



**NAIROBI
HOSPICE**

**OXFORD
BROOKES
UNIVERSITY**



Diploma in Higher Education in Palliative Care DipHE

The Nairobi Hospice teaching team hopes this information will help you to understand the format and ideas underpinning the DipHE in Palliative Care.

Aims of the course

This course is a franchise agreement between Nairobi Hospice, Kenya and the School of Health and Social Care, Oxford Brookes University and offers practitioners from Africa and neighbouring regions the opportunity to achieve an internationally respected qualification with minimum absence from their own practice and workplace setting.

This multidisciplinary course is designed to enable practitioners to develop skills and knowledge related to the care of individuals and families coping with a life-threatening illness and bereavement. Such care is internationally recognised as palliative care.

The DipHE in Palliative Care encourages you to develop a critical understanding of the philosophical basis of palliative care and the socio-political factors that influence it.



Dates:

Study Block 1
13th July – 18th July 2009

Study Block 2
25th January – 29th January 2010

Study Block 3
5th July – 9th July 2010

Delivery of the course

Venue: Nairobi Hospice, PO Box 74818, Nairobi 00200, Kenya

Staff: Nairobi Hospice teaching team.

Study Blocks: The following subjects are covered during three blocks of study:

- Death and Dying
- Impact of disease and the management of distressing symptoms
- Relationships and the Dying
- Understanding Pain
- Bereavement
- Professional Issues in Palliative Care.

Format: The course will be delivered over one calendar year, completing in approximately 18 months. Each block will cover the content of two modules, and the first block will include a preparation day for students and mentors. There will be support available for students and mentors via email between study blocks.

Fees: Each module is priced at £300, thus each study block costs £600. Therefore the fee for the full Diploma course is £1,800. Travel, meals, reading material, accommodation and graduation costs are not included; Nairobi Hospice will be able to offer some guidance on suitable accommodation for prospective students.



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Course details

The course will enable you to achieve the following:

- an understanding of the philosophy of palliative care and how this is represented in practice.
- the ability to deliver palliative care sensitively and with confidence.

You will be encouraged to deepen your knowledge and skills in:

- interdisciplinary teamwork and relationships
- the management of pain and other distressing symptoms
- caring for people in crisis as a result of terminal diagnosis or impending death
- communicating with and supporting people facing loss, grief and bereavement
- skills in using reflection as a tool for professional practice
- skills in independent learning
- research mindedness
- a wide range of transferable skills relating to practice competence and lifelong learning.

The course is based on three fundamental beliefs that shape the way it is taught and the way in which you are encouraged to learn:

First, the beliefs that underpin the philosophy and principles of palliative care have been used in order to identify the key elements of the curriculum.

Secondly, the course is designed in the belief that practice should guide the exploration of theory and research and that students have a wealth of practice knowledge experiences that they can contribute to the course.

Thirdly, the course team believes that such experiences are a crucial part of a student's motivation to learn. The course therefore encourages you to develop the skills inherent in learning from experience through strategies such as reflective practice.

During the course you are likely to experience a variety of teaching approaches such as workshops, lectures, seminars, tutorials and visits. You will be encouraged to engage in different learning strategies, such as taking part in seminars, giving presentations, participating in base groups and using reflection as a way of analysing practice. The teaching and learning strategies will encourage you to challenge viewpoints on aspects of palliative care, develop a multiprofessional perspective and develop a range of transferable skills.

Course participants

Students who have attended the course to date have come from African countries including Kenya, Uganda, Tanzania, Malawi, Swaziland and Zimbabwe and includes nurses, doctors, social workers, physiotherapists, clinical officers and lecturers.

Modules

The course consists of the following core modules:

Death and Dying

Deepens your understanding of theories of death and dying and the provision of care for the dying and their families.

Understanding Pain

Examines pain from physiological, emotional, contextual and spiritual perspectives. Therapeutic and comfort measures are explored in depth.

Relationships and the Dying

Explores the roles and relationships of the dying person, their family and professional carers.

Impact of Disease and the Management of Distressing Symptoms

Explores the impact of disease process on the individual and family and the management of a range of distressing symptoms.

Bereavement

Explores the developments of theories and grief and bereavement and their relevance to practice.

Professional issues in Palliative Care

A synoptic module that integrates aspects of cancer, HIV and AIDS and palliative care explored in other modules with contextual factors influencing palliative care services.

Admission requirements

Students from a broad range of practice settings are encouraged to undertake this programme, as palliative care practice skills are required by many professionals from very different professional backgrounds.

The University has an active inclusion policy and selection criteria are subject to the Disability Discrimination Act laws.

Access to the course is available to all practitioners who meet the following criteria:

- a) Be a health or social care professional in the country in which you are currently practicing and have a minimum of 6 months experience
- b) You are currently employed in, or have access to, a suitable practice setting
- c) You can produce evidence of sufficient ability to study at the proposed level and to express yourself clearly and fluently in English (by submission of a piece of written work)
- d) You have written support from your manager, if you are in employment
- e) You have a mentor fulfilling the criteria set by the course

NB: You will normally need to supply evidence that you have achieved the learning outcomes for the introductory modules for the course. You will need to demonstrate that you have an understanding of the principles of Palliative Care. Further details are given in the accompanying literature.

Fees

The fee for the full Diploma course is £1,800 or the equivalent in Kenya shillings as invoiced by Nairobi Hospice. Students, or their sponsors, are encouraged to pay this amount in full. Such payment must be paid at least two weeks before commencing the course. Students wishing to pay by instalments must pay £1080 two weeks before the date of the first block and a final instalment of £810 two weeks before the date of the second block. Travel, meals, reading material, accommodation, medical care and graduation costs are not included; Nairobi Hospice will be able to offer some guidance on suitable accommodation for prospective students.

Refunds: The Nairobi Hospice policy is that normally refunds are not made.

Nairobi Hospice

The Nairobi Hospice was established through a steering committee in November 1989 and officially opened on 27 February 1990.

The Hospice has spearheaded palliative care services in Kenya, and has a reputation for delivering a comprehensive and high quality palliative care service to the people of Nairobi and surrounding areas.

This care involves skilled medical and nursing care, psycho-social counselling, spiritual care and rehabilitation. In addition, it plays a leading role in promoting and delivering education for health care personnel in palliative care across Africa. It also raises public awareness and advocates the needs and the care of people with life limiting illness.

Student's practice and this course of study

The aim of the Palliative Care course is to further develop practitioner's ability to respond effectively to patients who have palliative care needs and their families. The course is practice-based, meaning that every aspect of the programme centres on the development of your day-to-day practice to achieve more knowledgeable and skilled practitioners.



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Student comments

“ A very challenging, stretching, growing way of learning - well done!

“ You have been sensitive to the cultural aspect. The discussions have given us a chance to reflect on culture and interchange cultural values.

“ The course has improved the quality of care that I am going to give my patients.

“ It has been an eye-opener to some of my talents which I had not recognised.



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Oxford Brookes University

Oxford Brookes University is an internationally recognised centre of academic excellence, gaining consistently high ratings in University league tables and the United Kingdom national press. It attracts students from all over the world for the quality of its teaching, the flexibility of its undergraduate and postgraduate courses, and its commitment to leading edge research and consultancy.

The School of Health and Social Care

It offers courses for pre-registration, post-qualifying and postgraduate students covering a broad range of clinical specialisms and there are opportunities to study for research degrees. Having completed their studies, many graduates of Oxford Brookes have gone on to pursue successful careers as clinical team leaders and, senior health service managers. Others have taken up teaching and other stimulating positions within the health and social care field, both nationally and internationally.



The Development of the DipHE in Palliative Care

The School of Health and Social Care pioneered the development of the DipHE in Palliative Care and Oxford Brookes was the first university to offer the course, in 1991. Since then, further developments have included the development of a Degree in Palliative Care, the first Paediatric Palliative Care course in the UK and the validation of an MSc in Palliative Care.

Learning and teaching methods are innovative and varied, ranging from lectures and seminars to action learning and case studies. Assessment methods differ from module to module, but typically include a mixture of project work, case studies, extended essays or learning contracts.

Many members of the Palliative Care teaching team are themselves health or social care practitioners holding senior posts, and are in constant touch with developments in their specialist fields.

Further information

If you would like to discuss the course or have any questions please contact Brigid Sirengo at the addresses or contact numbers below.

To apply please return the application form included with this information, together with your written work to:



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