

University of Iowa

India Winterim 2019- 2020

ABRD:3445, Sec. 0008

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

December 28, 2019 -January 15, 2020

Trivandrum, Kerala, India

Instructors

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Study Abroad Advisors

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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 and Gilbertson-White 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.

UI Instructor: Dr. Gilbertson-White

Dr. Stephanie Gilbertson-White is an Assistant Professor in the College of Nursing. Dr. Gilbertson-White's primary areas of interest are in palliative care and oncology. She has more than 18 years of experience caring for patients with chronic and life-limiting diseases including clinical practice as an ARNP in Palliative Care at UCSF Hospital and Clinics from 2005 to 2011 and at the University of Iowa Hospital and Clinics since 2013. Dr. Gilbertson-White's teaching focus is in the areas of end-of-life care and symptom management. In addition, she conducts research that explores contextual factors that influence the symptom experience, the role of meaning of symptoms, the psychological and physiological responses to symptoms as well as the behavioral outcomes of coping and health care utilization in palliative care patients with

advanced cancer. This is Dr. Gilbertson-White's third year as a faculty for the India Winterim with Pallium.

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 that 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.

Home visits

Home visits represent 6-7 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.

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.

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.

Reading List

Nine Lives, William Dalrymple

Indian Primer of Palliative Care, MRR Rajagopal et al

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

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>.

Grading Policy

Class participation is especially important in this course. Students are responsible for all materials covered in reading assignments and lectures, as well as submission of all assignments by the indicated due dates. In addition, students are expected to participate and make substantive contributions to class discussions. The instructor will assess the overall pattern of your

participation for the semester.

Student work in this course will be assessed reflective writing, groups projects, and small & large group discussion.

The final grade for this course consists of letter grade credit. The grading scale for this course is:

A = 90-100%
B = 80-89.99%
C = 73-79.99
D = 60-72.99
F = 59.99 and below

Grade Computation

Grades will be determined on the actual percentage of points earned and will not be rounded.

Grade/Credit Disputes

Students may raise questions or concerns about a graded course activity within 14 calendar days of the grade being posted. After that timeframe, the grade stands and will not be reviewed.

Incomplete Grade ("I")

Courses for credit (on campus and distance) are to be completed in the semester in which the student enrolls (including Guided Independent Study (GIS) courses). An Incomplete (grade of "I") may only be assigned if the student has completed the preponderance of the course work and has an unusual circumstance such as a serious personal illness or death in the immediate family. If such a situation arises, the faculty must be notified as soon as feasible and must develop a plan to complete the course in a short timeframe. The faculty will consult with the Associate Dean for Undergraduate Programs to determine the feasibility of the request. The Associate Dean for Undergraduate Program will present the request and written plan for course completion to the Executive Associate Dean for Academic Affairs who must approve the plan prior to the "I" grade being assigned.

Students Needing Accommodations

Faculty would like to hear from anyone who has a disability which may require some modification of testing or other class requirements so that appropriate arrangements can be made. Please contact the course instructor by December 1st via telephone or email to discuss accommodations. Formal accommodations through SDS take advance planning. Students who do not meet Student Disability Services deadlines for accommodations will be expected to test without accommodations.

Students who think they might require formal accommodation should contact SDS.

Student Disability Services contact information is The University of Iowa, Student Disability Services, 3015 Burge Hall, Iowa City, IA 52242-1214; 319-335-1462. Complete information regarding accommodation may be referenced at the following website:

<http://www.uiowa.edu/~sds/accommodations.shtml>

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 Saturday, December 28, 2019 and return to the U.S. on Wednesday, January 15, 2020.

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 18 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 student 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 Thursday August 1, 2019, and the regular application deadline is Friday, September 6, 2019. The India Winterim application is available on the Study Abroad website (under the “application” tab): <https://study-abroad.international.uiowa.edu/programs/details/index.php?crse=197#application> . UI students submit their applications through an online form to Study Abroad. Students from other colleges/universities, please email india-winterim@uiowa.edu for application instructions.

Students may contact Study Abroad Advisor Ana Jimenez to discuss the application process, scholarships, and financial aid. To schedule an appointment, please call Study Abroad at 319-335-0353 (Monday-Friday from 8am-5pm) 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>