

# World Hospice and Palliative Care Day 2022

(08<sup>th</sup> October 2022)



National Cancer Control programme  
Ministry of Health



**HEALING HEARTS & COMMUNITIES**

WORLD HOSPICE &  
PALLIATIVE CARE DAY **8 OCT 2022**






## What is palliative care?



## Palliative care

- An approach that **improves the quality of life of patients and their families**
- **For patients who are** facing the problems associated with **life-threatening illness**
- **Prevents and relieves the suffering by Early identification and impeccable assessment and treatment of pain**
- Provides physical, psychosocial and spiritual support





## Are palliative care and end of life care same?




- There is a misconception that palliative care is only for caring someone in the last few days of his life.
- Palliative care is about relieving suffering and improving quality of life right from the time when a person is diagnosed that he has a life-threatening illness.
- The aim of palliative care is not to lengthen – or shorten – life but to improve quality of life so that the time remaining, be it days, or months, or years, can be as peaceful and fruitful as possible.



***Palliative care is appropriate at any age and at any stage in the illness, and it can be provided along with curative treatment.***





## Why do we need palliative care?



### Worldwide

- It is estimated that around 40 million people require palliative care each year. ;
- 78% of them live in low- and middle-income countries.
- Only about 14% receive it

### Sri Lanka

The need for palliative care is increasing due to

- Increasing prevalence of NCD including cancer
- Aging of population



# Who needs palliative care?



<b>Disease among adults</b>	<b>Diseases among children</b>
Cardiovascular diseases	Congenital anomalies
Cancer	Neonatal conditions
Chronic respiratory diseases	Protein energy malnutrition (severe )
AIDS	Meningitis
Diabetes	HIV/AIDS
Chronic kidney disease	Cardio vascular diseases
Chronic liver disease	Endocrine, blood and immune disorders (5.8%)
Dementia	Cancer (5.6%)
Chronic neurological diseases	Neurological conditions
Congenital anomalies	Kidney diseases
Drug resistant tuberculosis	Cirrhosis of the liver



# What is holistic approach in palliative care ?



## Four domains:


Physical – symptoms (complaints), eg pain, breathlessness, tiredness, vomiting, wounds etc

Psychological – worries, fears, sadness, anger ,suicidal ideations

Social – needs of the family, needs of children, issues related to work, housing, finance and relationships

Spiritual – questions of the meaning of life and death, the need to be at peace.






# Who provides palliative care?

Multidisciplinary team of palliative care includes many members: health as well as non health.







# Who provides palliative care in hospitals?

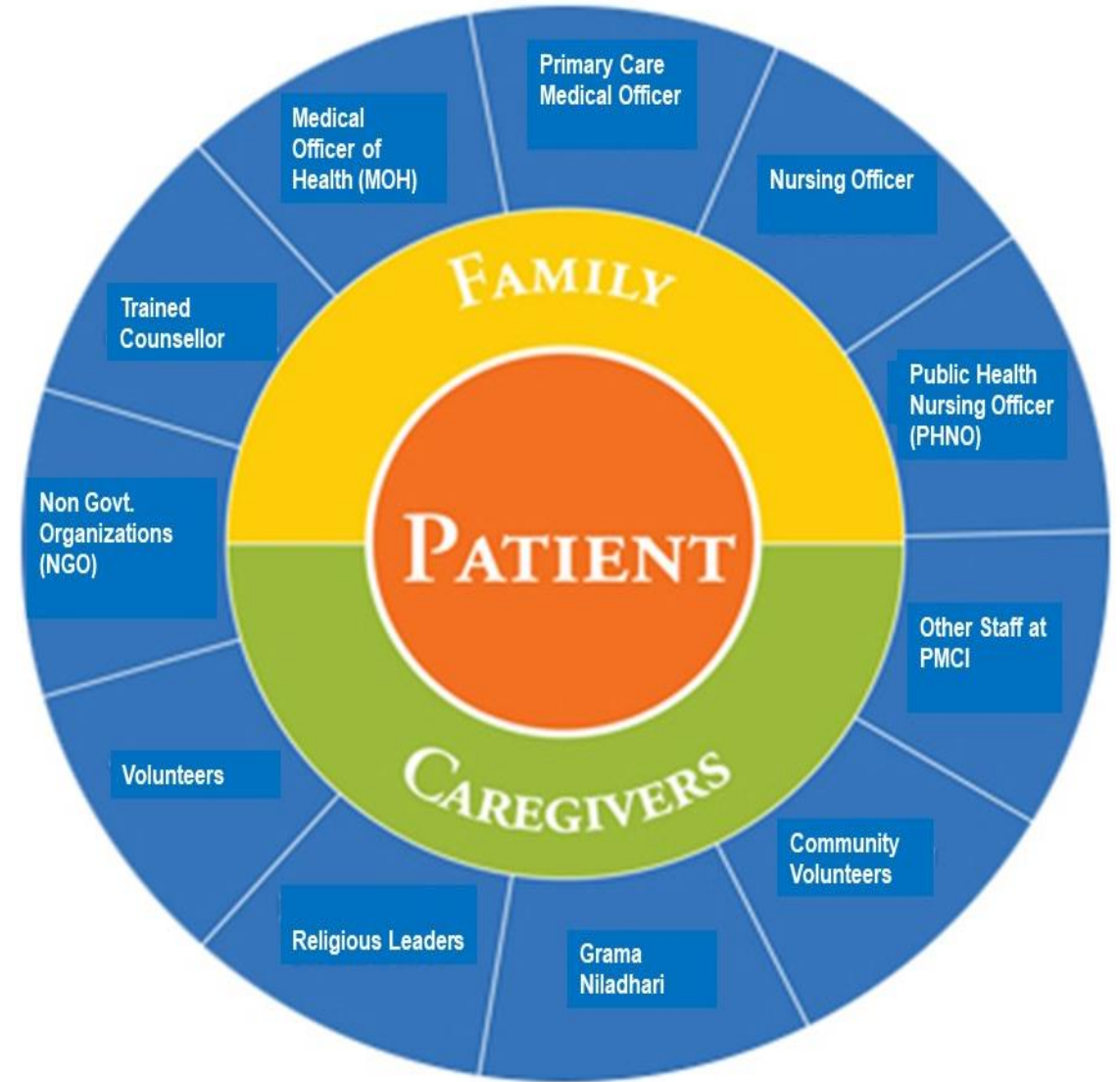


Hospital multidisciplinary team of palliative care includes many members

- Consultants
- Doctors
- Nurses
- Psychologists
- Counselors
- Physiotherapist
- Occupational therapists
- Nutritionists
- Social workers



Multi-disciplinary team  
Palliative care at Primary  
Care/community





**What are the settings  
palliative care available?**

Palliative care services are available  
in three settings. 3 'H'

**Hospital**

**Hospice**

**Home**





## Hospital palliative care

### Hospital

Specialist palliative care: Tertiary & Secondary care hospitals with consultants (In-patient and outpatient care)

E.g. Palliative Care Consult Service at Apeksha Hospital, Maharagama.

Palliative care centre with inward facilities attached to a state hospital :Teaching Hospital Karapitiya

Primary health care institutions / OPD setting / Family Practice setting



## Hospice care

Hospice care provides for people in the last phases of incurable disease so that they may live as fully and comfortably as possible

Organization	Institute	Contact No
Sri Lanka Cancer Society	Shantha Sevana Hospice Care- Maharagama	011- 2585879 011- 2840312
Cancer Care Association Sri Lanka	Hospice at Kurundankulama, Anuradhapura Hospice at Matara	025-3243077 041- 2226766
Sathya Sai Association	Sathya Sai Cancer Hospice, Hanwella	036- 2254902
Cancer Aid for North and East Sri Lanka [CANE]	Hospice at Chunnakum, Jaffna	021- 2240258
Eastern Cancer Care Hospice [EASCCA]	Hospice at Eravur, Batticaloa	076- 0582248
Palliative Care Association	Sahana Sevana, Abagahapura, Maharagama	077- 3355187



## Community care



- It should be provided with a multidisciplinary approach:
- health and non health team
- eg: officials attached to divisional secretariat office, community-based organizations, religious leaders etc.





## Home based care

- Home based care is supported by trained community healthcare workers or volunteers .
- Public Health Nursing Officer (PHNO) who is attached to primary health care hospitals, is responsible in home visits and assess palliative care needs at the home setting.



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## World Hospice and Palliative Care Day 2022 “Healing Hearts and Communities”

- At present, world experiences a lot of suffering due to several conflicts and wars around the world
- The spiritual, psychological and social well-being of bereaving families are also considered as part of palliative care
- So, this year World Hospice and Palliative Care Day 2022 focuses on healing hearts and communities of those who have lost their loved ones in helping them to move forward in life





# The World Hospice and Palliative Care Day 2022 Emphasizes the Importance of These areas

- Ensure highest standard of care with the highest level of comfort for the patients with serious life threatening conditions
- Ensure best support for caregivers and family members to provide care for their loved ones
- Empower health care workers on holistic approach of care
- Integrate palliative care services as an essential component of comprehensive health care across all levels of care



palliative care



**It is a right of every person** with life-threatening illness to receive appropriate palliative care

**A responsibility of every health care professional** to practice palliative care according to the need of the patient.





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Thank you



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