What is palliative care?
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

Physical
- Pain
- Other symptoms
- Drug side effects
- Exhaustion

Psychological
- Anxiety about future
- Grief over losses
- Fear of pain/death
- Depression

Spiritual
- Why me?
- What will happen when I die – is there life after death?
- Why am I ill – is it a punishment from God?
- What value has my life had?

Social
- Worry about family
- Loss of income
- Loss of role in family
- Social isolation
- Stigma
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
- >100 million in need
WPCA Palliative Care Development
All levels (n = 234)

Level of Palliative care Development (PCD)

- Level 1. Not known activity
- Level 2. Capacity building
- Level 3a. Isolated provision
- Level 3b. Generalized provision
- Level 4a Preliminary integration
- Level 4b Advanced integration

The boundaries and names shown and the designations used on this map do not imply the expression of any opinion whatsoever on the part of the WPCA concerning the legal status of any country, territory, city or area or of its authorities, or concerning the delimitation of its frontiers or boundaries. Dotted lines on maps represent approximate border lines for which there may not yet be full agreement.

© WPCA 2011. All rights reserved
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

Diagnosis

Palliative care

Death (Terminal care)

Bereavement Support

Palliative care
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.