

MD PALLIATIVE MEDICINE @ KMC MANIPAL.

1. Why choose MD Palliative Medicine at KMC Manipal?

Specialist and Subspecialist Clinical Services

The Department of Palliative Medicine and Supportive Care at KMC Manipal is the fourth department in the country and the first department in a private medical college in India offering MD Palliative Medicine training. Most of the MD Palliative Medicine programs in India are situated in cancer centres. However, cancer only constitutes 1/3 of palliative care practice, and 2/3 of palliative care needs are in non-cancer conditions. The Palliative Medicine department at KMC Manipal provides a unique advantage to the prospective trainees in terms of clinical exposure to cancer and non-cancer conditions. Moreover, the department is already offering subspecialty palliative care services in paediatric, renal and ICU settings. The scope of these services will be shortly extended to neurology, cardiology and pulmonology.

The Department of Palliative Medicine and Supportive Care is a stand-alone clinical department, and it has outpatient services running all days of the week, an acute palliative care in-patient unit, consultation-liaison and hospice referral service.

We offer the following subspecialty services.

1. Oncology Palliative Care

Integrated simultaneous oncology and palliative care in a single setting. Optimisation of symptoms, supportive care and communication during cancer-directed therapy and after its cessation.

2. Chronic and Interventional Pain Division

Guided interventional procedures for chronic low back pain, head and neck pain, chronic post-operative pain, neuropathic pain, trigeminal neuralgia, radiculopathies and cancer pain. Common procedures done by this division include nerve blocks, joint injections, epidural steroid injections, ozone therapy, neuroplasty and radiofrequency ablation.

3. Paediatric Palliative Care

Integrated child and family-directed care in general paediatrics, neonatology, paediatric surgery and paediatric oncology towards symptom management, family support, and long-term care in children facing chronic and life-limiting illnesses.

4. Renal Supportive Care

Integrated and simultaneous renal and palliative care for all patients with End-Stage Renal Disease (ESRD) and symptomatic patients with Chronic Kidney Disease (CKD) towards symptom management, treatment decision-making, advance care planning, long-term care and end of life care.

5. ICU Palliative Care

Working together with the intensive care and high dependency units towards early recognition of medically futile conditions, family communication, limitation of treatment and end of life management in an intensive care setting.

The department is already recognised in national and international circles. It is one of India's five institutes recognised by the European Society of Medical Oncology (ESMO) as the designated centre for Integrated Oncology and Palliative Care. The department has several national and international collaborations; the noteworthy few are collaborations with UK Universities like Cardiff, Hull and Lancaster, collaborations with US universities like Northwestern, UCSF, and MD Anderson. Moreover, the department has several academic-industry collaborations like Roche, Cipla and Philips. The department is part of the National Cancer Grid of India and contributes to its guidelines. Moreover, the department was part of the ICMR commissions and have regularly contributed to the guidelines of ICMR and Ministry of Health and Family Welfare, Government of India. The department is part of the ambitious national program involving setting up palliative care centres in various cancer treatment centres in India, collaborating with AIIMS Delhi and Asia Pacific Hospice Network Singapore.

Expert Faculty

The Department of Palliative Medicine and Supportive Care has five distinguished faculty trained at reputed national and international hospitals with a keen interest in education, research and policy initiatives. You can find

detailed information about the individual faculty by clicking their names on the link provided below.

<https://manipal.edu/kmc-manipal/department-faculty.html>

Robust Academic Program

The department offers a robust academic program in the form of structured weekly academics (Subject Seminar, Journal Club, Clinical Case Presentation, Invited Lecture and Grand Rounds), on the run teaching, opportunity to be part of the teaching program of the Indian Association of Palliative Care, CTC Academic Program and other academic programs conducted by the palliative care professional societies. Moreover, they will have opportunities to participate in highly specialised workshops on professional development, communication skills, interventional procedures etc.

Research and Publishing Opportunities

The department is already part of more than 30 national/international research projects. It will provide unique opportunities for the trainees to be part of the research, develop research methodology skills, write a manuscript, publish and develop international connections, which could enable future training and employment opportunities. Moreover, the trainees will have opportunities to participate in international conferences and present their work, and the department will assist in funding these through the institute and international bursaries.

2. What are the core competencies pursued during MD Palliative Medicine training?

Pursuing MD Palliative Medicine Program at KMC Manipal will enable competency-based training in symptom management, supportive care, awareness of a range of medical and non-medical options available for the disease management of palliative care patients, psychosocial support to patients and families, working in a multi-disciplinary/inter-disciplinary team, working in different clinical settings, communication skills, decision-making skills, procedural skills relevant to Palliative Medicine, ethics-based good practice, leadership, teaching and research.

Following are the core competencies that will be achieved during MD Palliative Medicine training.

- 1. Explain the pathophysiological basis of pain and other physical symptoms, use appropriate clinical assessment methods, rationally choose required investigations and provide relief of pain and symptoms by pharmacological and non-pharmacological methods.**
- 2. Explain the role of psychological, emotional, social, spiritual and existential issues in illness, suffering and symptom manifestations, assess these issues clinically using appropriate assessment methods and manage these issues by self, help of multi-disciplinary team and by referring to relevant specialists.**
- 3. Explain the experience of illness and suffering in the socio-cultural context of the patient and families. Able to understand the meaning of illness, its impact and consequences to patient and family.**
- 4. Able to make expert clinical decisions on symptom control, supportive care, options available for disease management, encourage shared decision making with full consideration of patient/families' preferences, value systems and beliefs and facilitate good clinical decision making.**
- 5. Able to provide good supportive care in patients with advanced life-limiting illness and able to manage concurrent illness, complications, co-morbid illness and emergencies**
- 6. Able to understand the natural history of illness, illness trajectory and course, transition points, and have complete knowledge of available disease management options relevant to a patient in Palliative Medicine setting.**
- 7. Able to provide specialist palliative care in all clinical settings, i.e., outpatients, ward, home, hospice and as consultation-liaison**
- 8. Able to recognize the terminal phase, recognize the dying process and end of life needs, participate in an effective end of life decision making with colleagues/peers, communicate effectively with the family, plan and provide good end of life care.**
- 9. Able to communicate with the family in a sensitive and emphatic manner, communicate bad news, and deal with difficult and advanced communication situations. Able to communicate effectively with peers, supervisors and other members of the team.**

10. Able to develop and maintain good rapport/therapeutic bonding with patients and families a relationship that is based on understanding, trust, empathy and confidentiality.
11. Able to work as a member of the team in a multi-disciplinary team, respect the opinion of others, provide leadership and work in a coordinated manner to achieve a common goal
12. Able to mentor and supervise junior doctors, maintain an active interest in academics and exhibit a high level of teaching
13. Able to undertake independent research in palliative care, conduct observational studies, RCTs, qualitative studies and clinical audits.
14. Able to manage human resource, financial, quality assurance, data management, and administrative aspects of his/her own practice or palliative care service. Able to allocate resources effectively.
15. Able to manage his/her own time and resources effectively to balance patient care, professional development, managerial and administrative duties, learning needs, and personal life.

3. What are the career opportunities after MD Palliative Medicine?

At present, there is a significant demand for MD Palliative Medicine specialists in India. An increase in cancer and chronic illnesses in India, the creation of many cancer centres and chronic care services, and the establishment of palliative medicine departments in medical colleges across India has created this demand. Moreover, the new CBME curriculum and AETCOM section of the MBBS curriculum taught predominantly by the palliative medicine specialists has also contributed to this demand. It facilitates employment opportunities for MD Palliative Medicine specialists after course completion.

Following are the future opportunities after MD Palliative Medicine

- Appointment in academic positions and consultants at various medical colleges in India having a MD Palliative Medicine Program or aspiring to start.
- Appointment in academic/non-academic positions and consultants at various private/corporate hospitals having a DNB Palliative Medicine Program or aspiring to start.
- Appointment as consultants at various Government/Trust/NGOs run palliative care centres.
- Opportunity to further sub-specialise in Palliative Medicine

- Opportunity to pursue PhD Palliative Care – Internationally at various UK, Canada, USA, Europe and Australian Universities.

4. Visit and contact us:

You can visit our department by clicking this link.

<https://manipal.edu/kmc-manipal/department-faculty/department-list/palliative-medicine-and-supportive-care.html>

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