

## AN ASSOCIATION BETWEEN PALLIATIVE MEDICINE AND EDUCATIONAL PROCESS IN KHARKIV

*Markova V., Gavrilenko O.*

*Kharkiv Regional Medical College, Ukraine*

The article presents the experience of the Kharkov Regional Medical College for the training of nurses and social workers in the field of basic concepts of palliative care. Aspects of motivation to acquire knowledge and skills of dealing with incurable patients are presented. The issues of cooperation of the Kharkov regional medical college with the German delegation of the European project on pediatric palliative care considered. It's shown qualitative palliative care dependency on the level of professional competence. The problems of psychological support of the staff, which provides the palliative care, are revealed.

**Key words:** incurable patient, psychological help, training of social workers.

*"Do not leave me!  
Listen to me!  
Help me!"  
Cecily Saunders*

In one of the most important documents of the modern medical ethic, namely "Lisbon's declaration of patient's rights" of The International Medical Association, the "the patient's right to death with honor" is formulated quite clear and has a very deep international sense [4].

The process of population aging in Ukraine and Europe leads to changes in the structure of morbidity and death rate. The number of people dying from different types of somatic diseases becomes greater and this is accompanied by different physical and mental diseases [2, 6].

Besides, a very limited access to effective anesthetizing and lack of necessary medical sources and the low accessibility of palliative institutions in the combination with lack of qualified experts and practical impossibility to attract non-state organizations to the situation – all these factors result in the absence of adequate timely medical assistance. This stipulated the expedience of studying the development of palliative

and hospice help in Ukraine and the role of the medical staff in caring for hospice patients [1].

The term "palliative therapy" comes from the Latin word "pallium" which means "the woolen coat" and implies a possibility to eliminate the suffering of the patient at the final stage of the illness. It also means to supply the patient with the necessary help. Palliative help prevents from the absence of help to the person who suffers but does not complain or to a person on the stage of incurable disease without a chance to recover. Palliative treatment has the idea not to relieve pain in one particular area but to give the patient the opportunity to feel that he is not alone in this world and surround him with help and understanding until the last moments of his life. The goal of palliative medicine is not to prolong or shorten life, it serves to the natural process of the existence and the end of the individual's life [3, 5, 7].

The doctors and nurses of Kharkiv and Kharkiv region had a unique opportunity to take part in the project, and also share the achievements and problems, meet some friends among German colleges, exchange the experience of transportation of seriously ill patients (being at different stages of illness and in different condition).

There were several master-classes, where the chief methods of biomechanics were demonstrated. We received valuable knowledge,

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Corresponding Author:  
Gavrilenko Olga – Kharkiv Regional Medical College,  
Ukraine. E-mail: ol.gavrilenko2012@ukr.net.

learnt how to look after critically ill people, people with trophic ulcers, and how to work with such complication as hypostatic pneumonia. The scientific-practical conference was held at Kharkiv City Multispecialty Hospital No.17 to exchange knowledge on providing palliative care to seriously ill patients.

The doctors and nurses of Hospital No.17 and teachers and students of Kharkiv Medical College No.2 attended the conference.

The students of the medical college had special practical training for mastering different methods of caring after seriously ill patients.

The students were shown the methods, how to transport such patients according to the rules of biomechanics: moving the patient from chair to chair, or moving the sitting patient from the couch to the moving armchair.

The conference was held just in time in order not only to exchange and extend knowledge between the staff of hospices and clinics, but also to help medical educational establishments of the first and second accreditation level.

In March with support from the Coordination Committee for Palliative and Hospice Medicine in our city, Kharkiv Medical College started to train social workers from the territory centers of the residential service.

The working program of education includes 88 hours for three months course. The program

incorporates chapters of practical classes from human anatomy, and care about patients as well as medical procedures involving safe transportation of seriously ill people, assistance in observing personal hygiene, prophylaxis of trophic ulcers, patient's feeding, assistance in dysfunction of physiological needs, etc. We consider that the classes incorporating communication with such type of ill people would be very helpful.

Kharkiv Medical College pays particular attention to the work with incurable patients while training groups of people and working with such patients.

Hereafter the programs will imply teaching social workers to understand correctly all the needs of the patient and will be enable them to make their urgent decision, if necessary. In addition, it will help to work with the patient's relatives.

The quality of palliative treatment greatly depends on the level of qualification of the social workers as they perform both physically and psychologically difficult work. Not all the medical staff members are able to cope with this work. Nurses have a specific role in hospice and palliative treatment. That is why it is equally important not only to train the staff members professionally, but also to prepare them psychologically [4, 8].

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