

# What is Palliative Care

- Terms associated with caring for dying people
  - Hospice care
  - Terminal care
  - Continuing care
  - Care of the dying
  - Palliative care
  - End-of-life care
  - Supportive care



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## What is Palliative care

In the past

- Palliative Care Services located in the context of **cancer** care but not be applicable to those with other chronic illnesses



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## **Advances in healthcare and the changes in the trajectory of dying in the 21st century**

- The combination of a healthier population in many developed countries and effective treatments for disease has resulted in the ability to prolong life.
- people are living longer with progressive disease
- Quality of life (QOL) is impacted by poorly controlled symptoms, psychological and social distress, caregiver burden, and financial.
- The field of palliative care nursing has expanded in response to these challenges.

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## **Shifting from End-of-Life Care to Palliative Care**

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## World Health Organization Definition of Palliative Care

- the World Health Organization (WHO) defined palliative care as

*“Palliative care is an approach to care which improves quality of life of patients and their families facing life-threatening illness, through the prevention, assessment and treatment of pain and other physical, psychological and spiritual problems.”*

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## Examples of Palliative Care

- A nurse practices at an acute care teaching hospital as part of a palliative care team. The patients are not dying, but are in need of **symptom management**, psychosocial support, discharge planning, and long-term care planning.
- a nurse with expertise in both geriatrics and palliative care, the patients she serves have **advanced chronic illness** such as end-stage heart and lung disease, dementia or cancer.
- a clinical specialist who practices at a long-term care facility. This nurse’s focus is to integrate palliative care into the normal flow of clinical care **at the nursing home**.

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## Where is Palliative Care Delivered?

- It can be delivered in a variety of settings
  - Hospitals
  - Hospices
  - Care homes for older people
  - In people's own homes

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## World Health Organization Definition of Palliative Care

\*The focus of all these is to change the standard practice of palliative care (identified as “**too little, too late**”)  
distinct separation between diagnosis, treatment, and end-of-life care

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## Palliative Care

- the National Comprehensive Cancer Network (NCCN) developed guidelines to facilitate the “appropriate integration of palliative care into anticancer therapy”
  - for example, at the time of the diagnosis and initiation of treatment, the patient would also have access to psychological counseling, nutrition services, pain management.



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## Features of Palliative Care

- Palliative is an **interdisciplinary** therapeutic model appropriate for all populations with serious life-threatening illness. A team approach
- This team includes: physician, nurses, nutritionists, speech therapist, spiritual counselor, pharmacist, physiotherapist, social workers, ...  
who else we can put in the team?

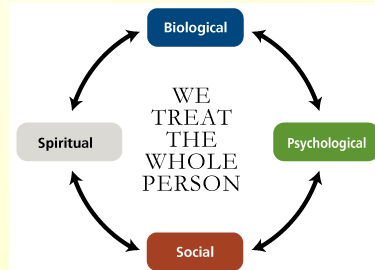


- PC is a **simultaneous care model**, the palliative care team working alongside members of the healthcare team.
- PC is relevant **throughout the course of the disease**.
- emphasize the importance of **family support**.

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## Features of Palliative Care Nursing

- ❑ Reflects a **“whole-person” philosophy** of care implemented across the lifespan and across diverse health care settings.
  - **Whole person care** giving attention to the physical, psychological, social, spiritual, and existential aspects of the patient and family.



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## Features of Palliative Care Nursing

- ❑ The patient and family are the unit of care.
- ❑ The goal of palliative nursing is to promote quality of life along the illness trajectory through the relief of suffering
- ❑ It includes care of the dying and bereavement follow-up for the family and significant others in the patient's life.



## Features of Palliative Care Nursing

- Relieving suffering and enhancing quality of life include:
    - providing effective pain and symptom management;
    - addressing psychosocial and spiritual needs of the patient and family;
    - incorporating cultural values and attitudes into the plan of care;
    - supporting those who are experiencing loss, grief, and bereavement;
    - promoting ethical and legal decision-making;
- Ex. Legal will, power of attorney, advance care directives.
- advocating for personal wishes and preferences;

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## Features of Palliative Care Nursing

- Communication at a deeply personal level with the patient and family.
  - regards dying as a normal process
  - intends neither to hasten nor postpone death;
  - offers a support system to help patients live as actively as possible
  - uses a team
  - understand and manage distressing complications.
- having a true interest in the person as an individual
  - the ability to convey hope even in the face of death.

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Skilled palliative nursing care facilitate the “caring” process through a combination of science, presence, openness, compassion, mindful attention to detail, and teamwork.



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## Models of Palliative Care

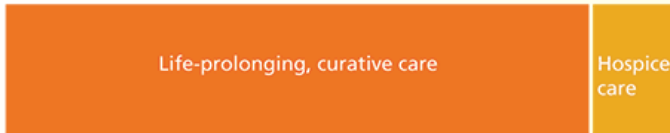
- ❑ the ‘wedge’ traditional model: curative treatment input declined as palliative input increased, and bereavement support was only provided after the death.
- ❑ the ‘wave’ model indicates the concurrent provision of supportive and palliative care with curative treatment.
  - This model is appropriate for chronic diseases, end-stage heart failure, COPD and renal failure.

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# Models of Palliative Care

Traditional, delayed advanced care model



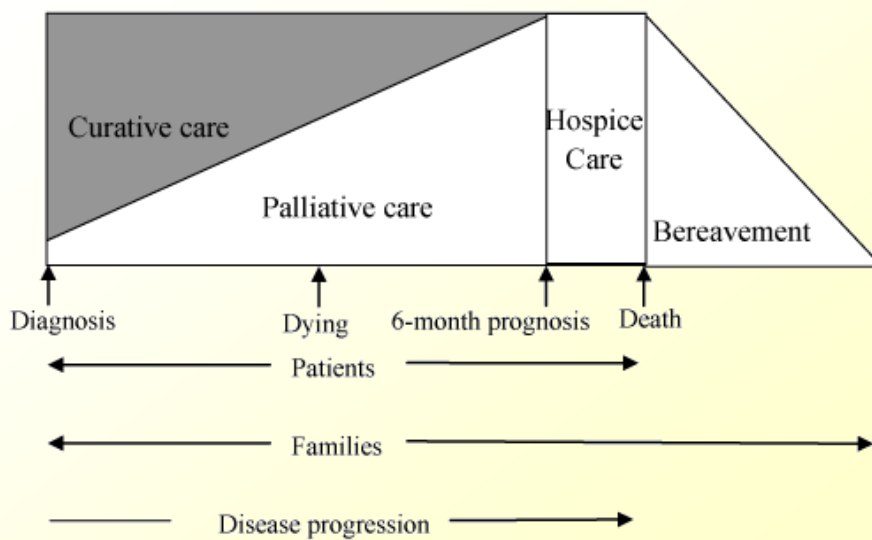
↑ Advanced illness prognosis

Proactive advanced care model



↑ Advanced illness prognosis

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## Models of Palliative Care

### Continuum of Care - Optimal

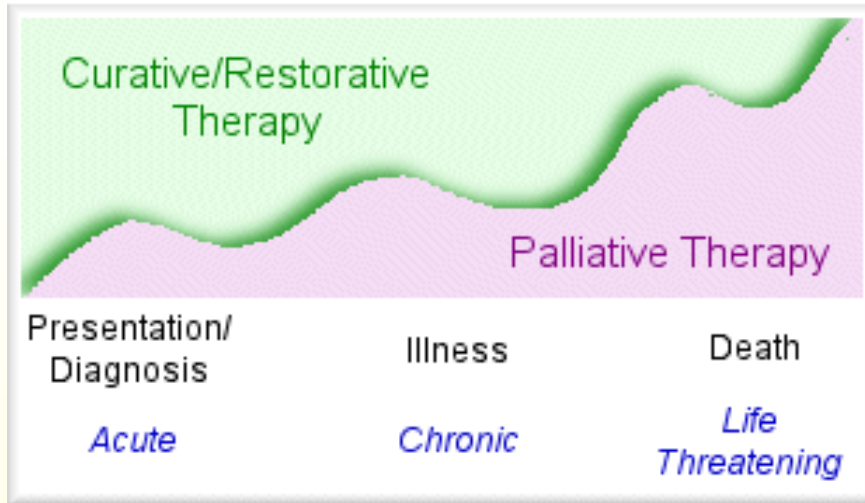
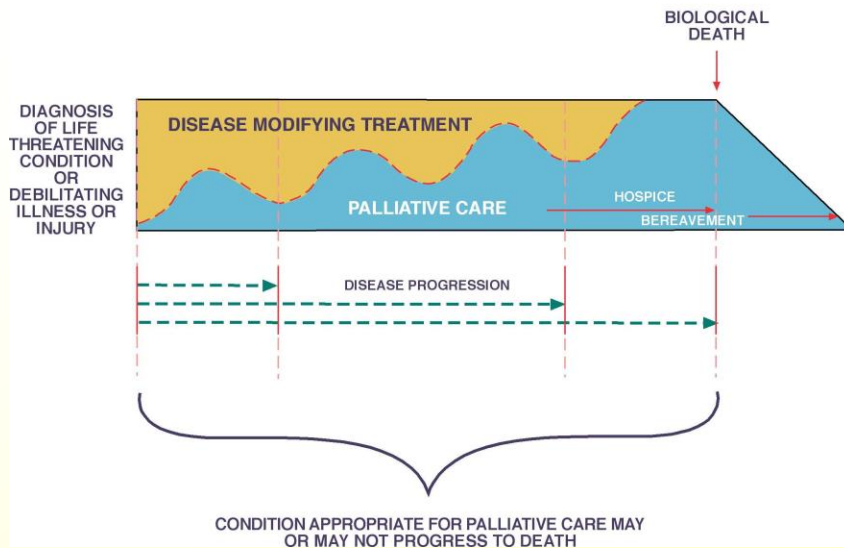


Figure 2. Adapted from Frank D. Ferris, 2000.

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### ASCENSION HEALTH PALLIATIVE CARE MODEL



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