

Faculty of Humanities and Social Sciences
Department Health Sciences and Health Policy

LECTURE SERIES SPRING 2019

Life and death. Topics that matter in palliative care



WEDNESDAYS AT 6.15 PM, HS 9

UNIVERSITY OF LUCERNE, FROHBURGSTRASSE 3, 6002 LUCERNE

Introduction

Mohammed Ali once said: “Don’t count the days. Make the days count.

This lecture series is about palliative care, the health strategy for people who have life-limiting illnesses. Palliative care addresses the person as a whole and aims at improving well-being and quality of life. It should be considered for patients with life-limiting illnesses well before terminal care, and can be offered together with active treatment.

According to WHO definition, palliative care has main functions that assist patients and their families in a holistic way. At the physical level, it provides relief from pain and other distressing symptoms. It integrates the psychological and spiritual aspects of patient care and, while helping patients live as actively as possible, it helps families cope.

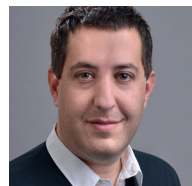
Switzerland has approved a national strategy to foster the implementation of palliative care. For the years 2013-2015 the national strategy has emphasized the need to better integrate palliative care in the health system, with a focus on the training of health professionals, and to create proper programs of public education. Indeed, the utilization of palliative care services in Switzerland is suboptimal and ways are needed to increase and improve access to high quality palliative care for the whole population.

This lecture series reflects the variety of topics that matter in palliative care and that reveal its spectrum of care, incorporating all its main dimensions. Special focus will be on medical and nursing aspects, as well as on spiritual, ethical, social and communication issues. There, it will be shown, among other things, how palliative care requires appropriate treatment, a caring attitude, the consideration of individuality, communication and support. The different speakers will bring their knowledge and expertise in the field, and will offer a unique comprehensive view of palliative care to the audience.

Coordinators of the lecture series:



Ass. Prof. Sara Rubinelli



Dr. Nicola Diviani

Program

March 13, 2019

Palliative care: A medical specialty with important future challenges.



Dr. med. Claudia Gamondi

Head of the Palliative and Supportive Care Clinic – IOSI

Whereas the initial focus of palliation has been end of life care, this care approach has been extended to treat all patients with life threatening diseases. This talk will address the different dimensions of palliative care in the context of its development. The whole person care and attention to spiritual and psychosocial needs have been extensively proven to be of relief and active help in clinical situations. The future panorama consisting in a stable raise of patients with chronic diseases, the increase of life span and multicultural societies will be a challenge for health care systems. Palliative care will represent a concrete and ethical answer to provide chronic patients and families with effective and sustainable care.

March 27, 2019

Palliative and Spiritual Care - an interprofessional patient-centered challenge



Dr. theol. Dr. Karin Tschanz

Co-Vice President palliative ch, Director of training in Palliative and Spiritual Care, Director of training in systemic pastoral care, University of Bern

Finding new avenues for patient-centered palliative and spiritual care where medicine, nursing, pastoral and spiritual care, social work, and psychology work together is both a vision and a work in progress. This talk focusses on the future frontier of integrating psychosocial and spiritual needs in palliative and spiritual care and what it brings to medicine and nursing.

April 10, 2019

Challenging ethical issues at the end-of-life



PD Dr. med. Dr. phil. Manuel Trachsel

Senior Research and Teaching Associate

*Institute of Biomedical Ethics and History of Medicine
University of Zurich*

The talk will cover some ethically challenging issues in end-of-life care decision making. It will include ethical challenges around the adaptation of treatment goals at the end-of-life, and dealing with patients who experience intolerable physical, psychological or existential suffering. Furthermore, ethical issues around palliative sedation, assisted dying, and voluntary stopping eating and drinking will be discussed.

May 8, 2019

Challenging communication in palliative care.



Ereprof. Dr. Myriam Deveugele

Faculty of Medicine and Health Sciences, University of Ghent, Belgium

The last phase of life when living and dying, health and sickness, hope and despair are fighting for attention, is challenging for patients and relatives as well as for professionals. Both groups experience emotions, have their own specific way of dealing with difficult situations, sometimes contradictory with stress and conflicts as a result.

This talk explores some of the challenges and give communicative suggestions to cope with these difficult situations.

May 22, 2019

«Something more natural to talk about»: reflections on research about raising public awareness of palliative care



Prof. Jane Seymour

Professor of Palliative and End of Life Care

School of Nursing and Midwifery, the University of Sheffield, UK

The right to health includes a right of access to good quality palliative care, but inequalities persist. Raising awareness is a key plank of the public health approach to palliative care but involves consideration of subjects most of us prefer not to address. This talk draws on experiences of developing a peer education programme for end of life care in the UK and distils key message from a review of international research commissioned by the Canadian 'Palliative Care Matters' initiative. It concludes by emphasising the crucial role of the arts and humanities in providing bridges to communication about these subjects.

CAS Comprehensive Palliative Care

Demographic change together with the rise in chronic and age-related diseases as well as polymorbidity are leading to an increased need for palliative care. As a consequence, both the demands for specialised professionals in palliative care and the need for this complex care is steadily increasing.

The Department of Health Sciences and Policy in partnership with the Luzerner Kantonsspital is pleased to announce the launch of the CAS Comprehensive Palliative Care in Fall 2019. This post-graduate program primarily targets medical doctors and focuses on a range of disciplines essential for the delivery of optimal palliative care to the relevant populations. Specifically, the CAS Comprehensive Palliative Care offers day or half-day courses covering five main fields of study starting with its main focus, palliative medicine, and including further modules on psychosocial themes, communication and management, ethical and legal issues and the financial aspect of palliative care. These courses are led by top professionals boasting profound knowledge and experience in their respective fields of practice.

The 18 course days of this CAS programme are held over one year. Further information about the course organization and content is available at www.unilu.ch/palliative-care/

Department of Health Sciences and Health Policy

The lecture series is organized by the Department of Health Sciences and Health Policy of the University of Lucerne. The department promotes research and prepares scientists to work in the field of health and disability from a biopsychosocial perspective. The theoretical framework of the department is rooted in the concept of human functioning, as codified by the World Health Organization's International Classification of Functioning, Disability and Health.

Master in Health Sciences

This innovative educational program launched by the Department of Health Sciences and Health Policy of the University of Lucerne is the ideal preparation for an exciting career in health. Students of the Master program in Health Sciences also attend the lecture series. It is an important part of their curriculum to broaden their interdisciplinary understanding of health.

The program offers different majors that will provide students with the unique opportunity to closely work with their supervisors and further develop their expertise in the chosen area of interest. After completion of the first semester, students can choose from the following majors:

Health Communication: Studying the science of using communication to influence health decisions at the individual level, in institutions and in policy.

Health Behavior and Management: Facilitate learning on how health behaviors and health experiences can be addressed and changed with appropriate interventions or changes to the health system.

Health Economics and Health Policy: Providing the foundation and principles of economic thinking and theories of political science to understand complex health systems, and to identify and address future challenges in the health care sector.

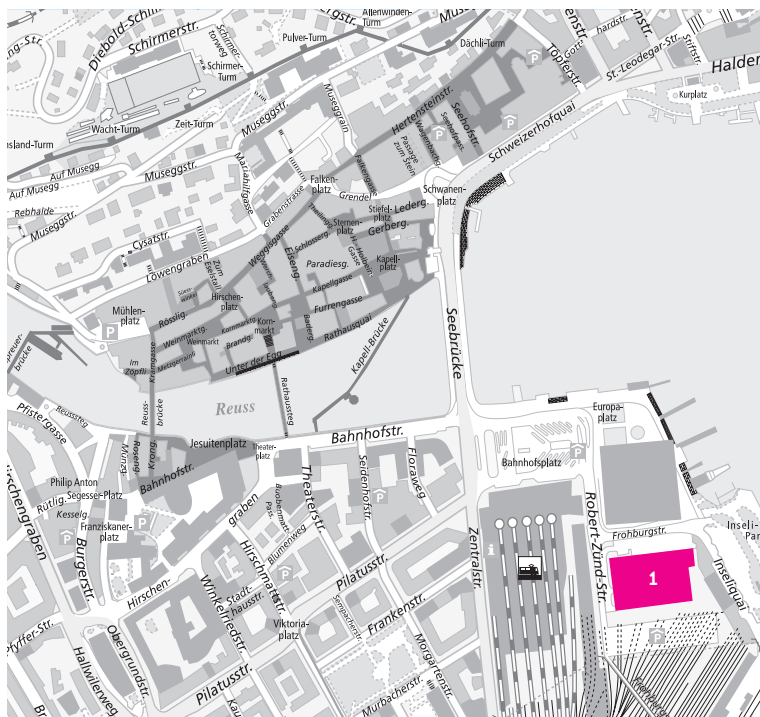
Health Services Research: Get accustomed with different health systems and learn the fundamental tools to develop and assess effective strategies to improve health from an institutional perspective.

Research Methods: Developing skills to aid decision making processes in the health sciences and related fields using state of the art quantitative and qualitative research.

The Master in Health Sciences aims to bring a new dimension into research, health service provision, and healthcare management by pioneering the development and application of a comprehensive approach in the field of health.



www.master-healthsciences.ch



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