Palliative and End of Life Care: Symptom Management - 7KNIM745

Level: 7
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 an MSc in Advanced Practice. 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 critical understanding of the common symptoms of advanced progressive illness and the impact on patients and their families.
- Critically evaluate the evidence base that underpins palliative symptom management and demonstrate the application to own practice.
- Critically appraise the skills and resources necessary to effectively assesses, manage, and evaluate symptoms of advanced progressive disease.
- Demonstrate reflective practice and a critical understanding of the nurse’s contribution to the delivery of holistic palliative care.
- Demonstrate a critical understanding of the role of the inter-professional team in effective palliative care symptom management and identify the specific nursing contribution to the palliative care team.
- Critically appraise national and local policies relating to palliative care symptom management and critically evaluate the implications for practice.
- Demonstrate an awareness of barriers to effective symptom management and critically evaluate potential solutions.
- Demonstrate a critical understanding of the ethical and legal issues related to 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

Academic assignment: 2,000 word essay contributing 100% of the course mark.

Assignment Title: Demonstrate a critical understanding of effective palliative symptom management in advanced progressive illness

With reference to one advanced progressive illness or condition, your answer should address the following points:

- Identify and provide a rationale for your choice of illness/condition and briefly outline the related symptoms.
- Choose (and give a rationale for your choice) one of the symptoms you identified above and briefly describe the cause of the symptom in this particular illness/condition.
- Critically evaluate the impact of your chosen symptom on patients with this illness/condition and their families.
- With particular attention to the nurse’s role, critically evaluate the evidence base that underpins the palliative symptom management of your chosen symptom (your answer should consider national and local policies where appropriate).
- Considering both the impact of the symptom on the patient and the effects of the management – critically evaluate the benefits and burdens of the palliative symptom management strategies you have described.

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/carer.
- 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 Y for the academic year 2017/18, 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.

**Submission date for coursework:** Tuesday 10 April 2018 (by 11.59 am)

NB. The submission time has changed from previous years.

Late submissions will be accepted for **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**. 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.

**Results and resubmissions for coursework**

Students will receive a provisional (unratified) mark for their coursework **4 weeks following submission**. Please note no letters will be sent. 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.

**Resubmission date for coursework:** Tuesday 17 July 2018 (by 11.59 am)

Resubmitted work available for download **4 weeks post submission**.
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
End of Life Journal at http://endoflifejournal.stchristophers.org.uk/
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/
British Heart Foundation: http://www.bhf.org.uk/
British Lung Foundation: http://www.lunguk.org
Department of Health: http://www.dh.gov.uk
Gold Standards Framework: http://www.goldstandardsframework.org.uk
Hospice UK (formerly: Help the Hospices): http://www.hospiceuk.org/
Macmillan Cancer Support: http://www.macmillan.org.uk/
Marie Curie: http://mariecurie.org.uk
Motor Neurone Disease Association: http://www.mndassociation.org/
National Council for Palliative Care - http://www.ncpc.org.uk
National End of Life Care Intelligence Network: http://www.endoflifecareintelligence.org.uk
NHS Choices - http://www.nhs.uk
NHS Evidence - http://www.evidence.nhs.uk/
National Institute for Health and Clinical Excellence (NICE) - http://www.nice.org.uk/
National Kidney Federation: http://www.kidney.org.uk
Patient Voices Programme: http://www.patientvoices.org.uk/
Scottish Partnership for Palliative Care - http://www.goodlifedearthgrief.org.uk
The Child Bereavement Charity www.childbereavement.org.uk
Module evaluation

As part of the university’s Student Voice Strategy, King’s uses an electronic module evaluation system known as EvaSys. This provides an opportunity for you to feedback on different aspects of the module through a series of pre-set questions and qualitative comments. At the end of the module you will receive an automated invitation via your KCL email account to complete your evaluation online.

Please take the time to complete as your feedback is important. It informs ongoing developments to individual modules to ensure that the learning needs and expectations of the Faculty’s student community are met to a high standard.

To strengthen the feedback cycle, a report summarizing the quantitative results for the module as a whole and the module lead’s reflections on your feedback will be sent to you after the online evaluation survey has closed.

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 (days 1 to 3)

<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>King's College London</td>
<td>29 Jan 2018</td>
<td>Introduction – level 6 only</td>
<td>Introduction to module</td>
<td>10.00-11.00</td>
<td>Karen Gillett</td>
<td>WBW 2.21</td>
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<tr>
<td></td>
<td></td>
<td>Seminar</td>
<td>Taking a palliative approach to symptom management</td>
<td>11.00-13.00</td>
<td>Sarah Watson Renal Palliative Clinical Nurse Specialist, Guy's &amp; ST Thomas’ NHS Foundation Trust</td>
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<td></td>
<td></td>
<td>Lecture</td>
<td>Managing symptoms in end stage renal failure</td>
<td>14.00-16.00</td>
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<tr>
<td>King's College London</td>
<td>30 Jan 2018</td>
<td>Tutorial – level 6 only</td>
<td>Introduction to the assessment Level 6 Self directed learning</td>
<td>10.00-11.00</td>
<td>Karen Gillett</td>
<td>WBW 2.21</td>
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<td></td>
<td></td>
<td>Seminar</td>
<td>Symptom management for minority groups</td>
<td>11.00-13.00</td>
<td>Jo De Souza Lecturer NMPC</td>
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<td></td>
<td>Management of Upper GI Symptoms</td>
<td>14.00-16.00</td>
<td>Chris Mangar</td>
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<td>Day 3</td>
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<tr>
<td><strong>Level 7 only</strong></td>
<td>Introduction to the assessment Level 7</td>
<td>Self directed learning</td>
<td>10.00-11.00</td>
<td>Karen Gillett</td>
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<tr>
<td>Lecture</td>
<td>Disease trajectories and palliative care</td>
<td>11.00-12.45</td>
<td>Karen Gillett</td>
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<td></td>
<td>Management of lower GI symptoms</td>
<td>13.30-15.00</td>
<td>Dr Claire Taylor Macmillan Lead Nurse in Colorectal Cancer, St Marks Hospital</td>
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<td>Supporting Carers</td>
<td>15.00-16.00</td>
<td>Dr Rebecca Verity, Senior Lecturer, KCL</td>
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Timetable for days 4 – 6 (26-28 February 2018) will be available on day one of the module. Please note that days 4 to 6 will be held at St Christopher’s Hospice (address below).

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, London, SE1 9NH).
- JCMJ – James Clerk Maxwell Building, 57 Waterloo Road, London, SE1 8WA.
- St Christopher’s Hospice (room to be confirmed) 51-59 Lawrie Park Road, Sydenham, London SE26 6DZ.