



Team: Cancer Worries

Title: Palliative Care

By: Aditi Shah, Lakshaa Nagarajan, Nandini
Rathi, and Srishti Gunda

Elon Elementary School
Marvin Elementary School

***Corresponding author:
Dr. Lopamudra Das Roy
Questions, please reach out:
lopa@breastcancerhub.org***

Background: Palliative care is the helping or service of comfort of cancer patients and fulfilling their needs. There are many names for palliative care such as comfort care and supportive care.

Aim : Our aim is to spread awareness about palliative care.

Method : We have used multiple reliable sites for the research like Pubmed, Cancer.gov site and Palliative care nurse.

Discussion: Our main observation from the research is Palliative care is the universal resource used worldwide for Cancer Patients. Palliative care improves the quality of life for patients with a life-threatening illness and for their families

Conclusion: Palliative care is comforting people during illness and improving their quality of emotion. It also gives moral support.

Introduction

Hi, we are the Cancer Worries !!! Cancer is a dreadful disease that can occur. We are trying to help people with cancer by talking about palliative care. We will give ways for you to help cancer patients. Our topic is palliative care.



A brief understanding of palliative care

Palliative care is the helping of cancer patients and fulfilling their needs. There are many names for palliative care such as comfort care and supportive care.

Palliative care is useful to people who have serious illnesses or diseases. *

Palliative care v/s. Hospice

Palliative Care is a treatment that is used to relieve pain, stress, and overwhelming from the patient that has cancer.

Some examples of palliative care is comfort which is called comfort care. For example giving a warm blanket to someone. There is much more to palliative care than just giving a blanket.

Palliative Care is about having a heart to help. An example is comforting the person who has cancer.

Hospice is a service just like palliative care that is given to a cancer patient that is living the last months of their life.

Hospice is given to the patient to relieve their stresses and pain.

A hospice specialist talks their patient through to make them feel better how they peaceful and be able to control how they feel about having cancer.

Who gives palliative care?

There are a lot of people who have or, need help when having cancer, the care given to these people is called palliative care.

Palliative care is provided by a team of doctors, nurses and other specially trained people. They work with you and your family and your other doctors to provide an extra layer of support that complements your ongoing care. This care is not just for people with cancer, Palliative care can be given to patients with other serious and life threatening illness! . It can help people of all ages to feel better. People give pallive care to calm the patients who have cancer and make sure to not stress them out.

Why is palliative care helpful?

Palliative care is useful because it helps calm patients. It makes them feel safe . Palliative care is helpful because it also does not stress the cancer patient out. That is why this type of care is helpful for people. Palliative care makes the cancer patient understand that it is ok and they will be fine later. IT makes them not be afraid to say that they have cancer . Palliative care also makes sure to relieve, pain, stress, and the feeling of overwhelming.



How long can you be in palliative care?

It matters about how bad your disease is and whether or not that it can be cured. Hospice care is a kind of palliative care this care matters about how long you can be alive, for example Hospice care is for people who are likely going to live 6 months or less. Hospice care is always palliative care, but not all palliative care is Hospice care. Anyone can have palliative care. Even if you have just started your cancer treatment you can have palliative care. Hospice is meant only for the people who have a poor treatment of cancer.

www.virtualhospice.ca › [Home](#) › [Support](#) › [Support](#) › [Asked+and+Answered](#)

Does palliative care mean death?

End of life care includes palliative care and hospice. If you have an illness that can't be cured palliative care makes you comfortable as possible, by managing how you feel and other distressing symptoms. It also involves psychological, social and spiritual support for you and your family carers.

<https://www.webmd.com/palliative-care>

[when-is-palliative-care-appropriate](#)



What do nurses do in palliative care?

Palliative care nurses must often strike the balance of alleviating the symptoms and pain of their patients without over-sedating them. .. They also provide important emotional support to the patient and their family, and often educate those involved regarding new ways to manage symptoms.

<https://www.registerednursing.org> › specialty › palliative-care-nurse



Can palliative care be reversed ?

Palliative care is a whole-person care relieves symptoms of a disease or disorder, whether or not it can be cured. Palliative care can be reversed but it just depends on your disease like for example if it is cancer or measles there is a less percent chance that it is going to be cured, palliative care is just a care for people who have a disease that can't or can be cured it also includes the help of family.



An important announcement about Palliative Care

Palliative care is a type of special care for people who have cancer and are in pain, stress, and overwhelmed by cancer issues that have hard times coping with it.

Some examples of palliative care include comforting and helping patients that have cancer. Palliative care is all about focusing on the needs of a patient and helping them feel better.





Why palliative care

Palliative care is useful in many ways.

When given palliative care the patient's stress levels go down. Palliative care is meant to help the patient to feel little to no stress and know that they will be fine.



Examples of Palliative Care

Now that we have covered what palliative care is and why we recommend palliative care. We still haven't covered some examples of palliative care. Some examples of palliative care are pep talks about how the patient feels about having cancer. Even just a small motivation saying "you will be ok, I've got your back," can help a palliative care patient feel better. Another example of palliative care is having a heart to care. This is a very important example. If the person that gives palliative care isn't caring then the cancer patient will never feel better.

The checklist of how to be a palliative care specialist

1. **Caring heart**
 2. **Ready to help**
 3. **Nice pep talk in mind**
 4. **Smile on face**
 5. **Kind**
 6. **And know what to do**
- Read this checklist a**



** this checklist was made to make sure that you know what you need to have in order to be a good palliative care specialist*

About the authors

Nandini - Hi I am 10 and I want to learn more about cancer. When I started to do this project I was super excited and thought it would be a good experience and I liked the project and learned tons . I hoped that You learned a lot and thought that you would love this advice on palliative care.

Aditi: Hello, my name is Aditi and I am 10 years old. I am very privileged to be part of this project. I enjoyed researching about this topic and learn many new facts and the true conditions of the people suffering from cancer and about how important is the role and work of caretakers.

Lakshaa - Hi,I am 10 year old and i am always interested in learning about new phase.When my parents told me about the project it sounded intersecting .I am glad that I was part of this project, I learned so much about how people with cancer are comforted , Thank you.

Srishti - Hi I am Srishti. I am 10 years old. I wanted to learn more about cancer,that is why I am doing this project. When my mom told me I said yes and I am glad I did because we enjoyed it a lot and it was fun. This project took a lot of effort so I hoped you enjoy this interesting project .
Gracias (thank you)