

Presenter: Ximena Arias

Session & Time: E-Poster

Room/Time: GUZ 113 & 114 / 3:30-4:30

Discipline: Nursing

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Digital Portfolio URL: https://sites.google.com/view/ximena-arias-/home

Title: Palliative Care Abstract

Abstract:

The purpose of this poster is to emphasize the importance of palliative care in improving the quality of life for those who are living with serious, chronic, and life threatening illnesses. Palliative care focuses on relieving symptoms, reducing suffering, and providing support to both the patient and their families through the process. This is different from regular care that focuses only on curing disease, instead palliative care addresses the physical, emotions, psychological, social, and also spiritual needs of the individual while helping them maintain dignity and most importantly comfort. This concept is an important part of nursing practice as nurses often play a key role in advocating for patients, managing symptoms, and providing compassionate care during difficult stages of illnesses. Palliative care is very closely connected to many organizations because it aims to ensure quality of life and also promotes well being for people of all ages. Access to quality palliative can really improve patient outcomes by managing pain, support their

mental health, and also help families make informed decisions about treatment and goals. As the population continues to age globally and more individuals with chronic diseases, the need for accessible and effective palliation care is very important but palliation care likely continues to grow. Nurses are very important and essential in helping move on from what the patient is dealing with and are providing education and advocacy for all of the patients in need. Some of the key recommendations to keep on improving patients outcomes include increasing awareness of what palliative care is and promoting early integration of palliative care in treatment plans. Nurses can also be able to educate patients about symptom management, coping strategies, and available resources that support quality of life and help the patient during hard times. By strengthening the access to palliative care and emphasizing compassion, patient centers care, healthcare professionals can help improve well being and also provide meaningful support for patients and their families during serious illness.