

avans

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Avans University of
Applied Sciences

School of Health

Hogeschoollaan 1
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avans

**MINOR IN
PALLIATIVE CARE.**

August 2014

GENERAL INFORMATION

Specifically for Nursing students, the School of Health at Avans University of Applied Sciences will be offering an English-language minor in Palliative Care - End-of-Life Care starting from the 2015-2016 academic year. This minor, with a duration of 20 weeks, is part of the Bachelor of Nursing programme at Avans University of Applied Sciences School of Health and is worth 30 ECTS. The programme will be offered in English and will be open to exchange students. The programme content will be further developed in collaboration with our Belgian partner Karel de Grote University College (Antwerp).

AT THE FOREFRONT

The Netherlands stands alongside Belgium at the forefront of palliative care and end-of-life decisions. We achieve high scores in terms of quality of palliative care as an integrated part of our healthcare systems. There is a strong focus on quality of life and quality of care at the end of life partly based on the strict laws on euthanasia. The focus in the minor in Palliative Care will be on themes such as pain and symptom management based on palliative reasoning, palliative sedation and euthanasia, advance care planning and supporting family caregivers. Best practices in several areas of a physical, psycho-social, cultural and spiritual nature will be discussed in great depth.

DIDACTICAL APPROACH

The minor in Palliative Care is constructed around case studies focusing on palliative care in patients with cancer, COPD, chronic heart failure, amyotrophic lateral sclerosis and Alzheimer's disease. Learning takes place within a variety of interactive formats, including: study tasks, self-study, working in small groups, group discussions and lectures. Meetings with Dutch students will be scheduled for one day a week (Fridays) and will include lectures and discussions about study tasks and exercises to be prepared before the meeting. There will also be a strong focus on nursing and communication skills. The remaining days of the week will be spent on work placements and project work. Blackboard will

be used as a supporting electronic learning system. This system is available on the internet for all students enrolled on the course.

COMPULSORY READING

- English versions of the Dutch guidelines on palliative care: www.pallialine.nl
- Payne, S., Seymour, J. & Ingleton, C. (2008) 2nd Revised Edition: **Palliative Care Nursing. Principles and Evidence for Practice.** Berkshire (UK): Open University Press.

REQUIREMENTS

An assessment will be scheduled at the end of the first 10-week period. Each student will write and present a case study for a palliative care consultation team. In the second period (20 weeks) the case studies will be discussed in peer consultation. During the minor, each individual student will also develop a portfolio which must contain a compilation of, and reflection on, the records and reports for the minor and work placement. Each study group will prepare a project report and a poster presentation on their project.

COURSE COORDINATORS AND LECTURERS

Anke Clarijs - de Regt:

apm.clarijs-deregt@avans.nl

Bernadine van de Walle - van de Geijn:

bvh.vandewalle-vandegeijn@avans.nl

PROGRAMME STRUCTURE

The curriculum of the minor in Palliative Care is based on competencies defined by the Dutch Nurses' Association for Palliative Care (V&VN Palliatieve Zorg).

The minor is built around case studies focused on palliative care for patients with cancer, COPD, chronic heart failure, amyotrophic lateral sclerosis and Alzheimer's disease. Country-specific and cultural aspects related to the background of the participants will be discussed within this framework. Examples of some of the topics that will be discussed can be found below.

Principles of palliative care

In the first weeks you will study the principles of palliative care, such as the palliative care continuum, the palliative landscape and the legislation relating to palliative care.

Pain and symptom management with palliative reasoning

Pain and symptom management is an important part of palliative care. Nurses must be aware of, and deal with, symptoms and problems of a physical, psycho-social, cultural and spiritual nature to achieve the best quality of life for patients and their families in the palliative phase. In order to make the best decisions in these situations you will learn to work with the 'palliative reasoning' model, a 4-stage methodological and multidisciplinary decision-making framework. During the minor we will also practice drawing up a care plan for a patient in the palliative phase in consultation with the patient, his family and other disciplines.

End-of-life decisions, advance care planning and ethics

An important role of nurses is to support patients in making end-of-life decisions. We will discuss different end-of-life decisions, such as ceasing food and fluid intake, palliative sedation, euthanasia and assisted suicide. Advance care planning gives you as a nurse an opportunity to understand what is important for the patient and makes it easier to make treatment and care decisions on his or her behalf, if and when that situation arises. We will also discuss ethical and cultural issues surrounding end-of-life decisions.

Loss, grief and bereavement

All patients with a life-threatening illness and their families experience loss. Competence in caring for loss, grief and bereavement should be a high priority for nurses working in palliative care.

PRACTICAL INFORMATION

Level

Level Bachelor's degree, year 3 or 4 (graduation phase).

When does this programme start?

The course starts twice a year. In the first semester the course begins at the end of August and ends at the end of January. In the second semester the course starts at the end of January and ends in June.

ECTS

The study load in ECTS is 30. This requires 840 hours of study including contact hours, self-study, projects and work placements.

Duration

One semester (20 weeks).

Tuition fees

• (Erasmus) exchange students:

As an exchange student you do not need to pay tuition fees to Avans University of Applied Sciences, but you will continue to pay tuition fees at your home institution.

• Other students:

If your university is not a partner of Avans University of Applied Sciences, you can apply as a full paying student. For more details contact the Avans International Office on +31 76 523 80 01 or at internationaloffice@avans.nl.

Location

In the first semester the minor will take place at our campus in Breda, the Netherlands (September - January).

In the second semester the minor will take place at our campus in 's-Hertogenbosch, the Netherlands (January - June).

More information

If you have any questions about the minor in Palliative Care, please contact:

Anke Clarijs – de Regt:

apm.clarijs-deregt@avans.nl

or by telephone on +31 (0)88 5258446

Bernadine van de Walle - van de Geijn:

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or by telephone on +31 (0)88 5258816

If you have any questions regarding the application process, please contact the International Office at Avans University of Applied Sciences: internationaloffice@avans.nl or by telephone on +31 (0) 76 523 80 01.

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**A FOCUS ON INTERNATIONAL
COMPETENCES**

We aim to stimulate and increase the available options for students to follow English programmes at other universities. Wherever possible, this can also be combined with clinical placements. A programme worth 30 ECTS will be designed individually and in cooperation with the host university, and within criteria set for the degree the students are studying.

Internationalisation is an integral part of our School of Health and serves the general purpose of helping the students (and staff) to become globally competent citizens. This is relevant because health and healthcare generally have an international dimension to it: not only because students might choose a career in another part of the world, but also because they are faced with a growing international patient population at home. Furthermore, sharing knowledge and collaboration can improve health and healthcare at a local, regional and also global level. We therefore also focus on preparing the curricula in such a way that students can actively gain international competences. This is an ongoing process of development in which we are also seeking strategic partnerships. We currently have partners in Europe as well as in Turkey, Africa, Asia, and North and South America. The latter is developing despite facing difficulties with respect to recent changes in laws, regulations and insurance issues with respect to healthcare and dealing with patients.

Our primary intention is to get to know the details of our respective programmes and to explore mutual interests, goals and needs: in other words, to explore and learn from each other. We hope to be able to increase student (and staff) mobility options, and are also keen to welcome students from other partners interested in our English minor programmes. Starting this way may very well lead to further future collaboration where all parties agree to do so.

René A.G. Teunissen, MSc

Departmental Coordinator International Affairs
and International Relations Manager,
Lecturer Higher Professional Education

August 2014

GENERAL INFORMATION

Avans University of Applied Sciences is a multi-stream comprehensive higher education institute with a variety of faculties in many fields ranging from finance, business, marketing, engineering and education to arts and healthcare. Located at three campuses in three Dutch cities (Breda, Den Bosch and Tilburg), Avans has over 26,000 students in 19 departments. Avans was ranked the number one comprehensive university of applied sciences in the Netherlands for three years running. In 2013 Avans ranked number 2 in the Netherlands, with 15 departments ranking number 1 in the country. Out of 11 colleges for physiotherapy in The Netherlands, our physiotherapy programme ranks in third place and our nursing programme ranks in sixth place (out of 19 colleges for nursing).

STUDY PROGRAMMES

Our School of Health, located in both Breda and Den Bosch, offers three 4-year 240 ECTS¹ bachelor programmes in Nursing, Physiotherapy and Health Innovation. Health Innovation is a reasonably new field of study that is currently only taught at two higher education institutions in The Netherlands. The study programme focuses on the interconnected area of technology and healthcare-related issues. Students work in projects on smart solutions for these healthcare-related issues (e.g. domotica, smart homes, smart apps and active ageing).

In general, the standards defined by the Dutch government are used for people working in the healthcare domain: all nurses and physiotherapists must be licensed and registered (see <https://www.bigregister.nl/en/>). Furthermore, the Dutch Royal Association for Physiotherapy (KNGF) defines the specific job profile for the physiotherapist on a national level². For nursing, the Dutch Nurses' Association (V&VN) defined the specific professional profile for nurses on a national level³. These job profiles are based on the CanMEDS⁴. Our curricula

are derived from these standards as well as from the European-wide formulated Dublin descriptors for higher education⁵. All higher education is being monitored by the governmental council on higher education (Vereniging Hogescholen, former HBO-raad⁶) and follows an accreditation process every 6 years executed by the Dutch-Flanders accreditation organization (NVAO⁷). Our three schools have been approved with good standing in 2011, 2012 and 2013. In the next few years we will be working on renewing the curricular programmes for Nursing, Physiotherapy and Health Innovation based on recent insights from educational science and the development of new job profiles, and in order to bring them closer in line with future trends in the health as well as the healthcare domain. Our programmes are currently offered in Dutch with the exception of some minor programmes. In the last phase of their studies, students work on an individual profile by choosing a minor programme worth 30 ECTS corresponding to a full semester of studying.

MINOR IN PAEDIATRIC PHYSIOTHERAPY

Specifically for Physiotherapy students, we offer an English minor in Paediatric Physiotherapy. This minor adopts a task-oriented approach towards motor control, motor learning and rehabilitation in paediatric physiotherapy⁸. This programme also provides the participating students with an insight into the master's degree in paediatric physiotherapy, which they can opt to follow after graduating as a bachelor. As is the case for all physiotherapeutic specialisations in The Netherlands, becoming a registered paediatric physiotherapist requires a 4-year part-time post-bachelor master's degree⁹.

MINOR IN PALLIATIVE CARE

Specifically for Nursing students, we will be offering an English minor in Palliative Care – End-of-Life Care starting from the 2015-2016 academic year. Alongside Belgium, we stand at the forefront of palliative care in the world partly due to our laws on euthanasia. The content is built around 6 realistic cases and focuses on comparative studies in Palliative Care – End-of Life care and laws, palliative sedation, palliative reasoning, best practices in palliative care and so on.

MINOR IN ACTIVE AGEING

For the healthcare domain in general, we are planning to develop an English-language multidisciplinary minor in Active Ageing (starting date yet to be determined). This minor will focus on a variety of multidisciplinary aspects relating to the ageing population. The topic also ranks very highly on the European political agenda. In addition to physiotherapy, healthcare technology, health innovation and nursing, this minor will also be open to students from other disciplines such as technology, social studies and so on.

RESEARCH AND DEVELOPMENT

Together with the Social Studies programmes at Avans University of Applied Sciences, the School of Health takes part in the expertise centre Caring Society 3.0. This expertise centre focuses, by means of practise-based research, on realising sustainable and integral solutions for issues regarding quality of life and well-being (e.g. life style, prevention, ICT & healthcare technology). The approach is multidisciplinary and a collaboration of work field, local and regional governments, knowledge institutes and academics. The following research

groups join forces in Caring Society 3.0: 'Youth, child & Society', 'Diagnostics & Treatment in Movement' and 'Active Ageing'.

EXCHANGE STUDENTS

We gladly accept incoming mobility within the abovementioned programmes. Over the last few years we have mainly welcomed European students from Erasmus partners. However, these programmes are also open to non-European citizens. Applications¹⁰ via the Avans website allow for individual approval based on documents to be produced upon applying and on the specific background of the individual student. Having an Erasmus or other agreement (i.e. MoU, Memorandum of Understanding) makes it easier to facilitate student (and staff) mobility¹¹. These minor programmes will allow the student to obtain some clinical experience. However, providing the students with full clinical placements in the Netherlands is presently complicated. Some of the reasons for this are language barriers when working with patients, the availability of placements, and the availability of practitioners to coach the students. We are looking for solutions to improve this. In any case, a student will have a full minor programme that allows him or her to obtain 30 ECTS. In individual cases, individually designed assignments can be included where applicable and in cooperation with the guest institute.

MINOR IN STUDYING ABROAD

Within the options for individual profiling in the last phase of their studies, our students can also opt for a minor that allows them to go abroad for a full semester (minor in Studying Abroad). Most students in this minor choose to design a healthcare-related community-based or clinic-based project in developing countries. The general focus is on diversity, inter-cultural collaboration and inter-cultural communication combined with healthcare-related issues. Only a few students choose to follow a programme at another, mostly Western European, university. In this case, English-language programmes must be available. For these options we have various Erasmus Agreements or MoUs in place.

¹ 1 ECTS represents 28 hours of study.

² An English translation is available via the website <http://www.fysionet.nl/centraal-kwaliteitsregister/beroepsprofiel.html> (the right column has a link to the English version in pdf). An adapted version will be available later this year.

³ An English translation of the profile is only accessible for members. This link contains information on the V&VN in English: <http://www.venvn.nl/Portals/20/publicaties/V&VN%20corporate%20information%20folder%2020070427.pdf>

⁴ See e.g. <http://www.royalcollege.ca/portal/page/portal/rc/canmeds>

⁵ See http://www.tcd.ie/vpcao/academic-development/assets/pdf/dublin_descriptors.pdf

⁶ See <http://www.vereniginghogescholen.nl/english>

⁷ See <http://nvaio.com/>

⁸ See also <http://www.avans.nl/international/programs/programfinder/paediatric-physiotherapy/introduction>

⁹ This also applies to manual therapy or osteopathy, psychosomatic physiotherapy, pelvic physiotherapy, sports physiotherapy, ergonomic physiotherapy, geriatric physiotherapy and so on.

¹⁰ Only for the minor programmes. Participation in the research groups and/or Caring Society 3.0, is only possible based on individual interviews with the research coordinators.

¹¹ In other cases the general tuition fees will apply.

MINOR IN PAEDIATRIC PHYSIOTHERAPY.

GENERAL INFORMATION. AUGUST 2014

Specifically for physiotherapy students, the School of Health at Avans University of Applied Sciences will be offering an English-language minor in Paediatric Physiotherapy. Students are able to start this programme twice a year: in September (Autumn semester) or in February (Spring semester).

Several topics related to motor development, motor control and motor learning are introduced and intensely discussed based on what is known as a 'task-oriented approach'. Motor skills will be viewed as intentional motor actions, strongly related to the task to be fulfilled, and in the environment the task is being performed (by the child).

A conceptual framework for paediatric physiotherapy will be presented and models used in paediatric physiotherapy will be discussed. The interrelationship between this framework and the models will be highlighted. Furthermore, a variety of video observations will be used to understand and describe how normal and abnormal children move and why they move the way they do (process-diagnostic

evaluation). Performed tasks will be analysed in order to understand and apply knowledge of motor control, motor learning and motor development.

Participants in this course will be challenged to elicit motor skills at the actual level of the child, and to increase the difficulty of a task step by step. They should be able to manipulate the task as well as environmental constraints in such a way that motor performance changes according to the predefined intentions. The underlying process from 'intention to contraction' will be closely studied within a 'heterarchical model' based on cognitive neuromotor science. The implications of the model for assessment and therapy will be discussed.

On a more pedagogical level, the emphasis on motor goals versus pedagogical goals will be discussed in the light of pedagogical and testing theories. The participants will, after finishing this course, be able to test children aged 4 to 11 using the Movement Assessment Battery for Children (Mabc). They will be able to analyse and interpret the test results. Students will also be introduced to the Albert Infant Motor Scale (AIMS).

In the second part of the course, children with DCD (Developmental Coordination Disorder) and CP (Cerebral Palsy) will be discussed. Participants will perform outdoor exercises and several field tasks.

DIDACTICAL APPROACH

The minor in Paediatric Physiotherapy is built on a variety of challenging study tasks, group work, self-study (literature), and a number of presentations. Lectures and discussion groups for which the participants must prepare and practice will be organised twice a week. Blackboard will be used as a supporting electronic learning system. This system is available on the internet for all students enrolled in this course.

COMPULSORY READING

R. A. Schmidt & T. Lee (2014).

Motor learning and performance.

Stanningley, Human Kinetics, 5th edition. Champaign, Illinois.

Haywood, K.M., Getchell, N. (2009).

Life span motor development.

Fifth edition. Human kinetics. Champaign, Illinois.

Piek, J.P. (2006).

Infant motor development.

Champaign, IL: Human Kinetics.

ASSESSMENTS AND COURSE CREDITS

An assessment will be scheduled at the end of the first part of the course (after 10 weeks). Each participant will present a topic related to paediatric physiotherapy. The presentation consists of two parts: a mini-symposium (PowerPoint presentation) and an interactive workshop.

At the end of the second part of the course (after 20 weeks) a final test will be scheduled consisting of 'true or false' statements and open questions. In addition, each study group will develop a portfolio in which the worksheets and data sheets are collected. Finally, the outdoor exercises and field tasks will be graded. To receive the course credits (30

ECTS, a workload of 840 hours), all parts must be graded with a 'pass'.

ENTRY LEVEL

Exchange students (who must be at least a 3rd year bachelor of physiotherapy student) are required to have passed their examinations on neurophysiology and the neuromotor system. They must also be motivated to work with children. Students must have a satisfactory verbal and written command of English. See the Avans website (www.avans.nl/international) for detailed information on the admissions requirements for studying at Avans.

FACILITIES

A participant registered at Avans will have access to all regular facilities.

- Avans has different buildings at different locations in Breda. In every building participants can use the library, PCs, copy/printing machines and pay for food in the school canteen with a facility card.
- From Monday to Thursday the school building is open until 10:00 p.m.
- Participants can use work, project and class rooms. Every room has computer and electronic whiteboard facilities.
- Participants will receive a personal Avans e-mail address to be used for all official (study-related) communication.
- The entire course will be supported by Blackboard. Enrolment in this minor programme is based on your student registration.

COURSE COORDINATORS AND LECTURERS

Ad van Tuijl

(coordinator & lecturer: alt.vantuijl@avans.nl)

Els Brouwers

(lecturer)

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