

University of Iowa

India Winterim 2017-2018

ABRD:3445, Sec. 0008

December 27, 2017 -January 14, 2018

Trivandrum, Kerala, India

Pain, Palliative Medicine, and Hospice Care: Learning from Each Other

Instructors

Kashelle Lockman, College of Pharmacy (kashelle-lockman@uiowa.edu)

Ann Broderick, Carver College of Medicine (ann-broderick@uiowa.edu)

M.R. Rajagopal, Pallium India (chairman@palliumindia.org)

Study Abroad Advisors

Amy Bowes and Emily Gruis (india-winterim@uiowa.edu, 319-335-0353)

Course Outline

The Course: This course will explore the development and delivery of palliative care in the United States and India. The course will be taught 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 U.S. 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 an 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. 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, Lockman and Broderick are the primary instructors but students are also taught by the other physicians, social workers and faculty at TIPS – Trivandrum Institute of Palliative Sciences – the training institute that is a WHO Collaborating Centre for Training and Policy on Access to Pain Relief. They attend in-house medical rounds in the inpatient unit, outpatient clinics and perhaps most significant of all, home visits. This is a very intense experience with eight-hour didactic sessions for *five days in the first week* and a minimum of six home visit days on the subsequent weeks.

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. Home visits offer the visitors an opportunity to see something that no tourist ever gets to see – how people live and how people die. At the end of each of the 6 home visit days we meet at our hotel to debrief as these visits predictably have a profound impact on the students. Students are also required to write a blog of every day's experiences to which we respond quickly. We have additional debriefing meetings as needed to maximize learning and emotional support.

UI Instructor: Kshelle Lockman

Dr. Kshelle Lockman joined the University of Iowa College of Pharmacy as a Clinical Assistant Professor in Hospice and Palliative Care in 2016 after completing a residency in hospice and palliative care and a fellowship in instructional design. She was the 2013 recipient of the University of Maryland Geriatrics and Gerontology Education and Research Program Award for Excellence in Geriatric Pharmacy, as well as the Andrew G. DuMez Award for Superior Proficiency in Pharmacy. Dr. Lockman is also a Clinical Pharmacy Specialist in Palliative Care and Clinical Assistant Professor in the Department of Internal Medicine at University of Iowa Hospitals and Clinics, where she see patients with the interdisciplinary palliative care team. Dr. Lockman has extensive passion for and experience in designing and delivering interdisciplinary palliative care education and was the co-creator of the College of Pharmacy's Certificate in Palliative Care. She joined Drs. Broderick and Rajagopal for the 2016-17 Winter Term and looks forward to continue to work with Pallium India and the interdisciplinary group of students who enroll in this course.

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 has recently joined the VA Medical Center in Iowa City to be the Director of Palliative care.

She joined Drs. Eland, who created the course, and Rajagapol in the 2014-15 Winter Term course with Pallium India for the first time. She stayed after the 2015-2016 course for 2 months, and now serves as senior consultant for Pallium. In this role, she saw patients on the inpatient side, developed processes for delivery of health care services, and as a recruiter/liason for other consultants.

Partner Organization

Our sponsors in Trivandrum, Kerala (India) will be Pallium India (PI) and Trivandrum Institute of Palliative Sciences (TIPS) (<http://tipsindia.org/>) and PI's founder, Dr. M.R. Rajagopal. 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 and the Alison Des Forges award by Human Rights Watch. 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 should be able to:

- 1) 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 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 people living with mobility impairments in a society without legal supports of equal access.

Requirements

- 1) Each student will complete a daily blog of reflections of their experiences when doing home visits, clinic visits and inpatient unit visits.
- 2) Students will participate in a service-learning project for Pallium India.
- 3) Each student will choose and explore a topic of interest and present it to their peers to demonstrate understanding.

Course Content

1. Concept of palliative care
2. Pain: Mechanism; assessment; management.
3. Opioid availability & advancing palliative care
4. Non-pain symptoms
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. Film festival highlighting Indian culture
12. Team work
13. Governmental health care delivery
14. Medical ethics
15. Ayurvedic medicine
16. Religions in Kerala/History of Kerala/Yoga as a way of life

Reading List (supplied)

Nine Lives, William Dalrymple

Indian Primer of Palliative Care, MRR Rajagopal et al

Program History

India Winterim is an intensive, three week field-based program that provides students with the opportunity to learn from and directly interact with leading social entrepreneurs, non-profit organizations, and academic institutions within India's diverse cultural, socioeconomic, and geographical mosaic. India Winterim was founded in 2006 by Professor Rajagopal of the University of Iowa's Department of Geographical and Sustainability Sciences. The program began with 24 students and has since grown to the largest single program offered by UI Study Abroad. India Winterim was the recipient of the 2016 Institute of International Education (IIE) Andrew Heiskell Award for Innovation in International Education.

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>.

Pass/Nonpass

Students participating in Study Abroad programs of four weeks or less may not take Study Abroad courses on a Pass/Nonpass (P/N) basis.

Course Dates & Travel

Exact travel dates will be confirmed only once airline tickets have been purchased. Planned departure from the U.S. on Wednesday, December 27, 2017 and return to the U.S. on Sunday, January 14, 2018.

Eligibility and Waitlist Procedure

The course is open to all students with good academic and disciplinary standing. The instructors will thoroughly review each application and make the final decision on admission.

This course can accommodate no more than 16 students. Admission to this course will be determined by the course instructors based on their review of all applications with consideration and evaluation of the following criteria: major, GPA, prior coursework, and application essays. In order to assemble an interdisciplinary group, a limit of 8 students per undergraduate or graduate major will be accepted prior to the application deadline, on a rolling basis. Students who apply after 8 students in their major have been admitted will be waitlisted until the application deadline, at which point admission will be determined based on remaining space availability.

Study Abroad will maintain a waitlist and will notify any students who are waitlisted. Further information will be sent out to waitlisted students about next steps.

Application

The priority application deadline is Tuesday, August 1, 2017, and the regular application deadline is Wednesday, September 20. The India Winterim program application is available on the Study Abroad web site (under the "Application" tab): <http://international.uiowa.edu/india-winterim>. 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 Study Abroad advisors Amy Bowes or Emily Gruis to discuss the application process, scholarships, and financial aid. To schedule an appointment, please call Study Abroad at 319-335-0353 (Monday through Friday, 8:00 AM to 5:00 PM), and the receptionist can help you set up an appointment in International Programs, 1111 University Capitol Centre.

Scholarships and Financial Aid

To see information about Study Abroad scholarships and financial aid, please visit <http://international.uiowa.edu/study-abroad/funding>.