

Palliative Care – the intro

Friday 30 June 2010



WHAT IS PALLIATIVE CARE?

Definition

Palliative care is the care of people who are dying from active, progressive diseases or other conditions that are not responsive to curative treatment. Palliative care embraces the physical, social, emotional and spiritual elements of wellbeing – tinana, whanau, hinengaro and wairua – and enhances a person's quality of life. Palliative care also supports the bereaved family/whanau.

The New Zealand Palliative Care Strategy, 2001

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Or in other words....

... to help the dying to live until they die

and their families to live on.....

Dame Cecily Saunders

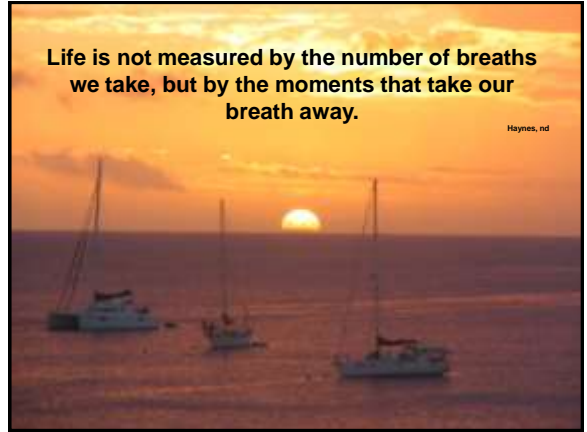


Philosophy of care

- ▶ Affirms life
- ▶ Regards dying as a normal process
- ▶ Aims to neither hasten nor postpone death
- ▶ Aims to provide relief from distressing symptoms
- ▶ Integrates a holistic model of care
- ▶ Sees the patient and the family as a unit of care
- ▶ Provided on the basis of need not the ability to pay.

Life is not measured by the number of breaths we take, but by the moments that take our breath away.

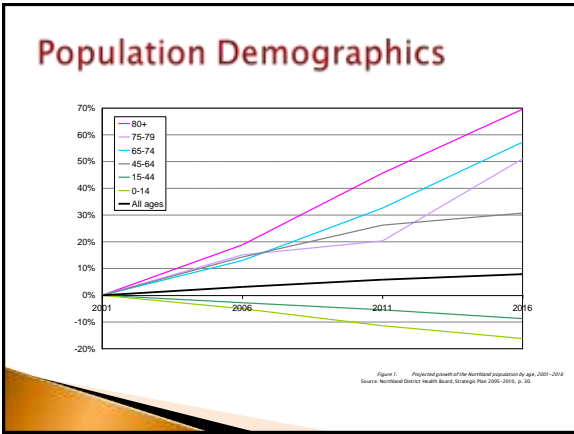
Haynes, nd



WHO IS PALLIATIVE CARE FOR?

Is there a Northland Mandate?

- ▶ The MoH Palliative Care Strategy – 2001
- ▶ The Northland Palliative Care Project – 2001
- ▶ Diabetes Strategy 2006
- ▶ The Palliative Care Strategic Action Plan 2007
- ▶ CVD Action Plan 2007
- ▶ HOP Strategy 2008
- ▶ Te Tai Tokerau Maori Health Strategy 2008–2013
- ▶ NDHB Annual Plan 2009/2010



Who should receive palliative care?

- ▶ Most commonly people with advanced cancer
- ▶ People with other progressive diseases
 - - Neurological conditions – eg MND
 - - AIDS
 - -End stage organ failure (Cardiac, Renal, Lung)
- ▶ Accident victims/Suicide victims
- ▶ Anybody living with a life-limiting illness

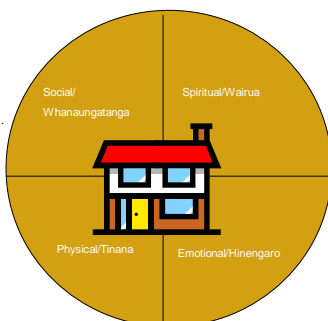


WHAT DOES IT INVOLVE?

Hospice Framework of Care

Hospice practices under the Holistic Framework or Te Whare Tapa Wha
Durie, n.d.

This model compares health to the four walls of a house: all four are necessary to ensure strength and balance"



Service Specifications 2008

Generalist Palliative Care

palliative care is best delivered through an integrated approach that focuses on the needs of the patient and their family/whānau.

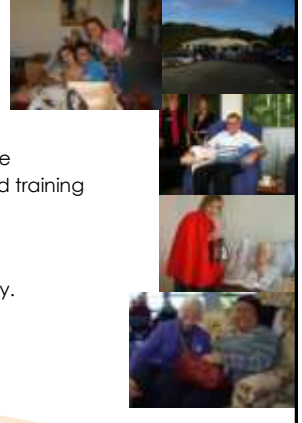
It is acknowledged the "generalists are specialists in their own field"



North Haven Hospice – Whangarei and districts
Hospice Kaipara – Dargaville and districts
Hospice Mid-Northland – Mid North region
Far North Hospice – Far North region

Hospices offer:

- > A home away from home
 - > Specialist knowledge and training
 - > Multidisciplinary team
 - > Good staffing levels
- BUT
- > Offer short-term care only.



WHAT'S YOUR ROLE IN PALLIATIVE CARE?

Being part of "the team"

A group of people with a full set of complementary skills required to complete a task, job or project.



Characteristics of a successful team

- › Common purpose
- › Preparedness to work together (Bliss et al, 2000)
- › Value/understand the role & contribution of each member (Bliss et al, 2000)
- › Interaction of the team
- › Members cover each
- › Careful documentation
- › Recognition of the challenges

(Bliss et al, 2000)

"We are most effective as a team when we compliment each other without embarrassment and disagree without fear."

Unknown

Your role?

- › Acknowledge what is happening
- › Look
- › Listen
- › Communicate
 - with them,
 - with their family,
 - with your colleagues
 - With your "team mates"
- › Do your job well
- › Make the little things make a big difference

"Coming together is a beginning.
Keeping together is progress.
Working together is success."

- Henry Ford

