



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 well-being due to optimal symptom management, enhanced communication, decision making and planning.



Indian
Association of
Palliative
Care

Notes On Symptom Control In Hospice Palliative Care

L Cohen



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