

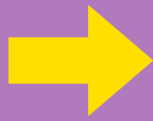


Basics of Palliative Care

Definition

Palliative care is an approach that improves the quality of life of patients and their families facing the problems 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

Goal



To ensure that life remains meaningful and fulfilling despite living with a terminal illness



Management of Pain and Physical Symptoms:

It prevents and relieves suffering through the careful management of pain and other distressing symptoms

Holistic Care:

Providing support beyond physical symptoms, including psychological, social, and spiritual aspects



Patient-Centred Care:

Educating patients about their illness, clarifying treatment goals, and assisting with medical decision-making

Support System:

Offers a support system to help patients live as actively as possible until death and to help family cope during the patient's illness and in their own bereavement



Quality of Life:

Intends neither to hasten nor postpone death, but enhances quality of life and may also positively influence the course of the illness

Integrated Teamwork:

A team approach to address the needs of patients and their loved ones, including GP's, hospital consultants, hospice staff, physiotherapists, complementary therapists, counsellors, chaplains and volunteers

