The Course: This course will explore the development and delivery of palliative care in the United States and India. The course will be presented in a part of the world that has experienced massive development in palliative care under the direction of Dr. M.R. Rajagopal. In this course the student will contrast the principles and practices of palliative care in an insurance-driven environment such as the US with the philanthropic model in India. With a combination of didactic classroom sessions, clinics, home visits and visits in the inpatient units, the students will develop and understanding of the needs of the seriously ill; learn communication skills specific to the needs of people at the end of life and those people close to them; and expand their awareness of alternative approaches to the medical model. We address spirituality and how it affects those who are constantly exposed to this field of work. Forms and assessment tools will be introduced which are necessary to determine patient needs. The student will gain knowledge and expanded awareness of the dying and grief journey. The extraordinary individuals who make up Pallium India welcome our students with open arms and open their minds to the entire experience of living with a serious illness in the context of poverty. Drs. Rajagopal, Eland and Broderick are the primary instructors but students are also taught by the other physicians, social workers and physiotherapists. They attend in house medical rounds in the inpatient unit, outpatient clinics and perhaps most significant of all home visits. Every single student to a person has stated that his or her life had been forever changed by the
experience in India. This is a very intense experience with eight-hour lecture days *five days a week* and a minimum of eight home visits on a number of occasions.

**Home Visits**

Home visits represent six days of our fifteen days of class time and have a profound effect on our learning experience. We are guests in patients’ homes and we experience true cultural immersion. On one day, our group went with a nurse led team and saw four patients in one location: a 96 year old man with hypertension who walks 5 km a day, a gentleman in is 50’s recently paraplegic after a construction accident, a 50 year old lady with diabetes and hypertension and a young woman in her 30’s who had meningitis when she was ten and was developmentally delayed. Our second stop though probably had the most impact on all of us. We were welcomed into a home where six adults and one infant lived. Our patient was a 28-year-old woman who had been in a motor vehicle accident and was paraplegic (meaning she had no function below her waist). We were there to change her urinary catheter and insure that her pain was under excellent control. We had been there probably fifteen minutes and the mother of the infant had gone to the store and purchased soda for us, the honored guests. This is a family that exists on less than $100US per month. Their meal *for the day* was cut up tapioca root boiled in water to make a soup with a little chili powder. How can one not be profoundly affected by such an act of kindness? We also saw a number of men whose faces were profoundly disfigured from cancer secondary to their smoking. In the US we sometimes see some disfigurement but it’s usually from a surgeon’s scalpel but in India the disease is still quite active. Likewise we attended to ladies with fungating breast cancer tumors having never received treatment for their disease and were now dying. Their husbands had left them because of their fear that the cancer would spread to them.

At the end of these home visit days (each student did six days) we met at our hotel to debrief as these visits had predictably a profound impact on the students. Students are also required to write a blog of every day’s experiences to which I respond within 24 hours.

**UI Instructor: Dr. Joann Eland**

For the past 41 years, Dr. Eland has been investigating the concept of pain from both a research and clinical perspective. She is nationally and internationally known for her work in the area of children's pain and was a member of the WHO Panel that wrote the guidelines for the control of children's pain for the world's children. Her commitment to the topic has resulted in over 800 national presentations outside of the State of Iowa on the topic. In 1997 she received the
first ever Jeffery Lawson Award for Advocacy in Children's Pain from the American Pain Society. In 2001 she received one of Sigma Theta Tau's highest honors, The Audrey Hepburn Award, for her international work with children's pain. In 2003 Children’s Hospice International awarded her the Robert A. Milch award for her work in Palliative Pain and Symptom Management. Since 1989 she has worked with Foundation of Livia Benini based in Florence, Italy to further the management of children’s pain in Italy. Currently she is the Immediate Past President of the American Society for Pain Management Nursing.  She has taught the proposed course three times previously with Dr. Rajagapol.

**UI Instructor: Dr. Ann Broderick**

Dr. Ann Broderick is a Clinical Professor in the Carver College of Medicine and has worked in the field of hospice and palliative care since 1998. She was the medical director at Iowa City Hospice from 1998 to 2007 and Director of Palliative Care at University of Iowa Hospitals and Clinics (UIHC) from 2007-2014. She is now the Program Director for the Fellowship in Hospice and Palliative Medicine at UIHC. She is the recipient of the Leonard Tow Humanism Award, a Master Clinician in the Department of Internal Medicine, and a member of the AOA Honor Society. She has been nominated for teaching awards in the pre-clinical teaching sessions at the Carver College of Medicine.

She joined Drs. Eland and Rajagapol in the 2014-15 Winter Term course with Pallium India for the first time.

**Partner Organization**

Our sponsors in Trivandrum, Kerala (India) will be Pallium India (PI) and Trivandrum Institute of Palliative Sciences (TIPS) [http://www.palliumindia.org/tvminstitute.htm](http://www.palliumindia.org/tvminstitute.htm) and PI’s founder Dr.. M.R. Rajagapol. Dr. MRR is the Founder-Chairman of Pallium India (Trust). Pallium India was founded in 2003 to extend palliative care to those areas, which have little access. Pallium India projects have, in the last four years, resulted in the development of two palliative care training centers (Trivandrum and Hyderabad), several palliative care centers in North and Northeast India and a network of palliative care centers in South Kerala. In addition to Pallium India, Dr Rajagopal was one of the founders of Pain and Palliative Care Society in Calicut, which was formed in 1993, and which later became a WHO demonstration project, and grew to the present Institute of Palliative Medicine and a network of about 140 palliative care centers in the state of Kerala. He was awarded the Marie Nyswander Award.
from the International Association for Pain and Chemical Dependency received on 30 October 2008. Most recently Pallium India has been named a World Health Organization Collaborating Center for Training and Policy on Access to Cancer Pain.

**Upon completion of the course the student will:**

1) Describe, compare and contrast pain & palliative care in the United States and Trivandrum, Kerala.

2) Identify the differences in the management of pain from North America where much of the treatment is pharmacological based and Trivandrum, Kerala where fewer pharmacological based interventions are available.

3) Explore the psychological and spiritual dimensions of pain as expressed in the cultures that exist in Kerala.

4) Identify the various barriers to improved pain and symptom management in the US and India.

5) Identify the regulatory barriers to improving pain and symptom management in India and specifically Trivandrum, Kerala.

6) Describe the effect of culture on the experience of pain and death in both settings.

7) Appreciate the immersion in a culture for three weeks that is far different from their own culture. The cultural aspects include food, clothing, religion, history, and medical traditions.

8) Understand the experience of wheelchair users in a society without legal supports of equal access.

**Requirements**

1) The students will complete a daily blog of reflections of their experiences when doing home visits, clinic visits and inpatient unit visits.

2) The student will participate in a service-learning project for Pallium India.

3. The student will chose one of the 8 course objectives and develop a final presentation to demonstrate understanding.
Course Content

1. Concept of palliative care
2. Pain: Mechanism; assessment; management.
3. Opioid availability & advancing palliative care
4. Symptoms other than pain
5. Communication with patient and family
6. Psycho-social support
7. Spirituality and spiritual care
8. Pain and Palliative care in children
9. End-of-life care
10. Grief and loss
11. Transcultural issues
12. Team work
13. Self-care
14. Medical Ethics
15. Complementary and Alternative medicine in palliative care

Reading list will be available later in the Fall Semester.

Professor Eland’s Blog of the 2014-2015 Trip would give you an idea of what the trip was about on a daily basis. [http://elandphoto.com/India_2014/](http://elandphoto.com/India_2014/)

**Note from Professor Eland:**

Having been a part of this experience with Pallium India and the students, I appreciate what a profound transformative effect it has on students’ lives as well as on my own. My colleagues in India have become near and dear to my heart and it’s mutual as when we have landed in Trivandrum the last 2 times I text Dr. Raj (India Raj) and he replies “Welcome Home. There is no doubt that this is an intense trip and being accountable 24/7 for the students is demanding but worth it.

**Number of Students**

This trip can only accommodate 15 students due to being able to provide optimum home care experiences. If more than 15 students apply Dr. Eland and Dr. Broderick will review the applications and base the decisions of who will be going on GPA, prior coursework and student essays.
Administrative Home

International Programs, University College is the administrative home of this course and governs matters such as the add/drop deadlines, the second-grade-only option, and other related issues. Different colleges may have different policies. Questions may be addressed to 111 Jessup Hall or see: http://uc.uiowa.edu/academics.

Application

The India Winterim program application is available on the Study Abroad web site (under the “Application” tab): http://international.uiowa.edu/india-winterim. The application deadline is Monday, September 21st. UI students submit their applications through an online form to Study Abroad. Students from other colleges/universities, please visit the web site for application instructions.

Students may contact advisor Cory Petersen to discuss the application process, scholarships, and financial aid. To schedule an appointment, please call Study Abroad at 319-335-0353 (M-F, 8-5) and the receptionist who answers the phone can help you set up an appointment with Cory in International Programs, 1111 University Capitol Centre. For information about scholarships and financial aid, go to http://international.uiowa.edu/study-abroad/funding.