

What is palliative care?

Module 1

Learning objectives

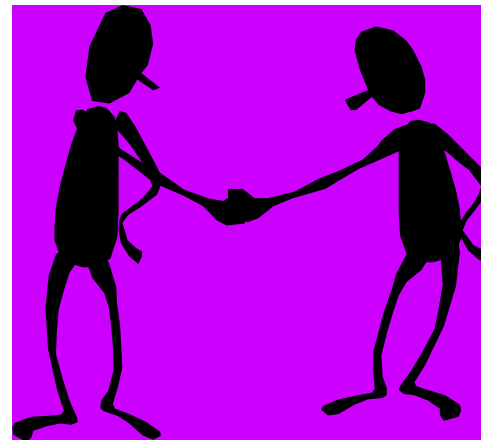
- Define palliative care
- Describe why palliative care is needed and who needs it
- Describe the holistic approach
- Explain the concept of total pain
- Explain that palliative care is about quality of life
- Describe when and how to introduce palliative care

What is palliative care?

- discussion

What is palliative care?

- Palliative care is all about looking after people with incurable (life limiting) illnesses, relieving their suffering and supporting them through difficult times.



What is palliative care?

- WHO definition
 - p1Toolkit

What is palliative care?

- 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 of pain and other problems, physical, psychosocial and spiritual.

WHO 2002

What is palliative care?

Role of a physician

To cure sometimes

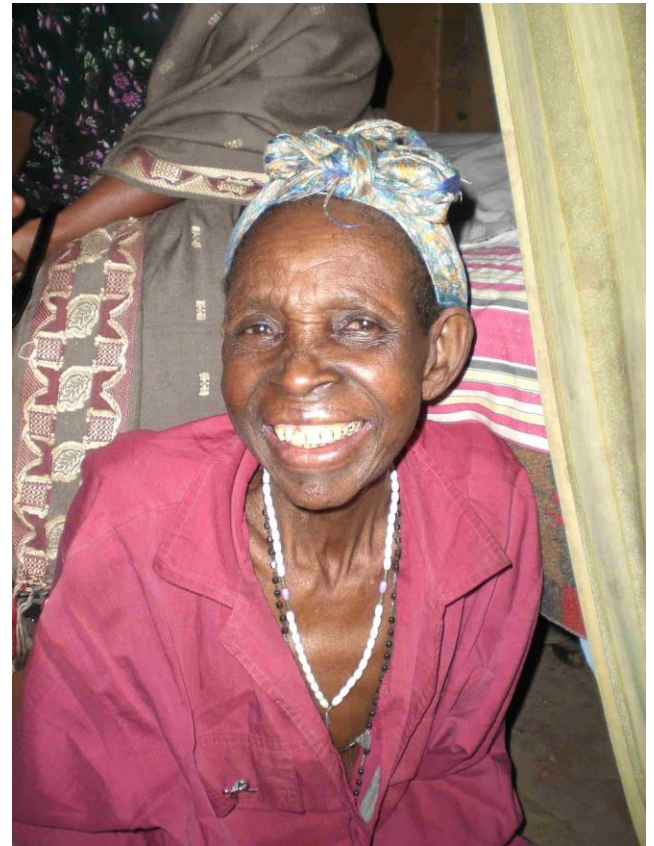
To relieve often

To comfort always

16th century aphorism

What is palliative care?

- ‘Adding life to days not just days to life’
- ‘Care beyond cure’



Why palliative care?

- Palliative care for all individuals in need is an urgent humanitarian responsibility

World Health Assembly 2005

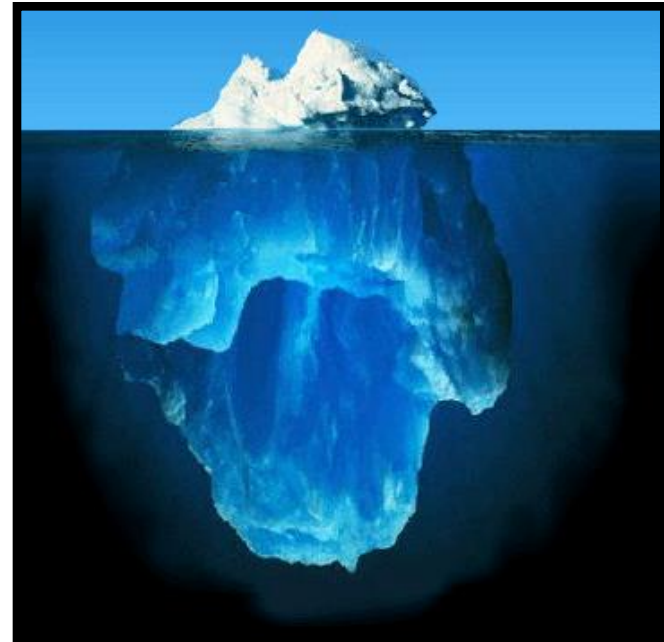
- Palliative care and pain treatment is a basic human right

World Hospice Day 2008

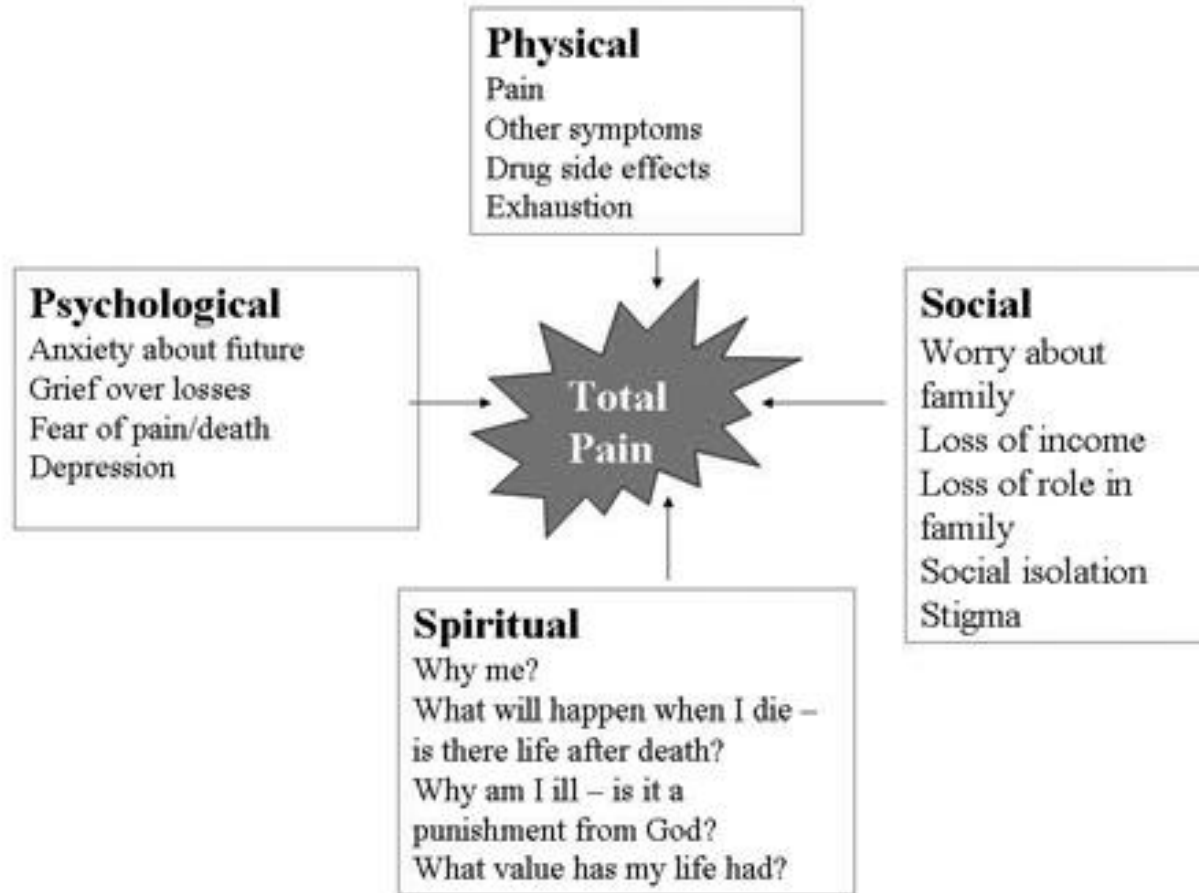
'Please do not make us suffer any more'

What is different about PC?

- holistic care
 - physical / psychological / social / spiritual
 - open communication
 - symptom control
 - family support
 - terminal care



Total pain

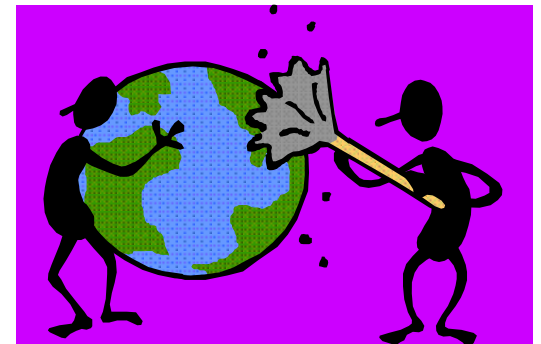


Palliative care needs

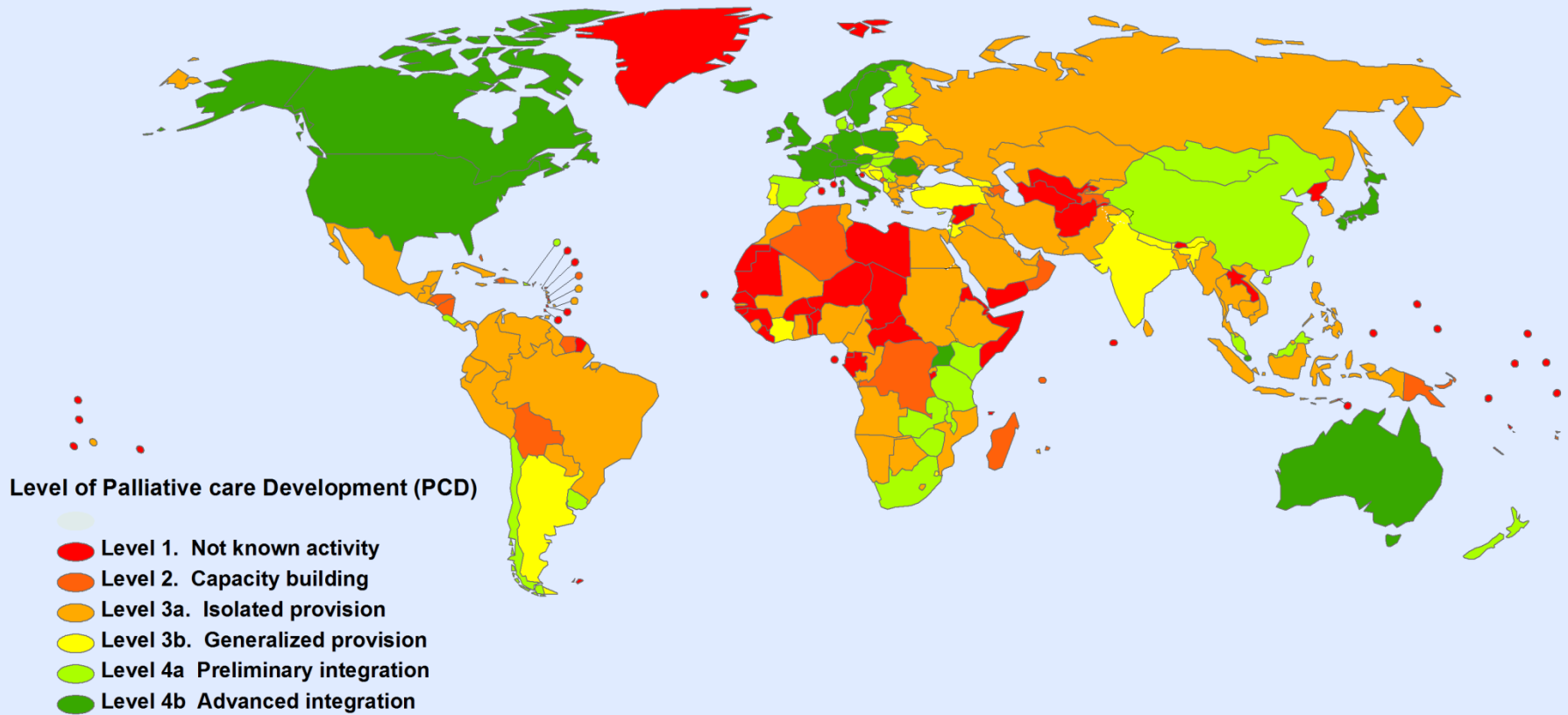
- palliative care exists in every continent and in more than 100 countries

but

- over 7 million die from cancer and AIDS worldwide
- 70% cancer and advanced HIV/AIDS experience severe pain
- >100million in need



WPCA Palliative Care Development All levels (n = 234)



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2011

Palliative care needs

Current challenges

- Palliative care provision patchy
 - islands of excellence, lack of integration especially in government settings
 - vulnerable groups
 - older people and children
 - TB; dual epidemic with HIV
 - prisoners, people with disabilities, sex workers, substance users, conflict areas
 - poverty, geography and exclusion



Who needs palliative care?

□ suggestions...

Who needs palliative care?

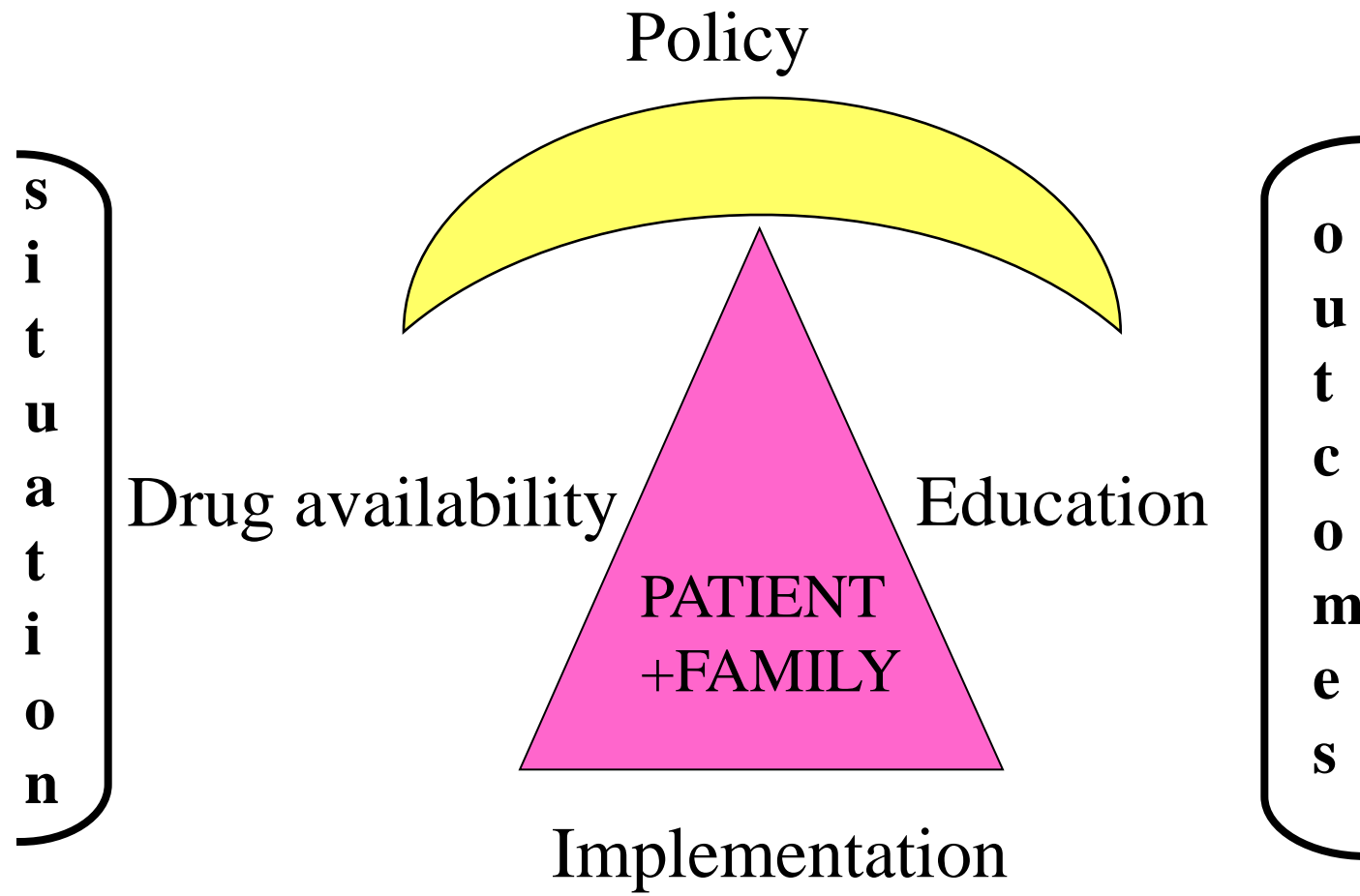
Palliative care can help people with:

- HIV and AIDS
- cancer
- progressive neurological illnesses
- end-stage lung disease
- severe kidney or heart failure
- other progressive, incurable diseases...

How can we offer palliative care?

- Models of palliative care
 - inpatient hospice / palliative care unit
 - outpatient clinics and day care
 - outreach clinics / mobile hospice
 - home based care
 - hospital based palliative care teams

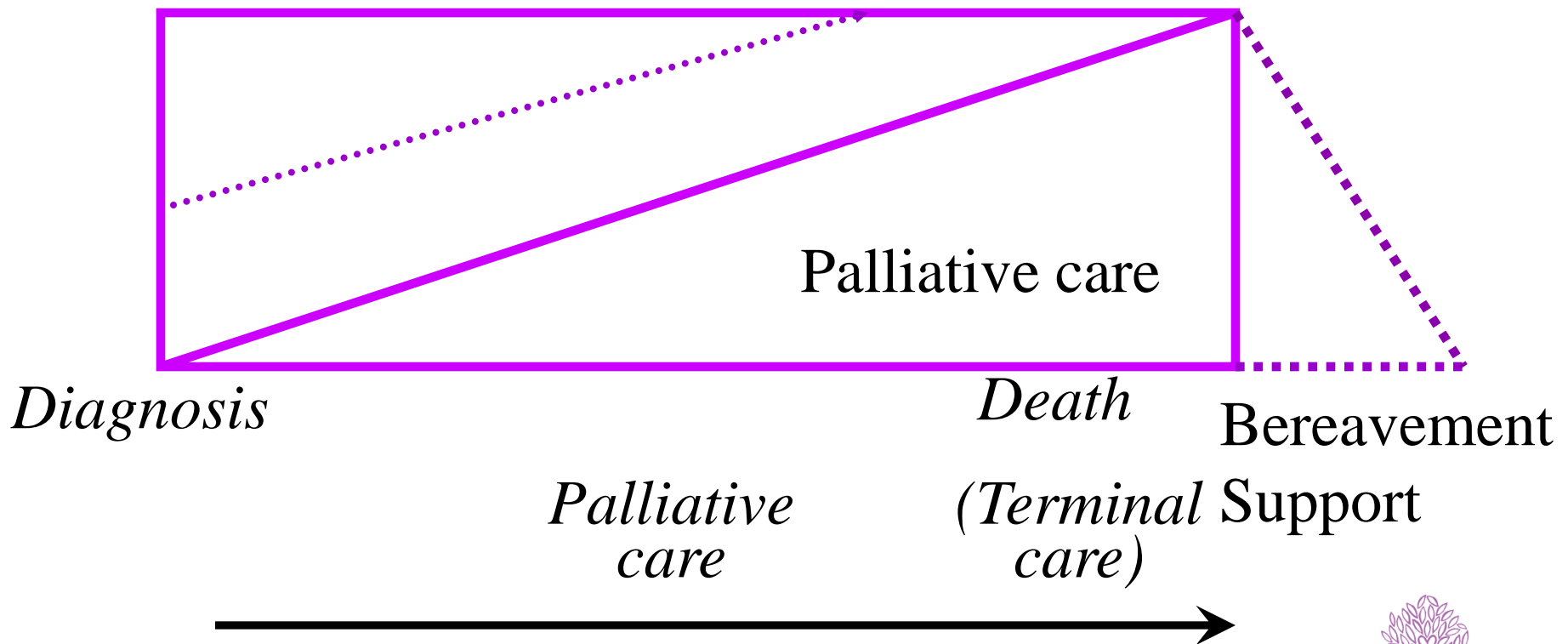
Public Health Model



WHO model, Stjernsward and Foley

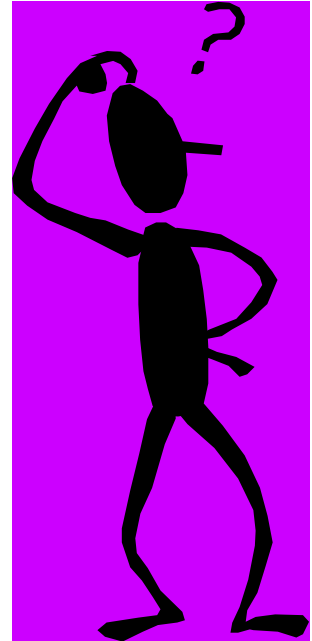
Model of Palliative Care

Disease modifying therapy



Living as well as dying

- Aim is to improve quality of life
- What is quality of life?
 - for you
 - for our patients and families
- *Write down 2 things important to your quality of life*



- These resources are developed as part of the THET multi-country project whose goal is to strengthen and integrate palliative care into national health systems through a public health primary care approach
 - Acknowledgement given to Cairdeas International Palliative Care Trust and MPCU for their preparation and adaptation
 - part of the teaching materials for the Palliative Care Toolkit training with modules as per the Training Manual
 - can be used as basic PC presentations when facilitators are encouraged to adapt and make contextual



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