

<b>Course number</b>	U-LAS70 10002 SE50				
<b>Course title (and course title in English)</b>	ILAS Seminar-E2 :Current issues in palliative care- the International Context (ヨーロッパにおける緩和ケア)	<b>Instructor's name, job title, and department of affiliation</b>	Graduate School of Medicine Associate Professor, ANAGNOSTOU, Despoina		
<b>Group</b>	Seminars in Liberal Arts and Sciences	<b>Number of credits</b>	2	<b>Number of weekly time blocks</b>	1
<b>Class style</b>	seminar (Face-to-face course)	<b>Year/semesters</b>	2024・First semester	<b>Quota (Freshman)</b>	15 (15)
<b>Target year</b>	Mainly 1st year students	<b>Eligible students</b>	For all majors	<b>Days and periods</b>	Tue.5
<b>Classroom</b>	04, Yoshida-South Campus Bldg. No. 1			<b>Language of instruction</b>	English
<b>Keyword</b>	palliative care / end of life care / ethics / clinical issues / Europe				

#### [Overview and purpose of the course]

The overall aim of the seminar is to develop understanding of the key current clinical and ethical issues in palliative and end-of-life care globally with a particular focus on US/Europe/Australia. Issues related to aging population, chronic illness rise will also be addressed.

We will use a combination of short lectures, interactive group discussion and problem based activities and personal reflection throughout the course to address aspects of shared decision-making in palliative care, communication challenges in facing terminal prognosis, ethical issues as viewed within the 'western world', holistic needs assessment and management of complex family interactions.

We will also have an international speaker from UK to give a lecture and present their work with a current challenge in their clinical practice.

#### [Course objectives]

- To understand the concepts of palliative and end of life care
- To understand the different models of palliative care within Europe/US/Australia.
- To develop awareness of the different disease groups relevant to palliative care
- To develop awareness of the current debates within palliative care globally.

#### [Course schedule and contents]

- Session 1: Introduction of the seminar and of those participating
- Session 2: Definition and different approaches to palliative care/ end of life care- historical development
- Session 3: Wellbeing and the link to quality of life
- Session 4: Family involvement or informal care-giving: the untold reality in palliative care
- Session 5: Financial burden/implications for the family in end-of-life care
- Session 6: Management of chronic pain in palliative care
- Session 7: The importance of resilience as a coping mechanism in palliative care
- Session 8: Communication issues in advanced cancer- disclosing prognosis
- Session 9: Developing communication skills- key challenges

Session 10-11: Quality of life as the centre of care in palliative care

Session 10: Advanced care planning- current trends

Session 11: Decision-making approaches to palliative care- the importance of shared decision-making

Session 12: Spirituality and spiritual care in palliative care

Session 13: Play therapy in children palliative care

Session 14: End-of-life care in the Intensive Care context.

Session 15: presentations- feedback

### **[Course requirements]**

None

### **[Evaluation methods and policy]**

Evaluation will be based on a final-course oral presentation (PPTX, 10-15min)

### **[Textbooks]**

Instructed during class

Textbook material, relevant publications and online resources will be introduced in each session. The relevant material will be uploaded on the PANDA system for students to access.

### **[References, etc.]**

( **References, etc.** )

Introduced during class

References to relevant literature will be given at each session- and always will be located within the PANDA page of the seminar.

### **[Study outside of class (preparation and review)]**

Students will follow instructions provided in class, to read a paper or listen to video material occasionally, in preparation of group work in class. They will also need to prepare their final course presentations ( PPTx of 10-15min).

### **[Other information (office hours, etc.)]**

Teacher short lectures, discussion groups, student presentations, small group works during seminar session based on an issue specified by the teacher.

Students are advised to actively participate; make comments and ask questions to generate discussions

Students can communicate directly via e-mail with the seminar teacher for advice, etc. Should they need to meet in person, they can make an appointment with the teacher via e-mail.