

## Palliative Care: Model and Types

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### Abstract:

Palliative care is a multiple team approach to provide care for patient. Palliative care not only to care for patient in a holistic approach, it cares patient's family also. The expert team select a particular model or approach to provide care to patient.

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### Introduction

Palliative care is a specialized holistic care provided to patient whose treatment option under palliative. Here patient will be taken care with symptomatic management. This palliative care approach provides care to patient and family members. Palliative care provided by a specially trained multi approach team. This multi approach team consists of doctors, nurses, pharmacists, social workers, volunteers and chaplin. When a patient diagnosed to provide a palliative care, members of team decide to care a patient with appropriate palliative care models. This review explains about palliative care models.

*Curative Medicine:* Curative medicine is mainly clinical medicine that focuses only on goal of cure of diseases. It only take care of medical goal only, but other goals are very much important as well like promotion of health, prevention of illness, relieving suffering, and restoring functional capacity. One of most important component is caring for those who cannot be cured<sup>1</sup>, all these component can be answered by Palliative medicine. In curative model, treatment is considered as a logical subject that is best decided by your physician.

*Palliative Medicine:* According to World Health Organization (WHO) defines Palliative care (PC) "The active total care of patients whose disease is not responsive to curative treatment."<sup>2</sup> In PC, plan of management is specifically according to each patient, their preferences for treatment and

personal values are also considered in that. This approach contrasts with the

So In curative model, there is chance of neglect of few components, these goals can be achieved with help of Palliative medicine. As a administrator we must think this broader aspect of health i.e. Palliative Care.

### Models of Palliative Care

#### *Home Based Palliative Care/Community Based Palliative Care*

In Community based Palliative Care, Doctors, nurses and social workers are trained to improve clinical skill, communication skills and equipped to provide patient's care at home.<sup>3</sup>

WHO also started a public health strategy to integrate PC into our existing health care system. By this mean, we can best reach to everyone in target population.

#### *Hospital Palliative Care*

In Hospital palliative Care, Whole health teams provide consultative/ outpatient services. Primary care physician (who is in charge of the patient and who at times refers the patients) will provide palliative care as per need of patient.

In consultation model, PC team does not have

primary responsibility for patient and family, but they mainly provides specialist help to address their needs along with ongoing disease-specific treatment.<sup>4</sup>

In Out-Patient Model, Any PC service are provided in out-patient department for those patients who are able to come to hospital.

In -Patient Model, there is apalliative department of hospital, who can have particular beds in different wards for palliative patients i.e. terminally/chronically ill patients. Their all supported care will be provided to admitted patients.

### *Hospice and Hospice Care*

Hospice care means access to care that ensure the best Quality of Life and death. It is defined as "Palliative of comfort care without concentrating on aggressive disease reduction." Apart from it, PC mainly focused on best Quality of Life only. There are only 9 Hospice unit which are established, fully functioning in India. The first hospice unit is, "Shanti AvednaSadan, Mumbai" with 100 beds facility.

### **Types of Palliative Care**

#### *Palliative Care includes*

1. *Primary Palliative Care:* It include not only professional delivery of medical care but also helping individual and its families to resume responsibility for himself/herself and their community as well. Primary Palliative care team includes Primary PC Provider i.e. a medical, nursing or allied health professional, helping the patients. It includes educating the community prevention of life-limiting health problems, early detection, control and appropriate management.
2. *Specialist Palliative Care:* It includes interdisciplinary team who provide specialist PC, whose main provide palliative care to patients who is suffering from fatal

condition. Specialist PC services can be provided in community, home, hospitals and PC units. Specialist Palliative Care Provider can be medical, nursing or allied health professional whose training are trained for palliative care. They should have specialized knowledge, skills and expertise in the care of these patients.

### **Conclusion**

As in health system, curative medicine is old and traditional system used for cure of patients. In curative medicine we only care of patients medically, But as era changes, we need to change our health system medicine also from curative to palliative medicine which include all other aspects of health.

All models used in Palliative medicine should provide comprehensive care to patients. By using these models, the individual needs should be addressed that include preventive, physical, social, psychological and spiritual components. All members of palliative team can provide palliative care to patients. Community participation should be encouraged to make palliative medicine concept successful. When a patients is in end stage of life, identify their different source of stressors and make sure to solve it before patients ceased.

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