

COURSE TITLE:

END OF LIFE CARE

MODULE	MODULE NAME	OBJECTIVE
1	Introduction to End-of-Life Care	To explain what end-of-life care means, why it is important in care settings, and how carers provide compassion, dignity, and comfort to individuals and families during the final stage of life.
2	Aims and Principles of End-of-Life Care	To describe the aims and core principles such as dignity, comfort, person-centred care, informed decision-making, communication, and teamwork that guide high-quality end-of-life care.
3	Communication Skills in End-of-Life Situations	To highlight the importance of honest, compassionate communication, active listening, and non-verbal strategies in supporting individuals and families during end-of-life care.
4	Discomfort and Its Types at the End of Life	To explain the different types of discomfort faced at the end of life, including physical, emotional, psychological, and social, and how recognising these helps carers provide holistic support.
5	Pain, Discomfort and Symptom Management	To outline strategies for managing pain, breathlessness, nausea, anxiety, and agitation at the end of life, focusing on both clinical interventions and compassionate, individualised care.