



HELLENIC CENTER
FOR BIOMEDICAL ETHICS



HOSPICE "CASA SPERANTEI"
BRASOV, ROMANIA

BASIC PRINCIPLES IN PALLIATIVE CARE

INTERDISCIPLINARY SEMINAR



HELLENIC CENTER FOR BIOMEDICAL ETHICS
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Athens
February 23-27, 2009

Monday 23.2.2009

- 9:00-10:30 Aliko Tserkezoglou: *Welcome*
Daniela Mosoiu: *Palliative Care Definitions and Principles*
- 10:30-11:00 Coffee Break
- 11:00-12:30 Daniela Mosoiu: *Palliative Care Services/Models of Care*
- 12:30-14:00 Daniela Mosoiu: *Patient Assessment in Palliative Care: Principles, Domains*
- 14:00-15:30 Lunch Break
- 15:30-17:00 Daniela Mosoiu: *Scales and Instruments Used in Assessment*

Tuesday 24.2.2009

- 9:00-10:30 Daniela Mosoiu (session for doctors)
Nicoleta Mitrea (session for nurses):
Pain definition, classification, physiopathology
- 10:30-11:00 Coffee Break
- 11:00-12:30 Daniela Mosoiu: *Principles of Pain Management/WHO Ladder with Drugs for Each Step*
- 12:30-14:00 Daniela Mosoiu: *Opioid Prescribing (Start dose, titrate, break through dose, management of side effects)*
- 14:00-15:30 Lunch Break
- 15:30-17:00 Daniela Mosoiu: *Assessment of Pain and Barriers in Pain Relief*

Wednesday 25.2.2009

- 9:00-10:30 Daniela Mosoiu (session for doctors): *Essential Drugs for Palliative Care-IAHPC list/Focus on Opioids*
Nicoleta Mitrea (session for nurses): *Applied Pharmacology for Nurses*
- 10:30-11:00 Coffee Break
- 11:00-12:30 Daniela Mosoiu: *Interdisciplinary Care Plan*
- 12:30-14:00 Nicoleta Mitrea: *Ethics*

- 14:00-15:30 Lunch Break
- 15:30-17:00 Ourania Govina: *The Role of Caregivers and the Family Burden in Palliative Care*

Thursday 26.2.2009

- 9:00-11:00 Nicoleta Mitrea: *Teamwork*
- 11:00-11:30 Coffee Break
- 11:30-13:00 Nicoleta Mitrea: *Loss and Emotional Reactions Facing Loss*
- 13:00-14:30 Lunch Break
- 14:30-17:00 Nicoleta Mitrea: *Communication Skills (group training)*

Friday 27.2.2009

- 9:00-10:30 Nicoleta Mitrea: *Mouth Care*
- 10:30-11:00 Coffee Break
- 11:00-12:30 Nicoleta Mitrea: *Pressure Sores/Fungating Lesions*
- 12:30-14:00 Nicoleta Mitrea: *Handling and Moving Patients*
- 14:00-15:30 Lunch Break
- 15:30-17:00 Nicoleta Mitrea: *Evaluation of the Course*

Speakers

- Daniela Mosoiu: *MD, Consultant Oncology and Palliative Care, National Coordinator for Romanian Palliative Care Diploma Course*
- Nicoleta Mitrea: *Nurse Education Coordinator, Center for Palliative Care*
- Aliko Tserkezoglou: *Gynecologist-Oncologist, Department of Gynecology "Saint Savvas Hospital"*
- Ourania Govina: *Professor, School of Nursing, Athens*