

## Practice of Palliative Care's Ethical and Psychological Aspects in Terminal Diagnosis

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### Description

Receiving a terminal diagnosis changes a patient's life, as well as the lives of their loved ones and medical professionals. It denotes the change in focus from curative to palliative care, which points out comfort and quality of life above cure. In order to provide sensitive and efficient medical treatment, it is essential to understand the consequences of a terminal diagnosis and the function of palliative care. When a patient receives a terminal diagnosis, it usually means that their illness will eventually result in death, usually within six months or less. The course of the illness and the patient's general state of health are taken into account while making this assessment. Advanced cancers, end-stage cardiac disease, Chronic Obstructive Pulmonary Disease (COPD), and progressive neurological illnesses such as Amyotrophic Lateral Sclerosis (ALS) and Alzheimer's disease are frequently associated with life-threatening diagnoses. A wide range of emotions, including as shock, arrogance, anger, and sadness, are frequently experienced by patients. Family members and caregivers may also experience these emotions as they struggle to deal with the expected loss and the difficulties of providing care.

Palliative care is a specialized branch of medicine that works to improve the quality of life for those who have terminal diseases or other critical conditions. It is a multidisciplinary approach that attends to patients' and their families' physical, emotional, social, and spiritual needs. Palliative care becomes critical when a terminal diagnosis is made in order to manage the complex symptoms and offer support during this difficult time. Palliative care is primarily concerned with symptom relief that lowers the patient's quality of life. Pain, feeling short of breath, exhaustion, nausea, appetite loss, and trouble sleeping are a few of them. Effective symptom control can greatly improve comfort and overall wellbeing, enabling patients to maximize their remaining time. It can be extremely stressful to get a terminal diagnosis, which can cause depression, anxiety, and psychological discomfort. Counselors, social workers, and psychologists are members of palliative care teams. They offer patients and their families' emotional support to help them deal with their emotions and anxieties. Palliative care adopts a comprehensive approach, taking into account the medical, emotional, social, and spiritual needs of the patient. By addressing all aspects of the patient's health, this complete

treatment strategy produces a sense of respect and dignity. Families are essential to the treatment of people who are near death. Palliative care offers support services such as education, counseling, and temporary assistance to caregivers, allowing them to deal with the mental and physical strain of providing care.

Palliative care specialists collaborate with other healthcare professionals in order to incorporate palliative care into mainstream medical practice. Rather than being a final choice, palliative care needs to be started early in a terminal illness. By addressing every aspect of a patient's care, this interdisciplinary approach offers a comprehensive support network. In palliative care, effective communication is essential. Healthcare professionals need to communicate the diagnosis, prognosis, and available treatments in an understandable and caring manner. Transparent communication creates confidence and guarantees that families and patients are informed and actively participate in the decision-making process. Palliative care offers consistent treatment in a variety of settings, such as home care, clinics, and hospitals. No matter where they are, patients will always receive coordinated and consistent care due to this easy transition. Adequate training in palliative care ideas and practices is essential for healthcare providers. There are various ethical issues to take into account when taking care of critically ill people. Healthcare professionals have to deal with difficult situations involving informed consent, autonomy, and making decisions about end-of-life care. It is the right of patients to obtain complete information about their diagnosis, course of treatment, and prognosis. With informed consent, patients can make independent decisions about their care, knowing fully the possible advantages and disadvantages.

A patient's life reaches an important and difficult stage when they receive a bad diagnosis. When moving from therapeutic to palliative care, a patient-centered, empathetic, and all-encompassing strategy is needed. Palliative care is essential for treating terminally ill patients and their families because it helps with symptom management, emotional support, and quality of life enhancement. Healthcare professionals can guarantee that patients receive complete, helpful, and dignified care during their final stage of life by incorporating palliative care principles into their practice.