      |           | ✓        |      |      |              |
| 7.   | relevancy                           |           | ✓        |      |      |              |
| 8.   | Skill development                   |           | ✓        |      |      |              |
| 9.   | Students interaction                |           | ✓        |      |      |              |
| 10.  | Evaluation of participants          |           | ✓        | ✓    |      |              |

  
COURSE CO-ORDINATOR

  
SIGNATURE OF THE STUDENT