

## **Flexing Your Core – Domain 1 Principles of Palliative Care & Palliative Approach**

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### **Feb 8, 2024**

#### **Defining Palliative Care – when does this approach start?**

- The World Health Organization (August 2020) defines palliative care as “an approach that improves the quality of life of patients (adults and children) and their families who are facing problems associated with a life-threatening illness. It prevents and relieves suffering through the early identification, correct assessment and treatment of pain and other problems, whether physical, psychosocial or spiritual.”

**Video on myths around defining boundaries of palliative care:** <https://youtu.be/HvguLSL-AJU?si=nnEVAvT858gH6B-7>

#### **Discussion Questions**

1. What are some care settings where you would care for someone with a life-limiting illness?
  - Hospitals, Hospice, people with no housing.
2. Which clinicians would be involved in supporting in a palliative approach?
  - Physicians, Nurses, Social workers, Care aides, Music therapists, Pet therapists
3. How do you know when to start using a palliative approach?
  - Palliative care is not restricted to only end-of-life care, but it is associated with life-limiting illness. Good palliative care should start with early identification right from the diagnosis which results in a better quality of life and extends life expectancy.

#### **Large Group Debrief**

- Dealing with the culture of palliative care.
- Glaring inequity of palliative care and having to switch in different new settings as a clinician - Palliative care not being an equal opportunity which can be stressful for clinicians.
- Disparity of resources among regions in small remote areas- social structural issues