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Northern Health Palliative Care A Palliative Approach to Care

Studies have revealed that patients who have a palliative approach implemented early into their illness trajectory have a better quality of life, less anxiety, less depression and live longer. A Palliative Care Approach can be applied to anyone with a serious, life-limiting illness, including end-stage heart, lung, kidney disease and cancer.

Applying the Palliative Care Approach in your practice:

- 1) **Identify** patients **early**.
- 2) **Assess** their understanding of the illness, their symptoms, quality of life.
- 3) **Plan** to work with patients and families to determine goals of care, treatment plans; prepare for emergencies; discuss Advanced Care Planning.
- 4) **Manage** symptoms, psychosocial and spiritual needs; have essential discussions; refer for specialist help when needed.

A Palliative Approach to Care is not limited to the last days and weeks of life. It can be provided alongside treatments to control disease.



The aim is to improve or maintain quality of life in a holistic way. This includes physical, psychological, spiritual, and social care.