



## Palliative Consideration: Enhancing the Quality of Life of People with Serious Diseases

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### INTRODUCTION

Palliative care is a specialized form of medical care that is designed to provide comfort and support to individuals who are facing serious illnesses. It is an approach to care that focuses on improving the quality of life for patients and their families, by addressing physical, emotional, social, and spiritual needs. The goal of palliative care is not to cure the underlying illness, but rather to provide relief from the symptoms and stress associated with the disease. This type of care is typically provided by a team of healthcare professionals, including doctors, nurses, social workers, and chaplains. The origins of palliative care can be traced back to the hospice movement, which emerged in the 1960s as a response to the need for specialized care for individuals with terminal illnesses. Today, palliative care has evolved into a much broader field, encompassing a wide range of medical conditions and settings [1].

### DESCRIPTION

One of the key principles of palliative care is the importance of addressing the whole person, not just their physical symptoms. This means taking into account the individual's emotional and spiritual needs, as well as their social and cultural background. Palliative care is often provided in conjunction with other forms of medical treatment, such as chemotherapy or radiation therapy. However, it can also be provided as a stand-alone service, particularly for individuals who are not pursuing aggressive treatment options. The benefits of palliative care are numerous. Studies have shown that patients who receive palliative care experience less pain and discomfort, have better emotional well-being, and are more satisfied with their care overall. In addition, palliative care has been shown to reduce healthcare costs, particularly in end-of-life situations.

Chemotherapy and short course radiotherapy assume a

significant part in the palliative therapy of patients with gynecological malignant growth. However, these treatment interventions may be associated with significant side effects in terminally ill patients nearing death, resulting in significant discomfort, limited symptom control, and improved patient and family quality of life. Conversely, in critical condition patients have an extraordinary need of patient-focused palliative consideration. In addition to dealing with any related psychological, social, or spiritual difficulties, palliative care aims to ensure that patients with life-threatening illnesses receive care that lessens the burden of symptomatology at the patient's terminal stage. The patient may be able to access Specialist Palliative Care (SPC) services when their palliative care requirements are complex and symptom management cannot be resolved in general care settings. Palliative care teams, palliative care hospital units, and hospices are all included in the multidisciplinary teams of highly qualified health professionals that provide SPC services. Ideal admittance to such administrations has been related with worked on personal satisfaction in critically ill patients correspondingly with lower paces of extreme focus care during the finish of-life stage, including chemotherapy, medical clinic confirmations, emergency unit and trauma center visits [2,3].

One of the challenges of palliative care is the stigma that surrounds it. Many people associate palliative care with end-of-life care, and are therefore reluctant to pursue it until the very end of their lives. However, palliative care can be beneficial at any stage of a serious illness, and is not limited to end-of-life situations. Another challenge is the availability of palliative care services. While palliative care is becoming increasingly recognized as a valuable form of medical care, it is still not widely available in many parts of the world. This is particularly true in developing countries, where access to healthcare services is limited. Despite these challenges, the future of palliative care

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looks promising. Advances in technology and medicine are making it easier to provide palliative care services remotely, which could help to address some of the access issues. In addition, there is growing recognition of the importance of palliative care among policymakers and healthcare providers, which could help to improve the availability and quality of palliative care services in the coming years [4,5].

## CONCLUSION

In conclusion, palliative care is a vital form of medical care that can improve the quality of life for individuals facing serious illnesses. While there are challenges associated with providing palliative care, the benefits are numerous and the future looks promising. By continuing to raise awareness of the importance of palliative care, and by working to improve access to these services, we can ensure that more individuals receive the care and support they need to live as comfortably and as fully as possible.

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## CONFLICT OF INTEREST

The author has no conflicts of interest to declare.

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