

Course description

Part 1

General information about the course			
1. Major of study: Nursing 2. Study profile: general academic		3. Study level: 2 nd degree 4. Form of study: intramural 5. Cycle of study: 2025-2026	
6. Year: II		7. Semester: III	
8. Course name: Care and therapeutic education in chronic diseases - acute and chronic pain			
9. Course status: required			
10. Course contents: 1. providing knowledge about the principles of recognizing, treating, and monitoring episodes of acute and chronic pain 2. preparing the student to differentiate the nature of pain, assess its intensity, and evaluate the effectiveness of pharmacological and non-pharmacological treatment Assigned learning outcomes : For knowledge – student knows and understands: B.W44.; B.W45.; B.W46.; B.W47. For skills student can do: B.U58.; B.U59.; B.U60.; B.U61.; B.U80. For social competencies student is ready to: KS.1, KS.2, KS.3, KS.4, KS.5, KS.6			
11. Number of hours for the course	34	12. Number of ECTS points for the course	3
13. Method of passing the course: credit			
14. Methods of verification and evaluation of learning outcomes			
Learning outcomes	Methods of verification **	Methods of evaluation* /grading**	
Knowledge	Oral report	Oral assessment	
Skills	Report Observation Practical assessment	100% attendance; Oral assessment; answering questions about the discussed clinical cases; Reporting and discussing with the practical class supervisor the implementation of health services;	
Competencies	Observation	Oral assessment	

* in the case of an exam/graded credit, it is assumed that the grade means at the level:

** in accordance with the course regulations

Very good (5,0) – the assumed learning outcomes have been achieved and significantly exceed the required level

Better than good (4,5) – the assumed learning outcomes have been achieved and slightly exceed the required level

Good (4,0) – the assumed learning outcomes have been achieved at the required level

Better than satisfactory (3,5) – the assumed learning outcomes have been achieved at the average required level

Satisfactory (3,0) – the assumed learning outcomes have been achieved at the minimum required level

Unsatisfactory (2,0) – the assumed learning outcomes have not been achieved

Course description

Part 2

Other useful information about the course		
15. Name of Department, mailing address, e-mail: Department of Palliative Medicine and Palliative Care, Chair of Nursery address: ul. Medyków 12, 40-752 Katowice tel. 32-208-87-30 e-mail: klaudia.pietrzyk@sum.edu.pl web site: Zakład Medycyny i Opieki Paliatywnej		
16. Name of the course coordinator: Marcin Janecki MD, PhD		
17. Prerequisites for knowledge, skills and other competencies: Knowledge of human anatomy and physiology. Knowledge of the subject in the field of pharmacology and prescribing medicinal products.		
18. Number of students in groups	In accordance with the Senate Resolution	
19. Study materials	Dep. of Palliative Care and Palliative Medicine announcement table	
20. Location of classes	Dep. of Palliative Care and Palliative Medicine announcement table	
21. Location and time for contact hours	Dep. of Palliative Care and Palliative Medicine announcement table	
22 Learning outcomes		
Number of the course learning outcome	Course learning outcomes	Reference to learning outcomes indicated in the standards
P_K01	The student knows and understands the types of pain (acute, chronic), the mechanism and pathways of conduction, and the factors affecting its perception;	B.W44.
P_K02	methods and tools for assessing and monitoring the patient's experience of pain;	B.W45.
P_K03	the principles and methods of pharmacological and non-pharmacological pain management in various clinical situations in adults, including the elderly;	B.W46.
P_K04	the action and effectiveness of analgesic drugs from different groups (opioid and non-opioid analgesics, nonsteroidal anti-inflammatory drugs – NSAIDs, the analgesic ladder, and co-analgesics) as well as their adverse effects.	B.W47.
P_S01	The student is able to use standardized tools to assess pain intensity, taking into account the age and clinical condition of the patient;	B.U58.
P_S02	independently select and apply pharmacological methods for managing acute and chronic pain, as well as non-pharmacological pain management methods depending on the patient's clinical condition;	B.U59.
P_S03	monitor the effectiveness of pain treatment and adjust the dose of the pain medication within the scope of the medical prescription;	B.U60.
P_S04	provide education to the patient, their family, or caregiver in the process of acute and chronic pain therapy;	B.U61.
P_S05	identify health indications resulting from the patient's condition.	B.U80.
P_C01	The student is ready to critically assess their own actions and the actions of collaborators while respecting differences in worldview and culture;	KS.1
P_C02	formulate opinions on various aspects of professional activity and seek expert advice when having difficulty solving problems independently;	KS.2
P_C03	show concern for the prestige of the nursing profession and professional solidarity;	KS.3

P_C04	solve complex ethical problems related to the practice of nursing and set priorities in carrying out specific tasks;	KS.4
P_C05	take responsibility for the health services provided;	KS.5
P_C06	demonstrate a professional approach to marketing strategies of the pharmaceutical industry and the advertising of its products.	KS.6
23. Teaching methods: expository, problem-based, programmed, practical		
24. Forms and topics of classes:**		Number of hours 34
24.1. Lectures		10
Types of pain – acute and chronic, mechanisms and conduction pathways, and factors influencing pain perception. Methods and tools for diagnosing and monitoring pain by the patient.		3
Principles of management and methods of pharmacological and non-pharmacological pain relief in accordance with the recommendations and guidelines of the Polish Pain Research Society, as well as the specifics of pain therapy depending on the patient's age and clinical condition.		4
Action and effectiveness of analgesic drugs from different groups: opioid and non-opioid analgesics, nonsteroidal anti-inflammatory drugs (NSAIDs), the analgesic ladder, and co-analgesics, along with their side effects.		3
24.2. Seminars		8
Assessment of acute and chronic pain using an intensity rating scale chosen for the specific patient group. Evaluation of the effectiveness of the applied therapy.		2
Independently selected and applied methods of pharmacological treatment of acute and chronic pain, as well as non-pharmacological pain management methods, depending on the clinical condition and age of the patient.		2
Monitoring the effectiveness of pain treatment and adjusting the dose of analgesic medication within the limits of a medical prescription.		2
Providing education to the patient and their family or caregiver regarding methods of assessing and treating acute and chronic pain using non-pharmacological pain management methods.		2
24.3. Exercises		-
24.4. Clinical exercises		-
24.5. Practical classes		16
Consolidation and application of knowledge in practice regarding the recognition, assessment, and pharmacological and non-pharmacological treatment of pain depending on the patient's age and clinical condition.		8
Developing the ability to assess acute and chronic pain using intensity scales selected for specific patient groups depending on age and the effectiveness of the applied therapy.		4
Developing the ability to assess acute and chronic pain and the effectiveness of ongoing pain management therapy using pharmacological and non-pharmacological methods tailored to specific patient groups.		4
24.6. Low-fidelity simulations		-
24.7. High-fidelity simulations		-
24.8. Self-study		-
25. Overview of ECTS:		
ACTIVITY		NUMBER OF HOURS / STUDENT WORKLOAD
Hours of classes according to the schedule with a teacher (in-person)		34
Self-study		0
Professional training		0
TOTAL HOURS		34
TOTAL NUMBER OF ECTS CREDITS		3
26. Readings:		
1. Leppert W. Majkowicz M. Ból przewlekły. Ujęcie kliniczne i psychologiczne. Warszawa PZWL; 2018.		
2. Rupiński R. Ból ostry. Warszawa Medical Education 2019.		

3. Malec-Milewska M. Kraj-Sękowska A. Ból ostry i przewlekły optymalny wybór terapii. Warszawa Medical Education 2017.
4. Malec-Milewska M. Woron J. Kompendium leczenia bólu. Warszawa Medical Education 2019.
5. Wordliczek J, Dobrogowski J. Leczenie bólu. Warszawa PZWL 2017.
6. de Walden-Gałaszko K., Kaptacz A, Kaptacz I.: Pielęgniarstwo opieki paliatywnej, Wydawnictwo Lekarskie PZWL, Warszawa 2023.
7. Ciałkowska-Rysz A., Dzierżanowski T. Medycyna paliatywna 2025. Termedia. Poznań 2025
8. Rekomendacje i zalecenia Polskiego Towarzystwa Badania Bólu (PTBB)

Journals:

Ból. <https://bolczasopismo.pl/>

27. Detail evaluation criteria

In accordance with the recommendations of the inspection bodies

Completion of the course – student has achieved the assumed learning outcomes

Detail criteria for completion and evaluation of the course are specified in the course regulations