

PALLIATIVE CARE AND COVID-19

WHAT ARE THE KEY POINTS?



PALLIATIVE CARE IN COVID-19 IS A MULTIFACETED APPROACH TO IMPROVE QUALITY OF LIFE OF THE PATIENT AND THEIR FAMILY



FOCUS ON PREVENTION AND RELIEF OF SUFFERING, INCLUDING PHYSICAL, PSYCHOSOCIAL, AND SPIRITUAL COMPONENTS



TRY TO PROVIDE INDIVIDUALISED PLAN OF CARE EARLY AND TREAT REVERSIBLE CAUSES OF DETERIORATION

! MULTIPLE CAUSES OF BREATHLESSNESS IN COVID-19:



VIRAL INFECTION



INTERSTITIAL PNEUMONIA

WITH REDUCTION IN LUNG VOLUME



ARDS



PULMONARY EMBOLI



PSYCHOLOGICAL/ EMOTIONAL

HOW CAN THIS WORK ON THE GROUND?



CONSULTATIONS AND PRESCRIPTIONS IN END OF LIFE CAN BE DONE REMOTELY



LOWER DOSES OF MEDICATIONS OFTEN REQUIRED IN END OF LIFE IN COVID-19

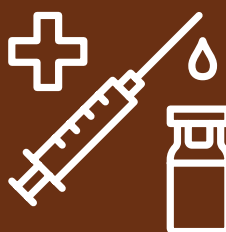


HAVING SOMEONE WITH THE PATIENT RESULTS IN MORE APPROPRIATE USE OF MEDICATIONS

OTHER CONSIDERATIONS



PSYCHO-EDUCATION: BE HONEST, AVOID FALSE REASSURANCES, DELIVER INFORMATION CALMLY, NORMALISE GRIEF



TERMINAL PATIENTS ARE LIKELY TO REQUIRE MORE PHARMACOLOGICAL INTERVENTIONS



WHEN MANAGING DELIRIUM:

- DO REMOVE TRIGGERS OF DELIRIUM •
- CONSIDER PHARMACOLOGICAL MEASURES •
- AVOID PHYSICAL RESTRAINT •

