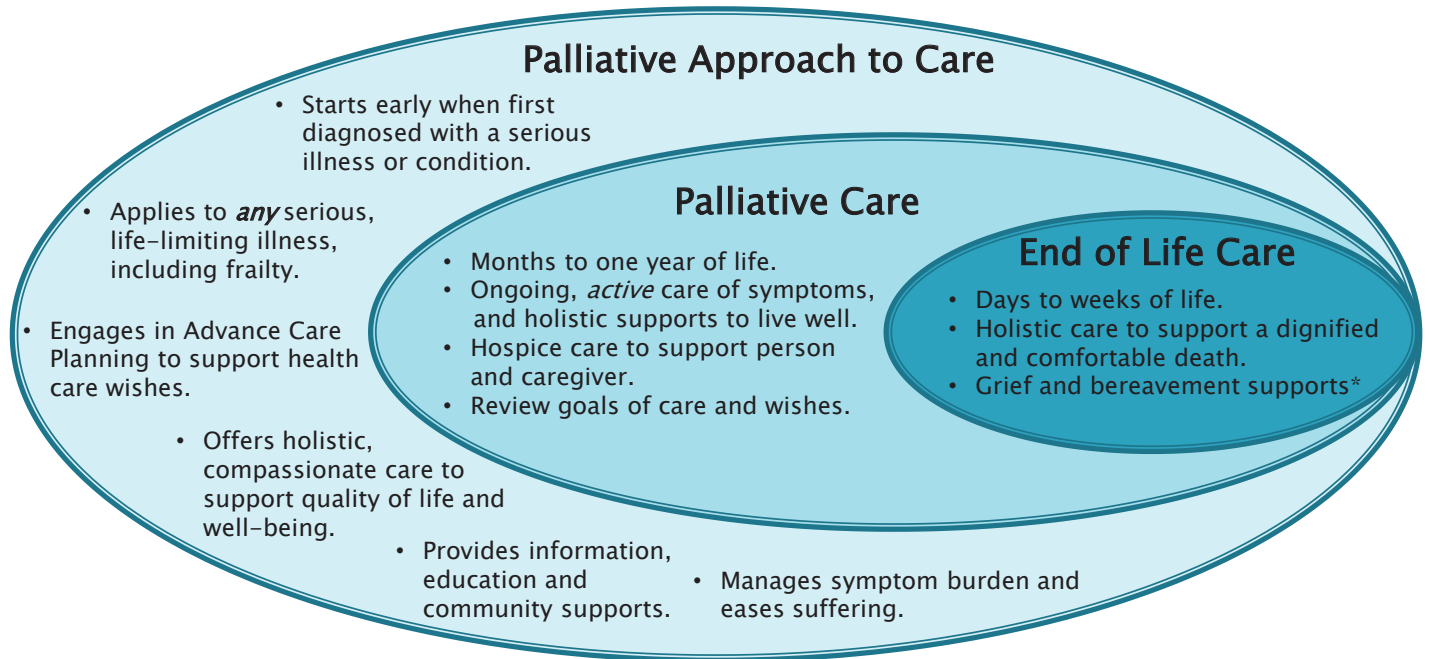


Palliative Approach to Care

Understanding the Palliative Approach to Care Journey



*can be initiated at any time along the journey.

Interior Health January 2025
Adapted from BC Palliative Centre for Excellence (2013)

A palliative approach to care is best started early when a person is living with a life-limiting, cancer or non-cancer illness. It offers opportunities for recurring, meaningful quality of life conversations while a person is receiving ongoing health care, including treatment aimed at a cure. A palliative approach to care supports a person’s overall well-being and addresses the nature of the life-limiting illness and associated psychological, physical, emotional and spiritual needs over time. A palliative approach to care can be provided months and years in advance of end of life care.

more information on other side →

<p>Call 8-1-1 Healthlink BC www.healthlinkbc.ca</p>	Nurse	24 hours a day	Daily	<p>Call 8-1-1 to speak with a nurse, ask a dietitian about nutrition, or a pharmacist about your medication.</p>
	Dietitian	9 a.m. – 5 p.m.	Mon – Fri	
	Pharmacist	5 p.m. – 9 a.m.	Daily	
	Hearing Impaired	Call 7-1-1		

Palliative Approach to Care *(continued)*

What is a Palliative Approach?

A Palliative Approach is holistic, compassionate care that supports a person's overall well-being when living with a serious illness. Holistic care is about caring for the whole person, including their family, and addresses physical, mental, emotional, social, spiritual and cultural needs.

It starts with understanding what matters to you, and what your health care providers need to know about you to give you the best care possible.

A Palliative Approach focuses on the relief of suffering and improving quality of life.

It is *active* care. It is not about withdrawing care, giving up or losing hope.

Myth: *There is a belief that the word 'Palliative' means death and dying, or end of life.*

Fact: *Palliative care means to wrap care around the person to help manage symptoms (physical and non-physical) and relieve suffering caused by a disease or condition.*

When can a Palliative Approach begin?

A Palliative Approach can begin at any point in a person's serious illness journey. It is best started early and should be provided when first diagnosed with a serious illness.

Myth: *Palliative Approach can only be provided in the last six months of life.*

Fact: *Providing a Palliative Approach to care earlier in a person's serious illness gives time for people to have meaningful conversations and make important decisions about future care and wishes.*

Who can benefit from a Palliative Approach?

Anyone living with a serious illness along with their family can receive a Palliative Approach from a team of health care providers in primary care, home health, acute care, and long-term care.

Myth: *A Palliative Approach is only for people dying of cancer.*

Fact: *A Palliative Approach can benefit persons and families living with any serious illness, e.g., lung disease, heart disease, liver disease, kidney disease, frailty, dementia, cancer, etc.*

What is involved in a Palliative Approach?

- Conversations *with* you and asking what matters most to you, to ensure you receive the care you want and your wishes are followed.
- Early, regular symptom assessments.
- Managing symptoms to relieve distress.
- Setting up home health or community supports.
- Adding services as your health care needs change over time.
- Providing information and teaching.
- Answering any questions you may have.
- Improving your quality of life.

When does a Palliative Approach to Care shift to Palliative Care?

The shift from a Palliative Approach to Care to Palliative Care occurs during the last 6 to 12 months of life and continues to be guided by the person's known wishes and priorities. Treatment focuses on preventing distress, ongoing symptom management and living as comfortably as possible towards end of life care, and planning for a peaceful, dignified and comfortable death.

To learn more visit:

<https://www.interiorhealth.ca/health-and-wellness/palliative-and-end-of-life-care/palliative-care-overview>