

Determining the Views of the Health Care Vocational School Students about “Palliative Care”

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People sometimes encounter health problems that cannot be solved and therefore palliative care may be needed. Palliative care is a system of care aimed at improving the quality of life in patients with life-threatening and health problems. Preventing symptoms is very important in palliative care. Today, scientific and medical developments provide the opportunity to delay the death of people, on the other hand, this situation can sometimes be painful for patients. In order to overcome this difficult period with the least amount of pain, it pushed healthcare professionals to provide palliative care practices effectively in terminal patients. Palliative care has increased day by day and has taken its place as one of the health care services. The present policy is not enough because there are still problems with pain treatment. The discovery of recommendations and solutions to facilitate global access to pain treatment, It includes giving instructions to healthcare professionals about pain management and palliative care. Due to the lack of policies that prioritize palliative care and pain treatment today, it is seen that access and accessibility to pain treatment are inadequate in developing countries.

Palliative care is a special care area that focuses on patients with life-restricting / advanced diseases. It is one of the areas that require a multidisciplinary approach in nature and focuses on the quality of life. The palliative care team can contain many different specialties, but it usually involves at least one doctor, nurse, social worker and cleric. Basically, it is a comprehensive and aggressive approach guided by the patient to optimize the patient's remaining time. Communication between the patient and his / her close family and the specialists is very important in terms of patients being biologically, psychologically and socially sensitive. It is very important to define the goals of treatment with the patient and adapt it to individual needs. If we look at the factors that need to be considered;

- Ensuring that priority is given to pain and symptom control.
- To develop a sense of control for the patient.
- Making patient-centered decisions.
- Prioritizing quality of life and prolonging life.
- Describe the meaning and purpose in life.
- Assistance in the preparation of death in the last period of the patient.

Psychosocial and spiritual care.

The main goal in palliative care is to improve the quality of life of patients and their relatives. As it is known, the main palliative care places are hospitals. Undoubtedly, it is the elderly who are most exposed to chronic and life-threatening diseases and are more susceptible to the disease. Therefore, the elderly are among the main target groups of palliative care. Today, although everyone agrees that patients and their relatives should be provided with palliative care in a correct and understanding manner, it is ignored that the students who will provide quality service and understanding professional health service will be healthcare students in the near future. Students can receive training in their own fields, theoretically or practically, but when faced with such an important and sensitive situation, in other words, when

faced with palliative care patients or their families, it is likely that they may have big problems about how to behave towards them.

This study aims at contributing to the theoretical gap in the international literature about attitudes of the healthcare vocational school students towards death and their perceptions of palliative care. In this regard, first of all, the definitions of palliative care made by several authors are presented in the literature. Later, the levels of perception by 213 Healthcare Vocational School Students studying in different programs at a foundation university in Istanbul were investigated between October 2019 to December 2019 using the face-to-face survey method to identify students' characteristics, feelings and opinions about death and palliative care. The data obtained were evaluated using percentages and chi-square method, and t-Test and One-Way ANOVA tests were performed. Finally, the findings related to the attitudes of health vocational school students towards death and their perceptions of palliative care were discussed. Among the findings, 80.3% of the students have not yet received any training on palliative care, and 73.4% of the participants in the research were female students.

Until today, studies that measure the perception levels of students who are candidates for doctors and nurses in the name of palliative care have been carried out, however healthcare vocational school students, have almost been ignored. It is thought that the evaluation of the perception levels of the students of the healthcare vocational school students, which will undertake essential duties in the health institutions, will contribute to the literature.

In conclusion, The students in this study are almost young healthcare professionals who will soon have to care for palliative patients. Although they thought that palliative care was important, the curriculum did not cover many important issues, in their opinion, as a perception compatible with the lack of confidence and knowledge in this area. Therefore, it is important to improve palliative care education in the medical curriculum. Today, there are many researches in the name of providing quality service and professional health understanding in Palliative Care. Since the patient is at the center of the procedure based on the global healthcare approach, healthcare professionals have great responsibilities in this regard. In developing countries, there is not yet a sufficient level of professional approach to this field, and healthcare professionals as well as patients may experience major problems in terms of access to palliative care. At the same time, although countries have access to services, healthcare workers still experience adaptation problems and are inadequate in terms of pain management. When all these situations are taken into account, it is necessary to ensure that policies provide convenience in accessing palliative care services and that the curricula of students studying in the field of health services, who will be health workers in the near future, will provide this service. In addition, making improvements in internship areas by placing the students at the center of the system, not outside this system, will provide a great opportunity to offer palliative care professionally and with high quality. It is thought that the findings of the study, a generalization of education about palliative care, and healthcare vocational school students will increase their awareness of palliative care in the future.