

Identifying and Improving Symptom Control and Patient Satisfaction through Emotional Support in Palliative Care

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Description

The main objective of palliative care is to improve the quality of life for individuals with life-threatening illnesses and their loved ones using a multidisciplinary approach. Regardless of the diagnosis, the primary objective of this kind of care is to relieve the patient's stress and discomfort. Palliative care depends mainly on emotional support to meet the psychological and emotional needs of patients as well as their families. A number of services are provided as part of emotional support in palliative care with an objective of attending to the mental and emotional health of patients and their families. It includes support groups, psychotherapy, counseling, and other therapies meant to lessen the emotional impact that a major illness takes on a person. Improving general quality of life and lowering anxiety, depression, and emotional discomfort are the main objectives of emotional support. In psychological therapy, patients and their families meet with a psychologist or counselor one-on-one to work through feelings, anxieties, and problems. Techniques for managing stress reduction methods and a secure environment for emotional expression can all be obtained through counseling. Patients and their families can connect with others who are going through similar circumstances during group therapy sessions. Sharing experiences and hearing others out can be consoling, lessen loneliness, and create a sense of community.

Spirituality and religious beliefs are important components of sickness management for many people. Cremation support offers groups and therapy to help people deal with the psychological and emotional effects of loss, guiding them through the grieving process. Patients with severe illnesses may experience significant emotional and psychological difficulties. Common feelings include anxiety, sadness, fear of dying, and worries about how the sickness would affect close ones. In many ways, emotional support helps in addressing these issues. The quality of life has a direct connection with emotional well-being. Patients with serious illnesses frequently experience symptoms of anxiety and depression, which can be greatly reduced with emotional support. Serious disease has an impact on the patient's family as well. Family members who receive emotional support are better able to communicate with one another, manage their own emotions, and build stronger bonds with one another. Patients and their families may find it easier to conduct hard discussions about advanced care planning, alternatives to therapy, and end-of-life preferences when they get emotional support. Decisions about care

can become more personalized and informed as a result. Psychological assistance is considered inferior in certain cultures, and patients and their families may be struggling to accept emotional support. The understanding and acceptance of emotional support can also be influenced by cultural sensitivities and beliefs.

It's possible that many healthcare facilities, particularly those with limited resources, lack qualified staff members who can offer emotional support, such as social workers, psychologists, or counselors. This may restrict these services' accessibility and availability. A crucial aspect of the palliative care plan needs to include emotional support. It can be difficult to make sure that emotional support is given top priority and included into the overall care plan. It's possible that medical professionals have the necessary skills to identify and meet patients' emotional demands. This problem can be addressed by raising awareness and offering instruction on the value of emotional support. Patients who receive emotional support frequently have greater feelings of acceptance and serenity, improved symptom control, and higher levels of satisfaction with their care. Additionally, emotional support can strengthen resilience, enabling patients to manage their sickness more effectively. Finding the emotional requirements of patients and their families can be facilitated by performing thorough evaluations that take into account not just physical health but also psychological, social, and spiritual aspects. Multidisciplinary teams comprising social workers, mental health specialists, and spiritual caregivers should provide palliative care.

This guarantees that the treatment plan includes emotional support as a crucial component. Palliative care can be made better overall by educating and training medical professionals on the value of emotional support and how to provide it. Palliative care and medicine require emotional support in order to meet the psychological and emotional requirements of patients as well as their relatives. In complete palliative care, emotional support is essential because it improves quality of life, lessens symptoms of anxiety and depression, improves family dynamics, and facilitates conversations about death. The experience and results for patients and their loved ones can be greatly improved by integrating emotional support into palliative care through thorough assessment, multidisciplinary teams, education, and policy changes, in spite of the difficulties involved. Providing compassionate, patient-centered care requires acknowledging and resolving the emotional components of serious illness.