

**You can treat care and
prescribe**

Module 8

Learning objectives

- Describe the principles of treat, care, prescribe
- Discuss the concept of a balance between benefit and burden
- Explain the principles of good prescribing
- Practice explaining drug regimes and using Tool 6

Principles of symptom control

- **Assess** the symptom thoroughly
- **Treat** the treatable
- **Care** for the patient
- **Prescribe** medication as needed

Principles of symptom control

■ Treat the treatable

- What is the problem?
- What can we do to help?
- What should we do to help?
- Who decides?

Principles of symptom control

- Treat the treatable
 - benefits vs burdens
 - ethical dilemmas

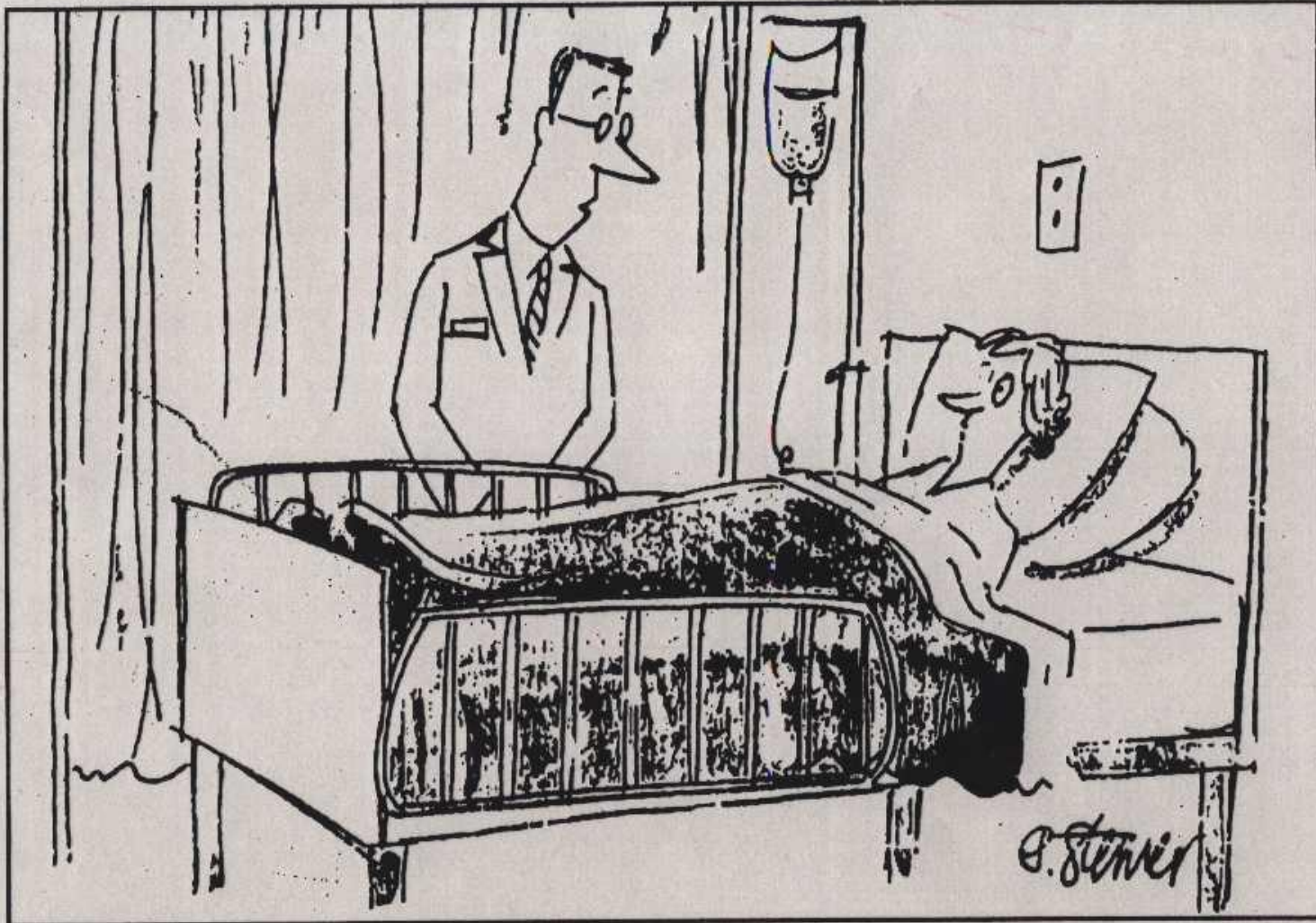


Principles of symptom control

- Treat the treatable
 - vulnerable patients and families
 - may lack respect for autonomy
 - desperate for help
 - may accept ‘harm’
 - access to resources
 - issues of justice

Common ethical dilemmas

- nutrition and hydration
- financial costs of treatment
- withdrawal of treatment
- appropriate interventions
- collusion
- colleagues who offer unrealistic hope
- confidentiality
- ?requests for euthanasia



"Medical ethics do not allow me to assist in your death. I am, however, permitted to keep you miserable as long as possible."

Principles of symptom control

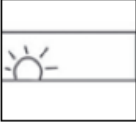
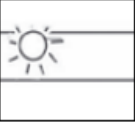
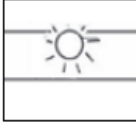


- **Care for the patient**
 - good nursing care
 - do simple things well
 - attention to detail
 - imaginative
 - compassionate
 - empowering



Principles of symptom control

- **Prescribe** medication as needed
- principles of good prescribing
 - only give drugs that help
 - educate patients and carers
 - keep drugs to a minimum
 - review drugs and symptoms
 - adhere to local guidelines

Patient-held drug chart

PATIENT NAME	DATE CHART GIVEN				
Number of tablets or ml of liquid to take at each time of day					
NAME AND PURPOSE OF DRUG	Early morning (6am) 	Mid morning (10am) 	Afternoon (2pm) 	Evening (6pm) 	Bedtime (10pm) 

- 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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