



# Examining the Important Function of Palliative Care in Improving Quality of Life

Danie Galosii\*

*Department of Human Neuroscience, Sapienza University, Rome, Italy*

## DESCRIPTION

Palliative care represents a paradigm shift in healthcare, focused on improving the quality of life for individuals facing serious illnesses and their families. Palliative care, founded on the concepts of compassion, esteem, and comprehensive support, aims to reduce pain, control symptoms, and manage patients' medical, emotional, social, and spiritual requirements across the medical condition spectrum.

Palliative care is a specialized method to healthcare that provides comprehensive support for individuals with life-limiting illnesses, age, prognosis, or treatment status. Despite hospice care, which is typically reserved for individuals with a prognosis of six months or less to live, palliative care can be initiated at any stage of illness and it can be provided with curative or life-extending treatments. The core principles of palliative care revolve around relieving suffering, stimulating comfort, and enhancing quality of life. This encompasses a wide range of interventions, including pain and symptom management, psychosocial support, advance care planning, and end-of-life care. Palliative care teams, consisting of interdisciplinary professionals such as physicians, nurses, social workers, chaplains, and therapists, collaborate to address the diverse needs of patients and their families.

### Benefits of palliative care

Palliative care provides a multitude of advantages for individuals facing serious illnesses. By focusing on symptom management and pain relief, palliative care helps to alleviate physical suffering and enhance comfort, enabling patients to maintain optimal functioning and quality of life. This is obtained through a combination of pharmacological interventions, non-pharmacological therapies, and holistic methods tailored to the individual's needs and preferences.

In addition to addressing physical symptoms, palliative care attends to the psychosocial and emotional dimensions of illness, providing counselling, emotional support, and managing

techniques for patients and families. This complete method helps to alleviate distress, reduce anxiety and depression, and improve overall psychological well-being, providing an emotion of optimism, and dignity in the face of illness.

Palliative care also plays an essential role in facilitating communication and shared decision-making between patients, families, and healthcare providers. By engaging in advance care planning discussions, patients are empowered to articulate their values, preferences, and objectives of care. Individuals experiencing difficult medical decisions benefit from increased control, autonomy, and empowerment. Furthermore, palliative care extends its support to the bereaved family members, providing counselling, pain support, and practical assistance during the end-of-life period. This comprehensive method to care helps families navigate the emotional challenges of loss.

### Evolving role of palliative care

In recent years, palliative care has accomplished popularity as an essential component of high-quality healthcare, with increasing emphasis on integrating palliative care principles into standard medical practice. Recognizing the benefits of early palliative care involvement, many healthcare institutions have adopted models of concurrent care, where palliative care services are provided for medical care from the time of diagnosis.

The integration of palliative care into modern healthcare settings, such as hospitals, outpatient clinics, and long-term care facilities, has expanded access to these services for a broader population of patients with serious illnesses. Moreover, palliative care has emerged as an important component of comprehensive cancer care, providing symptom management, psychosocial support, and end-of-life care for individuals with advanced cancer and their families. Palliative care interventions, such as pain management, symptom control, and psychosocial support, complement cancer treatments, improving overall quality of life and treatment outcomes.

**Correspondence to:** Danie Galosii, Department of Human Neuroscience, Sapienza University, Rome, Italy, E-mail: galos.dan@gmail.com

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