



The University of Jordan

Accreditation & Quality Assurance Center

Course Syllabus

Course Name: Introduction to Palliative Care

SCHOOL OF NURSING**Master Programs****Clinical Nursing/ Palliative Care****COURSE SYLLABUS****[FIRST SEMETER-2018/2019]**
-----**THE MISSION OF THE UNIVERSITY OF JORDAN**

Providing students with fulfilling learning experiences, conducting knowledge-producing research, and building firm societal ties, within an environment conducive to creativity, innovation, and entrepreneurship; making efficient use of resources and forging fruitful partnerships.

THE VISION OF THE SCHOOL OF NURSING

The School of Nursing Master's program at The University of Jordan will be increasingly recognized for its excellent and highly competitive advanced clinical nursing program locally, nationally and globally, offering educational opportunities in research, advanced nursing practices and community services and empowering nursing professionals as leaders in the dynamic health care delivery system

THE MISSION OF THE SCHOOL OF NURSING

The mission of the School of Nursing is to promote an innovative, caring, and collaborative learning environment that prepares graduates to demonstrate integrity and assimilate advanced knowledge and clinical experiences to assume advanced roles as clinicians, educators, researchers, and administrators

SCHOOL OF NURSING'S CORE VALUES

- Accountability & Transparency
- Integrity and equity
- Caring
- Excellence
- Innovation
- Diversity
- Compassion
- Social justice
- Leadership & Teamwork
- Discipline
- Arab and Islamic values

1	Course title	Palliative Care: Pain and Suffering
2	Course number	0702731
3	Credit hours	3 credit hours
	Contact hours (theory)	Wednesdays 3:30-6:30
4	Classroom #	-
6	Prerequisites/corequisites	-
7	Program title	Clinical Nursing/ Palliative Care
8	Program code	The University of Jordan
9	Awarding institution	Faculty of Graduate studies
10	School	Nursing
11	Department	
12	Level of course	Master course-First year
13	Year of study and semester (s)	Clinical Nursing
14	Final Qualification	Master degree/ Clinical Nursing –Palliative Care
15	Other department (s) involved in teaching the course	Faculty of Nursing
16	Language of Instruction	English
17	Leaching methodology	<input type="checkbox"/> Blended <input checked="" type="checkbox"/> Online
18	Electronic platform(s)	<input checked="" type="checkbox"/> Moodle <input checked="" type="checkbox"/> Microsoft Teams <input type="checkbox"/> Skype <input type="checkbox"/> Zoom <input type="checkbox"/> Others.....
19	Date of production/revision	13/10/2020

1. Course Coordinator:**Dr. Maysoon S. Abdalrahim**

Office number: 117

Office Tel: +9626 5355000 Ext: 23185

Email: maysoona@ju.edu.joAcademic website: <http://academic.ju.edu.jo/maysoona>E-Learning website: <https://elearning.ju.edu.jo/>**2. Other instructors:**

none

3. Course Description:

This course provides an in depth study of pain and symptom management, including advanced care planning with clients and their families. This course takes a comprehensive look at the management of pain and suffering as understood from the patient's lived experience and applied to nursing practice. Both pharmacological and non-pharmacological pain management strategies are examined and the ethical clinical decision-making in pain management is emphasized according to established standards for quality care and best practices within an interdisciplinary team.

4. Course aims and outcomes:

Aims:

The aims of this course are:

- Understand the pain experience among different human population
- Apply the basic principles of assessing different types of pain
- Demonstrate ability to apply pharmacological and non-pharmacological pain management techniques.

Program Intended Learning Outcomes (ILOs)	
ILO 1: Utilize up-to-date knowledge and holistic perspective in advanced palliative care.	
Course Objectives/Course ILOs	<ul style="list-style-type: none"> - Define the key terms related to pain assessment and management. - Review the anatomy and physiology of pain. - Describe theories of pain from a historical perspective - Describe the process of pain assessment - Identify current issues in pain management - Identify pharmacologic and non-pharmacologic approaches to the management of pain.
Relevant Competency (JNC)	<ul style="list-style-type: none"> - Understands the relevant basic science related to pain and pain management approaches.
Teaching/Learning Methodology	<ul style="list-style-type: none"> - Interactive lectures. - Critical review of multimedia resources and web-enhanced learning content.

	- Case study discussions
Evaluation Methods	Midterm Exam
PILO 2: Demonstrate competence within the area of clinical specialization in palliative care through the application of nursing knowledge and skills and other sciences to promote health of individuals, families, and communities.	
Course Objectives/Course ILOs	- List barriers to effective pain management related to the patients and their families
	- Identify issues in pain management for specific populations
Relevant Competency (JNC)	The advanced palliative care nurse specialist has an in-depth knowledge of pharmacological pain management.
Teaching/Learning Methodology	<ul style="list-style-type: none"> - Interactive lectures. - Critical review of multimedia resources and web-enhanced learning content. - Case study discussions - Group work - Drama theatre.
Evaluation Methods	Midterm Exam
PILO 3: Practice within professional, legal and ethical advance practice context.	
Course Objectives/Course ILOs	- Utilize the assessment methodologies for assessing pain to determine the status of the adult patients with pain.
	- Identify nursing diagnoses related to different types of pain.
	- Describe the nurse's role in the multidisciplinary health care system in caring of adult client with pain.
	- Delineate the role of the nurse as a pain manager in a variety of settings.
	- Discuss pain management approaches for special populations.
Relevant Competency (JNC)	Plans nursing care in coordination with the healthcare team to develop options of care to achieve expected outcomes.
Teaching/Learning Methodology	<ul style="list-style-type: none"> - Interactive lectures. - Critical review of multimedia resources and web-enhanced learning content. - Case study discussions - Group work
Evaluation Methods	Midterm Paper
PILO 4: Maximize use of information technology applications to enhance advanced roles of palliative care practice, education, and research.	
Course Objectives/Course ILOs	- Utilize the assessment methodologies for assessing pain to determine the status of the adult patients with pain.
	- Identify nursing diagnoses related to different types of pain.
	- Describe the nurse's role in the multidisciplinary health care system in caring of adult client with pain.
	- Delineate the role of the nurse as a pain manager in a variety of settings.
	- Discuss pain management approaches for special populations.

Relevant Competency (JNC)	Provides comprehensive, safe, and effective evidence-based and patient-centred care to achieve identified health outcomes
Teaching/Learning Methodology	<ul style="list-style-type: none"> - Interactive lectures. - Critical review of multimedia resources and web-enhanced learning content. - Case study discussions - Group work
Evaluation Methods	Midterm Paper
PILO 5: Apply research and evidence-based nursing practice to improve nursing practice, quality of client care, safety and outcomes.	
Course Objectives/Course ILOs	- Discuss interventions for providing the nursing care safely, effectively, and in a timely manner.
	- Discuss all resources to implement the care plan.
	- Manages pain and symptoms effectively using pharmacological and non-pharmacological approaches.
Relevant Competency (JNC)	Provides comprehensive, safe, and effective evidence-based and patient-centred care to achieve identified health outcomes
Teaching/Learning Methodology	<ul style="list-style-type: none"> - Interactive lectures. - Critical review of multimedia resources and web-enhanced learning content. - Case study discussions - Self- study of the assigned material - Group work - Drama theatre.
Evaluation Methods	Final Exam
PILO 6: Apply leadership skills and decision making in providing nursing care and safe care delivery to individuals, populations, or communities across health care delivery system.	
Course Objectives/Course ILOs	- Identifies the patient's and their family's cultural, values, and spiritual belief systems.
	- Identifies the patient's and their family's sacred symbols and relationships that provide meaning.
	- Identifies the patient's and their family's sacred symbols and
Relevant Competency (JNC)	Assists the patients and their families in their own expression of Biopsychosocial-spiritual needs and coping strategies.
Teaching/Learning Methodology	<ul style="list-style-type: none"> - Interactive lectures. - Critical review of multimedia resources and web-enhanced learning content. - Case study discussions - Self- study of the assigned material - Group work Drama theatre.
Evaluation Methods	Final Exam
PILO 7: Prepare and present oral presentation to a professional standard	
	- Refers to appropriate health resources provides care to patients in pain.

Course Objectives/Course ILOs	- Assess the pharmacologic management of pain according to the agreed guidelines and policies of the healthcare institution and national laws.
	- Recommends or develops valid assessment tools for pain and well developed treatment measures.
Relevant Competency (JNC)	Evaluates advancement of expected patient's health outcomes in collaboration and consultation with the healthcare team
Teaching/Learning Methodology	<ul style="list-style-type: none"> - Critical review of multimedia resources and web-enhanced learning content. - Self- study of the assigned material - Group work
Evaluation Methods	Class presentation

4. Topic Outline and Schedule:

Week	Topic	Teaching Methods*/platform	Evaluation Methods	References
W1	Introduction to the course (general rules and guidelines)		<ul style="list-style-type: none"> - Student will Discuss, up to date, article in the class each week - Midterm exam - Project -Presentations -Discussions and assignments 	
W2	Definition and scope of pain Physiology of pain Types of pain	Moodle Microsoft teams		Text book chapter Handouts no. 1
W3	Pain Assessment	Moodle Microsoft teams		Text book chapter Handouts no. 2
W 4	Pain management: Pharmacological pain management	Moodle Microsoft teams		Handouts no. 3
W 5	Pain management: Pharmacological pain management And PCA	Moodle Microsoft teams		Handouts no. 4
W 6	Non-pharmacological pain management: Acupuncture	Moodle Microsoft teams		Handouts no. 5
W 7	TENS	Moodle Microsoft teams		Handouts no. 6
W 8	Midterm Exam Professional Writing	Moodle Microsoft teams		Handouts no. 7
W 9	Meditation Guided Imagery	Academic writing		Handouts no. 8

W 10	Pain in the ICU Sedation	Moodle Microsoft teams	- Project Presentations Discussions	Handouts no. 9
W 11	Cancer Pain	Moodle Microsoft teams		Handouts no. 10
W 12	Midterm papers presentations	Moodle Microsoft teams		Handouts no. 11
W 13	Midterm papers presentations	Microsoft teams		
W 14	Final Exam			

1. Teaching Methods and Assignments:

The course is designed for post-graduate nursing students. It is assumed that the participants are self-motivated and mature learners who would be self-directed for the most part of the course. Critical thinking should form the umbrella under which all course activities would fall. However the following methods will be utilized during the course to enhance the learning experience of the participants:

- Synchronous lecturing/meeting; Asynchronous lecturing/meeting
- ✓ Group discussions.
- ✓ Selected self-readings (all material will be provided to the students, please use the e-learning website).
- ✓ Written assignments
- ✓ Student's presentations
- ✓ Interactive lectures

22. Evaluation Methods:

Opportunities to demonstrate achievement of the ILOs are provided through the following assessment methods and requirements:

Evaluation Activity/Purpose	Covered PILO & CILO(s)	Mark	Topic(s)	Period (Week)	Platform
1. Midterm exam		25%			On campus
2. Written paper (Appendix 1) And presentations		35%			On campus
3. Final written Exam		40%			On campus

24 Course Requirements:

students should have

- a computer
- internet connection
- webcam
- account on Microsoft teams

23. Course Policies:

A- Attendance policies:

- a. Students must attend all classes of this course.
- b. Any student with absence of 15% of the classes of any course, will be illegible to sit for the final exam and will be given the university zero (F grade) in this course.
- c. In the case (b) above, if a student submits an official sick report authenticated by university clinic or an accepted excuse by the Dean of his/her faculty, the student will be considered as withdrawn from the course, and a "W" will be shown in the transcript for this course.
- d. Students are not allowed to come late to classes. Any student coming late will not be allowed to attend the class and he/she will be marked absent.

B- Absences from exams and handing in assignments on time:

- a. Failure in attending a course exam other than the final exam will result in zero mark unless the student provides an official acceptable excuse to the instructor who approves a make up exam.
- b. Failure in attending the final exam will result in zero mark unless the student presents an official acceptable excuse to the Dean of his/her faculty who approves an incomplete exam, normally scheduled to be conducted during the first two weeks of the successive semester.
- c. Assignments and projects should be submitted to the instructor on the due date.

Theory:

- Students must attend all classes of this course.
- Any student with absence of 15% of the classes of any course, will be illegible to sit for the final exam and will be given the university zero (F grade) in this course.
- In the case (b) above, if a student submits an official sick report authenticated by university clinic or an accepted excuse by the Dean of his/her faculty, the student will be considered as withdrawn from the course, and a "W" will be shown in the transcript for this course.
- Students are not allowed to come late to classes. Any student coming late will not be allowed to attend the class and he/she will be marked absent.

Exams

- Failure in attending a course exam other than the final exam will result in zero mark unless the student provides an official acceptable excuse to the instructor who approves a make-up exam.
- Failure in attending the final exam will result in zero mark unless the student presents an official acceptable excuse to the Dean of his/her faculty who approves an incomplete exam, normally scheduled to be conducted during the first two weeks of the successive semester.

Exam Attendance/Punctuality:

- A student who is late more than 10 minutes will not be permitted to sit the mid-term exam A student who is late more than 30 minutes will not be permitted to sit to final exam, and no student will be permitted to leave the examination room before the elapse of 30 minutes.

Assignments & Projects:

Student should submit their assignment on time. Any delay in submission will reduce 2 marks from the total mark of the assignment.

C- Health and safety procedures: (Depends on the course)

- 📖 Any student who have 'sick off" should submit the report to the course coordinator within 2 days after the off days. The student presents an official acceptable Medical report to the Dean of his/her faculty who approves an incomplete exam, normally scheduled to be conducted during the first two weeks of the successive semester.
- 📖 In case of fire alarm, students expect to use the stairs (Two stairs in the north and south of the faculty of nursing. The fire house located in the ground floor underneath the north stairs fire

D- Honesty policy regarding cheating, plagiarism, misbehavior:

- ✓ Students are required to adhere to all policies listed in the University of Jordan Handbook and the School of Nursing Bulletin. All forms of dishonest conduct will be subject to University disciplinary action and will be dismissed from the course.
- ✓ Cheating: Cheating is an attempt to gain marks dishonestly and includes; but not limited to:
 - Copying from another student's work.
 - Using materials not authorized by the institute.
 - Collaborating with another student during a test, without permission.
 - Knowingly using, buying, selling, or stealing the contents of a test.
 - Plagiarism which means presenting another person's work or ideas as one's own, without attribution.
 - Using any media (including mobiles) during the exam.
- ✓ All forms of Plagiarism will be subject to University disciplinary action and student will be dismissed from the course.
- ✓ All forms of misbehaviour will be subject to University disciplinary action and student will be dismissed from the course.

E- Grading policy:

Grading policy: A grade of (C) is the minimum passing grade for the course.

Grade	Grade Points
A	4
A-	3.75
B+	3.5
B	3
B-	2.75
C+	2.5
C	2

F- Available university services that support achievement in the course:

- E-Learning website

25. References:**A- Required book (s):**

McMahon, S. and Koltzenburg, M. (2015). Wall and Melzack's textbook of pain. (6th. ed.). Churchill Livingstone: Elsevier Limited.

A- Recommended books, materials, and media:

- Abdalrahim, M., Majali, S. & Bergbom, I. (2010). Jordanian surgical nurses' experiences in caring for patients with postoperative pain. *Applied Nursing Research*, 23 (2010) 164–170
- Abdalrahim, M., Majali, S., Warrén Stomberg, M. & Bergbom, I. (2010). The effect of postoperative pain management program on improving nurses' knowledge and attitudes toward pain. *Nurse Education in Practice*, 11 (4); 250-255.
- Baer, R. A. (Ed.). (2015). *Mindfulness-based treatment approaches: Clinician's guide to evidence base and applications*. Elsevier.
- Carpenter, J. J., Hines, S. H., & Lan, V. M. (2017). Guided imagery for pain management in postoperative orthopedic patients: an integrative literature review. *Journal of Holistic Nursing*, 35(4), 342-351.
- Coutaux, A. (2017). Non-pharmacological treatments for pain relief: TENS and acupuncture. *Joint Bone Spine*, 84(6), 657-661.
- Epstein, M. E., Rodan, I., Griffenhagen, G., Kadrlík, J., Petty, M. C., Robertson, S. A., & Simpson, W. (2015). 2015 AAHA/AAFP pain management guidelines for dogs and cats. *Journal of Feline Medicine and Surgery*, 17(3), 251-272.
- Darawad, M., Alnajjar, M. K., Abdalrahim, M. S., & El-Aqoul, A. M. (2017). Cancer pain Management at Oncology Units: comparing knowledge, attitudes and perceived barriers between physicians and nurses. *Journal of Cancer Education*, 1-9.
- Ferrell, B., & Coyle, N. (2010). *Oxford textbook of palliative nursing*. Oxford university press.
- Finley, G., Forgeron, P., & Arnaout, M. (2008). Action Research: Developing a Pediatric Cancer Pain Program in Jordan. *Journal of Pain and Symptom Management*, 35(4): 447-454.
- MacPherson, H., Vertosick, E. A., Foster, N. E., Lewith, G., Linde, K., Sherman, K. J., ... & Vickers, A. J. (2017). The persistence of the effects of acupuncture after a course of treatment: a meta-analysis of patients with chronic pain. *Pain*, 158(5), 784.
- Matzo, M. & Sherman, D. (2010). *Palliative care nursing: Quality care to the end of life*. NY: Springer Publishin Company.
- Mendes da Silva, D., Gross, L. A., Neto, E. D. P. G., Lessey, B. A., & Savaris, R. F. (2017). The use of resveratrol as an adjuvant treatment of pain in endometriosis: A randomized clinical trial. *Journal of the Endocrine Society*, 1(4), 359-369.
- Oliveira, C. B., Maher, C. G., Pinto, R. Z., Traeger, A. C., Lin, C. W. C., Chenot, J. F., ... & Koes, B. W. (2018). Clinical practice guidelines for the management of non-specific low back pain in primary care: an updated overview. *European Spine Journal*, 27(11), 2791-2803.
- Paley, C. A., Johnson, M. I., Tashani, O. A., & Bagnall, A. M. (2015). Acupuncture for cancer pain in adults. *Cochrane database of systematic reviews*, (10).
- Severgnini, P., Pelosi, P., Contino, E., Serafinelli, E., Novario, R., & Chiaranda, M. (2016). Accuracy of Critical Care Pain Observation Tool and Behavioral Pain Scale to assess pain in critically ill conscious and unconscious patients: prospective, observational study. *Journal of intensive care*, 4(1), 68.

Name of Course Coordinator: Dr. Maysoon S. Abdalrahim Signature: 

Date: 13/10/2020

Head of curriculum committee/Department: ----- Signature: -----

Head of Department: ----- Signature: -----

Head of curriculum committee/Faculty: ----- Signature: -----

Dean: ----- -Signature: -----

Copy to:

Head of Department

Course File

Assistant Dean for Quality Assurance

Appendix I

Project evaluation criteria

Students:

Items of the evaluation	Total mark	Obtained mark
• Cover page	1	
• Table of contents	1	
• Introduction <ul style="list-style-type: none"> ○ Define the topic ○ Purpose of the paper ○ Presenting the contents 	0.5 1 1	
• Paper body include: <ul style="list-style-type: none"> ○ The literature review about pain (complete but brief) ○ Discussion of the main topic of the paper ○ The action plan 	3 3.5 3	
• Concluding paragraph	1	
• List of references	2	
• Over all format	3	
Total	20	
Presentation	15	
Total	35	

Instructure name: Dr. Maysoon S. Abdalrahim

Signature: