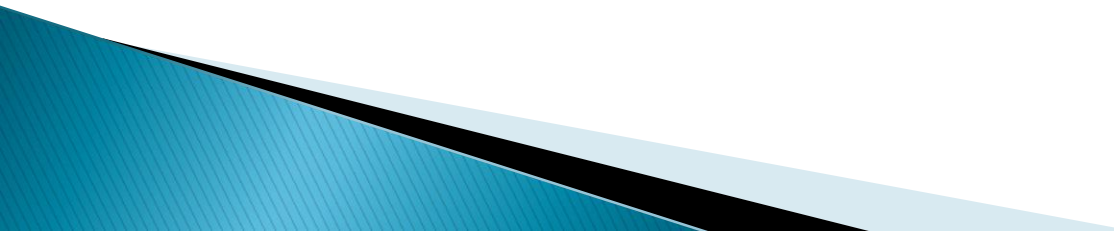


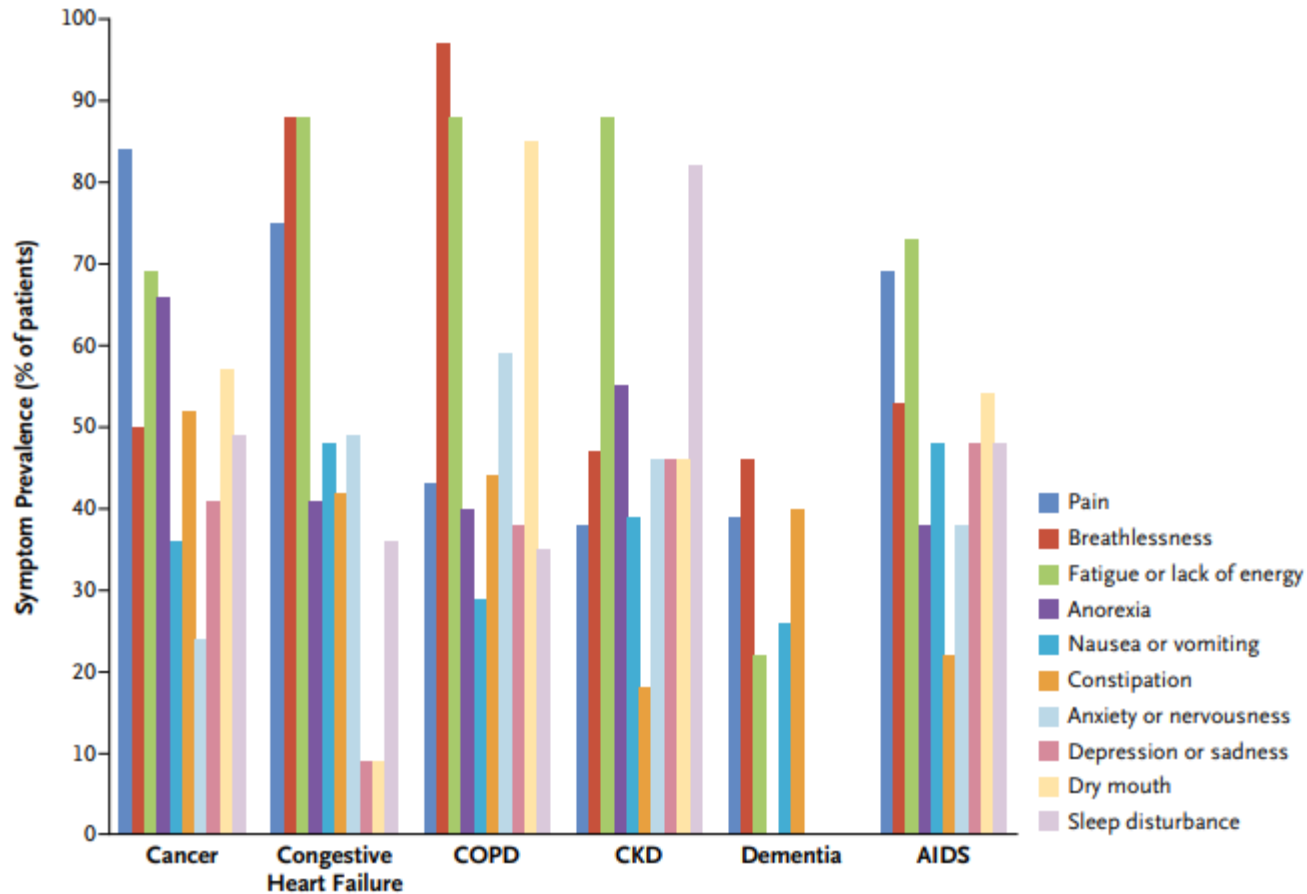


PALLIATIVE CARE

INTRODUCTION

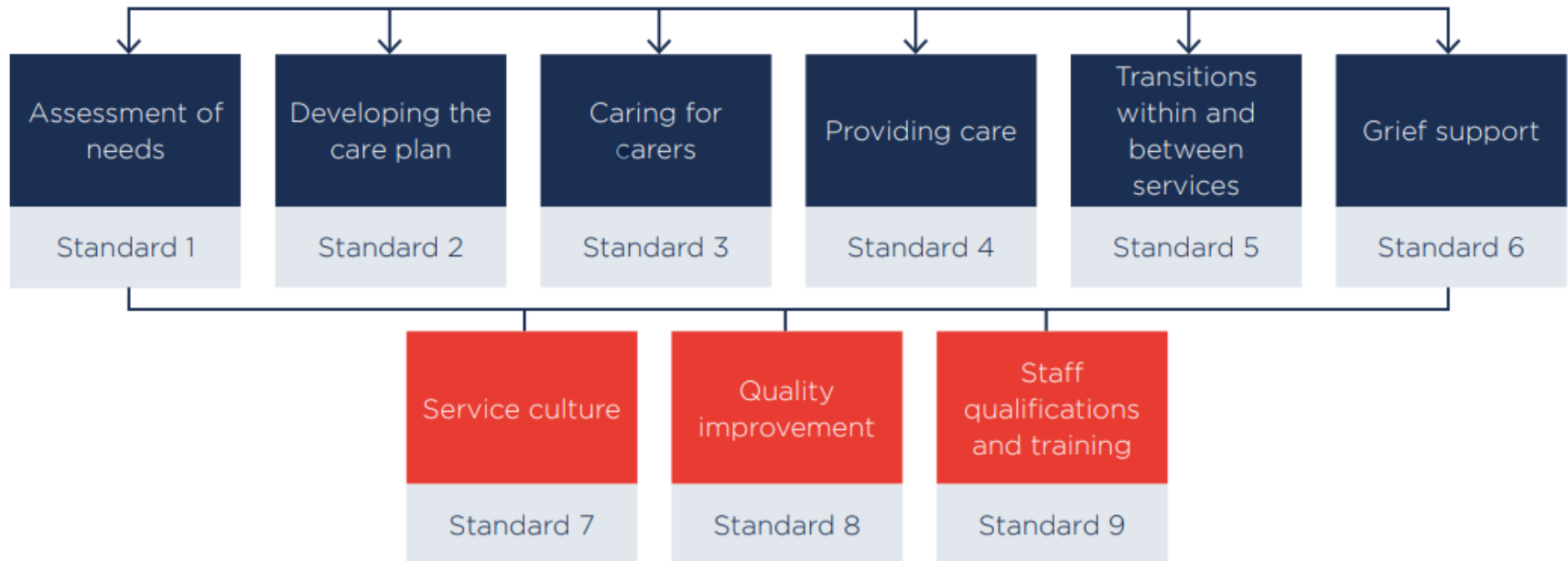
- Multidisciplinary approach for medical care for people with life-threatening illnesses (Arun and Vijatha, 2015)
 - Ultimate goal is to improve quality of life (Arun and Vijatha, 2015)
 - According to World Health Organization, palliative care aims to improve the quality of life of patients suffering from life-threatening diseases and help them and their families manage stress. This is achieved through early identification, assessment, and treatment of physical and mental aspects of the diseases (WHO, 2012)
- 

Conditions and symptoms addressed in Palliative Care



National Palliative Care Standards

Figure 1: The National Palliative Care Standards



Palliative Care for Culturally Diverse Communities

- A person's healthcare requirements are largely dependent on their cultural background and beliefs (Koffman, 2014)
 - Cultural biases in palliative care providers can lead to the provision of inappropriate care to patients (Palliative Care Australia, 2015)
 - Culturally inappropriate care can exacerbate symptoms of stress, fatigue, and pain in patients (Palliative Care Australia, 2015)
- 

Barriers to Accessing Healthcare by Culturally Diverse Communities

Lack of Information

Lack of Confidence

Social Isolation

Communication
Barriers

Culturally Irrelevant
Healthcare
Programs

Overcoming Communication Barriers

- ❖ Use simple English; avoid medical terminology
- ❖ Speak slowly and clearly
- ❖ Repeat important information
- ❖ Use visual aids for explaining complex concepts
- ❖ Ensure that the patients and/or their families have understood the information

Overcoming Communication Barriers – Resources

❖ Cue Cards



❖ Language Identification Map



Working with Culturally Diverse Patients

Individualize Care

- Patients have specific healthcare needs based on their cultural background

Patient Autonomy

- Some cultures may want families to take care of their members and others may leave all duties to healthcare providers

Building Cultural Competency

- Healthcare providers need to understand patient's expectations and mode of decision-making

Culturally Diverse Attitudes of Patients

- Patients may prefer to be taken care of by their family members at home
- Some cultures may oppose organ donation and autopsy
- Some cultures have stigmas associated with physical disability and/or mental illness
- There may be specific religious practices that need to be performed when death is imminent
- Patients and their families may have home-made remedies or cures for pain that they may wish to use for pain management
- Food practices (vegetarian / non-vegetarian) should be considered for providing palliative care

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