

Bundaleer

Palliative Care

The World Health Organisation defines Palliative care as “... an approach that improves quality of life of residents and their families facing the problem associated with life-threatening illness, through the prevention of suffering by early identification and impeccable assessment and treatment of pain and other problems, physical, psychological and spiritual”.

Put simply, it is intended that Palliative Care:

- Provides relief from pain and other distressing symptoms.
- Affirms life and regards dying as a normal process.
- Intends neither to hasten nor postpone death.
- Integrates psychological and spiritual aspects of resident care.
- Offers a support system to help residents live as actively as possible until death.
- Offers a support system that helps families and carers cope during the resident’s illness and in bereavement.
- Uses a team approach to meet the needs of people and their families, including bereavement counselling if indicated.
- Will enhance quality of life and may positively influence the course of illness.
- Is applicable early in the course of illness in conjunction with other therapies that are intended to prolong life, such as chemotherapy or radiation therapy and include those investigations needed to better understand and manage distressing clinical complications.

At Bundaleer, we offer 3 approaches to Palliative Care

1 A Palliative Approach

An approach implemented when the resident’s condition is not amenable to cure and the symptoms of the disease require effective symptom management. The primary goal in this approach is to improve the resident’s level of comfort and function and to address their psychological, spiritual and social needs.

2 Specialised Palliative Service Provision

This approach involves referral to a specialised palliative team or health care practitioner. This does not replace the palliative care approach but supports it by aiming to:

- Assess and treat complex symptoms
- Provide information and advice on complex issues

3 End of Life Care

Appropriate when the resident is in their final days or weeks. Goals are sharply focused on the resident’s physical, emotional and spiritual needs. Bundaleer provides emotional care to residents and their families through education. The resident and their family’s needs and wishes are acknowledged by guided decision making and care planning.

Medication management is provided under the Palliative Care Guidelines which minimum medication is set and designed to manage pain, nausea and vomiting, agitation and restlessness and noisy secretions, which are commonly encountered symptoms in the last days of life.

Care is coordinated, comfort is maximised and dignity is preserved. Bereavement care is also provided through remembrance days and memorial services.

We appreciate that this can be an overwhelming time so the friendly staff at Bundaleer are only too happy to assist you in any way they can. Call us on (02) 6858 2811 to let us know how we can help.

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