Basics of PALLIATIVE CARE

Definition

Palliative Care is an approach that improves the quality of life of patients and their families facing the problem associated with life-threatening illness, through the prevention and relief of suffering by means of early identification and impeccable assessment and treatment of pain and other problems, physical, psychosocial, and spiritual. (WHO, 2002)

Key Components

- Pain management
- Control of distressing symptoms
- Psychosocial support
 (counselling, coping
 strategies, spiritual care,
 existential concerns, other
 practical concerns etc.)



Goals of Palliative Care



- All activities are directed towards improving the quality of life of a patient and their caregivers with dignity in care.
- Affirms Life
- Promotes quality of life
- Treats the person as a whole
- Supports the family

Beneficiaries and when it can be given

- People with life threatening illness
- People from all ages
- From the point of diagnosis of a life threatening illness
- Can be initiated at any
 - stage of treatment
- Bereavement care for caregivers

Interdisciplinary

Team

- Doctors
- Nurses
- Social Workers
- Counselors
- Physiotherapists
- Pharmacists
- Dietician
- Others

Early Integration



Provides maximum benefit and improved wellbeing due to optimal symptom management, enhanced communication, decision making and planning.



For more details visit: www.palliativecare
Illustration for IAPC july 2023,by Dr Wasim Hoda, wasu077@gmall.com

Notes On Symptom Control In Hospice Palliative Care

Richard Bailey

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