

SHIFT YOUR PRACTICE...



iPANEL

INITIATIVE FOR A
PALLIATIVE APPROACH IN NURSING:
EVIDENCE & LEADERSHIP

ADAPT A PALLIATIVE APPROACH

A palliative approach takes principles of palliative care and

ADAPTS strategies to meet patient and family needs

ADOPTS them EARLY in the course of a person's life-limiting condition

EMBEDS practices into usual care in settings that do not specialize in palliative care

HOW?



ADAPT

Acknowledge the anticipated course of the illness in the plan of care, not just in the treatment

Determine and treat symptom distress alongside disease treatment

Aadjust the care plan to reflect the person's goals of care

Prepare the person and family for anticipated changes and the possibility of dying

Tailor palliative knowledge and skill to the chronic condition

WHY?

- ★ Aligns treatment decisions better with goals and wishes
- ★ Improves quality of life when preferences are known and respected
- ★ Reduces inappropriate or futile treatments
- ★ Encourages healthcare teams to "get on the same page" as the person and family
- ★ Supports communication and shared care planning among teams caring for the person
- ★ Gives team members permission to have conversations with the person and family about serious illness

Sawatzky, Porterfield, Lee, Dixon, Lounsbury, Pesut, Roberts, Tayler, Voth & Stajduhar (2016). Conceptual foundations of a palliative approach: A knowledge synthesis. *BMC Palliative Care*, 15(5). doi:10.1186/s12904-016-0076-9

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