



Indus Palliative Care Course in association with Shaheen Palliative Care Project



Introduction:

Indus Palliative Care Course is designed to equip and enrich our healthcare professionals with the essential knowledge and skills to deliver compassionate, patient-centred care to those with life-limiting illnesses. As the demand for quality palliative care continues to grow, this course offers a comprehensive curriculum that covers key aspects such as pain management, communication with patients and families, ethical considerations, and the psychosocial impacts of terminal illnesses. This synchronous online course is extended over 26 weeks providing flexibility for working professionals, allowing them to enhance their ability without compromising their other responsibilities.

Throughout the 26 weeks, participants will engage with various learning materials, including interactive modules, case studies, and expert-led discussions. The course fosters a deep understanding of the principles and practices of palliative care, encouraging critical thinking, by applying knowledge in real-world settings. By the end of the program, healthcare professionals will be well-prepared to deliver holistic care that addresses the physical, emotional, and spiritual needs of patients and their families, ensuring dignity and comfort at the end of life.

Rationale:

Indus Palliative Care course stems from the recognition that individuals with life-limiting illnesses often require more than just curative treatment; they need comprehensive care that addresses their physical, emotional, social, and spiritual needs. Palliative care aims to improve the quality of life for patients and their families by managing symptoms, alleviating pain, and providing psychological support throughout the illness. This approach is essential in ensuring patients experience comfort, dignity, and respect during their most vulnerable moments, particularly when curative treatments are no longer effective or desired.

This postgraduate certificate course will contribute to and enhance the abilities of Health care professionals to lead and drive clinically effective care for patients with advanced disease.

Learning Outcomes:

At the end of 6-month certificate course, the participants will be able to:

- Apply palliative care principles in the assessment, planning, and management of personalized care of the person and family needing palliative care.



Indus Palliative Care Course in association with Shaheen Palliative Care Project



Eligibility Criteria:

- MBBS/BDS
- BS Nursing/Post RN BScN
- Doctor of Physiotherapy, Doctor of Pharmacy, BS/MS in Public Health, BS Social Sciences, BS Psychology, BS Behavioural Sciences, BS Allied Health Sciences.

Eligibility for Award of Certificate:

- Passing marks: 60% and above in final aggregate.

Course Outline and Scheme of Study:

The basics and advance management of palliative care is divided into 4- modules.

1. Introduction to Palliative Care
2. Ethical issues at the end of life
3. Public health and palliative care
4. Symptom management

Online Contact Session	Self-study Pre-recorded lectures, case studies, discussion forum, reading material, and assignments		Online Contact Session	Self-study Pre-recorded lectures, case studies, discussion forum, reading material, and assignments	
	Module 301	Module 302		Module 303	Module 304
Once in two weeks	5 weeks 3 credit hrs	6 weeks 3 credit hrs	Once in two weeks	6 weeks 3 credit hrs	7 weeks 3 credit hrs



**Indus Palliative Care Course in association
with Shaheen Palliative Care Project**



Commencement of Program and Fee Structure:

Commencements of Program	
Batch	002
Duration	26 weeks
Credits	12 credits
Number of Modules	04
Starting Date (Tentative)	October 2025
Fee Structure	
Registration Fee	PKR 500/-
Tuition Fee (non-IHHN)	PKR 33,000/-
Tuition Fee IHHN Residents	PKR 22,000/-
Tuition Fee IHHN Nurses / Paramedical	PKR 5,500/-

CORE Faculty CPC:

Faculty	Designation	Qualification
Dr Rimsha Azhar	Assistant Professor, CTU	MBBS, FCPS (Medicine)
Dr Muhammad A Butt	Consultant Oncologist UK	MBBS, MRCP, FRCP
Dr Muhammad Saeed	Consultant Palliative Care KSA	MD, FACP, CMD
Dr Humaira Jamal	Consultant Palliative Care	MBBS, PhD, FRCP
Dr Qamar Abas	Medical Director, St Clare's Hospice, UK	
Dr Fawad Ahmed	Consultant Palliative Care KSA	MBBS, FRCP
Dr Tayyaba Irshad	Consultant Palliative Care USA	MBBS, MRCGP
Dr Sadaf Mudassir	Founder- SPPP, GP-UK	
Dr. Muhammad Junaid Patel	Consultant Internal Medicine IHHN	

Program Coordinator:

Mr. Farhan Zaffar

Email: Farhan.zaffar@tih.org.pk