



UNIVERSITETI I EVROPËS JUGLINDORE
УНИВЕРЗИТЕТ НА ЈУГОИСТОЧНА ЕВРОПА
SOUTH EAST EUROPEAN UNIVERSITY

Study program **Community Health Care in the Field of Neurogeriatrics and Palliative Care (2025/2026)**

Faculty	Health Sciences
Study Cycle	Second Cycle (Postgraduate)
ECTS	60
Code	NPS-60
Title	Specialist Applied in Community Health Care in the field of Neurogeriatrics and Palliative Care
Accreditation date	07.02.2025

Description of the program

The justification for organizing a second cycle of specialist professional studies for a nurse, a specialist in Community Health Care in the field of neurogeriatrics and palliative care at the Faculty of Health Sciences is based on the need for:

- training of professional staff in the field of health to acquire narrowly specialized education in a given health area;
- harmonization with the standards of the European Union relating to regulated professions in the domain of health sciences;
- enabling staff to improve their knowledge and skills in certain areas;

The main objective of this study program is to train students in a range of generic skills and clinical competencies, the application of scientific and professional achievements in clinical practice, including further professional development, in accordance with the principles of good scientific and clinical practice.

Through the study program Nurse, Specialist in Community Health Care in the field of Neurogeriatrics and Palliative Care, the goal is to respond to the needs of the healthcare system for the education of nurses to provide health services in the specified narrower area, in accordance with global needs.

Career

The pathologies that older people are facing are very diverse and they also suffer from them with varying intensity. As for neurological changes, these are diseases that affect aspects such as motor skills or the correct flow of thought, and are therefore particularly harsh. Palliative care, on the other hand, alleviates suffering in irreversible cases.

These two areas are very important, since they relate to two very sensitive issues that can worsen the quality of life of older people. Due to that, specific knowledge and skills are needed, for the updating and establishment of which this professional program for specialist professional studies for a nurse, specialist in Community Health Care in the field of Neurogeriatrics and Palliative Care, at the Faculty of Health Sciences, is planned.

The need, attractiveness, and modernity of this study program are confirmed by modern living conditions, the progress of science, but also by the experience of European countries and countries around the world in organizing studies with the same or similar structure and focus on the students' competencies.

The curriculum of the study program is designed in accordance with all the needs of the medical profession and science, with the aim of forming professional staff who, in addition to their theoretical knowledge of neurogeriatrics and palliative care, will have a wide range of adopted practical skills, applicable in the process of general and special principles of neurogeriatrics

and palliative care.

The world's population is aging and in that context the demand for medical staff educated to provide quality health care to this vulnerable group of the population in the world and in our country is growing.

Future nurses/technicians - Specialists in Neurogeriatrics and Palliative Care will be qualified to work in: geriatric and gerontological centers, neurorehabilitation clinics, memory clinics for patients with dementia, home visiting services for the elderly, etc.

Learning outcomes

Knowledge and understanding

- Demonstrates broad knowledge of the sciences on which neurogeriatric and palliative healthcare is based, i.e., demonstrates in-depth knowledge in the fields of: neurology, psychiatry, geriatrics, palliative medicine, important for medical education in the nursing profession;
- Demonstrates broad knowledge of: etiopathogenesis, symptomatology, diagnostics, treatment and prevention of neurogeriatric diseases and diseases requiring palliative care.
- Demonstrates knowledge of research methods used in basic and applied research in all aspects of neurogeriatrics and palliative medicine.
- Demonstrates knowledge of the principles of prevention of neurogeriatric diseases and diseases requiring palliative care.

Applying knowledge and understanding

- Demonstrates the ability to correctly interpret various clinical situations, including diagnostic parameters, and uses clinical judgment to make a selection among the possible ones;
- Has the ability to confirm the effectiveness of individualized healthcare in neurogeriatric patients and patients in the terminal stage of the disease, by documenting professional activities, to be critical of their work, to analyze and solve problems using appropriate national and international recommendations and evidence;
- Ability to use their knowledge to motivate patients to accept the recommended therapy and effectively implement it.- Ability to conduct specific assessment and nursing diagnosis in order to provide better quality neurogeriatric and palliative healthcare.
- With his/her communication skills, to help develop positive relationships with the patient and his/her family in order to build motivation that is necessary in the therapeutic and rehabilitation process.
- To apply his/her knowledge in the education of undergraduate students and other professionals in healthcare and other institutions.

Making judgement

- Demonstrates the ability to correctly interpret various clinical situations, including diagnostic parameters, and uses clinical judgment to make a selection among the possible ones;
- Has the ability to confirm the effectiveness of individualized healthcare in neurogeriatric patients and patients in the terminal stage of the disease, by documenting professional activities, to be critical of their work, to analyze and solve problems using appropriate national and international recommendations and evidence;
- Ability to use their knowledge to motivate patients to accept the recommended therapy and effectively implement it.

Communication skills

- Demonstrates the ability to listen, inform and communicate with patients and their families in an effective and understandable manner, respecting cultural differences, ethnic and human values.
- Demonstrates the ability to prepare a professional report and documentation for each patient, and the ability to keep patient records in an adequate and legally established manner.
- Demonstrates the ability to delegate tasks to employees and work in a team, to adapt communication appropriately to the situation, to understand and respect the role of other health professionals and to cooperate with them.
- Demonstrates awareness of personal limitations and possesses knowledge of when and from whom to seek professional advice, help and support.
- Demonstrates the ability to deal with ambiguity and adapt to change.
- Has the ability to effectively use and apply information technology, to collect and analyze information.

Learning skills

- Demonstrates skills for independent problem-solving, shows understanding of the need for professional development through continuing medical education and training.
- Demonstrates the ability to self-assess the level of one's own education in order to maintain knowledge at the highest level necessary for professional practice, as well as to interpret and apply scientific knowledge in health care for patients with neurogeriatric diseases and in the terminal stage of the disease.
- Attends professional meetings.

List of courses

Semester 1

- [CM273] [6.0 ECTS] **Active Aging and Pathological Aging**
- [CM274] [6.0 ECTS] **Palliative Care for the Elderly**
- [CM275] [6.0 ECTS] **Health Care for the Elderly with Chronic Disorders**
- [CM276] [6.0 ECTS] **Clinical Practice - Hospice**
- [6.0 ECTS] **Elective Course**

Semester 2

- [CM277] [6.0 ECTS] **Characteristics of Neurogeriatrics Care**
- [CM278] [6.0 ECTS] **Neurogeriatrics Care in Domestic Conditions**
- [CM279] [6.0 ECTS] **Clinical Practice - Geriatric Center (Department of Neurogeriatrics)**
- [CM289] [6.0 ECTS] **Specialist's Thesis**
- [6.0 ECTS] **Elective Course**

Description of courses

Core courses

- **Active Aging and Pathological Aging**
Upon completion of this curriculum, students will learn: - to distinguish healthy from pathological aging; - the physiological changes of the human body with aging; - the pathophysiological changes in organ systems that underlie diseases in the elderly; - how to prevent diseases in the elderly;
- **Palliative Care for the Elderly**
After completing the course, the student should: - Have knowledge of holistic integrative therapies in palliative care; - Be familiar with the legal and ethical aspects of providing palliative therapy and caring for patients at the end of life; - Understand the significance of a multidisciplinary approach in treating these patients; - Be knowledgeable about the most common medical conditions requiring palliative therapy in older adults and be able to describe the various symptoms typical of patients in the terminal stage of a given illness; - Know how to manage palliative care for elderly individuals.
- **Health Care for the Elderly with Chronic Disorders**
After completing this course, the students: - will be familiar with the most common chronic diseases in the elderly; - will know the components of the health care system relevant to the elderly and will have knowledge about the specifics of pharmacotherapy in the elderly; - will acquire specific knowledge and skills relevant to working with geriatric patients; - will respect the multidisciplinary and interdisciplinary nature of aging and will understand the related ethical issues.
- **Clinical Practice - Hospice**
After completing the course, the student should be able to: - Have knowledge of holistic integrative therapies in palliative care; Be familiar with the legal and ethical aspects of providing palliative therapy and caring for patients at the end of life; - Understand the significance of a multidisciplinary approach in treating these patients; - Be familiar with the most common medical conditions requiring palliative therapy in elderly individuals and describe the various symptoms that are common in patients in the terminal stage of a given illness; - Have knowledge of holistic integrative therapies in palliative care; - Be familiar with the legal and ethical aspects of providing palliative therapy and caring for patients at the end of life; - Understand the significance of a multidisciplinary approach in treating these patients.

- **Characteristics of Neurogeriatrics Care**

The objectives of this course are to familiarize the student with the most common neuro-geriatric diseases. Upon completion of the course, the student will have the knowledge to develop a care plan for the elderly with neurological diseases. Additionally, they will have the knowledge to manage urgent neurological conditions in the elderly and to manage palliative care in the elderly in the terminal stage of neurological disease. Upon completion of this course, students will be prepared to provide quality and comprehensive care for the elderly with neurological diseases, respecting their individual needs and rights.

- **Neurogeriatrics Care in Domestic Conditions**

The objectives of the course are: Students will learn to recognize the most common neurogeriatric conditions. Additionally, students will be introduced to basic and advanced techniques for the care of elderly individuals with neurological conditions in a home setting and will be trained to create a plan to provide high-quality and safe home care (including: medication management, fall prevention and use of assistive devices, nutritional support, and hygiene maintenance support). Students will be trained to communicate effectively with patients, their families, and other healthcare professionals, and to organize and coordinate care involving a multidisciplinary team. Students will be familiarized with the ethical dilemmas and legal aspects of caring for elderly individuals with neurological diseases, including confidentiality, informed consent, and respect for patient rights. Upon completion of this course, students will be prepared to provide high-quality, comprehensive care for elderly individuals with neurological diseases in a home setting, respecting their individual needs and rights.

- **Clinical Practice - Geriatric Center (Department of Neurogeriatrics)**

Nurses who complete this professional curriculum will not only achieve assimilation of concepts and be enriched with theoretical knowledge, but are also expected to develop their mental capacity through exercises for evaluating real-life situations and applying the acquired knowledge in everyday practice. Learning takes the form of practical skills that enable nurses to better integrate knowledge in the hospital or primary health care setting, around the care of geriatric patients with neurological diseases. The feeling of efficiency of the effort invested becomes a very important stimulus for students, which translates into greater interest in learning and an increase in the time spent working on the university program.

- **Specialist's Thesis**

After passing examinations, the student may begin the procedure of filing, making and public defense of Specialist's Thesis. The student chooses the mentor, who gives him/her instructions for preparation of the application of Specialist's Thesis. The application must be granted by the Graduate Studies Educational Collegium and the Teaching-Scientific Council of the Faculty. After preparing the final version of Specialist's Thesis, Teaching-Scientific Council of the Faculty forms a three-member committee, which prepares the report, which may be accepted or rejected. The positive report is approved by the Teaching-Scientific Council of the Faculty, and it is set the date of public defense.

Elective courses

- **Nutrition and Dietetics in the Elderly**

Objectives of the course are: Introduction to nutrition care for older adults (care managed by individuals, community resources); Nutrition assessment (skin integrity, laboratory evaluation, eating assessment, interactions between medications and nutrients); Disease conditions and interventions (malnutrition, hydration, oral health and swallowing, kidney disease, diabetes, cancer, and more).

- **Ethical Norms and Approaches in Healthcare of the Elderly**

Understanding Ethical Principles in Healthcare Definition and application of core ethical principles: autonomy, beneficence, non-maleficence, and justice; Recognizing the importance of dignity, respect, and empathy in patient care; Assessing the needs of elderly and seriously ill patients; Identifying physical, emotional, and social needs of older individuals and those with severe illnesses; Understanding age-related changes and their impact on care methods and strategies; Promoting patient-centered care; Learning to involve patients and their families in decision-making processes about their care; Ensuring care plans align with patients' values, preferences, lifestyles, and cultural backgrounds; Navigating ethical challenges; Addressing ethical dilemmas in end-of-life care, such as advanced directives, palliative care, and euthanasia; Applying ethical aspects of withholding or withdrawing futile medical treatment; Careful evaluation of clinical, moral, and legal aspects while being sensitive to the needs of patients and their families; Maintaining a delicate balance between medical facts and human subjective values.

- **Communication Strategies and Skills in Palliative Care**

After completing this curriculum, the student should: Understand the principles and objectives of palliative care; Feel comfortable having open conversations about death and dying; Know how to identify the factors that influence the integration of the palliative approach and communication in palliative care; Know how to plan communication strategies for difficult topics and for breaking bad news.

- **Psychology of Aging**

At the end of this course, students will be able to: - Recognize stereotypes toward older adults. - Explain major theories and perspectives in psychological aging. - Recognize different research designs and methodological issues particularly important when studying aging. - Recognize changes in sensation/perception, health, and cognition with aging. - Identify how diversity (e.g., gender and ethnicity) affects the experience of aging. - Explain how aging affects personality, interpersonal relationships, and mental health. - Apply research knowledge about aging to practical problems faced by older adults. - Use critical thinking and effective written communication