



## **REVIEW: Various Approaches To Ease Cancer suffering Through Palliative Care.**

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### Abstract:

When there is a disturbance occurs in the normal cell control mechanism then there may be the chances of the development of cancer. Cancer is a broad term in which there are uncontrolled cell division and growth of a body cell Occurs. In the last stage or an end-stage of cancer there are fewer chances of complete recovery or recovery may not be possible. In that condition, the patient and their family suffer from various conditions which may be physical, psychological, economical and social conditions.

In such a situation the patient and their family need moral support and proper guidance about disease and problems associated with it to improve patients' quality of life. This kind of support and proper guidance is provided under the palliative care by various health care experts.

This review aim to detailed information on various approaches performed under palliative care to ease the suffering of cancer patient.

**Keywords:** Cancer, Palliative care, Quality of life, End stage cancer.

### Introduction:

Cancer is a broad term in which there are uncontrolled cell division and growth of a body cell Occurs. Cancer can develop in any part of the body. When there is a disturbance occurs in the normal cell control mechanism then there may be the chances of the development of cancer. In a normal cell control mechanism, the old cell dies and the new cell develops when this mechanism disturbs the old cell do not die but the production of a new cell continues.

The present data says that worldwide cancer is the second leading reason behind the deaths, which says from the estimated data that about 9.6 million death occurs worldwide in 2018 are due to cancer. This is equal to the 1 death from 6 deaths is due to cancer and this count is still rising.

When cancer goes in the last stage or an end-stage there are fewer chances of complete recovery or recovery may not be possible. In that condition, the patient and their family suffer from various conditions which may be physical, psychological, economical and social conditions.

In such a situation the patient and their family need moral support and proper guidance about disease and problems associated with it to improve patients' quality of life and decrease the severity of symptoms and progression of a disease condition.

This type of support and symptoms management is performed in palliative care.

### What is Palliative care?

Palliative care is multisectoral care that gives support for the physical, emotional, psychological agonizes of patients and their families with any advanced illness, regardless of age, diagnosis, or life expectancy.

Who provides Palliative care?

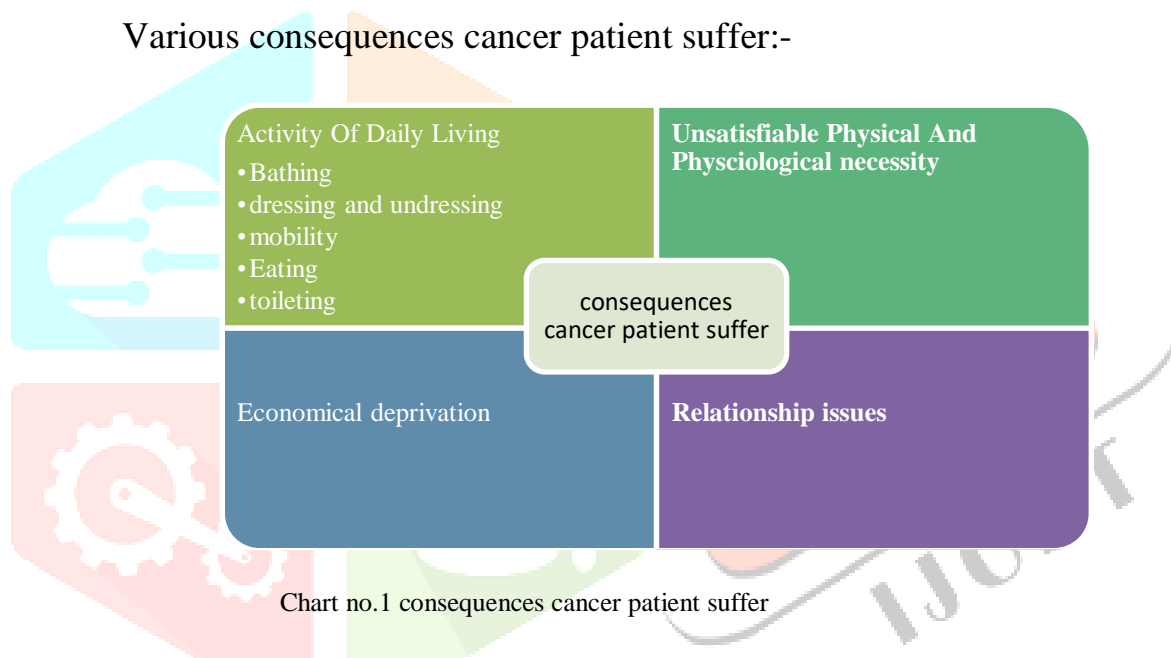
As palliative care focuses on providing patient and their families with emotional, social, physical and spiritual support a number of healthcare professionals involved like oncologist, palliative medicine physician, nurses and advanced practice nurses, social workers, pain specialist, chaplain, dietitian, Physical and occupational therapists, volunteers.

What includes in palliative care?

Palliative care is specially provided by various organized health services which may include proper education about the present disease condition and severity. This also helps in clearing the doubts of the patient and their families associated with a terminal illness. In palliative care, we can discuss various treatment alternatives which may benefit the patient. These treatment alternatives safeguard the patient and family from economical deprivation. It also discusses various Palliative care begins after the diagnosis of disease condition occurs this care is given in hospital and home also. Palliative care effectively helps a patient in meal planning and daily schedule. Palliative care also guides how a sufferer can live positively with the illness.

Palliative caregivers are professionals which have a piece of adequate knowledge about the critical medical needs, mental and social needs of this population.

Various consequences cancer patient suffer:-



Cancer patient of the terminal illness faces various consequences which are as above in that

➤ Daily living activity is affected :

- Bathing problem :- that is the patient is unable to clean and groom on their own  
Personal hygiene in that dental care, nail cut
- Dressing & undressing problem:- difficulties occurs during wearing of cloth or at time of remove it
- Mobility problem :- it's hard to patient to move on their own
- Eating:- patient have difficulty to feed oneself
- Toileting :- continence problem(ability to control bowel and bladder function)

▪ Approaches to improve Daily living activity:

- ✓ Use of a food that is easy to chew or which is soft and also easy to swallow.
- ✓ Take training and improve a mobility skill day by day which helps in toileting.
- ✓ The baggy cloth or loose clothing pattern helps to remove and wear cloths.<sup>1</sup>

➤ Unsatisfiable physical and physiological necessity: -

Thinking of patient and family changes after cancer diagnosis. They may suffer from anxiety and depressions. The patient and relatives may suffer from distress due to a fear that there is a reoccurrence of a condition or a worsening of a present condition. Patient may also suffer from a social problem because he is unable to do the work of fulfill other perspective social roles. They are always worried about their plans due to unable to fix it, also worried of development of secondary cancer. They are always in misconception about their role in family because they are unable to do something. The suffering of a physiological stress varies according to some conditions like type and stage of a cancer, severity of a cancer and other variability's. many studies are also proved that these symptoms sometimes may also relates the post-traumatic stress disorder(PTSD) due to this condition patient makes willing for death, guilt occurs and anger.<sup>2</sup>

Sometimes patient still may not have any clinical condition but the fear and stress may present because of their thinking that something going to bad happen to them.<sup>3</sup>

▪ Approaches to overcome physiological necessity:-

These services mainly provided by psychiatrists, psychologists, social workers, licensed counselors.

- ✓ It includes counseling of patient and family about condition also educate them and answering their doubts regarding condition. It also helps to minimize the fear between them.
- ✓ Give the information about the various services which beneficial to them. It helps them for future plan and also helps them to minimize financial loss.
- ✓ Support group also beneficial in that they bring the people together with same condition to discuss about how they coped or deal with certain condition. And help to deal with day to day family issues and money concern<sup>4</sup>
- ✓ Training in relaxation, stress management and meditation these things helps the patient to look positive towards life and minimizing the negative thoughts.

➤ Economical Deprivation:-

Financial toxicity is commonly used term now a days in related to the Cancer treatment. The prices of the cancer treatment drug are so much high day by day financial burden on patient and on patient family is uprising. For middle class people who are sufferer of an chronic stage of an cancer there are chances that they can thrown into the poverty because of the high cost of the treatment for cancer.

The health outcomes mainly depend upon the socioeconomic condition of an sufferer which also depend on various variables like income, employment, housing and family structure<sup>5</sup>. The cancer patient from more socio-economically dispossessed background are known to be less likely to access home care services providing hospice care at home and less likely to die at home<sup>6</sup> A recent study of 600 patients with stage 4 malignancy in Singapore revealed that patients with greater financial difficulties also reported worse physical, psychological, social and spiritual outcomes.<sup>7</sup>

▪ Approaches to overcome economical deprivation:

✓ Insurance:

Having quality insurance was related to minimizing burdensome out-of-pocket costs, and people with rock bottom economic burden believed it had been because that they had "good insurance." Patients incur substantial out-of-pocket costs and may not know whether such costs might be covered by insurance. Although patients consistently suggested expanding what insurers cover, shifting costs back onto insurers might not be enough to scale back the economic burden, especially if third-party payers find other ways to pass costs back to patients. this might happen

through increased premiums, deductibles, co-insurance, cost-sharing, or tiering medication, as has been through with oral anti-cancer medications<sup>8</sup>

✓ Supportive care and assistance:

States that have respite care provider services might expand their services to incorporate home lookout of those patients who recently completed cancer treatment. This expansion could offer furthermore help with household chores and childcare. Existing transportation infrastructure (eg, community-based ride-sharing programs) designed for those with disabilities or illnesses are often leveraged to expand transport services for cancer-related medical visits<sup>9</sup>

✓ Financial assistance:

Financial navigation has been formerly suggested by health care providers, and our current results suggest that patients would support the role of a financial navigator. Recent pilot interventions with short period financial navigators have suggested that navigation programs can substantially reduce anxiety about costs, although self-reported financial burden didn't substantially change. Without lowering financial burden, making individual patients conscious of the prices still puts a premium on health and should exacerbate disparities, because those with the best resources are going to be ready to afford better health services<sup>10</sup>

➤ Relationship issues:

Cancer put big impact on married life and long-term relationship. It affects by both positively and negatively it varies in-between couple to couple either they face the condition together which helps them to strengthen their relationship. Or in other side couples suffers from the anxiety, depression, anger, or even hopelessness and stress of cancer which may create new problems and worsen the existing problems.

The end stage cancer can often change the role towards the family if the person in charge or caregiver is a sufferer it can struggle to maintain the position as other family member are depend on him

▪ Approaches to overcome relationship issues:

- ✓ Maintain hope in patient along with family members. As family suffers from the trajectory their hope on cure, treatment, comfort also changes as time passes. So by offering them hope that everything will be done to ensure patients comfort.
- ✓ Provide information about patient's condition in straightforward term so they may prepare for the condition and it may get little help to them with their suffering.
- ✓ Involve family in patient care- their participation in patient physical care will better help them to cope up with bereavement.

Conclusion:

At the end stage of cancer suffering of patient and their families is at the peak but through the palliative care we can provide them support and guide them about various approaches to minimize consequences. And this review article focuses on common consequences which are facing by cancer sufferer and various approaches to minimize it.

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