

## **PALLIATIVE CARE**

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Object of the article – palliative care in the modern world, theme – achievement the best quality of life for patients with serious illness, material for comprehension – the goal of palliative care is to prevent and relieve symptoms of illness so the patient can get on with his or her daily life.

What is palliative care? Palliative care is specialized form of medicine that aims to enhance the quality of life of patients and their families who are faced with serious illness.

Say“palliative care” and most people imagine incurable patients being made comfortable in an end-of-life hospice setting.

But palliative care is actually a new medical specialty that has emerged in the last decade – and it’s not the same as hospice. It doesn’t serve only the dying. Instead, it focuses more broadly on improving comfort to people of all ages with serious, chronic, and life-threatening illness.

Typically, a palliative care team includes a physician, nurse, and social worker but it often involves a chaplain, psychologist or psychiatrist, physical or occupational therapist, dietitian, and others, depending on the patient’s need.

Palliative care doesn’t signal that a person has given up hope for a recovery. If cure of a life-threatening disease proves elusive, palliative care can improve the quality of patients’ lives. And when death draws near, palliative care can segue into hospice care.

Does palliative care improve quality of life? When it comes to quality of life, each patient has his or her own vision. Each suffering is unique. Each individual is unique, and each family and the dynamics are unique. For some people, the goal or value might be to live as long as possible – no matter what the quality.

There is no generalization and that’s the key. Palliative care is genuinely patient-centered, meaning: the team asks the patients what’s important to them and what their major priorities are. Based on what the patients or the family tell, the team then develops a care plan and a strategy that meets the patient’s goal and values.

Conclusion – palliative care encompasses the whole self, caring for the physical, emotional, and spiritual needs of patients and their families. It provides relief from pain and other symptoms of illness, but also provides comfort and maintains the highest possible quality of life for both patients with serious illness and incurable patients as long as it is necessary.