UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Internal Medicine 2 A

2324-6-H4101D335-H4101D203M

Aims

The course aims to provide students with basic knowledge of the objectives and purposes of palliative medicine for oncological patients and patients with complex and advanced chronic conditions. It aims to identify and illustrate the multidimensionality and complexity of health needs according to the three typical disease trajectories: cancer, organ failure, and frailty-dementia. The course also aims to promote the care and management of patients and their families through multiprofessional teams within the Local Palliative Care Network. Additionally, it aims to explore the psychological, social, spiritual dimensions, as well as the ethical and legal implications of palliative care.

Contents

a. Definition and fundamental principles of palliative care: quality of life, early palliative care, and end-of-life care.
b. Different professional roles involved in palliative care.
c. Complex and multidimensional needs of oncological patients, patients with organ failure, patients in frail conditions, and paediatric patrients.
d. Relational and communicative needs of patients and families, including psychological, social, and spiritual dimensions.
e. Managing pain, symptoms, and common conditions in incurable patients.
f. Recognizing the bioethical implications related to palliative care.

Detailed program

Introduction to Palliative Care:
1.1. History and definition of palliative medicine and care - Diagnosing complexity in palliative care, early and

simultaneous palliative care.
1.2. Demographic, epidemiological, and social transition: present situation and development prospects.

Management and clinical governance of care pathways:
2.1. Identification and multidimensional assessment of palliative care needs, tools for prognostic assessment.
2.2. Management aspects, teams, shared responsibilities, competencies, and models.

Psychosocial aspects:
3.1. Communication, care relationships, and "caring" - Communication as a therapeutic tool.
3.2. Delivering bad news.
3.3. Suffering, mourning, and complicated grief.

Clinical evaluation and diagnosis:
4.1. Physical symptoms, signs, specific issues, and their treatment (anorexia, asthenia, delirium, mood disorders, anxiety disorders, sleep disorders).

Pharmacology:
5.1. Pharmacological review, guidelines for pain control, therapeutic discontinuation, and therapeutic reconciliation.
5.2. Palliative sedation: indications, distinction from euthanasia, jurisprudence.

Ethical issues with incurable patients and their families:
6.1. Bioethics: principles, legal safeguards, advance care planning, shared care planning.

Course synthesis through examination of clinical and care case studies:
7.1. Summary of the main course contents.

Prerequisites

Enrollment in the sixth year of the medical and surgical degree program.

Teaching form

Face-to-face lectures with clinical cases and seminar activities.

Textbook and teaching resource

Italian book on medicine and palliative care, A. Caraceni, O. Corli, M. Costantini, Grassi, M. Maltoni, G. Miccinesi, P. Morino, C. Peruselli, G. Scaccabarozzi, V. Zagonel, G. Zaninetta, F. Zucco POLETTO EDITORE 2019, 732 pages.

Il mondo delle cure palliative. Manuale per giovani medici. A. Turriziani, G. Zaninetta, ESCULAPIO 2020, 528 pages.

Cure Psicosociali in medicina palliativa, a cura di L. Grassi, POLETTO EDITORE 2022, 256 pagine

Fondamenti di Medicina Palliativa, C. Chelazzi, R. De Gaudio, I. Iannini, G. VILLA, IDELSON-GNOCCHI 2023, 206

pagine

Selection of presented slides, educational material, selection of scientific articles provided on E-learning and/or the platform www.progettodemetra.it.

Semester

Sixth year of the course, 1st semester.

Assessment method

Written exam: closed-ended test with multiple-choice questions, within the Medical Clinic exam.
Oral exam: discussion on the topics covered in the lectures within the Medical Clinic exam.

Office hours

By appointment, requested by sending an email to the instructor.

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING