

Pain Management – A Palliative Care Perspective

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The task of medicine is to preserve and
restore health and to **relieve**
suffering.

– H. Fields and J. Martin
In Harrison's Principles of Internal Medicine

What is Palliative Care?

Approach to care that improves quality of life for patients and families facing a life threatening illness, through the prevention and relief of suffering by means of early identification and impeccable assessment and treatment of **pain** and other physical, psychosocial and spiritual problems.

WHO 2002

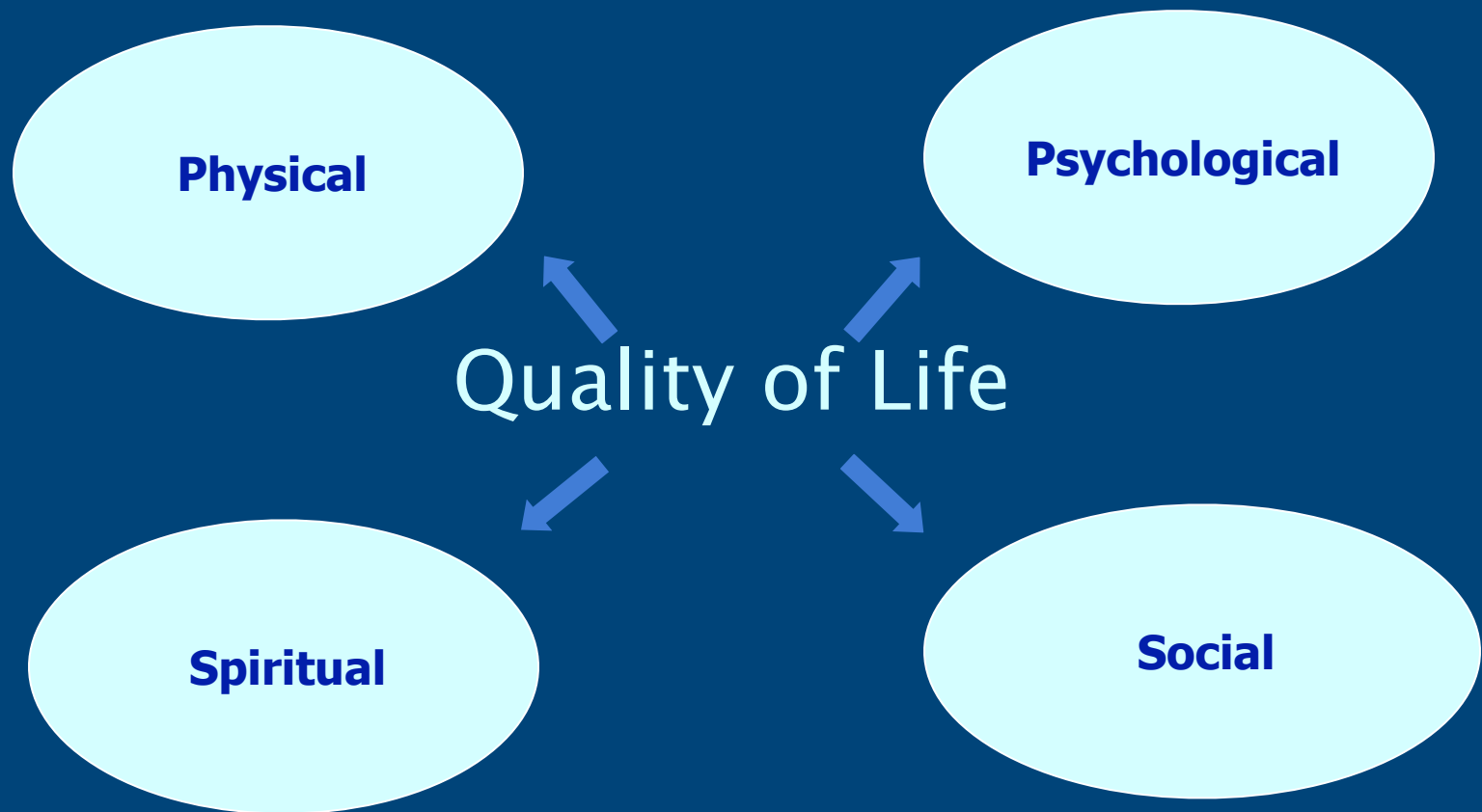
Goal of Palliative Care

Achievement of best **quality of life** for patients and their families through the

- **relief of suffering**
- **control of symptoms**
- **restoration of functional capacity**

while remaining sensitive to personal, cultural and religious values, beliefs and practices.

World Health Organization (1990), Cancer Pain and Palliative Care.
Last Acts Palliative Care Task Force(1997). Last Acts Precepts of
Palliative Care.



Ferrell, BR (19995). The impact of pain on quality of life: a decade of research. *Nursing Clinics of North America*, 30(4), 609–34.

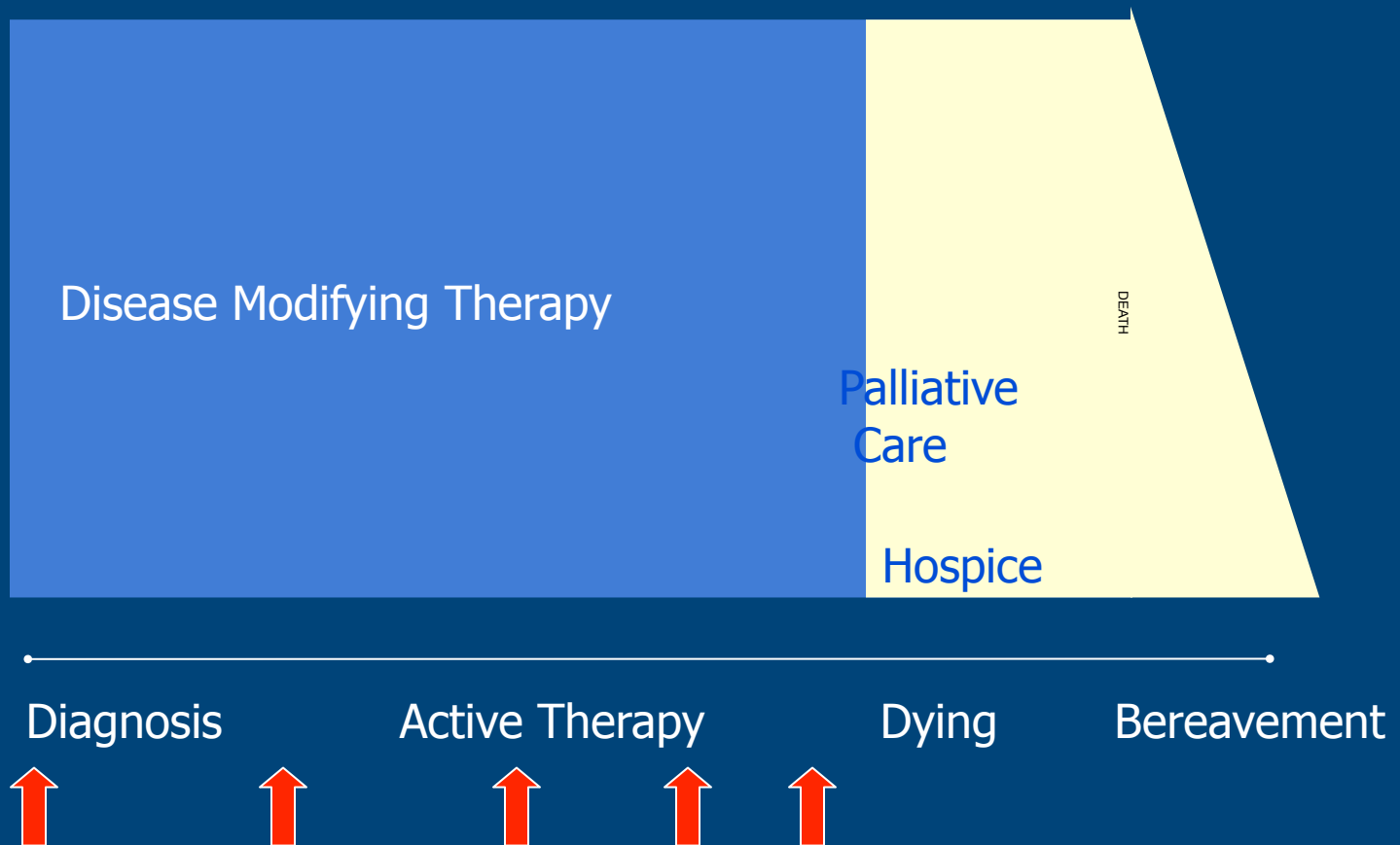
Who Is Palliative Care?

Palliative Care is an inter-disciplinary team:

- Physicians
- Nurse (practitioners)
- Mental health professional
 - Social worker
 - psychologist
- Chaplain
- Pharmacist

When Is Palliative Care?

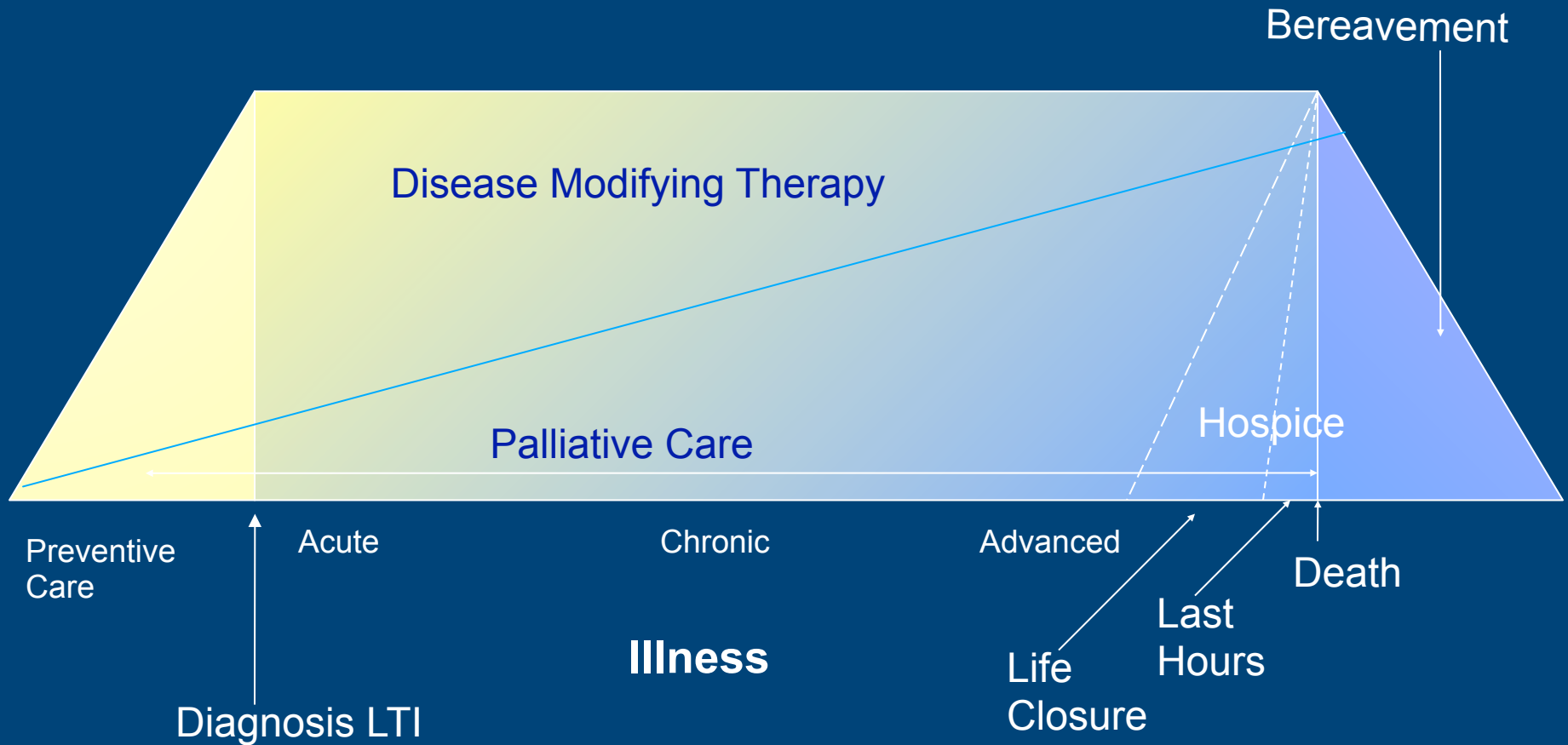
Palliative Care as ~~End of Life Care~~ Brink Of Death Care



Integrating Palliative Care

- Two models of timing for palliative care
- Earlier integration of palliative care has benefits with respect to:
 - patient/caregiver satisfaction
 - quality of life
 - health care utilization → decreased costs

Palliative Care for Quality of Life



Palliative Care – Models of Integration

