

## Palliative Care - A Palliative Approach

Palliative care is an approach to care that improves the quality of life of people and their families who are facing issues associated with life-limiting illness. (Palliative Care Australia, 2017).

The palliative approach supports people to live with their illness comfortably for as long as possible through the prevention and relief of suffering.

Prevention and relief of suffering through impeccable assessment to identify and treat the changing needs of individuals with life-limiting illnesses. Effective holistic assessment of the individuals needs includes assessing and developing care plans that include all aspects of a person's care including:

- **Physical**
- **Psychological**
- **Social**
- **Spiritual.**

Good palliative care can significantly reduce both physical suffering and emotional distress (Palliative Care Expert Group, 2016).

*'Palliative care affirms life and regards dying as a normal process and a part of living. It intends to neither to hasten or postpone death'*

*(World Health Organization 2017).*

### A Palliative Approach is:

- **Life Affirming**
- **Enhances quality of life** by providing a support system
- **Holistic approach to care** for the whole person to identify personal goals and preferences for care – requires physical, psychological, cognitive, social, spiritual and cultural considerations
- **Family support system** for family and friends to cope through grief and loss associated with illness
- **Prevents and relieves suffering**



- **Applied Early** from diagnosis of life-limiting illness eg, cancer, heart disease or failure, chronic obstructive pulmonary disease, dementia, neurodegenerative disease, chronic liver disease, renal disease, paediatric genetic or congenital disorders
- **Team approach** to address the needs of patients and their families, including bereavement counselling, if indicated.

## References

- Palliative Care Australia. (2021). Accessed Jan 2021 at: <https://palliativecare.org.au/what-is-palliative-care>
- Palliative Care Expert Group. (2016). *Therapeutic Guidelines; palliative care* (4<sup>th</sup> ed.). Melbourne: Therapeutic Guidelines Limited. World Health Organisation. (2017). Accessed April 2019 at <https://www.who.int/cancer/palliative/definition/en/>

