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## D3.2. The description of the nurses' training programmes

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WP3. PILOT OF PROFESSIONAL DEVELOPMENT SOLUTION  
FOR CHINESE TEACHERS AND NURSES

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## Summary

The purpose of this training programme is to strengthen the professionalism of palliative care for nursing teachers, nurses and nurse managers from Chinese partner institutions and their networked organisations including affiliated hospitals, who have not been trained in this content before. The idea is to exploit best practices on palliative care in multicultural and multidisciplinary context including Traditional Chinese Medication and rehabilitation practices.

The basis for the creation of this training programme has resulted from WP2 and task T3.2 of WP3. Use of digital equipment to support the training has been taken into account prior to creation of the programme. A Co-working seminar integrated into the Mid-Conference in M17 in Spain was used to design and programme structure and develop the key contents of the training.

This training will be conducted online via DigiCampus-Moodle platform in spring 2026. Trainers are selected Chinese educators from being trained by task T3.1 and T3.2. Mentoring of the training implementation is provided by experts from Peking Union Medical College Hospital (PUMCH), University of Ramon Llull (URL) and Jamk University of Applied Sciences (JAMK).

Feedback will be collected from the training participants and used in the development of the future training programmes. The micro-credentials for this training programme (9 ECTS) will be applied to the participants upon their successful completion.

In this document, description of the training programme is provided beneath in three focused themes, structured 3-ECTS per each theme.

## 1 Theme 1, Holistic Palliative care, 3 ECTS

### 1.1 General setting of the training theme 1

#### Training objectives:

- You have equipped yourself with knowledge, the concepts and philosophy of palliative care
- You have gained basic understanding of comfort care and symptom management in palliative care using evidence-based resources
- You have gained understanding of different aspects traditional Chinese medicine and rehabilitation used in palliative care
- You have gained understanding of the organization and management, and importance of ethical aspects and legal requirements related to palliative care.

#### After the completion of this theme, you can:

- Comprehend the concepts, philosophy and history of palliative care
- Implement evidence-based comfort care and symptom management in palliative care
- Utilize traditional Chinese medicine and rehabilitation in palliative care
- Understand the organization and management and abide by the ethical aspects and legal requirements related to palliative care.



**The contents are:**

- Concepts and philosophy of palliative care
- Comfort care and symptom management
- Chinese medicine and rehabilitation in palliative care (Aromatherapy, Musicotherapy,)
- Organization and management, ethical aspects and legal requirements in palliative care

**Competences to be achieved:**

- 1. Providing palliative care
- 2. Communication and collaboration
- 3. Organisation and management
- 5. Evidence based nursing (EBN), lifelong learning (LLL) and training.
- 6. Professional behaviour

**Workload of the Theme 1 (81 hours):**

- 20 hours contact online
- 40 hours assignments online
- 21 hours independent studying

**Training methods:** Online lectures, webinars, case studies, group work, individual learning tasks, written assignments

**Assessment (Pass/Fail):**

After completing this theme, you have internalized the concepts and basic theory of palliative care. You apply comfort care and symptom management in palliative care using evidence-based resources. You can demonstrate understanding of different aspects traditional Chinese medicine and rehabilitation used in palliative care. You demonstrate your understanding of ethical aspects and legal requirements related to palliative care. You can demonstrate understanding of the importance of organization and management of palliative care.

**Implementation:**

The Theme 1 consists of four (4) Modules in actual training implementation. The next provides more specifications of each Module.

## **1.2 Module 1-1. Theory of palliative care (20 hours)**

Objective: You have equipped yourself with knowledge, the concepts and philosophy of palliative care.

Content: Concepts and philosophy of palliative care, history of palliative care in Chinese and international contexts. Including -

- The concepts and principles of palliative care
- Traditional Chinese culture, palliative care and nursing



- Holistic assessment principles of palliative care (quality of life, death quality and symptom assessment, etc.)

Learning outcome: After the completion of the Module, you can comprehend the concepts, philosophy, and history of palliative care.

### 1.3 Module 1-2. Comfort care and symptom management (26 hours)

Objective: You have gained basic understanding of comfort care and symptom management in palliative care using evidence-based resources

Content: Comfort care and symptom management, including -

- Evidence based palliative care
- Common symptoms management
- Emergencies in palliative care
- End of life care
- Mental distress screening
- Relaxation technique

Learning outcome: After the completion of the Module, you can implement evidence-based comfort care and symptom management in palliative care.

### 1.4 Module 1-3. Traditional Chinese medicine and rehabilitation care (15 hours)

Objective: You have gained understanding of different aspects traditional Chinese medicine and rehabilitation used in palliative care.

Content: Chinese medicine and rehabilitation in palliative care, including -

- The theory of Traditional Chinese Medicine (TCM) and palliative care
- Practice and experience: TCM nursing skills used in palliative care scene: auricular points, cupping therapy, aromatherapy with TCM herbs
- The Application of Aromatherapy in Palliative Care

Learning outcome: After the completion of the Module, you can utilize traditional Chinese medicine and rehabilitation techniques in palliative care.

### 1.5 Module 1-4. Organization and management in palliative care (20 hours)

Objective: You have gained understanding of the organization and management, and importance of ethical aspects and legal requirements related to palliative care



Content: Organization and management, ethical aspects and legal requirements in palliative care. Including -

- The palliative care model from the view of hospital-community-home care
- The function of multidisciplinary team in palliative care
- The policy and ethics challenges in the practice of palliative care in China

Learning outcome: After the completion of the Module, you can understand the organization and management and abide by the ethical aspects and legal requirements related to palliative care.

## **2 Theme 2. Person-centred Palliative care, 3 ECTS**

### **2.1 General setting of training theme 2**

#### **Training objectives:**

- You have equipped yourself with knowledge and concept of person-centred care
- You have gained understanding of person-centred approach to communication and psychosocial support in palliative care
- You understand the principles of family care and grief counselling
- You understand the importance of Nurse Well-being in palliative care

#### **After the completion of the training theme 2, you can:**

- demonstrate knowledge of, explain, and reflect on the concept of person-centred care and its significance for palliative care
- analyse the individual needs of the patient based on person-centred approach in communicating and providing psychosocial support in palliative care
- demonstrate knowledge of, explain, and reflect on the family care and grief counselling and their importance in palliative care
- evaluate and reflect on nurse well-being in palliative care

#### **The contents are:**

- Person-centred approach in palliative care
- Person-centred communication and psychosocial support in palliative care
- Family care and grief counselling
- Nurse Well-being in palliative care

#### **Competences to be achieved:**

- 1. Providing palliative care
- 2. Communication and collaboration
- 3. Patient and family education
- 4. Evidence based nursing (EBN), lifelong learning (LLL) and training.
- 5. Professional behaviour

#### **Workload of the Theme 2 (81 hours):**



- 20 hours contact online
- 40 hours assignments online
- 21 hours independent studying

**Training methods:** Online lectures, webinars, case studies, group work, individual learning tasks, written assignments

### **Assessment of the theme (Pass/Fail):**

After completing the theme, you can demonstrate your understanding of the concept of person-centred care and can justify and explain its importance in the context of palliative care. You can justify the application of a person-centred approach to communication and psychosocial support in palliative care. You demonstrate your understanding of the needs of family care and grief counselling. You demonstrate your ability to evaluate and reflect on the importance of nurse well-being in palliative care.

### **Implementation:**

The Theme 2 consists of four (4) Modules in actual training implementation. The next provides more specifications of each Module.

## **2.2 Module 2-1. Person-centred approach in palliative care (20 hours)**

Objective: You have equipped yourself with knowledge and concept of person-centred care

Content: Person-centred approach in palliative care, including -

- Palliative Care & Person-Centred Care: Core Concepts
- Multidimensional needs in palliative care
- Person-Centred Care plan

Learning outcome: After the completion of the Module, you can demonstrate knowledge of, explain, and reflect on the concept of person-centred care and its significance for palliative care.

## **2.3 Module 2-2. Person-centred communication and psychosocial support in palliative care (20 hours)**

Objective: You have gained understanding of person-centred approach to communication and psychosocial support in palliative care

Content: Person-centred communication and psychosocial support in palliative care, including -

- Building trustful relationships with patients
- Addressing sensitive issues
- Person-centred communication





Learning outcome: After the completion of the Module, you can analyse the individual needs of the patient based on person-centred approach in communicating and providing psychosocial support in palliative care.

## **2.4 Module 2-3. Family care and grief counselling (20 hours)**

Objective: You understand the principles of family care and grief counselling

Content:

- Person-centred family care in palliative care
- Family communication and conflicts related to palliative care
- Grief counselling

Learning outcome: After the completion of the Module, you can demonstrate knowledge of, explain, and reflect on the family care and grief counselling and their importance in palliative care.

## **2.5 Module 2-4. Nurse Well-being in palliative care (21 hours)**

Objective: You understand the importance of Nurse Well-being in palliative care

Content: Nurse Well-being in palliative care, including -

- Personal awareness and professionalism for nurses
- Professional awareness and Reflections for nurses
- Professional Ethics and morality in Palliative Care

Learning outcome: After the completion of the Module, you can evaluate and reflect on nurse well-being in palliative care.

# **3 Theme 3, Digital Communication in Palliative care, 3 ECTS**

## **3.1 General setting of the training theme 3**

**Training objectives:**

- You have equipped yourself with the knowledge of digital communication in palliative care
- You have gained basic understanding of current applications of digital communication in palliative care
- You have gained basic understanding of different aspects and application of digital tools and platforms to palliative care
- You understand the importance of ethical aspects and legal requirements related to digital communication in palliative care



**After the completion of the Theme 3, you can:**

- Apply digital tools and platforms to communication in palliative care
- Utilize current applications of digital communication in palliative for evaluation and digital interventions in multidisciplinary communication in palliative care
- Appraise ethical aspects and legal requirements related to digital communication in palliative care
- Appraise the importance of digital applications in organization and management of palliative care

**The contents are:**

- Introduction to Digital Communication
- Digital Tools and platforms
- Digital communication strategies
- Ethical and legal considerations

**Competences to be achieved through the Theme 3:**

- 2. Communication and collaboration
- 3. Organisation and management
- 5. Evidence based nursing (EBN), lifelong learning (LLL) and training.
- 6. Professional behaviour

**Workload of the Theme 3 (81 hours):**

- 20 hours contact online
- 40 hours assignments online
- 21 hours independent studying

**Training methods:** Online lectures, webinars, case studies, group work, individual learning tasks, written assignments

**Assessment of the Theme 3 (Pass/Fail):**

After completing the theme, you have gained understanding of digital communication in palliative care. You apply digital tools and platforms to palliative care intervention with creation of digital resources. You can demonstrate evaluation and implementation of digital interventions in multidisciplinary communication in palliative care. You demonstrate your understanding of ethical aspects and legal requirements related to digital communication palliative care. You can justify the application of digital tools and platforms to organization and management of palliative care.

**Implementation:**

The Theme 3 consists of four (4) Modules in actual training implementation. The next provides more specifications of each Module.



### 3.2 Module 3-1. Introduction to Digital Communication (12 hours)

Objective: You have equipped yourself with the knowledge of digital communication in palliative care

Content: Introduction to Digital Communication, including -

- Overview of digital communication in palliative care
- Current applications of digital communication in palliative care
- Challenges of digital communication in palliative care

Learning outcome: After the completion of the Module, you can apply digital tools and platforms to communication in palliative care.

### 3.3 Module 3-2. Digital Tools and platforms (24 hours)

Objective: You have gained basic understanding of current applications of digital communication in palliative care

Content: Digital Tools and platforms, including -

- Social media platforms for digital communication in palliative care
- Telemedicine and remote monitoring technologies
- Application of digital tools and platforms to palliative care, creation of digital resources
- Assessment tools and instruments (SPARC)

Learning outcome: After the completion of the Module, you can utilize current applications of digital communication in palliative for evaluation and digital interventions in multidisciplinary communication in palliative care.

### 3.4 Module 3-3. Digital communication strategies (26 hours)

Objective: You have gained basic understanding of different aspects and application of digital tools and platforms to palliative care

Content: Digital communication strategies, including -

- Effective digital messaging supporting patients and families
- Management of Palliative care online community
- Evaluation and implementation of digital interventions
- Digital multidisciplinary communication in palliative care, assessment tools and instruments

Learning outcome: After the completion of the Module, you can evaluate and implement digital interventions in multidisciplinary communication in palliative care



### 3.5 Module 3-4. Ethical and legal considerations (19 hours)

Objective: You understand the importance of ethical aspects and legal requirements related to digital communication in palliative care

Content:

- Ethical and legal considerations of Digital communication in palliative care
- Information security protection in digital communication

Learning outcome: After the completion of the Module, you can appraise ethical aspects and legal requirements related to digital communication in palliative care and appraise the importance of digital applications in the organization and management of palliative care.

## References

The task T3.2, the second Train-the-Trainer programme to Chinese nursing teachers, nurses and nurse managers in the e-workspace on Moodle platform: [PalcNet: T3.2 Training 2 for nursing educators and nurses | Jamk](#)

