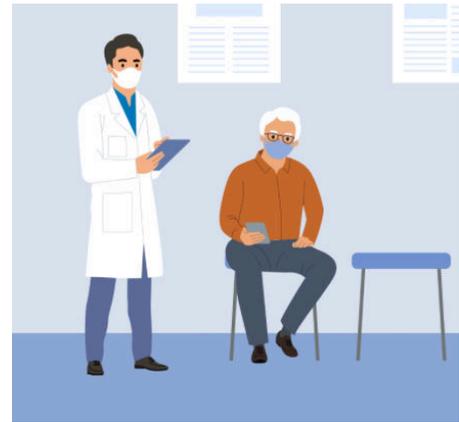


Palliative Care

Palliative care is specialized medical care focused on managing symptoms and improving quality of life for people with serious illnesses.



Understanding Palliative Care

Palliative Care is **not limited to end-of-life** care but can be provided at **any stage of a serious illness**, such as cancer, heart disease, COPD, kidney disease, liver disease, dementia, HIV/AIDS, diabetes, and autoimmune diseases.

Pain and Symptoms

Palliative care includes **managing pain** and other **distressing symptoms** such as nausea, fatigue, and shortness of breath. It also addresses **psychological, social, and spiritual** issues, providing support to patients and their families.

Emotional Support

Palliative care provides **emotional and psychological support** for both patients and caregivers. Counseling, support groups, and mental health services can help cope with the emotional burden.

Care Coordination

Palliative care involves a **team approach**, coordinating with doctors, nurses, social workers, pharmacists, nutritionists, chaplains, and therapists who work together on the patient's condition.

Starting Palliative Care

Using palliative care early in the course of a serious illness **benefits patients** by:

- **Improving quality of life** with symptom management.
- **Helping patients and families cope** with the stress of serious illness.
- Potentially **reducing hospitalizations** and emergency visits.
- Receiving coordinated care that aligns with **goals and preferences**.
- Allowing **informed decision-making** about treatment options.