

What can Palliative Care do?

Palliative care...

- can be provided in the hospital, outpatient clinic, nursing home, or at home.
- Is appropriate at any age and at any stage in a serious illness, and it can be provided along with curative treatment.
- Facilitating effective communication, helping patients and their families determine goals of care.
- Provides support to the family and the caregivers during the patient's illness, and in their own bereavement.
- Respect the cultural values and beliefs of the patient and the family.

What can Palliative Care do?

Palliative care...

- addresses the patients' needs, not just treating the disease alone.
- Support and help relieving physical issues, psychological distress, spiritual distress and social needs.
- focuses on improving the quality of life of patients and their families throughout this difficult journey.
- is achieved through prevention, early detection, comprehensive assessment, and management of symptoms and stress of the serious illness.
- is provided by a specially-trained team of doctors, nurses and other specialists who work together with a patient's other doctors to provide an extra layer of support.

About Palliative Care

What is Palliative Care ?

Palliative care is a specialized medical care for people who are living with a serious and life-threatening illness.



HTJ Palliative Care Service

1. Inpatient care in PCU ward

- ❖ Manage palliative emergencies such as pain crisis, bleeding or other unrelieved symptoms at home.

2. PCU outpatient clinic

- ❖ Every Tuesday or Thursday morning
- ❖ Appointment time will be given from 8am to 12pm

3. Palliative Care Consultation

- ❖ Received referral from healthcare practitioners from other wards, hospitals, private healthcare center or self-referral

4. Home Care

- ❖ Collaboration with NGO Hospis Team
- ❖ Provide medications, including subcutaneous injectable medications, for those patient who wish to be at home

5. Phone Call follow up

- ❖ Continuously provide support and consultation to patients and family out of PCU HTJ

Myth about Palliative Care...

Palliative care is not...

- **Nothing can be done anymore** – Palliative care involves many active interventions to help patient and their family cope better with the disease.
- **Having no hope and waiting to die** – Palliative care help patient to live well before de long or how short the time is.ath, no matter how
- **Giving morphine and the patient will get addicted or die faster** – Morphine is given to relieve pain, breathlessness or cough. Patient will not get addicted to this medication if they have genuine symptoms mentioned above. Receiving morphine will not fasten or shorten the dying process.
- **Euthanasia** – Palliative Care aim to give patient comfort and dignity during the dying process and regards death as a natural process. This is as opposed to Euthanasia with the intention to end the patient's life.

Who can be referred to Palliative Care?

Patient with **one or more serious illness** such as:

- Cancer
- Kidney failure
- Heart failure
- Liver failure
- Advance lung disease such as COPD or pulmonary fibrosis
- Neurodegenerative disease such as Motor Neurone Disease, advance dementia or Parkinson plus syndrome
- Irreversible AIDS