

Geriatric Palliative Care: A Comprehensive Guide for End-of-Life Care

Geriatric palliative care is a specialized field of medicine that focuses on providing comprehensive care for older adults facing life-limiting illnesses. It is an interdisciplinary approach that addresses the physical, emotional, social, and spiritual needs of patients and their families. This definitive guide, "Geriatric Palliative Care: An Issue of Clinics in Geriatric Medicine," offers a comprehensive overview of this essential field, making it an invaluable resource for healthcare professionals and anyone navigating the complexities of end-of-life care.

Chapter 1: The Basics of Geriatric Palliative Care

This chapter introduces the fundamental principles of geriatric palliative care, including its history, philosophy, and the unique challenges associated with caring for older adults facing life-limiting illnesses. It explores the roles of healthcare professionals, families, and the community in providing compassionate and holistic care.



Geriatric Palliative Care, An Issue of Clinics in Geriatric Medicine (The Clinics: Internal Medicine Book 2)

★★★★☆ 4.4 out of 5

Language : English
File size : 3003 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 287 pages

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Palliative Care Course for Community Nurses (Basic)

11 - 12 March 2021 / 8am - 12.30pm
Cost \$120/pax (before GST)

Lien Centre for Palliative Care has designed a basic level certificate online course aimed at nurses whose main focus is the delivery of palliative care in the community. In this course, we will address the primary concerns faced by community nurses working with patients with life-limiting diseases:

Topics

- Palliative Care in the 21st century
- Management of pain, constipation &

Format

- 1) Online learning pre-sessions
(to prepare for lectures)

Chapter 2: Assessment and Management of Pain and Symptoms

Pain and symptom management is a critical aspect of geriatric palliative care. This chapter provides a detailed overview of the assessment and management of physical pain, as well as common symptoms such as dyspnea, nausea, and constipation. It discusses pharmacological and non-pharmacological approaches to symptom control, empowering healthcare professionals to effectively manage the symptoms of older adults.

Frequently asked questions about palliative care

Symptom management*

- **Pain**
 - Drug options listed on website
 - Optimal position is highly variable
- **Nausea/vomiting**
 - Prochlorperazine (if related to vomiting)
 - partial bowel obstruction
 - Serotonin 5HT3 antagonists
 - Ondansetron
- **Anxiety/depression**
 - Mirtazapine, bupropion, antidepressants
- **Constipation**
 - Oral laxatives, stool softeners
 - Do not use bulk-forming agents

*Not an exhaustive list; always consult your doctor / pharmacist

- **Dyspnea**
 - Oxygen / humidification, nebulizer, opioids
 - Sedating agents
- **Delirium**
 - Rule out reversible causes
 - Haloperidol for agitation
- **Anxiety**
 - Short acting benzodiazepines

Comfort measures

- Apply heat, ice, compression, and/or elevation to help alleviate pain
- Use guided imagery, reiki or massage to reduce pain or dyspnea
- Play soothing music or the patient's favorite music
- Provide for more...



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Honoring Your Wishes is a national nonprofit organization that provides information and support to help you and your loved ones make decisions about your end-of-life care.

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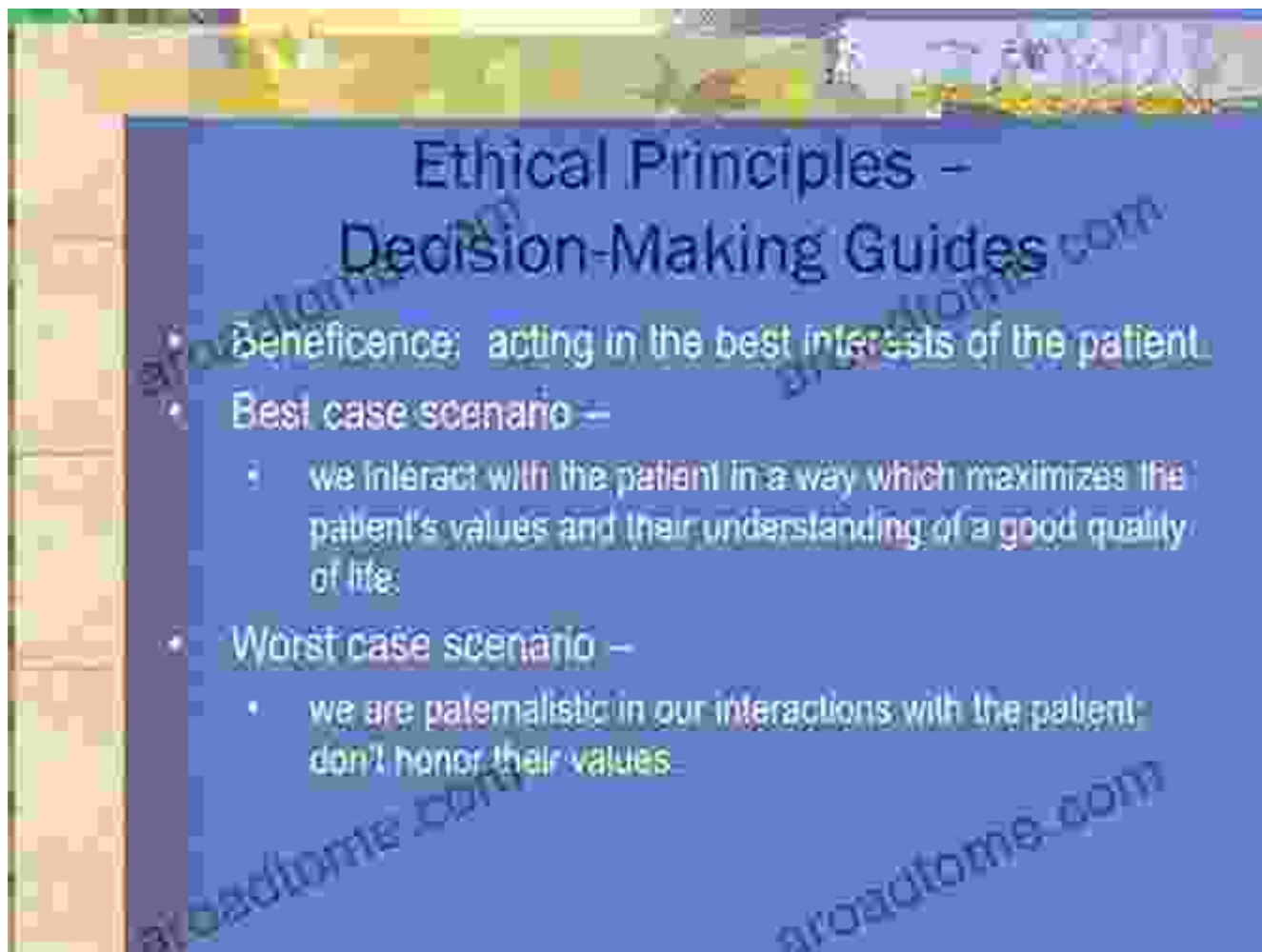
Chapter 3: Psychosocial and Spiritual Care

Geriatric palliative care recognizes the profound emotional and spiritual challenges faced by patients and families. This chapter explores the psychosocial and spiritual needs of older adults, highlighting the importance of emotional support, counseling, and spiritual care. It provides practical guidance on addressing issues such as anxiety, depression, and grief.



Chapter 4: Ethical Considerations and Decision-Making

End-of-life care often involves complex ethical dilemmas. This chapter examines the ethical principles that guide geriatric palliative care, including autonomy, beneficence, and non-maleficence. It provides healthcare professionals with a framework for navigating ethical decision-making, respecting the values and preferences of patients and their families.



Chapter 5: Care Planning and Goals of Care

Care planning is essential for ensuring that the goals and preferences of patients and families are met. This chapter discusses the process of developing individualized care plans, including the assessment of patient needs, setting realistic goals, and coordinating care across multiple settings. It highlights the importance of patient-centered care and shared decision-making.

Component	Unit	Expanded	National
Overall goal	<ul style="list-style-type: none"> To improve the quality of life of cancer patients and their families. To ensure that prioritized palliative care services are provided in an integrated, equitable and sustainable way. 		
Short-term process objectives (within 5 years)	<ul style="list-style-type: none"> To ensure that standards for cancer palliative care including pain relief are progressively adopted in the target area by all levels of care. To provide care mainly through home-based services. 	<ul style="list-style-type: none"> To ensure that standards for cancer palliative care including pain relief are progressively adopted nationwide by all levels of care. To provide care mainly through primary health and home-based services. 	<ul style="list-style-type: none"> To ensure that standards for cancer palliative care including pain relief are progressively adopted nationwide by all levels of care. To provide care through a variety of options, including home-based services.
Medium-term outcome objectives (5–10 years)	<ul style="list-style-type: none"> To ensure that over 30% of terminal cancer patients in the target area get timely relief from pain and other serious physical, psychosocial and spiritual problems. 	<ul style="list-style-type: none"> To ensure that over 30% of advanced cancer patients nationwide get relief from pain and other physical, psychosocial and spiritual problems. To ensure that over 30% of caregivers get adequate support. 	<ul style="list-style-type: none"> To ensure that over 60% of advanced cancer patients nationwide get relief from pain and other physical, psychosocial and spiritual problems. To ensure that over 60% of caregivers get adequate support.
Long-term outcome objectives (10–15 years)	<ul style="list-style-type: none"> To ensure that over 60% of terminal cancer patients in the target area get relief from pain and other physical, psychosocial and spiritual problems. 	<ul style="list-style-type: none"> To ensure that over 60% of advanced cancer patients nationwide get relief from pain and other physical, psychosocial and spiritual problems. To ensure that over 60% of caregivers get adequate support. 	<ul style="list-style-type: none"> To ensure that over 80% of advanced cancer patients nationwide get relief from pain and other physical, psychosocial and spiritual problems. To ensure that over 80% of caregivers get adequate support.

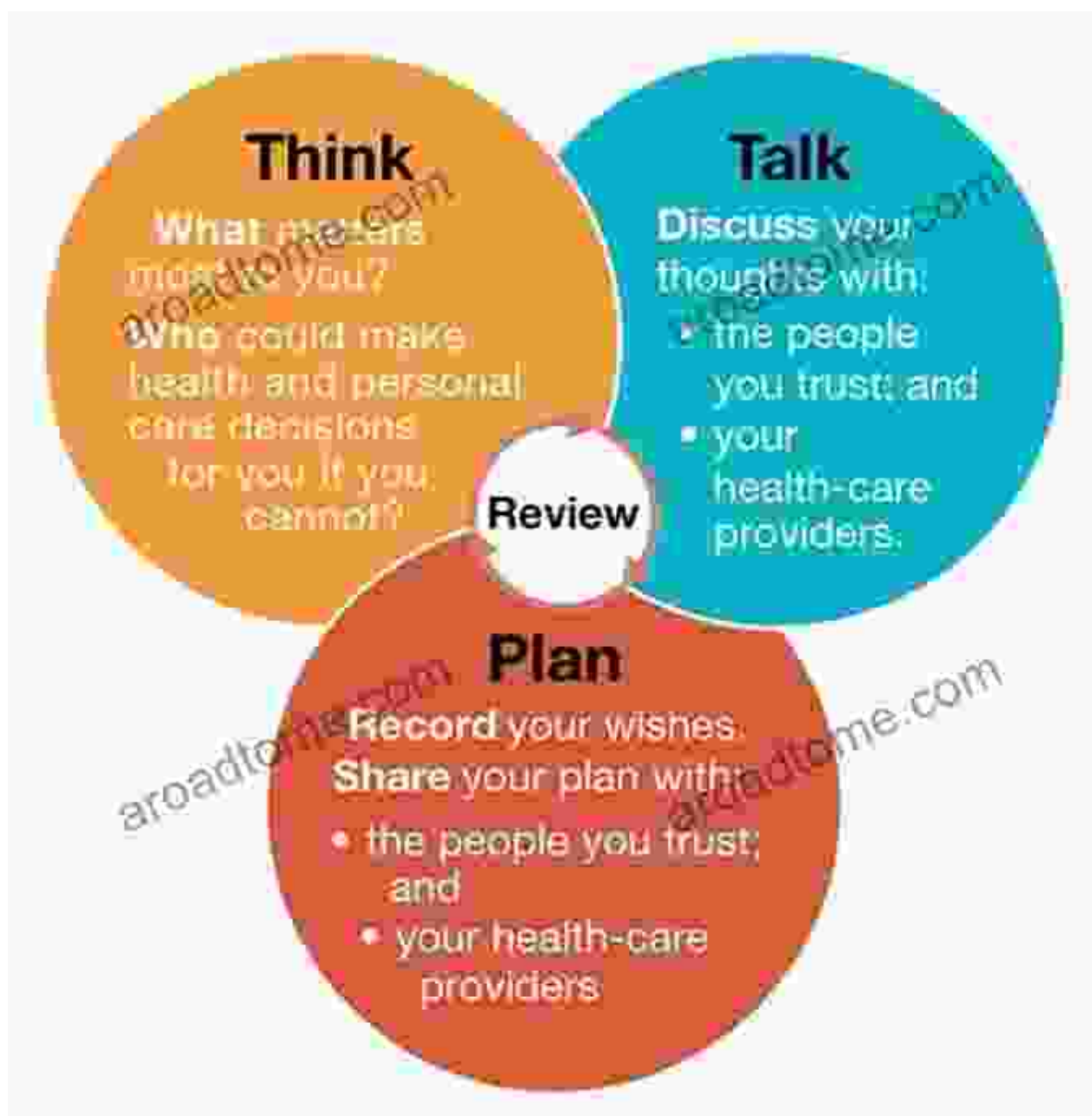
Chapter 6: Communication and End-of-Life Discussions

Effective communication is crucial in geriatric palliative care. This chapter explores the challenges and strategies for communicating about end-of-life issues with patients and families. It provides guidance on initiating and conducting sensitive conversations, addressing cultural and religious considerations, and supporting patients and families through decision-making.



Chapter 7: Advance Care Planning

Advance care planning allows individuals to express their wishes and preferences for end-of-life care. This chapter describes the importance of advance care planning and provides a step-by-step guide to facilitate conversations and document patient preferences. It discusses the legal and ethical considerations associated with advance care planning and its role in ensuring patient autonomy.



Chapter 8: Care for the Dying

The final stage of life requires specialized care to ensure comfort and dignity. This chapter provides guidance on providing care for the dying, including symptom management, spiritual and emotional support, and bereavement care for families. It explores the ethical considerations and

challenges associated with end-of-life care, offering practical tips for healthcare professionals.



Chapter 9: Interdisciplinary Collaboration and Team-Based Care

Geriatric palliative care is a team-based approach that requires collaboration among multiple healthcare professionals. This chapter highlights the roles of physicians, nurses, social workers, spiritual care providers, and other members of the interdisciplinary team. It provides strategies for effective communication, coordination of care, and conflict resolution within the team.

Models of Care: A Geriatric Palliative Care Team



Chapter 10: Education, Training, and Research

Continuous education and training are essential for healthcare professionals involved in geriatric palliative care. This chapter explores the current state of education and training in the field, including academic programs, continuing medical education opportunities, and certification programs. It also highlights the importance of research in advancing the knowledge and practice of geriatric palliative care.



"Geriatric Palliative Care: An Issue of Clinics in Geriatric Medicine" is an invaluable resource for healthcare professionals, students, and anyone navigating the complexities of end-of-life care. With its comprehensive coverage of essential topics, practical guidance, and ethical insights, this definitive guide empowers readers to provide compassionate and holistic care to older adults facing life-limiting illnesses. By embracing the principles of geriatric palliative care, we can ensure that every individual receives the dignity, comfort, and support they deserve at the end of their life's journey.



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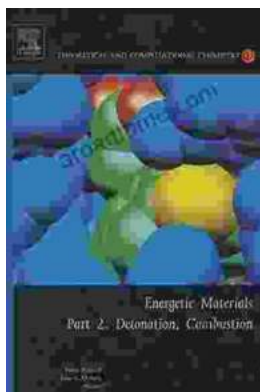
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