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SUPER training course

Integrated care applied to Parkinson disease



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CONTENTS OF THE COURSE

Module 1. Parkinson disease

Unit 1. Clinical aspects

1. What is Parkinson? Causes, types.
2. Symptomatology and expected evolution
3. Assessment process (tools), detection and diagnosis
4. Did you know
5. References
6. Links
7. Self-assessment

Unit 2. Health and social care

1. Pharmacological management of Parkinson Disease
2. Surgical treatment of Parkinson disease
3. Non-pharmacological
4. Social support
5. Did you know
6. References
7. Self-assessment

Unit 3. Resources for dealing better with the disease

1. Communication of the disease (Buckman six-step protocol for breaking bad news)
2. Legislative regulations (country specific based)
3. Support and referral resources: Associations/institutions (Europe and country specific based).
4. Digital tools for Parkinson Disease (Europe and country specific based). Life-style apps, Self-care, patient-Care team communication
5. Did you know?
6. References
7. Self-assessment

Module 2. Integrated Care (IC)

Unit 1. A new care model focused on the person

1. Changes in the health and care model (transformation towards IC)
2. Principles and pillars of Integrated Care
3. Models of Integrated Care
4. Benefits of Integrated Care
5. Did you know
6. References
7. Self-assessment

Unit 2. New roles and professional skills for the integrated Care

1. Care team members
2. Benefits of team-based work in multi-professional care teams
3. Professional competencies for collaboration

4. Different collaborations: Multidisciplinary, Interdisciplinarity and Transdisciplinary
5. New roles in Integrated Care
6. Did you know
7. References
8. Self-assessment

Unit 3. Digitalization in the health sector

1. Towards the digitalization of the care
2. Benefits of the digitalization and its relation with IC
3. Barriers and drivers of the digitalization
4. How to promote digitalization on patients and caregivers?
5. How to encourage digitalization in professionals?
6. References
7. Links
8. Self-assessment

Module 3: Integrated care applied to Parkinson disease

Unit 1. Working with a person with PD from the IC

1. Integrated care approach
2. Applying the IC approach: knowing the person
3. Applying the IC approach: Promoting autonomy
4. Applying the IC approach: Individualisation
5. Applying the IC approach: Privacy
6. Did you know
7. References
8. Self-assessment

Unit 2. Communication skills

1. What is communication? Types and styles of communication
2. How to effectively communicate?
3. Communication skills
4. Communication techniques to facilitate bonding
5. Communication techniques to avoid confrontation
6. Guidelines for improving communication with a person living with Parkinson
7. How to effectively communicate between professional teams
8. Did you know
9. References
10. Links
11. Self-assessment

Unit 3. How to manage complex situations with people with PD and families/caregivers

1. Coping with worsening health
2. Neurotic and psychotic symptomatology
3. Did you know
4. References
5. Links

Unit 4. Professional self-care in the Parkinson Disease context

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1. Self-care
2. Health promotion
3. Self-awareness
4. Self-efficacy
5. Resilience
6. Coping strategies
7. Self-care in the promotion of the well-being of mental health practitioners
8. Grief and bereavement
9. Did you know
10. References
11. Self-assessment