

# IAPC ANNOUNCES TRAINING PROGRAMS IN PALLIATIVE CARE FOR COUNSELLORS AND PHYSIOTHERAPISTS

**On the occasion of World Hospice and Palliative Care Day, Indian Association of Palliative Care announces online training programs in palliative care for Counsellors and Physiotherapists.**

## **Online Training Program in Palliative Care for Physiotherapists**

This half day training program aims to help the candidates to identify the role of physiotherapy in palliative care to improve quality of life of patients.

### **Apply Now**

The course will be conducted as online sessions on 7th October 2020 from 8 .30 AM to 12 Noon

### **Who all can apply?**

This program will be useful for doctors, nurses and physiotherapists. Doctors with MBBS/ BDS, Nurses with GNM or BSc Nursing and Graduates & Post Graduates in Physiotherapy (Bachelor of Physiotherapy/Masters in Physiotherapy) and students of BPT or MPT.

A heavily subsidized fee of Rs. 1000 /-(Rupees thousand only)

### **How to apply**

Please see the application form in page 3. Please submit application form along with a copy of your degree certificate, and receipt of course fee paid to [admissionsiapc02@gmail.com](mailto:admissionsiapc02@gmail.com)

**Last date to submit application: 30th September 2020**

## **PHYSIOTHERAPY IN PALLIATIVE CARE**

### **Course Description**

Palliative care is a practice discipline, which can be given in addition to standard treatment for life-limiting illnesses such as cancer, chronic obstructive pulmonary disease, motor neuron disease and multiple sclerosis. It is focused on improving the quality of life of people with life-threatening illness. Palliative care tries to alleviate suffering, not only by controlling pain and other symptoms, but also by social, psychological and spiritual support to the patient. , It is not limited to the care, which is only given in the last days.

Meeting patients' physical, psychological, social and spiritual needs, palliative care rehabilitation fits in the the adopted bio-psycho-social approach to health care, suggested by the World Health Organization.

Physiotherapy is concerned with identifying and maximizing movement potential, within the spheres of promotion, prevention, treatment and rehabilitation.

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Physiotherapy aims to maximize movement and function, which are essential for optimal wellbeing, but are threatened by ageing, injury or disease.

## **Learning Objectives:**

- To understand the concept of palliative care
- To know about basic skills in communicating with patients having palliative care need
- To understand the ethical issues in palliative care
- To understand about various oncological conditions and physiotherapy interventions
- To understand role of physiotherapy in improving quality of life of patients with palliative care needs
- To learn hands on physiotherapy techniques required for patients cared in a palliative care setting

## **Topics to be covered**

- Introduction and role of physiotherapy in Palliative Care
- Bony Mets and Cord Compression
- Lymphedema Management
- Pain Management– Scrambler Therapy
- Chest Physiotherapy

## **Our Faculty**

- Dr Komal Kashyap, M.P. T, Phd  
Department of Onco– Anaesthesia and Palliative Care, , AIIMS, New Delhi
- Mr. Sandeep Babbar, M. P. T,  
Physiotherapist, Department of Onco– Anaesthesia and Palliative Care, AIIMS New Delhi
- Ms. Priyanka Gandhi, Physiotherapist, Department of Surgical Oncology, AIIMS New Delhi
- Mr. Nirmal Kumar, M. P. T  
Physiotherapist, Department of Onco– Anaesthesia and Palliative Care, AIIMS, New Delhi
- Mrs. Shveta Seth, M..P.T  
Physiotherapist, Department of Onco– Anaesthesia and Palliative Care, AIIMS, New Delhi

# IAPC ANNOUNCES TRAINING PROGRAMS IN PALLIATIVE CARE FOR COUNSELLORS AND PHHYSIOTHERAPISTS

## IAPC CERTIFICATE COURSE IN PALLIATIVE CARE FOR PHYSIOTHERAPISTS Application Form

NAME OF THE APPLICANT	
EDUCATIONAL QUALIFICATION	
FULL ADDRESS WITH PINCODE, NAME OF DISTRICT AND STATE	
MOBILE NUMBER	
EMAIL	
DETAILS OF COURSE FEE PAID (Course fee can be transferred ONLINE to IAPC account)	AMOUNT PAID  TRANSACTION NUMBER  DATE OF PAYMENT
DATE OF SUBMISSION OF APPLICATION	
BANK ACCOUNT DETAILS OF IAPC TO PAY COURSE FEE ONLINE (COURSE FEE WILL NOT BE ACCEPTED AS CHEQUE OR DD) You can deposit to IAPC account from any of the branches of SBI	Account Holder: Indian Association of Palliative Care Account Type: Current Account No. 33808019294; I FSC Code SBIN0001536; MICR Code 110002005; Branch Code 001536; State Bank of India; AIIMS Campus, Ansari Nagar East, New Delhi - 110029

Email the Completed application forms to [admissionsiapc02@gmail.com](mailto:admissionsiapc02@gmail.com)

Documents to be submitted along with application:

1. A copy of your degree certificate/ certificate from head of the department in letterhead stating that the student undergoes BPT course in his/her institute
2. A copy of the receipt of course fee paid

**Contact:** Dr Komal Kashyap: 8800312553 & Mr. Sandeep Babbar 9968090389

# IAPC ANNOUNCES TRAINING PROGRAMS IN PALLIATIVE CARE FOR COUNSELLORS AND PHHYSIOTHERAPISTS

## Online Trainin Program in Palliative Care for Counsellors

**Batch starting on 10<sup>th</sup> October 2020**

The program, being organized, by Indian Association of Palliative Care, will be launched on World Hospice and Palliative Day, 10<sup>th</sup> October 2020. Interested candidates can submit their application now.

### Course Objective

Any chronic illness affects the body as well as mind. The stress of a worsening prognosis of a disease with life limiting conditions can trigger psychological morbidity. The content of the course is curated to facilitate participants to understand the psychosocial & spiritual issues and coping mechanisms impacting the quality of life of the patients and the care givers in the palliative care setting.

### Learning Objectives

To understand:

- The psycho-social-spiritual aspects of patients and their caregivers.
- The importance of impactful communication during prognostication, disease modifying treatment and transition of goals of care.
- Relevance of psychological interventions in palliative care setting
- Different coping mechanisms employed by patients /care givers
- Different psycho social spiritual interventions

### Who all can apply?

This program will be useful for Doctors, Nurses and Counsellors. Doctors with MBBS/BDS, Nurses with GNM/ BSc Nursing, Counsellors with BSc or MSc in Psychology/ MSW are eligible to apply

### Course Fee:

A heavily subsidized course fee of Rs. 1500 (Rupees thousand five hundred). Course fee to be transferred to the account of Indian Association of Palliative Care

### How to apply

Pease see the application form in page 6. Please submit application form along with a copy of your degree/ PG/ Diploma certificate, and receipt of course fee paid to [admissionsiapc02@gmail.com](mailto:admissionsiapc02@gmail.com)

**Last date to submit application: 30th September 2020**

# IAPC ANNOUNCES TRAINING PROGRAMS IN PALLIATIVE CARE FOR COUNSELLORS AND PHHYSIOTHERAPISTS

## Course design

The course will be delivered as half day sessions from 9 am to 1 PM online on Saturdays and sundays. It is a 16 hours training program with online sessions. The first batch will begin on 10 th October, Saturday.

Dates of the program: 10<sup>th</sup> , 17th, 18th, 24th,.25th and 31st October 2020.

Time: From 9 AM to 1 PM

## Topics to be covered and Faculty

<u>Date and Time</u>	<u>Topic</u>	<u>Resource Person</u>
	Day 1, 10th October	
9 AM to 9.30 AM	Inauguration	
9.30 to 10 AM	Introduction to the course	Mr K V Ganapathy
10 AM to 11 AM	Concept of Palliative Care	Mr. K V Ganapathy
	<b>Day 2- 17<sup>th</sup> October 2020</b>	
D9.15 to 11.15 AM	Role of psychiatry in Palliative Medicine- Overview of Psycho- Social- Issues, Ethical/ Existential/Spiritual suffering and illness Experiece	Dr Seema Rao
11.15 to 11.30	Break	
11.30 to 1.30 PM	Difficult communication: Parents and Care Givers	Mr. K V Ganapathy
	<b>Day 3- 18th October 2020</b>	
9 AM to 11 AM	Distress Screening and Management	Dr. Chitra Venkateswaran
11 AM to 11.15 AM	Break	
11.15 to 1 .15 PM	Grief and Bereavement	Dr. Priyadarshini Kulkarni
	<b>Day 4 – 24<sup>th</sup> October Saturday</b>	
9 AM to 11 AM	Psychiatric Issues- Adult Palliative Care	Dr. Jayita Deodhar
11Am to 11.15 AM	Break	
11.15 AM to 1.15 PM	Psychiatric Issues- Pediatric Palliative Care	Dr. Soumitra Datta
	<b>Day 5 25<sup>th</sup> October Sunday</b>	
9 AM to 11 AM	Spiritual and Existential Issues in Patients in Palliative Care	Dr. Santosh K Chaturvedi
11Am to 11.15 AM	Break	
11.15 AM to 1.15 PM	Self Care and Burn Out	Dr Prabha Chandra
	<b>Day 6 31<sup>st</sup> October 2020</b>	
9 AM to 10.30 AM	Psycho therapeutic interventions	Dr Seema Rao
10,30 AM to 10.45AM	Break	
10.45 AM to 12.15	Psycho therapeutic interventions	Mr K V Gabapathy
12.15 to 1.45 PM	Psycho therapeutic interventions	Ms. Procheta Mohenta

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BANK ACCOUNT DETAILS OF IAPC TO PAY COURSE FEE ONLINE (COURSE FEE WILL NOT BE ACCEPTED AS CHEQUE OR DD) You can deposit to IAPC account from any of the branches of SBI	Account Holder: Indian Association of Palliative Care Account Type: Current Account No. 33808019294; I FSC Code SBIN0001536; MICR Code 110002005; Branch Code 001536; State Bank of India; AIIMS Campus, Ansari Nagar East, New Delhi - 110029

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Documents to be submitted along with application:

3. A copy of your degree /diploma certificate
4. A copy of the receipt of course fee paid

**Contact:** Mr. K V Ganapathy

[ganpathykv3@gmail.com](mailto:ganpathykv3@gmail.com)

9819723767