

**“Keep me comfort at home” –  
palliative care nursing support in the  
community**

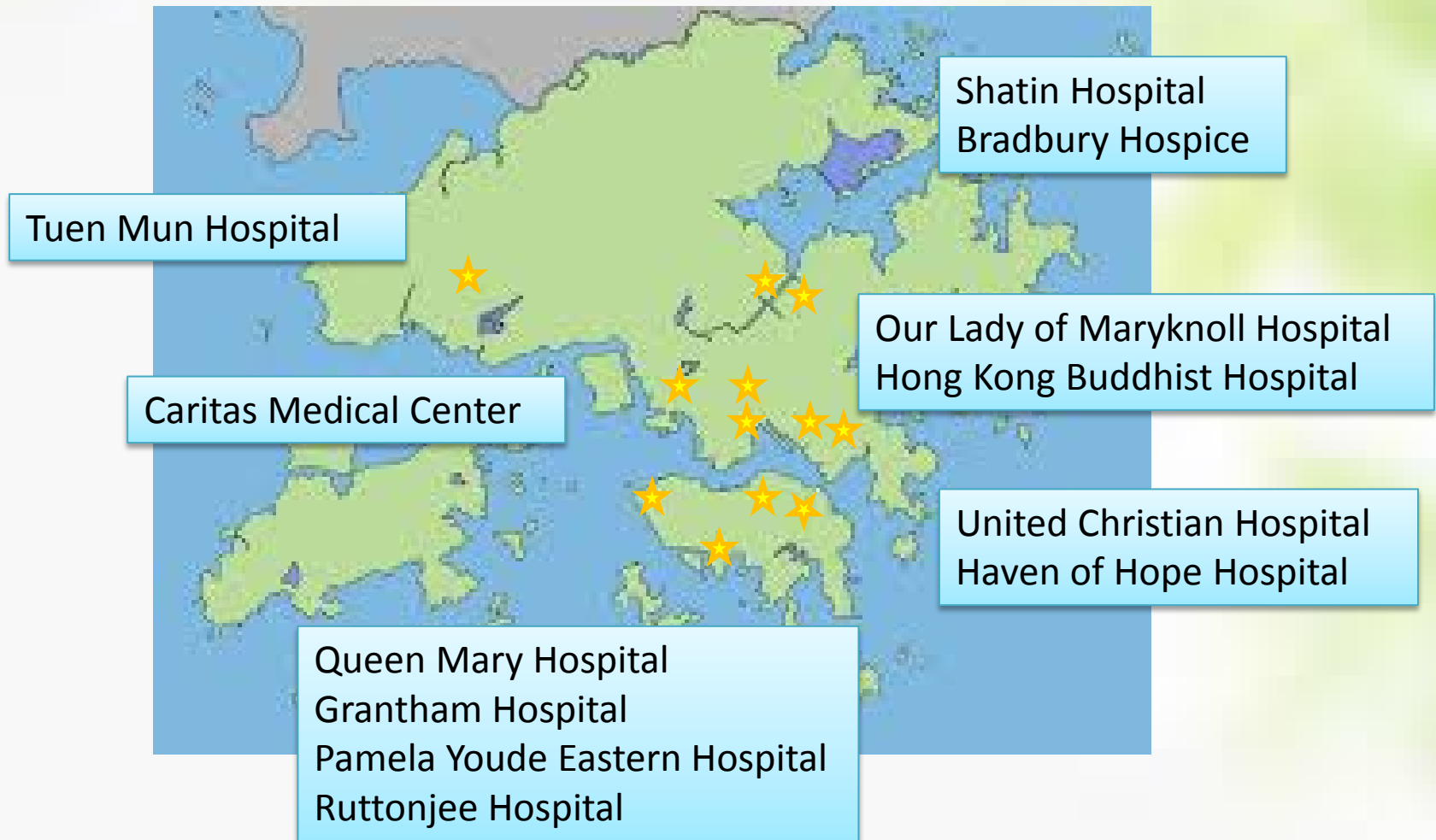
HA Convention 2017

Kwan WM Cecilia, Nurse Consultant (Palliative Care)

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# Palliative Home Care Services



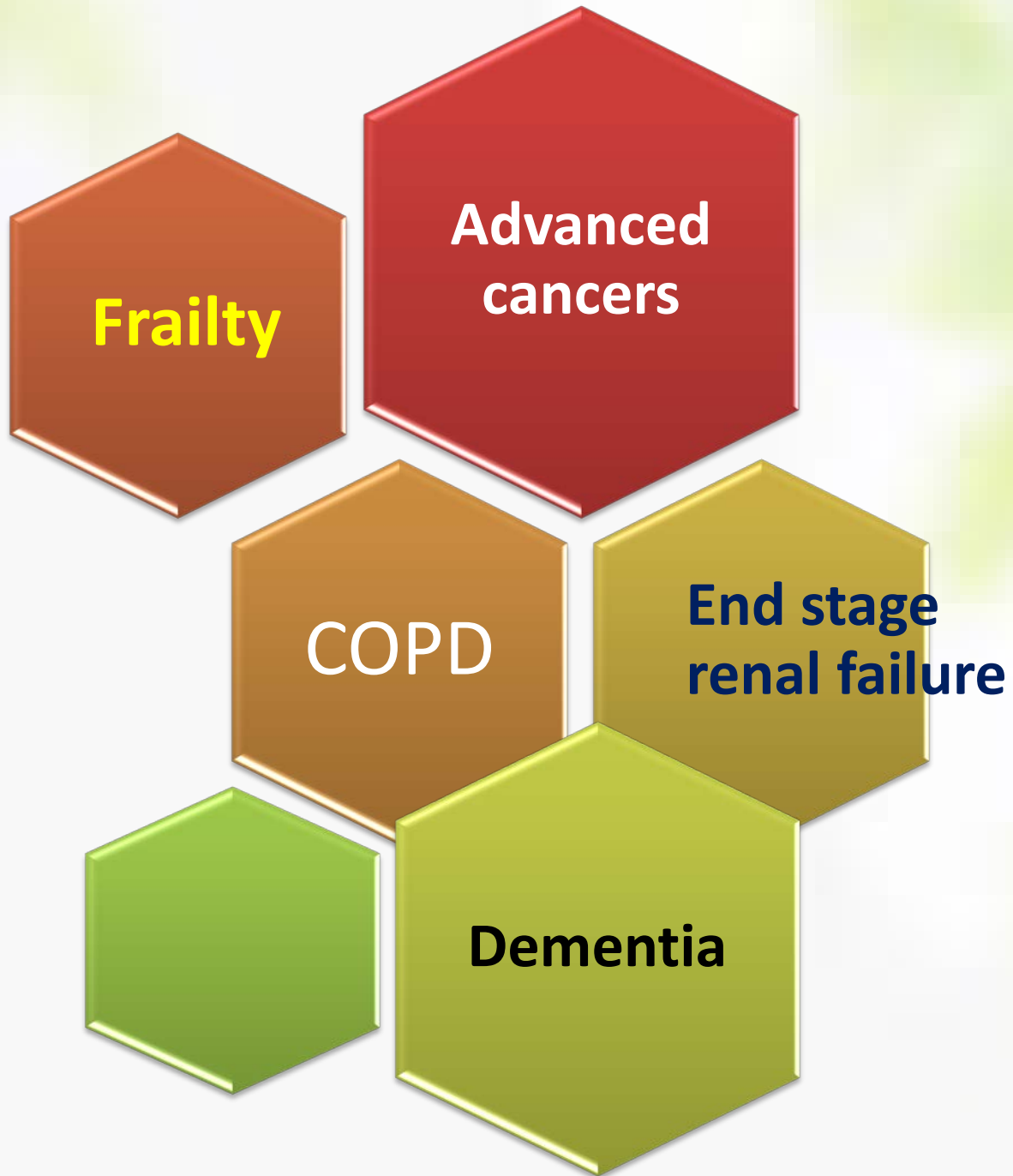
# 2016

**No. of patients served > 6700**

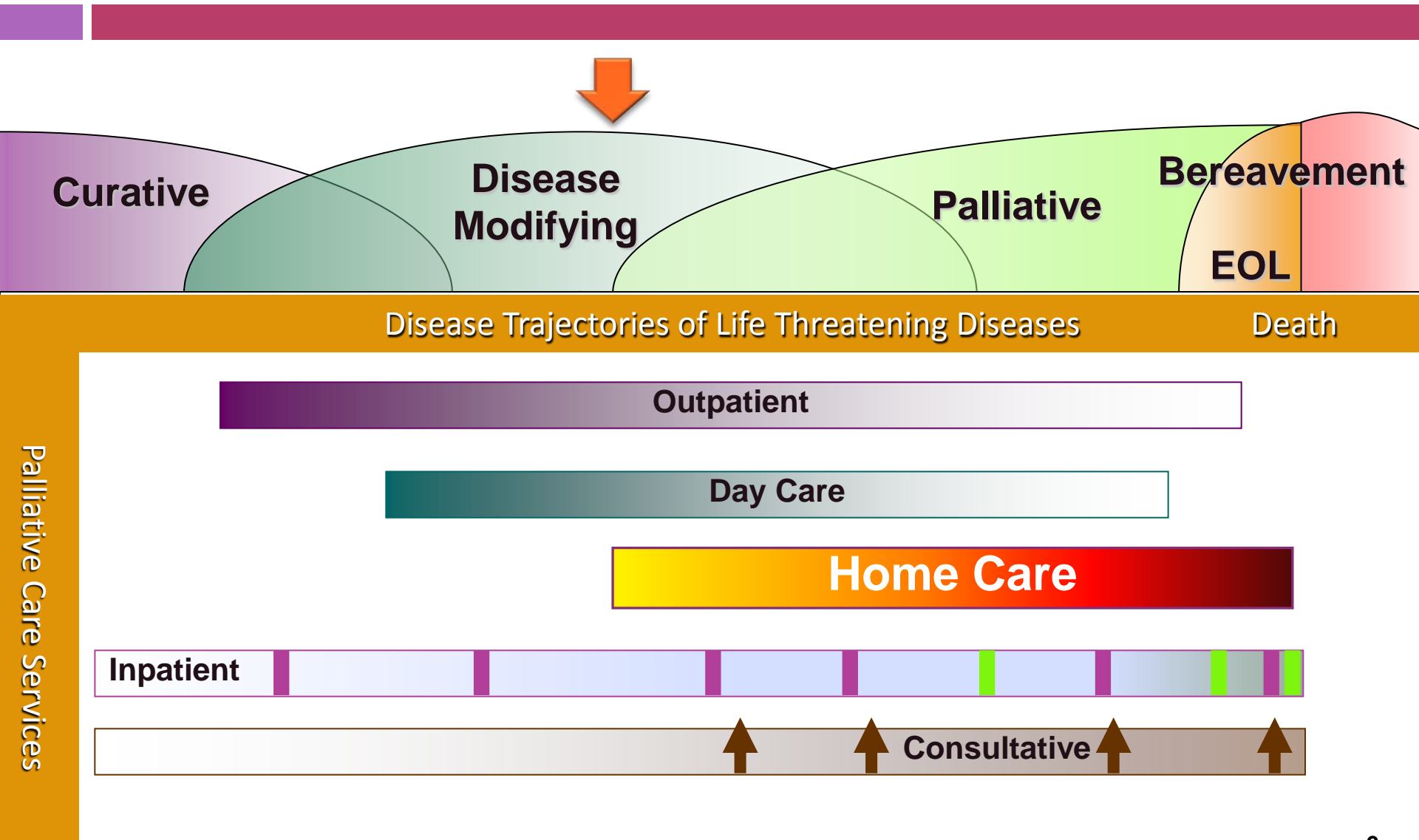


**No. of home visits paid >38,000**



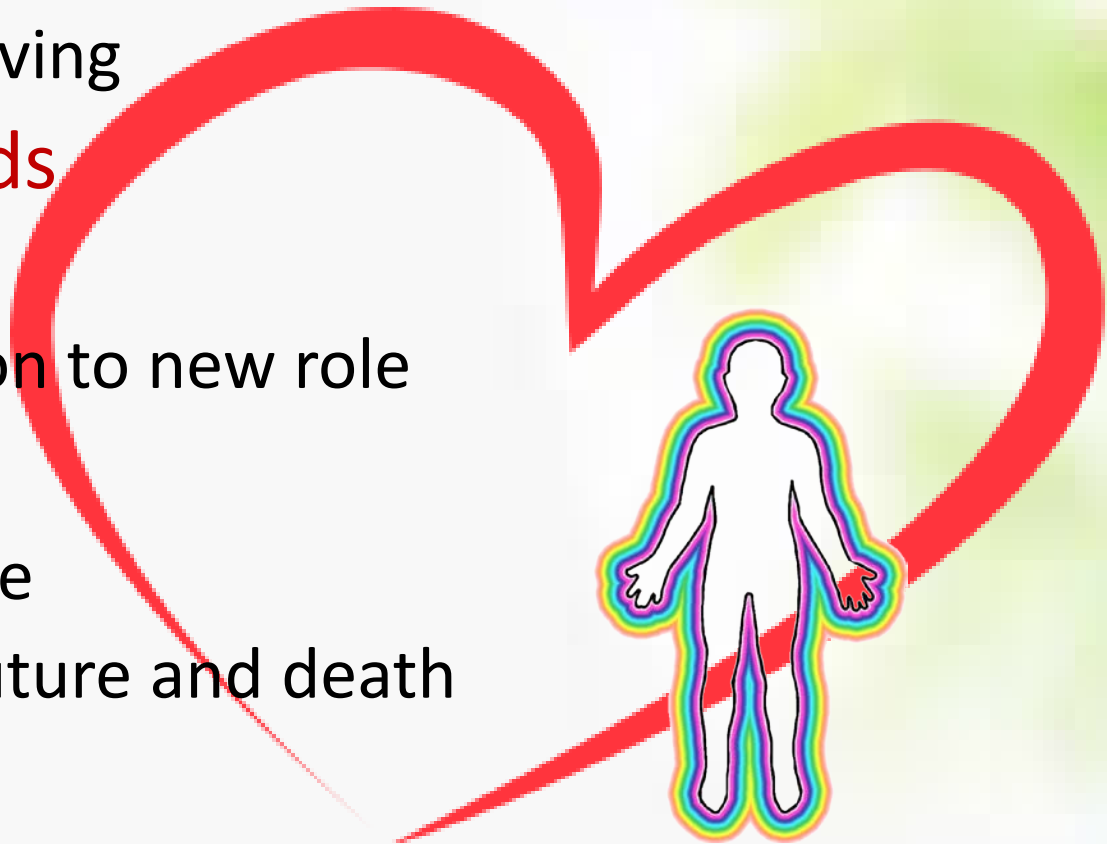


# Patient Journey



# The needs of palliative patients

- **Bodily needs**
  - Pain and symptoms control
  - Activity of daily living
- **Psychosocial needs**
  - Emotions
  - Discuss adaptation to new role
- **Spiritual needs**
  - Altered self-image
  - Fear about the future and death





- **Informational needs**

- about the illness and treatment
- making decisions
- manage lives
- life expectancy

- **Practical needs**

- financial assistance
- assistance in transport and outdoor mobility



- Communication needs:



# The stresses of family care-giving

# Family care-giver's stress

- Emotions: fear, anger, guilt, regret, anxiety, grief, helplessness, hopelessness
- Practical care skills: symptoms management and personal care
- Decision making
- Life styles changes
- Competing role and time pressure
- Financial constraint
- Family conflicts

# What do palliative home care nurses do?





# Case Manager



## Care Coordination

Pain & symptoms management

Education, empowerment

Psychosocial, Spiritual care

Advance Care Planning

come to terms with the dying

Care givers stress

choose to die in community setting

Grief & bereavement care





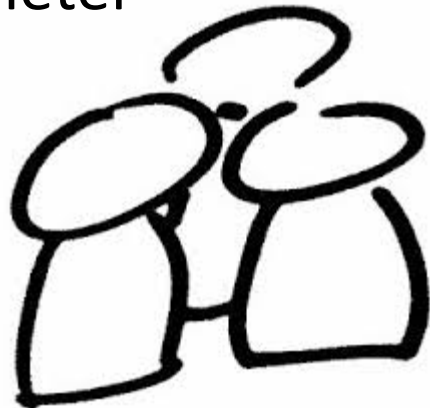
# Cases illustration



# Patient A – holistic support

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- Gentleman, 50+ years old
- CA Kidney
- Bone, lung metastasis
- Pathological fracture of Left hip
- DM
- Bed bound
- Urinary catheter
- Aware of diagnosis, uncertain about life expectancy
- Want to stay at home for as long as possible
- Well educated
- Affluent
- Wife and a 10+ daughter (ADHD)
- Domestic helper



# Patient A - holistic support



Lonely three ...



# Patient A - holistic support

Care and support to the patient

- Symptoms control
  - Pain
  - Fever
  - Foley's care
- Coping with ADL at home – bathing, transfer, meals
- Psychological support – preparation for deterioration & death, ACP



# Patient A - holistic support

## Support to the wife

- Ample support to the anxious wife
  - Information (alert the likely changes in future)
  - Share decision making
  - Empathize her situation
  - Recognize her ability and perception
- Expressed concerns and emotional support regarding relationship with her daughter
- Respect +++



# Patient B – Compete with time

- Woman 30+ years old
  - Ca corpus with peritoneal and liver metastasis
  - Pain control
  - Urinary catheter care
  - Assistance in ADL
- Husband
  - 4 years old daughter
  - Parents visiting from Mainland



# Patient B – Compete with time

- A trigger:
  - Jaundice
  - Weakness
- Readiness



Breaking bad news

Emotional support

Plan with the family

Compete with time



# Patient C – Being old, sick & home alone

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- Gentleman, 70+ years old
- CA Lung
- SOB
- On LTOT
- Single
- Extended family in Mainland
- Live in public housing estate
- CSSA



# Patient C – Being old, sick & home alone

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Symptoms management

Manage ADL at home

Arrange volunteers for friendly visit

ACP discussion





# Patient D – Dignity



# Patients E&F – Stay at home

- Two 50+ years old ladies
- Terminal cancers



在家休養

這是很重要的 家裡始終是自己的地方

在家休養



# Comfort at home



*Special thanks to  
Madam and their families  
for their generous offer to show the video clips.*