



Palliative Care and Patients' Families

Palliative Care

Palliative care is the care of patients with advanced-stage diseases. The key focal points of palliative care include:

- Its primary focus is on improving the quality of life of the patient.
- A holistic approach is used that addresses both the physical and psychosocial issues of the patient.

Palliative Care vs. Hospice Care

Palliative Care

Palliative care focuses on the relief of pain and stress from illness. Palliative care can begin at the time of diagnosis or at the same time as treatment.

Palliative care can also be provided at any point in treatment and alongside curative treatment plans.

Hospice

Hospice care begins after treatment of a disease or illness is discontinued and it has been determined that the person will not survive the illness or disease.

Caring for the Family

It is important for palliative care providers to assist with caring for the patients' loved ones for the following reasons:

- Proper care helps with coping
- Family members also have concerns and needs
- Family members are subject to emotional and physical stress

Palliative Care Assistance

Palliative care teams also work with families to assist with:

- Unresolved grief
- Unresolved past or interpersonal issues
- Family tensions and ways of dealing with stressors
- Concerns about their health and feelings of isolation
- Concerns about finances and caring for their loved one



What would you do?



Scenario:

Jane Doe was diagnosed with Metastatic Breast Cancer three years ago. As the disease progresses, Jane now requires palliative care.

Constraints:

- James, her husband of 26 years, has become withdrawn and buries himself in work to avoid his feelings of helplessness.
- Her daughter Lisa, age 25, goes to college and doesn't live at home. Lisa feels guilty, and is torn between spending more time with her mom and continuing college.
- Her adopted son Carey is 10. He has become depressed and no longer enjoys his favorite pastime, swimming.

References

<http://palliatedoctors.org/faq>

<https://getpalliativecare.org/whatis/>

<https://www.youtube.com/watch?v=eUaU6S-Dtlw>

<https://www.youtube.com/watch?v=RFtBYHNPvYA>

