

Course Title: Fellowship in Palliative care and Pain

Duration: 1-year full time, on site.

Format: In person

Positions: 1

Overview:

Palliative care, earlier considered to be a niche speciality, has now come into the forefront with the importance of pain management, good communication and state government incorporation of advanced care directives.

The Fellowship programme in Palliative care and pain is designed to equip a trained Palliative care physician with essential knowledge and skills in Integrated pain and palliative care. This course combines hands-on learning in a leading tertiary level institution. This is to enable to palliative care physician handle complex cases in a private corporate hospital setting independently, in order to address the needs of patients who require complex team based care and transition to home care.

Fellowship Course Objectives:

1. **Apply the Principles of Palliative Care:** Provide a solid foundation in the basics of palliative care, including pain management, symptom control, and psychosocial support as needed in tertiary multispecialty private sector healthcare locations and home care.
2. **Develop Effective Communication Skills:** Train participants in crucial communication techniques for delivering bad news and conducting serious illness conversations. The course will use established protocols and guides for training during the fellowship.
3. **Hands-On Experience:** The course includes hands-on learning in a leading tertiary level institution.
 - a. Oncology and non-oncology home visits
 - b. Exposure to subspecialty palliative care
 - c. Pain management: Oral medications including use of Methadone, Ketamine infusions.

- d. Pain management: Interventional pain management procedures for geriatric palliative care, oncology palliative care
- e. End of life care
- f. Multidisciplinary family meetings
- g. Audit and research (2 publications minimum for completion of fellowship).

4. Advocacy and leadership:

Candidates are expected to provide education and continue advocacy and demonstrate leadership initiatives by participating in setting up departmental protocols, institutional policies, CME programs and research initiatives to help people with serious health suffering.

Enrollment Requirements:

- MD Palliative care
 - Valid medical license to practise in India
 - Certificate of good standing from medical council
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Selection:

Eligible applicants will be selected for an interview, final selection will be after interview

Evaluation and Certification:

- **Evaluation Methods:**
 - Participation in weekly online sessions
 - Performance in role-playing exercises and workshops
 - Scientific publications and presentations.
 - Observership feedback from supervising physicians
- **Certification:** Participants will receive a certificate of completion upon fulfilling all course requirements and an Exit examination
- **Exit exam:** To be held at the completion of the fellowship.
- **Course curriculum:**
 - Introduction to Palliative Care: History and Principles, Introduction to pain

- Deep dive into pain Management: Assessment and Treatment, including opioid stewardship
- Symptom Management: respiratory, neurological and GI
- Psychosocial and Spiritual Support, Integrating palliative care in different settings, essential nursing issues
- Ethical and Legal Issues in Palliative Care, Advanced Care Planning and Living Will
- End of life care and emergencies in palliative care
- Prognostication
- Basic pain management interventions to alleviate pain
- Use of PCA and step 4 WHO ladder interventions to alleviate cancer pain
- Home visits for people enrolled with home palliative care
- Setting up home care protocols in keeping with International evidence based guidelines.
- Communication Techniques Components:
 - a. ■ SPIKES Protocol and structured approaches to breaking bad news
 - b. ■ Role-Playing Exercises: Simulated patient interactions in small groups
 - c. ■ Serious Illness Conversation Guide: Framework for discussing prognosis, goals, and care preferences. This will be done in small groups
 - d. ■ Reflective practice and peer feedback
- Interdisciplinary observership and learning to collaborate from leading departments in hospital:
 - Understanding Interventional radiology principles and role in Palliative medicine
 - Understanding Emergency medicine principles and role in palliative medicine
 - Understanding Critical care principles and role in Palliative medicine
 - Understanding Psycho-oncology and role in Palliative medicine
 - Understanding Rehabilitation and role in Palliative medicine
 - Understanding role of Medical, surgical and Radiation oncology in Palliative settings.
 - Understanding role of Anesthesiology and acute pain services in Palliative settings.
 - Understanding Nursing principles and role in Palliative settings.

Course Lead:

Dr Mahesh Menon,

Lead, Department of Palliative care and pain,

Sir HN Reliance foundation hospital
MBBS, MD, (Anesthesia),
Pain fellowship (Singapore)
Certificate in palliative care (IAPC)
European Diploma in pain medicine(EDPM-EFIC)
PGDMLE, National Law School of India University

Course Fee: NA

Stipend:

Rs 110000/- per month during fellowship period.

Contact Information:

Send email on rfh.academics@rfhospital.org & Mahesh2.Menon@rfhospital.org

Registration:

Academic & Research department will complete registration once selected for the fellowship.
