

COURSE MODULE OUTLINE

General information

SCHOOL			
PROGRAM COURSE	Management of ageing and chronic diseases		
LEVEL OF STUDY	Postgraduate		
COURSE UNIT CODE	GXN 23	Year	1st
COURSE TITLE	Chronic pain management – End-of-life support		
INDEPENDENT TEACHING ACTIVITIES <i>in case credits are awarded for separate components/parts of the course, e.g. in lectures, laboratory exercises, etc. If credits are awarded for the entire course, give the weekly teaching hours and the total credits</i>		WEEKLY TEACHING HOURS	CREDITS
Hours per week (20 hours) x 14 weeks		280	10
<i>Add rows if necessary. The organization of teaching and the teaching methods used are described in detail under section 4</i>			
COURSE TYPE Compulsory, Optional, Optional mandatory	Optional		
PREREQUISITE COURSES:	None		
LANGUAGE OF INSTRUCTION AND EXAMS:	Greek		
THE COURSE IS OFFERED TO ERASMUS STUDENTS	No		
COURSE WEBSITE (URL)	https://www.eap.gr/en/management-of-aging-and-chronic-diseases/topics/#g23		

(2) LEARNING OUTCOMES

Learning Outcomes

Upon successful completion of the unit, the student will be able to:

To know the basic principles of chronic pain management
 Recognize the basic concepts and philosophy of palliative care and the structures of provision of palliative care
 Understand the impact of chronic pain on the quality of life of patients
 Assess the organic, psychological, social and spiritual palliative care needs of patients and their families throughout the disease and at the end of life.

General Competences

- Search for, analysis and synthesis of data and information by the use of appropriate technologies,
- Adapting to new situations
- Decision-making
- Individual/Independent work
- Project planning and management
- Working in an international environment
- Working in an interdisciplinary environment
- Introduction of innovative research
- Respect for diversity and multiculturalism
- Social, professional and ethical responsibility and Decision-making sensitivity to gender issues
- Critical thinking
- Development of free, creative and inductive thinking
- Working in an international environment

(3) COURSE CONTENT

The aim of this unit is to study and understand the mechanisms of pain and its management as well as to acquire knowledge of palliative care and end-of-life support.

- Chronic pain
- Spirituality, psychological support for the chronically ill
- End-of-life support

(4) TEACHING METHODS--ASSESSMENT

MODES OF DELIVERY

Face-to-face, in-class lecturing, distance teaching and distance learning etc.

Distance education with three Group Counseling Meetings (OSS) during the academic semester on weekends.

USE OF INFORMATION AND COMMUNICATION TECHNOLOGY <i>Use of ICT in teaching, Laboratory Education, Communication with students</i>	We use : Remote meetings tools (webex), Presentation software (e.g. power point), Specialized software in the subjects under study. Additionally, the students use office automation tools, web browsers and e-reader for digital books.	
COURSE DESIGN <i>Description of teaching techniques, practices and methods: Lectures, seminars, laboratory practice, fieldwork, study and analysis of bibliography, tutorials, Internship, Art Workshop, Interactive teaching, Educational visits, projects, Essay writing, Artistic creativity, etc.</i> <i>The study hours for each learning activity as well as the hours of selfdirected study are given following the principles of the ECTS.</i>	Activity/Method	Semester workload
	3 OSS (* 4 hours)	12
	2 educational activities	2 * 15
	Semester essay	15
	Exams	3
	Individual study	220
	Total	280
STUDENT PERFORMANCE EVALUATION/ASSESSMENT METHODS <i>Detailed description of the evaluation procedures:</i> <i>Language of evaluation, assessment methods, formative or summative (conclusive), multiple choice tests, short- answer questions, open-ended questions, problem solving, written work, essay/report, oral exam, presentation, laboratory work, other.....etc.</i> <i>Specifically defined evaluation criteria are stated, as well as if and where they are accessible by the students.</i>	a1. Two (2) Short Written Assignments (SWA) with a weighting coefficient of 10% each in the final grade of the final grade of the Unit.	
	a2. One (1) Semester Assignment (SA) with a weighting factor of 20% at the final grade of the Unit.	
	The written assignments (SWA and SA) grade is only activated with a score equal to or above the passing grade (≥5) on the final or re-sit exams.	
	a3. Final or repeated written examination with a weighting factor on the final grade of the exam of 60%.	
	The final grade of the respective unit, on a scale of 10, is calculated as follows:	
	Final Unit Grade= (SWA1×0,1) + (SWA2×0,1) + (SA×0,2) + (Exam×0,6)	
	Eligibility for the final examinations:	
	The right to participate in the final examinations is conferred by obtaining at least 50% of the sum of the potential pass mark out of the total number of	

	papers evaluated, i.e. 20 points out of 100, on the basis of the weighting coefficients mentioned in points a1 and a2 above
--	---

SUGGESTED BIBLIOGRAPHY:

- Kopf, A., & Patel, N. B. (2010). Guide it Pain Management in Low Resource Settings. IASP/International Association for the Study of Pain.
- Larsen, P.(2022). Lubkin's χρόνια νοσήματα επιπτώσεις και παρεμβάσεις. Εκδόσεις Κωνσταντάρας.
- Fradelos, E. C., Alikari, V., Tsaras, K., Papathanasiou, I. V., Tzavella, F., Papagiannis, D., & Zyga, S. (2022). The effect of spirituality in quality of life of hemodialysis patients. *Journal of Religion and Health*, 61(3), 2029-2040.
- Fradelos, E. C., Alikari, V., Balta, K., Živanović, D., Javorac, J., Papagiannis, D., ... & Zyga, S. (2021). The Effect of Spirituality on Illness Perceptions in Patients Undergoing Hemodialysis. In *GeNeDis 2020* (pp. 65-75). Springer, Cham.
- Fradelos, E. C., Papathanasiou, I. V., Veneti, A., Daglas, A., Christodoulou, E., Zyga, S., & Kourakos, M. (2017). Psychological distress and resilience in women diagnosed with breast cancer in Greece. *Asian Pacific journal of cancer prevention: APJCP*, 18(9), 2545.
- Fradelos, E. C., Latsou, D., Mitsi, D., Tsaras, K., Lekka, D., Lavdaniti, M., ... & Papathanasiou, I. V. (2018). Assessment of the relation between religiosity, mental health, and psychological resilience in breast cancer patients. *Contemporary Oncology/Współczesna Onkologia*, 22(3), 172-177.
- Lavdaniti, M., & Tsitsis, N. (2015). Definitions and conceptual models of quality of life in cancer patients. *Health Science Journal*, 9(2), 1.
- Lavdaniti, M., Owens, D. A., Liamopoulou, P., Marmara, K., Zioga, E., Mantzanas, M. S., ... & Vlachou, E. (2019). Factors influencing quality of life in breast cancer patients six months after the completion of chemotherapy. *Diseases*, 7(1), 26.
- Papathanasiou, I. V., Kaberi, F., Kastanidou, S., Malli, F., Zakynthinos, G., Tsaras, K., ... & Fradelos, E. C. (2020). Body Pain and Psychological Distress in Patients with Orthopedic Problems. *Nosileftiki*, 59(1).

Journals

[The Journal of Pain](#)

[Journal of Pain and Symptom Management](#)

[Health and Quality of Life Outcomes](#)