



Palliative care in HIV/AIDS & Other Chronic Diseases For CHO/SN





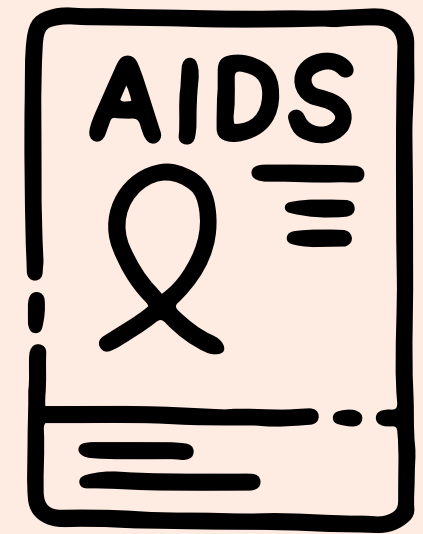
LEARNING OBJECTIVES



- To understand the need for palliative care in HIV/AIDS and other chronic diseases.
- To list the common symptoms associated with HIV/AIDS and other chronic diseases.
- To describe the scope of palliative care in HIV/AIDS and other chronic diseases.

PALLIATIVE CARE NEEDS IN HIV/AIDS AND CHRONIC DISEASES

- Several chronic diseases are associated with prolonged immobility, associated infections, pain, and comorbidities and require symptom management.
- These patients require palliative care services.
 - HIV/AIDS
 - Cancer
 - Neurological disorders (Parkinson's disease, Multiple sclerosis, Stroke)
 - Alzheimer's disease, dementia
 - Progressive systemic diseases (COPD, chronic liver and kidney disease)





SYMPTOMS IN HIV/AIDS & CHRONIC DISEASES

DISEASE
HIV/AIDS
Cancers
Stroke
Alzheimer's disease, dementia
Chronic lung disease
Chronic kidney and liver disease

Diarrhoea, fever, weight loss, nausea, dyspnoea, skin breakdown, cognitive impairment

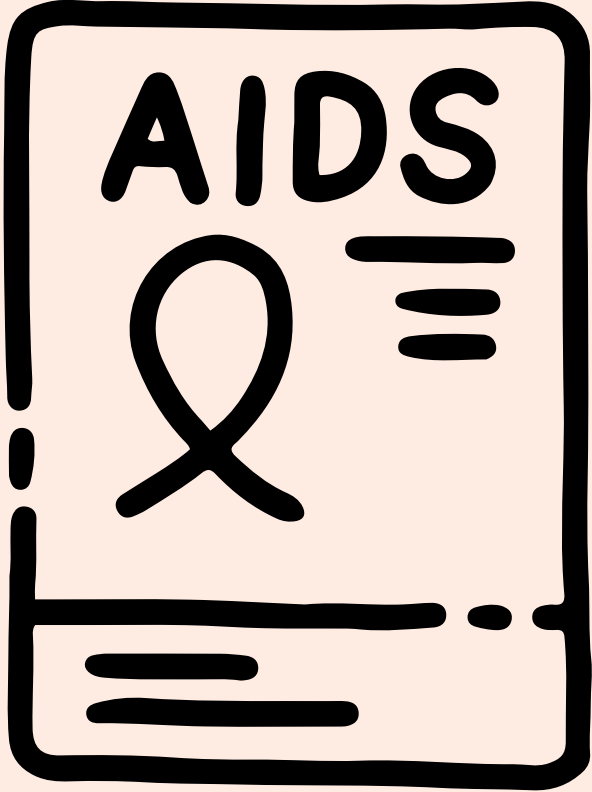
Pain, organ system dysfunction, fever, weight loss, immobility

Paralysis, impairment, immobility, disturbance in speech/ vision

Cognitive impairment, behavioral symptoms, dependence

Dyspnoea, cough, fever, weight loss

Fatigue, weight loss, nausea, vomiting, chest pain, dyspnoea, hypertension

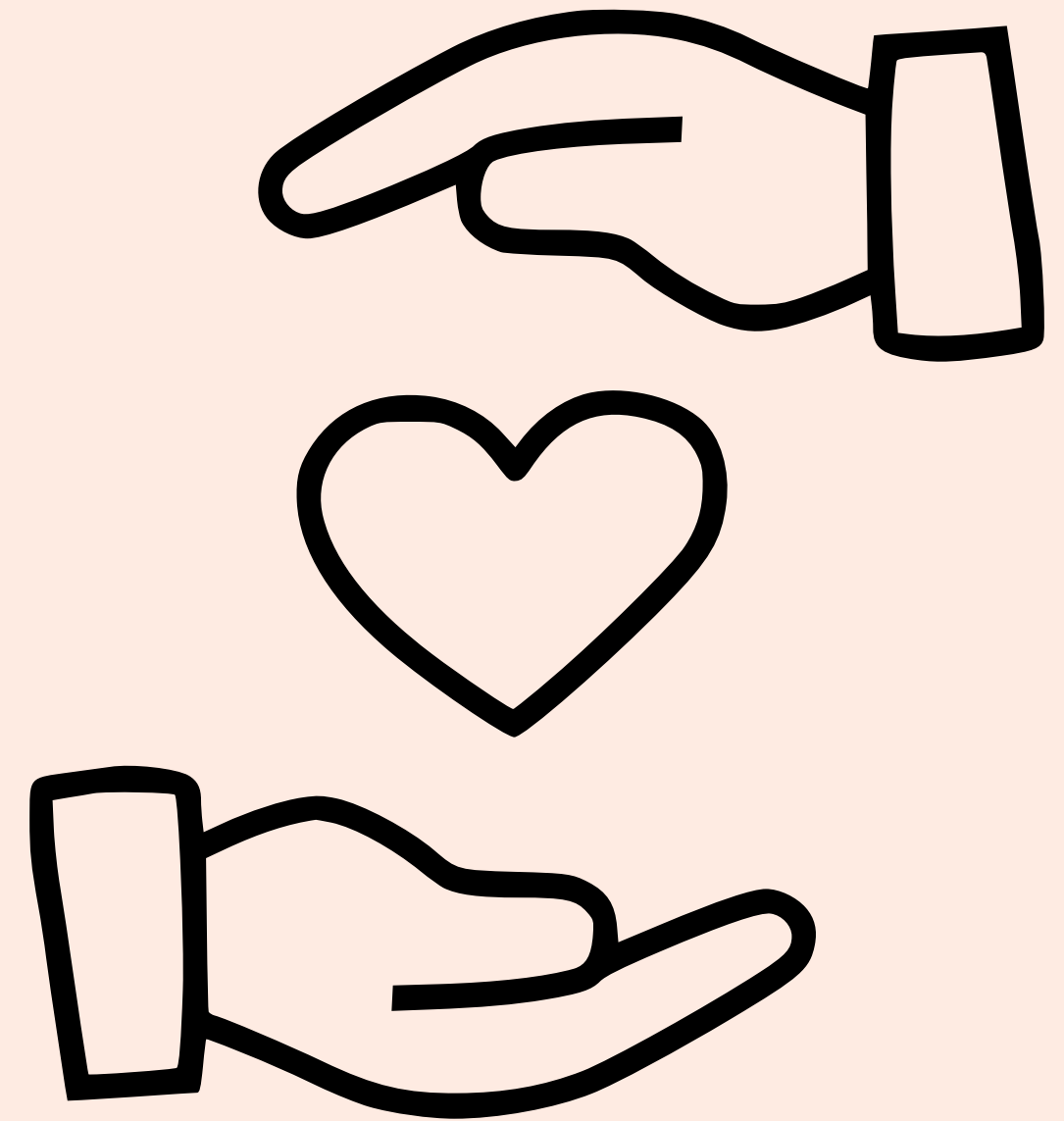




GOALS OF PALLIATIVE CARE IN HIV/AIDS AND CHRONIC DISEASES

1. To relieve symptoms and maximize the level of functioning and quality of life
2. To relieve physical discomfort
3. To provide emotional and spiritual support
4. To train the patient/ family in self-care by actively participating in the care plan
5. To provide counselling regarding healthy living
6. To aid in the acceptance of sickness and its consequences

SCOPE OF PALLIATIVE CARE IN HIV/AIDS AND CHRONIC DISEASES





SCOPE OF PALLIATIVE CARE IN HIV/AIDS AND CHRONIC DISEASES

Clinical care:

- Prevention and treatment of the disease
- Prevention and treatment of other comorbidities and Opportunistic Infections
- Alleviation of related symptoms and pain

Psychological care:

- Mental health counselling
- Diagnosis and treatment of related psychiatric illnesses, depression and related anxieties
- Support groups
- Bereavement services

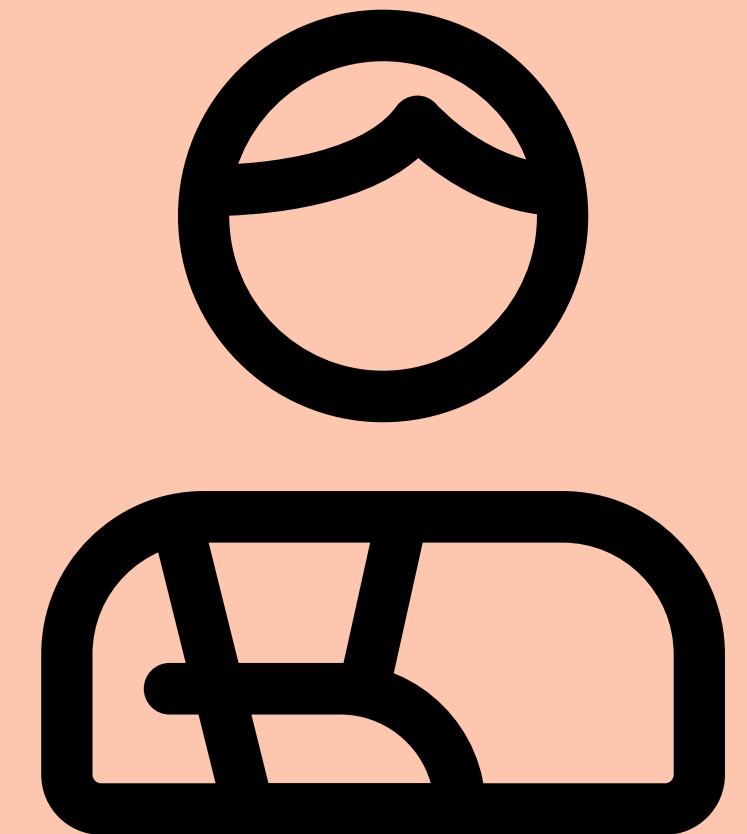
SCOPE OF PALLIATIVE CARE IN HIV/AIDS AND CHRONIC DISEASES

Spiritual care:

- Culturally sensitive services that support individuals and families through faith and rituals.

Supportive care: Assists individuals and families to link with the following services:

- Child care
- Adherence to treatment
- Food support
- Income generation
- Legal services - rights, inheritance





EXAMPLE OF PALLIATIVE CARE ISSUES IN HIV/AIDS

Opportunistic infections and co-morbidities: Hepatitis B & C, oral candidiasis, malignancies of the skin and connective tissue, infections of the brain, pneumonia, tuberculosis.

Pain in HIV/AIDS

- Due to HIV infections: pneumonia, meningitis, skin infections, oral infections, lymphadenopathy, Kaposi's sarcoma and lymphomas.
- Due to treatment: Procedures, ART causing neuropathy or myopathy, pancreatitis etc. and radiotherapy for malignancies.
- Due to debilitation: Pressure sores, constipation, musculoskeletal pain from wasting and inactivity.

Side effects of Anti Retroviral Therapy.



EXAMPLE OF PALLIATIVE CARE ISSUES IN HIV/AIDS

Psychosocial issues such as psychiatric illness, cognitive impairment and substance abuse.

Spiritual issues related to life limiting illness/ diseases largely compromising quality of life.

Supportive care:

- Counseling – regarding healthy lifestyle, good nutrition, adherence to medicines, side effects of medicines, support in Activities of Daily Living.
- Self-care activities using resources available at home.
- Child care, food support, income generation support.
- Linkage to specialist care.

Disproportionately affects marginalized populations – delayed treatment, less access.



EVALUATION



1. Name 3 chronic diseases which require palliative care.
2. Scope of palliative care in chronic diseases include ____, ____, ____ and ____ care.
3. Pain management is an integral part of palliative care in cancer patients but not PLHA. --- True/False
4. Palliative care in chronic diseases does not include management of side effects of medications. --- True/False



ANSWERS

1. Name 3 chronic diseases which require palliative care. HIV/AIDS, Cancer, Chronic lung, liver and kidney diseases, Neurological diseases, Alzheimer's
2. Scope of palliative care in chronic diseases include clinical, psychological, spiritual, and supportive care.
3. Pain management is an integral part of palliative care in cancer patients but not PLHA. --- True/**False**
4. Palliative care in chronic diseases does not include management of side effects of medications. --- True/**False**



Thank You

