



The Palliative Care Toolkit for Resource Limited Health Settings

The importance of resources for
community based palliative care

Ruth Wooldridge OBE RGN

You can do palliative care in any setting



How do we extend training, palliative care skills and care to the population who live in this environment?





Why is palliative care essential?

To give skilled care & support for all facing advanced & incurable illnesses.

Benefits for:

For the patient

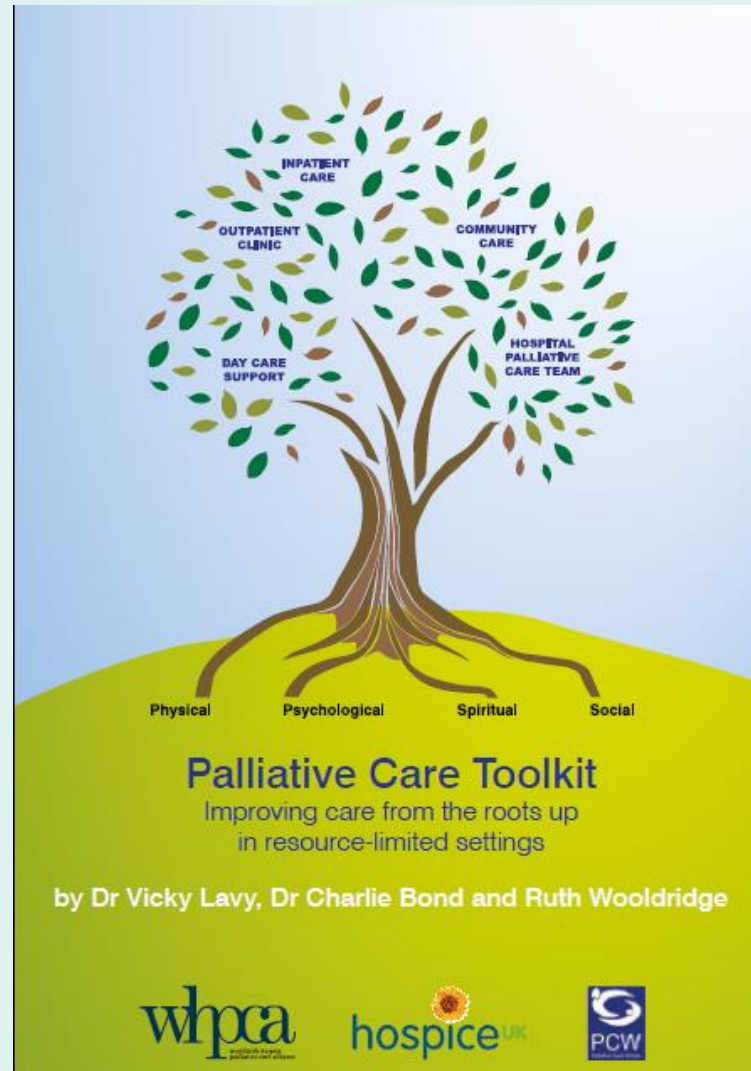
For the family

For the health professionals

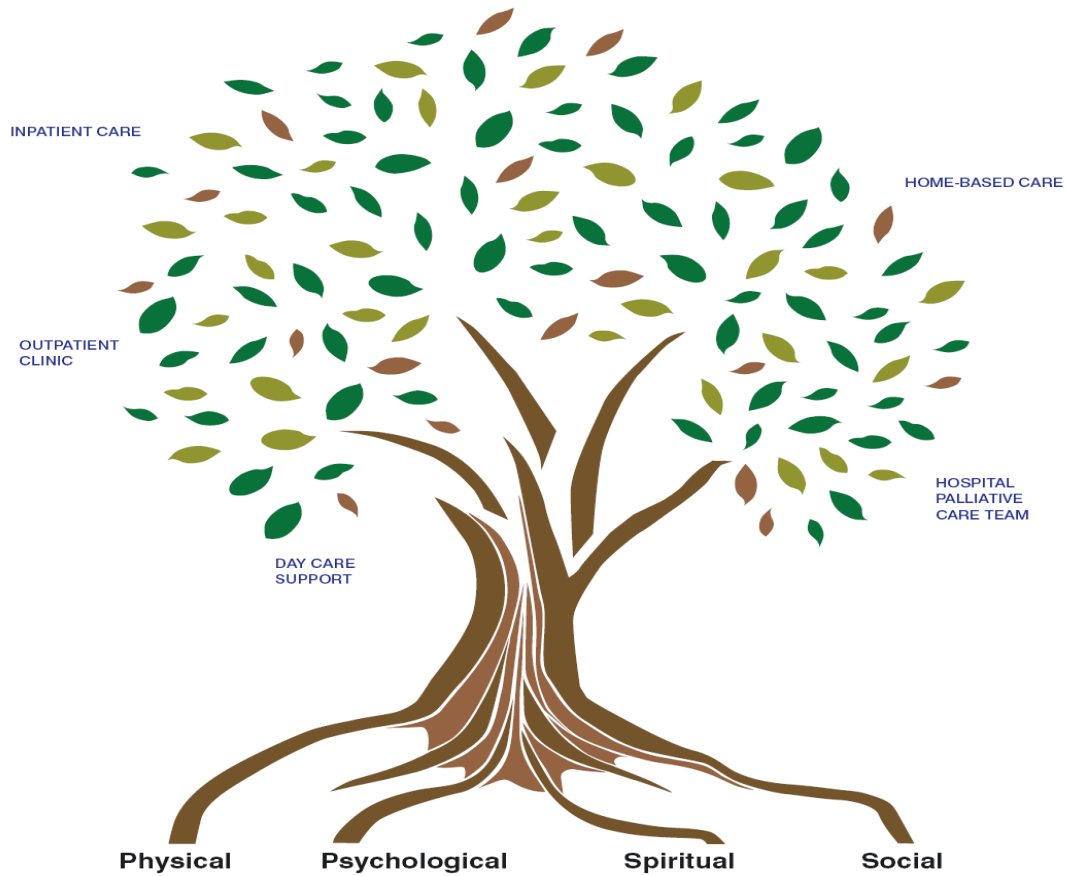
For the government & health ministry

To ensure essential PC drugs are available

The Palliative Care Toolkit



Growing a model of care from available resources



PHYSICAL	PSYCHOLOGICAL	SPIRITUAL	SOCIAL
PATIENT CARE Health centre Local hospital Private clinics Traditional healers NGOs doing healthcare Art clinic	COUNSELLING Social worker Trained volunteer HIV counsellor Patient advocates – others with the same illness	INDIVIDUALS Local religious leaders Volunteers from faith communities Social workers Family members	Non-governmental organisations Faith-based organisations Food supply work Orphans and vulnerable children groups Income generation schemes Small loan schemes
DRUG SUPPLY Hospital pharmacy Local pharmacy shops	SUPPORT GROUPS PLHIV group Women's group Youth organisations	GROUPS Faith community eg church, mosque, temple, synagogue Women's groups Hospital visiting team Children's groups	INDIVIDUAL PROFESSIONALS Social worker Legal advisor, for making wills
ADVICE AND SUPPORT Local doctor/nurse/clinician Local physiotherapist National palliative care association	SUPPORT AT HOME HBC volunteers Family members		INVOLVING OTHERS Community leaders Local schools and colleges Community groups



A Toolkit for Everyone

'There is always something you can do'

Chapters on:

What is palliative care, you can do palliative care in your setting, working as a team...

Addresses difficult issues:

- Pain relief,
- Symptom control,
- Breaking bad news,
- Spiritual issues,
- Children's and family needs
- Advocacy

Essential TOOLS all prepared for you



- Patient assessment chart
- Pain assessment chart
- HBC record charts
- Drug charts
- Referral form
- Essential drugs lists for adults and paediatrics
- Posters and leaflets for advocacy

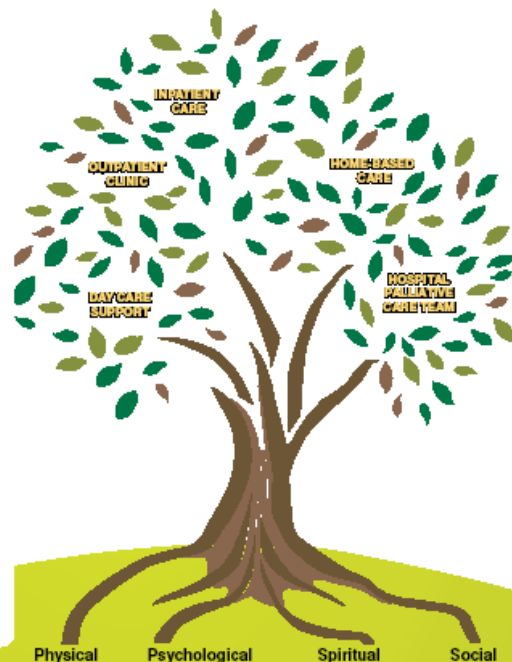
Palliative care

...is care for people with illnesses that cannot be cured.

Improving quality of life for those with advanced disease

...by helping with:

- Pain and other physical symptoms
- Psychological and spiritual distress
- Social problems.



There is no need for people to live with pain

Palliative care can help people with a variety of illnesses and can be practised in different settings: in hospital, clinics and at home

Adding life to days, not just days to life

controlling pain

sharing problems

relieving suffering

giving support



How can we develop community-based palliative care?

Training

Sharing skills

Cascading training

Linking with health centres and hospital

Find a champion to take this forward.

Diploma in palliative care

Palliative care is about

“Putting life into their days
and not just days into their life”

Thank you