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A Note on Palliative Care

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Description

Palliative care is a specialized medical care for people living with serious illness. It focuses on providing relief from the symptoms and stress of the illness and treated by a healh care professionals like doctors, nurses and other specialists. Palliative care focuses on physiological and mental health of the patients.

It provides a support system to patients and their family members who are suffering from serious life threatening diseases like cancer, chronic obstructive pulmonary disease (CPOD), Parkinson's disease, congestive heart failure and many more. It is applicable to the people who are at the early stages of course of illness, whatever the disease the patient is suffering from.

There are types of care:

1. Palliative care principles: which apply to all care, whatever the disease the patient is suffering from.

2. Palliative techniques or therapies: this care includes surgical and medical procedures.

3. Specialist palliative care: SPC is carried out by a multi-professional team with different occupations

Symptoms of palliative care: it may include pain, depression, shortness of breath, fatigue, constipation, nausea, loss of appetite, difficulty sleeping, and anxiety.

The team will help you gain the strength to carry on with daily life. In short, palliative care will help improve your quality of life. Recent studies have shown that people who received palliative care lived longer than the ones who did not.

In congestive heart failure, heart is unable to pump your blood properly. It can cause breathing problems and other symptoms, such as weakness and swollen feet and ankles. Palliative care helps in managing side effects, symptoms and stresses.

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