

Introduction to Adult Palliative Care and Multidisciplinary team



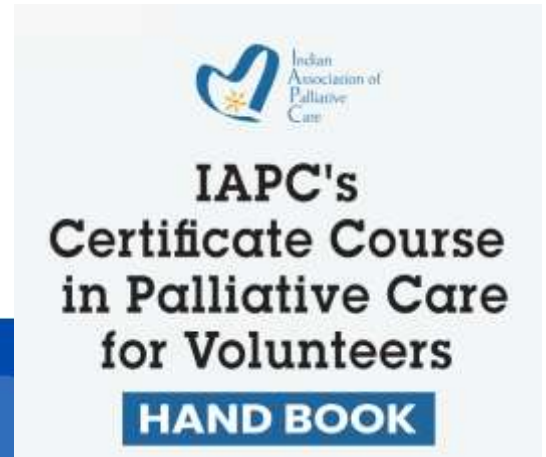
IAPC's Certificate Course in
Palliative Care for Volunteers
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- Palliative Care
- Multi-disciplinary Management
- Group Discussion on Volunteerism

Palliative Care

Palliative = '*pallium*'
Care = health system





The diagram consists of two overlapping circles on a transparent checkerboard background. The larger, outer circle is dark blue and contains the text for Palliative Care. The smaller, inner circle is a lighter blue and overlaps the bottom-left portion of the dark blue circle, containing the text for Hospice Care.

Palliative Care:

symptom management of a chronic or life-limiting illness

Hospice Care:

comfort care at the end of life

Palliative Care: learning some key facts



- Beginning of Cancer
- Cancer Burden
- Common Cancers
- Mapping the Patients and their Needs

Cancer in human civilization

Ancient Greek and Greco-Roman Methods in Modern Surgical Treatment of Cancer

By Niki Papavramidou, Theodossis Papavramidis, and Thespis Demetriou
Annals of Surgical Oncology, Vol.17 (2010)

Cancer appears in medical history as early as 1600 BC in the Edwin Smith papyrus, where the oldest description of the illness exists.



Gold Coin, Agra, 1618 [Mughal Nuruddin Jahangir. 1605-1627]

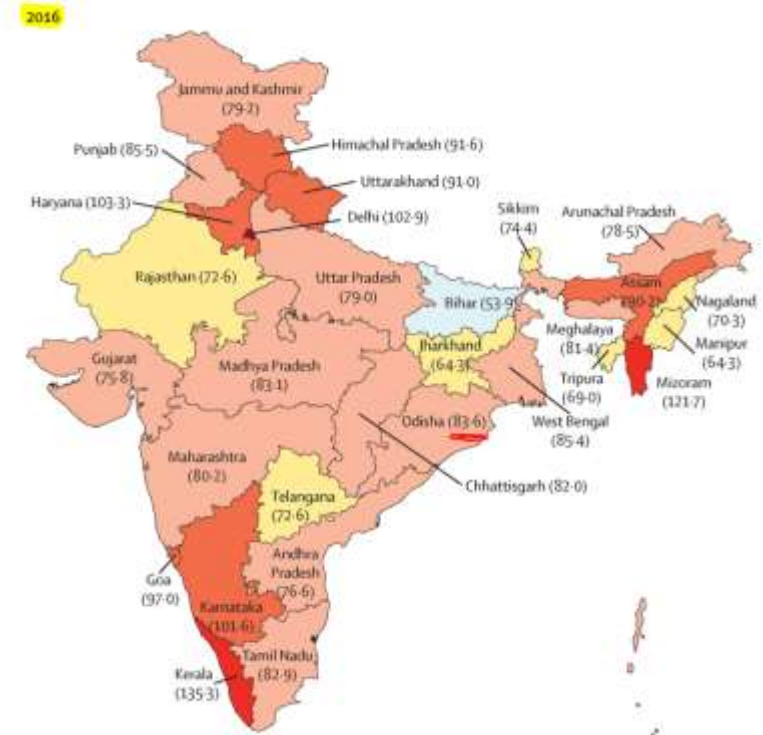
Cancers in India and Odisha

<https://gco.iarc.fr/today/data/factsheets/populations/356-india-fact-sheets.pdf>



Top 5 Cancers
Breast
Lip & Oral cavity
Cervix
Lung
Stomach

In Odisha
55,000-60,000
new cancers/Year



Need for Palliative Care

Present Status

- Nearly 18 million deaths globally/yr.; cancer deaths= 8 millions.
More than 0.8 m(nearly 8.5 lakhs) in India/yr.
- Less than 12% get palliative care.

Causes

- ❖ Lack of awareness in public and within health systems.
- ❖ Community knowledge about PC is not as much as for other diseases or treatments.

Unified action to support hospice and palliative care

Cancer Treatment facilities in Odisha

Bhubaneswar-Cuttack

☐ Public

-AHPGIC,Cuttack;AIIMS;Capital Hospital*

☐ Private

-KIMS Cancer Centre,HCG-Panda Hosp; SUM Ultimate*; Apollo Hosp*; Utkal Hosp*;Carcinova Hosp*,AMRI Hosp*

Other Significant

❖ Palliative Care

-District Hospitals

-Amrit Dhara Palliative Care Trust;Bagchi-Karunashraya PCC(home care);Palliative Care & Rehab Centre

❖ Chemotherapy

-District Hospitals



Palliative Care

Physical Symptoms

***Assessment**

Pain

Distressing Symptoms

Other physical conditions

Psychological Symptoms

***Assessment**

Worry, Fear

Depression, Anxiety

Detachment/Obsession

Socio-Economic Conditions

Geography, location

Family

Income

Out-of-pocket Expenditure(OOPE)

Financial Toxicity

Hospital, Hospice

Doctor, Nurse, HCWs

Anti-cancer Treatments

Other treatments/medical attention

Free-standing , Home Care

Community integration

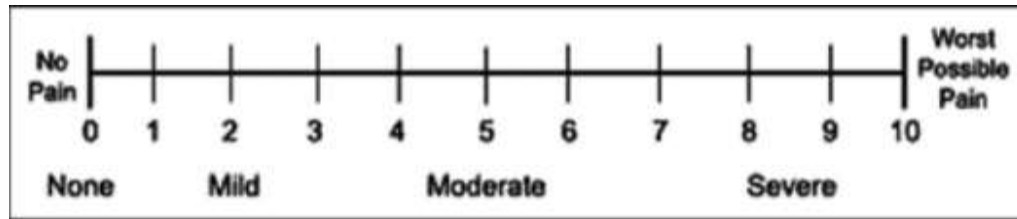
Resource mobilization

Advocacy

Preparing to work in Palliative Care

Developing sets of educational competence

How to assess pain and physical symptoms



Psycho-social care:

Distress thermometer

How to give relief from pain, breathlessness, not able to eat, sleepless, anxiety and worry – all these require combined “ **professional medical care**” and “ **attention by caregiver & volunteer** ”

Massive Right Pleural Effusion



The right hemithorax is opaque

There is a **shift of the heart and trachea** away from the side of opacification



Distress Screening for Oncology Patients

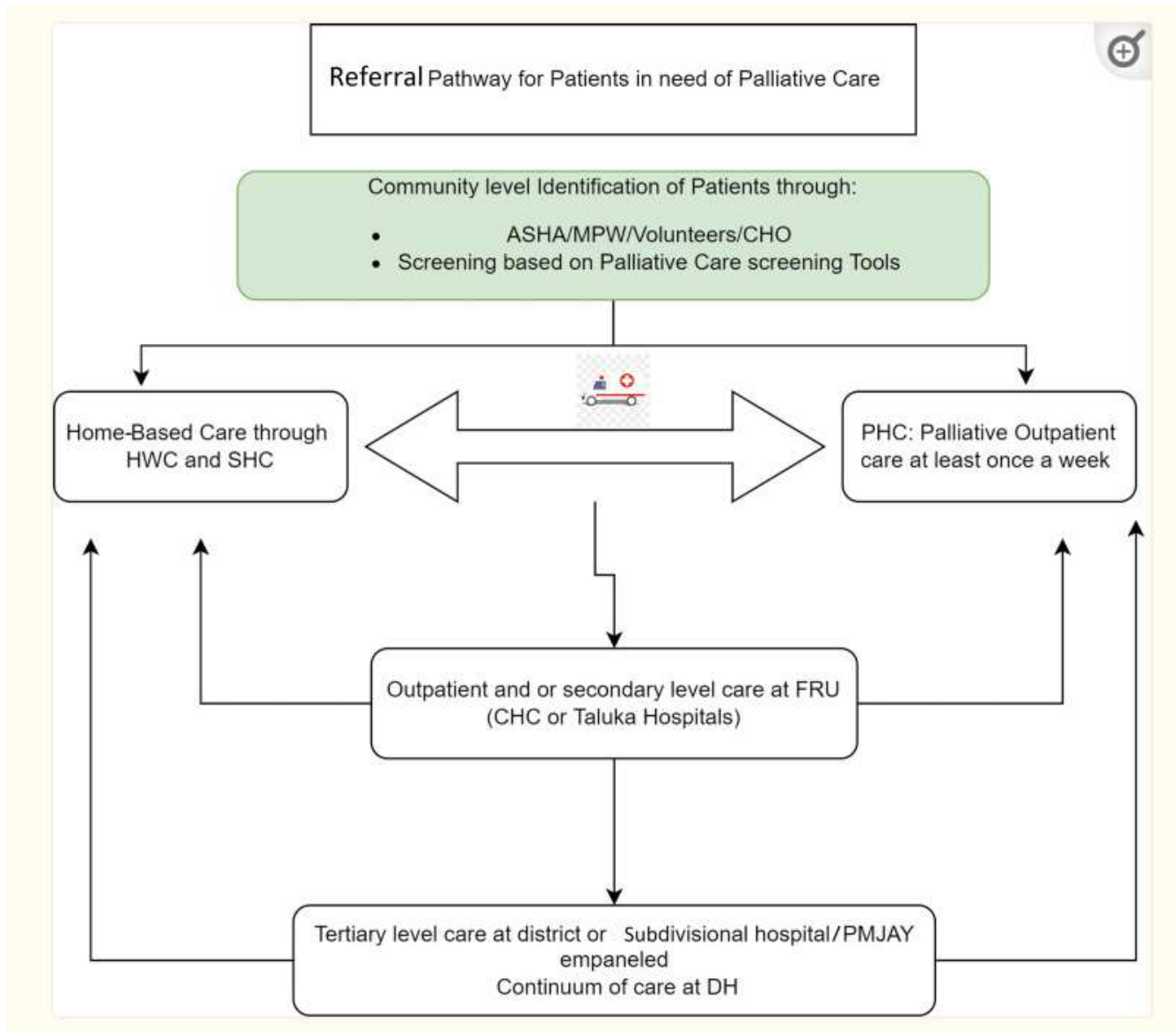
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Palliative Care: Multi-disciplinary

- Evidence suggests that Palliative Care is best delivered through a multidisciplinary team.

The multi disciplinary team





Gaikwad A, Acharya S. Cureus 2022. doi:10.7759/cureus.29502

Group Discussion



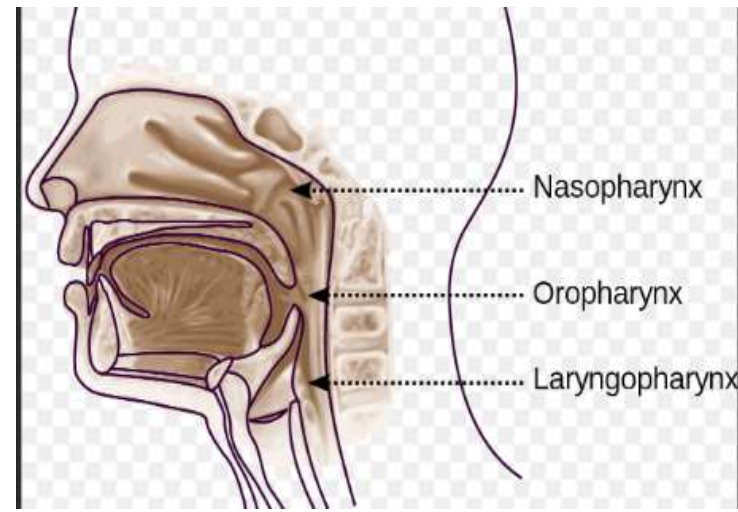
He writes poetry

- 26 M, Ca Nasopharynx, diagnosed in final Yr.Engineering.

- Rx : Chemo-RT



- Disease Recurrence& Mets
June'21 > Chemo-RT> Failure
- On Palliative Care, Pain Relief is difficult
- Often bonds; Stays aloof



What are points for our discussion?

- Family
- Desire
- Isolation
- Body & Mind
- Coping

She is on wheelchair

45,F.

- Cancer Cervix (diagnosed after surgery for bleeding P/V)> Chemo-RT > Disease recurrence> 2nd RT
 - On last 6 months has gone 5 different hospitals and specialties
1. Lymphedema care, Pain & Symptom management



Husband-petty shop owner
Child 11 years

What are needs ?

- Communication and Counselling
- Attention to Body care & Mobility
- Medical & Nursing management
- Preparing for End-of-life



Q 1. When should palliative care begin?

- A. After completing curative treatment
- B. After all treatments have failed
- C. From the time of diagnosis
- D. When disease reaches terminal Stages



From the time of diagnosis

Q 2. Palliative care encompasses

- A. Only treatment of Physical symptoms of the patient
- B. Management of only Psychosocial concerns of the patient
- C. Addresses of the needs of the family as whole, including bereavement care
- D. All of the above

All of the above



SANDS OF THAR

I was moving through the
inspiring sands of Thar
but I was unknown of its climatic
fire of war,
to where it extends to the mighty
horizon
with hilly sand dunes and mound
of skeleton.