



Programme Specification

Diploma of Higher Education in
Palliative Care (DipHE)
a Franchise with Nairobi Hospice, Kenya

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 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. This course is a franchise agreement between Nairobi Hospice, Kenya and the Faculty of Health and Life Sciences, 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.

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

Dates: Study Block 1 23rd July 2018 – 28th July 2018

Study Block 2 28th January 2019 – 1st February 2019

Study Block 3 22nd July 2019 – 26th July 2019

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. There will be support available for students and mentors via email and telephone between study blocks.

Fees: The fee for the full Diploma course is £2,070. 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 installments must pay £690 two weeks before the date of each block. Travel, dinner, reading material, accommodation and graduation costs are not included; Nairobi Hospice will be able to offer some guidance on suitable accommodation for prospective students.

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

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.

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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 multi-professional perspective and develop a range of transferable skills.

Course Content

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 palliative care explored in other modules with contextual factors influencing palliative care services.

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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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.

Students admitted on to the Programme will need to fulfil the following requirements:

- be a health or social care professional in the country in which you are currently practising and have a minimum of 12 months experience of professional practice;
- be currently employed in, or have access to a suitable practice setting
- be able to demonstrate the potential to achieve the learning outcomes for the programme
- have written support from your manager, if you are in employment
- have the support of a mentor according to criteria set by the programme

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.

Nairobi Hospice

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 for the needs and the care of people with life threatening illness

Course Participants

Students who have attended the course to date have come from African countries including Kenya, Uganda, Tanzania, Malawi, Rwanda, Swaziland, Zambia, Zimbabwe, The Gambia and Cameroon and include nurses, doctors, social workers, physiotherapists, clinical officers and psychologists.

Student comments

“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 recognized”

Oxford Brookes University

Oxford Brookes University is an internationally recognized 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.

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Faculty of Health and Life Sciences

Faculty of Health and Life Sciences is the largest school in the University.

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

Faculty of Health and Life Sciences 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 **Dr. 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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