Module Name: Rehabilitation, Palliative Care & Pain Management
Module Code: NU4G01
ECTS: 5
No. of Hours: Lectures, 20
Term: Michaelmas Term
Assessment Date: Week 16
Module Leader: Dr Claire Donnellan
Lecturers: Dr Claire Donnellan, Geralyn Hynes, and Tom Noone

Aims
The aim of this module is to examine key concepts and principles concerning chronic illness and disability, rehabilitation, palliative care and pain management. This module addresses a range of current issues related to the care of persons with chronic illness, disability, cancers, terminal conditions and pain. The nursing and health care management of patients with chronic illness, disability, cancer, terminal conditions and pain are examined.

The module is presented in four units of study, as follows:

- Unit 1: Chronic illness and disability
- Unit 2: Rehabilitation
- Unit 3: Palliative care
- Unit 4: Pain Management

Learning Outcomes
Following completion of this module the student should be able to:

- Understand the aetiology and epidemiology of chronic illness and/or disability
- Understand the theoretical concepts and frameworks outlining the physical, psychological, social and environmental needs of persons with a chronic illness and/or disability
- Discuss the role of the nurse involved in assessing the adaptive processes of persons with chronic illness and/or disability
- Discuss the current models of rehabilitation and the nursing intervention involved as part of multi- and interdisciplinary rehabilitation care
- Discuss the current national policies and services regarding disability and rehabilitation in Ireland
- Discuss the role of the nurse in palliative care
- Discuss the current management and services for palliative care within the Irish healthcare system
- Discuss the role of the nurse in pain management
- Discuss the barriers to pain management
- Discuss the pharmacological and non-pharmacological approaches to pain management.
- Discuss the use of pain assessment scales in clinical nursing practice.

Indicative Content
Unit 1: Chronic illness and disability (4L)
- Overview of the types, aetiology and prevalence of chronic illnesses and/or disabilities
- The process of adaptation following chronic illness and/or disability
• Identifying and addressing the care needs of individuals with chronic illness and/or disability

Unit 2: Rehabilitation (5L)
• The principles and models of rehabilitation
• The nurse’s role as part of multi- and interdisciplinary rehabilitation teams
• The process of goal identification and setting as part of a rehabilitation programme

Unit 3: Palliative care (6L)
• History of the palliative care movement
• The principles of palliative care
• The range and types of palliative care services
• Palliative care as an aspect of chronic illness care

Unit 4: Pain Management (5L)
• Pain perception, threshold, and influencing factors
• Expression and assessment of pain
• Pharmacological and non-Pharmacological management of pain
• Pain in elderly and barriers to pain management

Teaching and Learning Activities
• Lectures
• Group work
• Self-directed work and reading

Student Effort Hours
• 100

Assessment

Mode of Assessment Unseen Examination

Assessment Details 2 hours; Answer 2 questions from a choice of 3 questions

Reading List

Essential Reading


Health Service Executive and Irish Hospice Foundation (2008) Palliative Care for All: Integrating Palliative Care into Disease Management Frameworks. Irish Hospice Foundation, Dublin.


**Recommended Reading**


