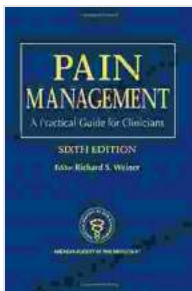


# Geriatric Palliative Care: A Comprehensive Guide for Clinicians

As the population ages, the need for specialized care for older adults with serious illnesses becomes increasingly important. Geriatric palliative care is a rapidly growing field that focuses on providing compassionate and holistic care to older adults who are facing life-limiting illnesses.

This practical guide provides clinicians with the essential knowledge and skills needed to provide high-quality geriatric palliative care. It covers a wide range of topics, including:



## Geriatric Palliative Care: A Practical Guide for Clinicians

★★★★★ 5 out of 5

Language	: English
File size	: 17129 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Print length	: 624 pages
Lending	: Enabled



\* The principles of geriatric palliative care \* The assessment and management of pain and other symptoms \* The provision of psychosocial and spiritual support \* The coordination of care across multiple settings

This guide is an invaluable resource for clinicians who are working to improve the quality of life for older adults with serious illnesses.

## **The Principles of Geriatric Palliative Care**

Geriatric palliative care is based on the following principles:

\* **Respect for autonomy:** Older adults have the right to make decisions about their own care, even if those decisions are difficult. \* **Relief of suffering:** Geriatric palliative care focuses on relieving the physical, emotional, and spiritual suffering of older adults. \* **Holistic care:** Geriatric palliative care addresses the needs of the whole person, not just the illness. \* **Interdisciplinary care:** Geriatric palliative care is provided by a team of professionals from different disciplines, including physicians, nurses, social workers, and chaplains. \* **Continuity of care:** Geriatric palliative care is provided across multiple settings, including the hospital, the home, and the nursing home.

## **The Assessment and Management of Pain and Other Symptoms**

Pain is one of the most common symptoms experienced by older adults with serious illnesses. Geriatric palliative care clinicians use a variety of methods to assess and manage pain, including:

\* **Physical examination** \* **Pain diaries** \* **Pain scales** \* **Medication** \* **Non-pharmacological interventions**

Geriatric palliative care clinicians also provide management for other symptoms common in older adults with serious illnesses, such as:

\* **Nausea and vomiting** \* **Constipation** \* **Dyspnea** \* **Anxiety** \* **Depression**

## **The Provision of Psychosocial and Spiritual Support**

Psychosocial and spiritual distress are common in older adults with serious illnesses. Geriatric palliative care clinicians provide a variety of support services to help older adults cope with these challenges, including:

**\* Counseling\* Social work\* Chaplaincy\* Support groups**

Geriatric palliative care clinicians also help older adults to develop advance care plans, which outline their wishes for end-of-life care. Advance care plans help to ensure that older adults receive the care they want at the end of their lives.

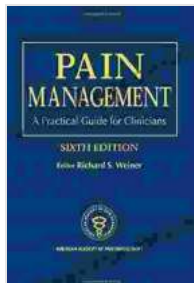
## **The Coordination of Care Across Multiple Settings**

Older adults with serious illnesses often receive care in multiple settings, such as the hospital, the home, and the nursing home. Geriatric palliative care clinicians play a key role in coordinating care across these settings. They work with other healthcare professionals to ensure that older adults receive the care they need, when they need it.

Geriatric palliative care clinicians also provide support to family caregivers. Family caregivers play a vital role in the care of older adults with serious illnesses. Geriatric palliative care clinicians provide family caregivers with education, support, and respite care.

Geriatric palliative care is a rapidly growing field that is essential to the care of older adults with serious illnesses. This practical guide provides clinicians with the essential knowledge and skills needed to provide high-quality geriatric palliative care.

If you are a clinician who is working with older adults with serious illnesses, I encourage you to read this guide. This guide will help you to provide the best possible care to your patients.



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