Palliative Care

Quality of life
WHAT IS PALLIATIVE CARE?
Quality of life
PATIENT’S PREFERENCES
ROLES OF THE CAREGIVER
EMPATHY
RISK TO THE SKIN

- Sitting
- Ankle
- Knee
- Hip
- Shoulder
- Ear
- Elbow
- Back of the head

- On the back
- Heel
- Sacrum
- Elbow
- Shoulder
- Back of the head

- On the side
- Ankle
- Knee
- Hip
- Shoulder
- Ear

- Sitting
- Back
- Buttocks
- Foot sole
- Heel
STAGES OF BEDSORES

Stage 1
- Reddening of the skin.

Stage 2
- Partially damaged dermis.

Stage 3
- Completely damaged dermis. Subcutaneous fat may be visible.

Stage 4
- Completely damaged dermis. Wound sores to muscle, tendon or bone.
CARE OF THE SKIN
PATIENT MOVEMENT USING THE SHEET
MOVING THE PATIENT FROM BED TO CHAIR

1. Lifting the patient from the bed
2. Guiding the patient to the chair
3. Adjusting the patient's position
4. Assist the patient into the wheelchair
5. Secure the patient in the wheelchair
6. Place the patient in a comfortable position
EXERCISES FOR THE BEDRIDDEN PATIENT
FOODS WITH FIBER

- Cereal
- Whole wheat bread
- Pears
- Strawberry
- Peach
- Lentils
- Manzanilla
- Potato
- Tomato
- Guindones
- Almonds
- Fig
FOODS WITH PROTEIN

- PESCADO
- FOLLO
- CARNE
- HABAS
- SOYA
- QUINUA
- FRUJES
- GARANZO
- BROCOLI
- ALCACHOF
- ESPINACA

LECHE
HUEVOS
YOGURT
QUEJO
HOW TO MANAGE FATIGUE (ASTHENIA)
HOW TO MANAGE CONSTIPATION
MANAGING RESPIRATORY DISTRESS (DYSPNEA)
HOW TO MANAGE NAUSEA AND VOMITING
HOW TO HANDLE LACK OF APPETITE
HOW TO MANAGE SWELLING (EDEMA)
CARE OF THE ORAL CAVITY
PAIN MANAGEMENT STRATEGIES
ACCOMPANYING THE PATIENT
Morphine

**MYTHS**

- Morphine produces addiction in the pain patient.
- Morphine is used when the patient is dying.

**FACTS**

- Morphine relieves cancer pain.
- Morphine can be used at any stage of the disease.
PAIN MANAGEMENT

PAIN

[Image of various medical supplies including bottles labeled Morfina, Paracetamol, Ibuprofeno, Oxicaina, and a syringe.

PARCHES]
ACCOMPANIMENT DURING THE LAST HOURS
RESPECTING THE WISHES OF THE LOVED ONE

My wishes are:
- Dying in my home
- No tubes to be placed in my body
- Be with my family
- I want to be dressed in these clothes