

Cardiac palliative care

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Palliative care is a well known entity in the care of terminally ill cancer patients. Providing similar care in other fields of medicine has not yet become a reality in the developing nations. Awareness and acceptance by the medical fraternity and the society remains the major hurdle added by the treatment dilemmas. Here we share our experience in attempting to provide palliative cardiac care in a tertiary level cardiac center.

Our interest in palliative care happened in 2010 and we acquired relevant knowledge and skills from IAPC certified training and from the policies laid by UK and USA in cardiac palliative care. Hospital was keen to develop a unit and policies for care were made. When it came to implementation the practical difficulties surfaced. What became more practical and sustainable was incorporating the policies and practices in the daily management of patients. As survival duration remains unpredictable in majority of cardiac illnesses palliative care had to be incorporated from the beginning of diagnosis and tailored to the patients needs.

Cost effective Palliative care can be provided to cardiac patients without establishing a separate unit by improving communicative skills, effective pain relief and by modifying treatment policies to suit the patient and the family.

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