

पाटन स्वास्थ्य विज्ञान प्रतिष्ठान सेवा आयोग  
प्राज्ञिक सेवा, आकस्मिक तथा जनरल प्राक्टिस समूह, Palliative Care उपसमूह, सहायक प्राध्यापक पद नौ ख (९  
ख) तहको खुला र आन्तरिक प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

Paper II: Technical Subject

पाठ्यक्रम लागू मिति :- २०७६/०७/२४

**1. Introduction**

- 1.1 Principles of Palliative Care
- 1.2 WHO definition
- 1.3 History of Palliative care
- 1.4 Global situation of palliative care
- 1.5 End of life care

**2. Ethical issues in palliative care**

- 2.1 Principles of ethical decision making
- 2.2 Giving iv fluids/ non-enteral nutrition
- 2.3 Prognostication ( " How long I have left?")
- 2.4 Collusion
- 2.5 Resuscitation
- 2.6 Competence/ capacity
- 2.7 Euthanasia/ physician assisted suicide

**3. Communication in palliative care**

- 3.1 Aims of good therapeutic communication
- 3.2 Barriers to effective communication
- 3.3 Breaking Bad news
- 3.4 Handling difficult questions
- 3.5 Talking about death and dying

**4. Pain management**

- 4.1 Concept of total pain
- 4.2 Classification of physical pain
- 4.3 Assessment of pain
- 4.4 Principles of pain management
- 4.5 Analgesic: non-opioids
- 4.6 Opioids : drugs, dosing, toxicity, switching
- 4.7 Analgesic for neuropathic pain
- 4.7 Non-pharmacological methods of pain management

**5. Gastrointestinal symptoms**

- 5.1 Oral problems
- 5.2 Nausea and vomiting
- 5.3 Constipation
- 5.4 Diarrhea
- 5.5 Intestinal obstruction
- 5.6 Hiccup
- 5.7 Anorexia/cachexia

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5.8 Ascitis

5.9 Bowel stoma care

5.10 GI Bleeding

**6. Respiratory symptoms**

6.1 Breathlessness

6.2 Cough

**7. Mental symptoms**

7.1 Anxiety

7.2 Depression

**8. Management of Non-malignant disease in palliative care**

**9. Emergencies in palliative care**

9.1 Extreme pain

9.2 Extreme breathlessness

9.3 Spinal cord compression

9.4 Superior vancaval syndrome

9.5 Hypercalcaemia of malignancy

9.6 Situational emergencies

**10. End of life care**

10.1 Principles of “dying well”

10.2 Care in the last forty-eight hours

**11. Wound care**

**12. Skin care**

**13. Oral care**

**14. Care of the caregivers**

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