Palliative and End of Life Care: Symptom Management 67KNIN643

Level: 6
Credits: 15

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This handbook must be read in conjunction with module information provided on KEATS, the King’s E-Learning And Teaching Service. You will be given access to KEATS on enrolment. Important information relating to assessment and related regulations can be found in the Postgraduate Programme Handbook, available on KEATS and via the Student Services Centre.

This handbook can also be provided in alternative formats (such as large print) upon request to asc@kcl.ac.uk.
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Module overview
Welcome to Palliative and End of Life Care: Symptom Management. This module can be taken as a free standing module or contribute towards a BSc in Nursing Studies. The course content has been developed in partnership with St Christopher’s Hospice and will be delivered equally from both sites, Kings College London, Waterloo Campus and the St Christopher’s Education Centre, Sydenham, South London.

Module aim
The World Health Organisation (WHO) defines palliative care as, “an approach that improves the quality of life of patients and their families facing the problem associated with life threatening illness, through the prevention and the relief of suffering by means of early identification and impeccable assessment and treatment of pain and other symptoms, physical, psycho social and spiritual”.

This module aims to enable registered nurses to provide active holistic palliative care to patients with advanced progressive illness. It considers the role of the nurse in symptom management and the provision of physical, psychological, social and spiritual support in order to achieve the best possible quality of life for patients and their families.

Learning outcomes
By the end of the course, participants should be able to:

- Demonstrate a detailed knowledge of the common symptoms of advanced progressive illness and their impact on patients and their families.
- Critically evaluate the evidence base that underpins palliative symptom management and apply to own practice.
- Critically evaluate the skills and resources necessary to effectively assesses, manage, and evaluate symptoms of advanced progressive disease.
- Reflect on the nurse’s contribution to the delivery of holistic care.
- Critically reflect on the role of inter professional team in palliative care symptom management
- Demonstrate a critical awareness of the influence of national and local policy initiatives on palliative care symptom management
- Critically reflect on the barriers to effective symptom management and consider solutions
- Question and debate ethical and legal issues that influence palliative care symptom management.

Teaching arrangements
Teaching and learning strategies will include:

- Lectures and seminars
- Facilitated discussion and debate
- Peer presentations
- Small group work
- Experiential learning
- Guided learning
- Personal study and reflection
**Submitting coursework**

**Summative assessment**

**Assignment Title:** Critically evaluate the potential benefits and burdens of taking a palliative care approach to symptom management.

Identify **one** symptom that would be appropriate to manage using a palliative care approach.

In your essay:

- Identify the chosen symptom and the relevance to palliative care.
- Briefly describe the causes and effects of your chosen symptom, relating your discussion to the relevant disease processes.
- Critically discuss the management of your chosen symptoms considering issues such as:
  - The evidence base
  - Policy and protocols underpinning practice
- Critically evaluate the benefits and burdens for the patient (and their carers) of available treatment options for your chosen symptom. This might include:
  - Quality of life issues
  - Side effects of available treatment options
  - Ethical Issues
- Critically discuss the wider issues that might influence the management options for your chosen symptoms e.g. financial constraints, availability.

**Formative Assessment**

The formative assessment is a 10-minute student-led presentation on the last day of the module.

The focus of the presentation should be the symptom you have selected for your essay. You should:

- Identify the specific symptom and appropriate management strategies.
- Consider the potential benefits and burdens of your identified approaches for the patient and their family/carers.
- Undertake some general reading and have a preliminary reference list.

Feedback will be provided by the group and the module leaders.

The formative stage will not be graded.
Coursework submission guidelines are provided on the modules KEATS site. It is essential that you use your candidate number on all assignments/examinations. Your candidate number, which will begin with \textbf{X for the academic year 2016/17}, will be available via Student Records on the King’s Intranet approximately one month after you enrol.

If you are unable to submit your work by the deadline please refer to the information in your programme handbook on “mitigating circumstances”. If you require further support in these circumstances you are advised to contact King’s College London Student Union.

\textbf{Submission date for coursework: Tuesday 11 April 2017 (by 11.59 am).}

\textbf{NB. The submission time has changed from previous years.} Late submissions will be accepted for \textbf{24 hours} following the submission date. All work submitted late will be marked as normal but will be capped at the pass mark for the module. Your assignment is submitted electronically through TurnItIn, information about how to submit late will be provided on the KEATS module site under ‘assessment information’. Please label the file with your candidate number and double-check you have submitted the correct file.

The external examiner for this module Brian Nyatanga, \textit{Students are not to make direct contact with external examiners, in particular regarding their individual performance in assessments.}

The College and its Examination Boards in the ten Faculties (Institutes/Schools, King’s Learning Institute and the Association of King’s College (AKC), work with over 500 external examiners to ensure the quality and standard of our taught awards. Find the latest report on the External Examiners Report page, navigate to the Faculty of Nursing and Midwifery section.

\textbf{Results and resubmissions for coursework} Students will receive a provisional (unratified) mark for their coursework \textbf{4 weeks following submission}. According to the method of submission as detailed on your KEATS site, if your work was submitted online you will be able to download marked coursework from KEATS.

Feedback will include the award of a numerical grade which remains provisional until ratified by the examination boards. The dates for the examination boards are available on KEATS. Ratified marks can be viewed via Student Records on the King’s Intranet, the Monday following the relevant examination board.

The marking criteria by which your work is judged are provided in full in your programme handbook. Please also refer to the section in your programme handbook on plagiarism and how to avoid it. If you have a query about how to refer to a specific piece of work please ask your module leader, your group leader or a member of library staff for guidance or please use King’s Libguides site.

The feedback you receive on your assignment will guide you towards how to do better next time or how to maintain your existing high standard.

If you do not understand your mark or the feedback you receive please contact the module leader – Dr Karen Gillett in the first instance.

If you are unsuccessful, it is strongly recommended that you contact the module leader before submitting your second attempt. This will enable the module leader to provide you with an appropriate level of support as you prepare to resubmit your work.

\textbf{Resubmission date for coursework: Tuesday 18 July 2017 (by 11.59am).}  
\textbf{Resubmitted work available for download: Tuesday 16 May 2017}
Learning resources

Session 1 – Introduction to the Module
During this session you will learn about:

- Introductions, aims, and learning outcomes of course
- The assessment process and assignment requirements.

Session 2 – Taking a Palliative Approach to Symptom Management
During this session you will learn about:

- The principles underpinning a palliative approach to symptom management
- The policy and initiatives guiding palliative care practice
- The impact on quality of life of symptom management for long term conditions
- Ethical issues relating to palliative care symptom management.

Session 3 – Managing Symptoms in End Stage Renal Failure
During this session you will learn about:

- End stage renal failure
- When a palliative approach may be appropriate for people living with renal failure
- The concerns that arise for a person requiring palliative care for renal failure and their carers and explore approaches to symptom management.

Session 4 – Symptom Management for Minority Groups
During this session you will learn about:

- Challenges and barriers arising for minority groups who require palliative care symptom management
- Strategies for providing palliative care symptom management to minority groups
- The support needs of minority groups and their carers.

Session 5 – Palliative Care Rehabilitation
During this session you will learn about:

- Rehabilitation in palliative care
- When a rehabilitation approach may be appropriate for people receiving palliative care
- The nurse’s role in the provision of palliative care rehabilitation as part of an interprofessional health care team.

Session 6 – Management of Lower Gastrointestinal Symptoms
During this session you will learn about:

- The nature and management of lower GI symptoms in a palliative care context
Session 7 – Disease Trajectories and Palliative Care
During this session you will learn about:

- What is meant by a disease trajectory
- The implications of different disease trajectories for palliative care and symptom management decision making

Session 8 – Management of Psychological Distress
During this session you will learn about:

- Psychological distress in patients with advanced disease including depression and anxiety
- Approaches for the management of psychological distress in a palliative care context

Session 9 – Management of Breathlessness
During this session you will learn about:

- The principles underpinning the management of breathlessness and strategies for symptom management
- The support needs of people with breathlessness and their families.

Session 10 – Management of Spiritual Pain
During this session you will learn about:

- The meaning of spiritual pain
- Approaches to spirituality and issues arising in a palliative care context

Session 11 – Management of Pain
During this session you will learn about:

- The nature of pain and effective strategies for managing pain in a palliative care context

Session 12 – Managing Symptoms of Dying
During this session you will learn about:

- The management of symptoms in the last 48 hours of life.
- Issues and dilemmas relating to the management of symptoms at the end of life.
- Support of patients and carers.

Session 13 – Management of Upper GI Symptoms
During this session you will learn about:

- The nature and management of upper GI symptoms in a palliative care context
Session 14 – Managing Acute Symptoms in Advanced Disease
During this session you will learn about:

- The nature of acute symptoms in patients with advanced disease and the nature of palliative care emergency situations
- The management of acute symptoms in patients with advanced disease

Session 15 – Symptom Management in Heart Failure
During this session you will learn about:

- Why/when a palliative approach may be appropriate for people living with heart failure
- The nature of symptoms in heart failure and approaches to symptom management
- The concerns that arise for a person requiring palliative care for heart failure and their carers.

Session 16 – Palliative Symptom Management in Young Adults
During this session you will learn about:

- Examine issues arising when caring for teenagers requiring palliative care symptom management and describe strategies to support teenagers and their families.

Session 17 – Symptom Management for Patients with Dementia
During this session you will learn about:

- Why/when a palliative approach may be appropriate for people living with dementia
- Issues affecting symptom management for people with dementia
- The concerns that arise for a person with dementia requiring palliative care symptom management and explore strategies for supporting them and their carers.

Session 18 – Student-led Presentations and Action Planning
This session will cover:

- Presentations relating to the essays.
- Making action plans relating to translating learning from the course into practice.
**Indicative reading**


*Additional reading for each session will be available on the module KEATS site.*

**Journals**

British Journal of Nursing

BMJ Supportive and Palliative Care


Journal of Advanced Nursing

International Journal of Palliative Nursing

The European Journal of Palliative Care

Palliative Medicine

Social Science and Medicine
**Websites**
Bladder and Bowel Foundation: [http://www.bladderandbowelfoundation.org/](http://www.bladderandbowelfoundation.org/)
British Lung Foundation: [http://www.lunguk.org](http://www.lunguk.org)
Department of Health: [http://www.dh.gov.uk](http://www.dh.gov.uk)
Marie Curie: [http://mariecurie.org.uk](http://mariecurie.org.uk)
National Council for Palliative Care - [http://www.ncpc.org.uk](http://www.ncpc.org.uk)
National End of Life Care Intelligence Network: [http://www.endoflifecareintelligence.org.uk](http://www.endoflifecareintelligence.org.uk)
NHS Choices - [http://www.nhs.uk](http://www.nhs.uk)
NHS Evidence - [http://www.evidence.nhs.uk](http://www.evidence.nhs.uk)
National Institute for Health and Clinical Excellence (NICE) - [http://www.nice.org.uk/](http://www.nice.org.uk/)
Patient Voices Programme: http://www.patientvoices.org.uk/
Scottish Partnership for Palliative Care - [http://www.goodlifedeathgrief.org.uk](http://www.goodlifedeathgrief.org.uk)
The Child Bereavement Charity [www.childbereavement.org.uk](http://www.childbereavement.org.uk)
Module evaluation
At the end of the module you are requested to complete the short online evaluation which will be available on your module KEATS site. Student evaluations are very important to us and are required by Health Education England and the regional London Local Education and Training Boards.

Action from previous evaluations
Students found it difficult to address two symptoms in-depth in the assignment and the assignment now asks students to look at one symptom.
## Timetable

**Palliative and End of Life Care: Symptom Management 6KNIS319/7KNIM745**

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Type of Session</th>
<th>Title</th>
<th>Time</th>
<th>Lecturer</th>
<th>Room</th>
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</thead>
<tbody>
<tr>
<td><strong>Day 1</strong></td>
<td></td>
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<tr>
<td>King’s College</td>
<td>30 Jan 2017</td>
<td>Introduction</td>
<td>Introduction to module</td>
<td>10.00-11.00</td>
<td>Karen Gillett</td>
<td>FWB 2.46</td>
</tr>
<tr>
<td>London</td>
<td></td>
<td>Seminar</td>
<td>Taking a palliative approach to symptom management</td>
<td>11.00-13.00</td>
<td>Sarah Watson</td>
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<tr>
<td></td>
<td></td>
<td>Lecture</td>
<td>Managing symptoms in end stage renal failure</td>
<td>14.00-16.00</td>
<td>Renal Palliative Clinical Nurse Specialist, Guy's &amp; ST Thomas' NHS Foundation Trust</td>
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<tr>
<td><strong>Day 2</strong></td>
<td></td>
<td>Tutorial</td>
<td>Introduction to the assessment Self Level 6 directed learning</td>
<td>10.00-11.00</td>
<td>Karen Gillett</td>
<td>WBW 2.21</td>
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<tr>
<td>King’s College</td>
<td>31 Jan 2017</td>
<td>Seminar</td>
<td>Symptom management for minority groups</td>
<td>11.00-13.00</td>
<td>Jo De Souza</td>
<td>WBW 2.21</td>
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<tr>
<td>London</td>
<td></td>
<td>Seminar</td>
<td>Palliative Care Rehabilitation</td>
<td>14.00-16.00</td>
<td>Helena Talbot-Wright</td>
<td>WBW 2.19</td>
</tr>
<tr>
<td>Day 3</td>
<td>1 Feb 2017</td>
<td>Lecture</td>
<td>Management of lower GI symptoms</td>
<td>11.00-13.00</td>
<td>Dr Claire Taylor</td>
<td>Macmillan Lead Nurse in Colorectal Cancer, St Marks Hospital</td>
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<tr>
<td>King’s College London</td>
<td>1 Feb 2017</td>
<td>Seminar</td>
<td>Disease trajectories and palliative care</td>
<td>14.00-16.00</td>
<td>Karen Gillett</td>
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<td></td>
<td></td>
<td>Lecture</td>
<td>Introduction to the assessment</td>
<td>10.00-11.00</td>
<td>Karen Gillett</td>
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<td>Self directed learning</td>
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<tr>
<th>Day 4</th>
<th>27 Feb 2017</th>
<th>Lecture/seminar</th>
<th>Management of Psychological Distress</th>
<th>09.30-11.00</th>
<th>Kathy Burn</th>
<th>St Christopher's Hospice</th>
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<tbody>
<tr>
<td>St Christopher's Hospice</td>
<td>27 Feb 2017</td>
<td>Lecture/seminar</td>
<td>Management of Breathlessness</td>
<td>11.15-12.15</td>
<td>Alison Jones, Physiotherapist</td>
<td>St Christopher's Hospice</td>
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<td></td>
<td></td>
<td>Lecture/seminar</td>
<td>Management of Spiritual Pain</td>
<td>12.15-13.15</td>
<td>Rev Dr Andrew Goodhead, Spiritual Care Lead</td>
<td>St Christopher’s Hospice</td>
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<td></td>
<td></td>
<td>Lecture/seminar</td>
<td>Management of Pain</td>
<td>14.00-16.00</td>
<td>Dr Joy Ross, Consultant, St Christopher’s</td>
<td>St Christopher's Hospice</td>
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<tr>
<td>Day 5</td>
<td>28 Feb 2017</td>
<td>Lecture/seminar</td>
<td>Managing symptoms of dying</td>
<td>09.30-10.30</td>
<td>Liz Bryan</td>
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<tr>
<td>St Christopher's Hospice</td>
<td>Lecture/seminar</td>
<td>Management of Upper GI Symptoms</td>
<td>10.45-12.00</td>
<td>Chris Mangar, CNS St Christopher's</td>
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<tr>
<td></td>
<td>Lecture/seminar</td>
<td>Managing Acute Symptoms in Advanced Disease</td>
<td>12.00-13.15</td>
<td>Chris Mangar, CNS St Christopher's</td>
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<tr>
<td></td>
<td>Lecture/seminar</td>
<td>Symptom Management in Heart Failure</td>
<td>14.00-16.00</td>
<td>Dr Louise Gibbs</td>
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<tr>
<th>Day 6</th>
<th>1 March 2017</th>
<th>Lecture/seminar</th>
<th>Palliative Symptom Management in Young Adults</th>
<th>09.30-10.30</th>
<th>Phillipa Sellar, CNS</th>
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</thead>
<tbody>
<tr>
<td>St Christopher's Hospice</td>
<td>Lecture/seminar</td>
<td>Symptom Management in Patients with Dementia</td>
<td>10.45-12.45</td>
<td>Dr Victor Pace</td>
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<tr>
<td></td>
<td>Student presentations</td>
<td>Student led presentations, action planning, and module evaluation</td>
<td>13.30-16.00</td>
<td>Karen Gillett/Liz Bryan</td>
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</tbody>
</table>

**Location key:**
FWB – Franklin-Wilkins Building, Waterloo Campus, 150 Stamford Street, Lambeth, London SE1 9NH.
WBW – Waterloo Bridge Wing, Waterloo Campus (entrance round the corner from the Franklin Wilkins Building on Waterloo Road)
St Christopher’s Hospice (room to be confirmed) 51-59 Lawrie Park Road, Sydenham, London SE26 6DZ.