



## Editor Note on Palliative Care

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### Description

Palliative care is a specialized medical care for people living with serious illness. It focuses on providing relief from the symptoms and stress of the illness and treated by a health care professionals like doctors, nurses and other specialists.

Palliative care mainly focuses on physiological and mental health of the patients. It provides a support system to patients and their family members who are suffering from serious life threatening diseases like cancer, chronic obstructive pulmonary disease (COPD), Parkinson's disease, congestive heart failure and many more. It is applicable to the people who are at the early stages of course of illness, whatever the disease the patient is suffering from.

There are 5 stages of palliative care and are categorized based on the function, pain, function, pain, psycho-spiritual problems, other physical problems, family and career support needs.

1. Stable Phase: the patients symptoms can be controlled by the management.
2. Unstable Phase: the pain will be worst in this stage and patient needs family support.

3. Deteriorating Phase: in this stage the existing symptoms gets worsen or appearance of new symptoms takes place.

4. Terminal Care Phase: it is an important role of medical practice and given to patients or individuals when they are likely to die within days.

5. Bereaved Phase: It is the stage associated with loss and grief and a process of reacting to your loss.

Symptoms of palliative care: it may include pain, depression, shortness of breath, fatigue, constipation, nausea, loss of appetite, difficulty sleeping, and anxiety.

Palliative care: types of cases

- Patients with Advanced cancer, end stage organ failure like acute heart failure, acute kidney injury, acute liver damage, and acute respiratory problems, and last stage neurodegenerative diseases like Alzheimer's disease, Parkinson's disease, dementia, and Spinal muscular atrophy.
- More recently patients included who are dying from acute illness and not responding to the active treatment.

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