

2021 Virtual Advocacy Survivor-Caregiver Summit

CONNECTED + EMPOWERED

Gynecologic Cancer Literacy
Survivorship Primer: Quality-of-Life Matters
Power of Patient Advocacy

Saturday, October 23, 2021

8:00 am - 12:00 pm CT

IGCS



INTERNATIONAL
GYNECOLOGIC
CANCER SOCIETY



Palliative care as a continuum

Patience Mbozi

Palliative Care Nurse Specialist

Zambia

IGCS



INTERNATIONAL
GYNECOLOGIC
CANCER SOCIETY

2021 Virtual Advocacy Survivor-Caregiver Summit

CONNECTED + EMPOWERED

Palliative care

Palliative care has been defined by the World Health Organization (WHO) as:

“...an approach that improves the quality of life of individuals and their families facing the problems associated with life-threatening illness, through the prevention and relief of suffering by means of early identification and impeccable assessment and treatment of pain and other problems, physical, psychosocial and spiritual.

Principles of Palliative care

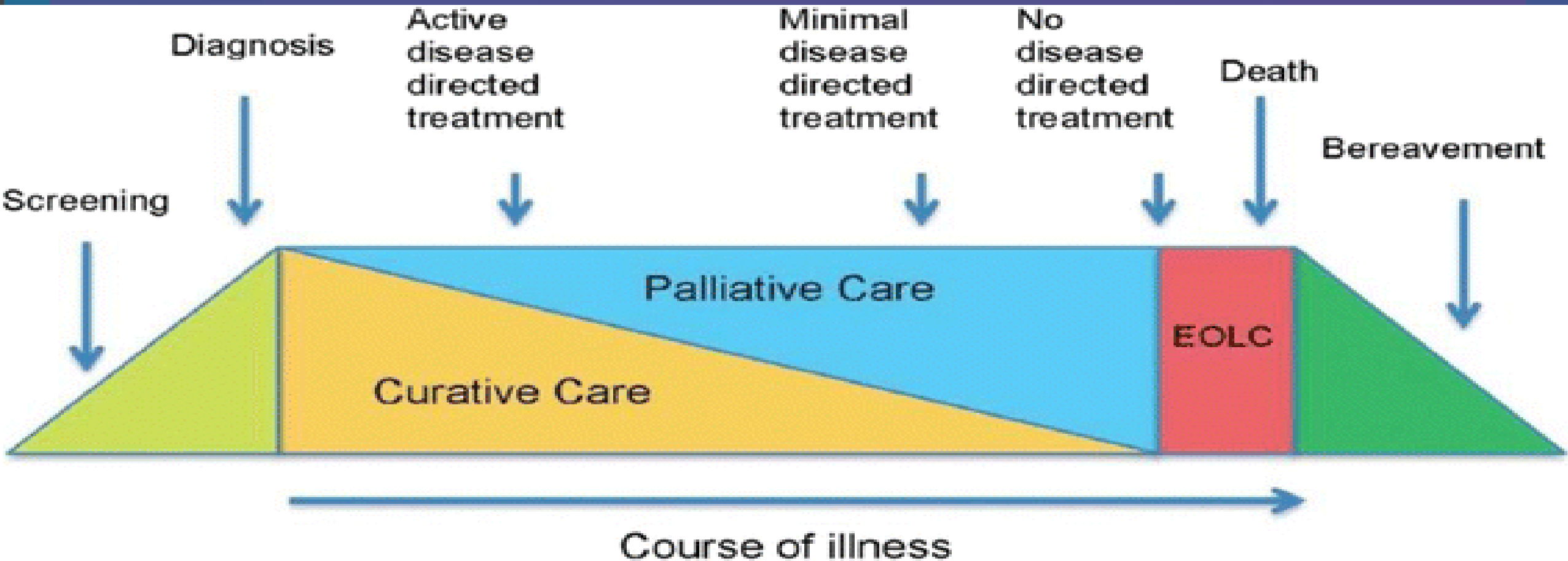
The WHO further states that palliative care:

- 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 the psychological and spiritual aspects of patient care;
- Offers a support system to help patients live as actively as possible until death;
- Offers a support system to help the family cope during the patient's illness and in their own bereavement;

Principles cont'

- Uses a team approach to address the needs of patients and their families, including bereavement counselling, if indicated
- Will enhance quality of life, and may also 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 includes those investigations needed to better understand and manage distressing clinical complications.

CONTINUUM OF PALLIATIVE CARE



IGCS



INTERNATIONAL
GYNECOLOGIC
CANCER SOCIETY

2021 Virtual Advocacy Survivor-Caregiver Summit

CONNECTED + EMPOWERED

PALLIATIVE CARE FOR THE SURVIVOR-CAREGIVER

Coordination
Communication management. between
Patients, Oncologists, Patient Care Provider and
Other Health Care Professionals
Treatment Summaries
Survivorship Care Plans

Prevention & Detection

- Promote Healthy Behaviors
 - Physical Activity
 - Diet
 - Tobacco Cessation
 - Sun Protection
- Screening Procedures

Surveillance

- Assessment for recurrence
- Late effects

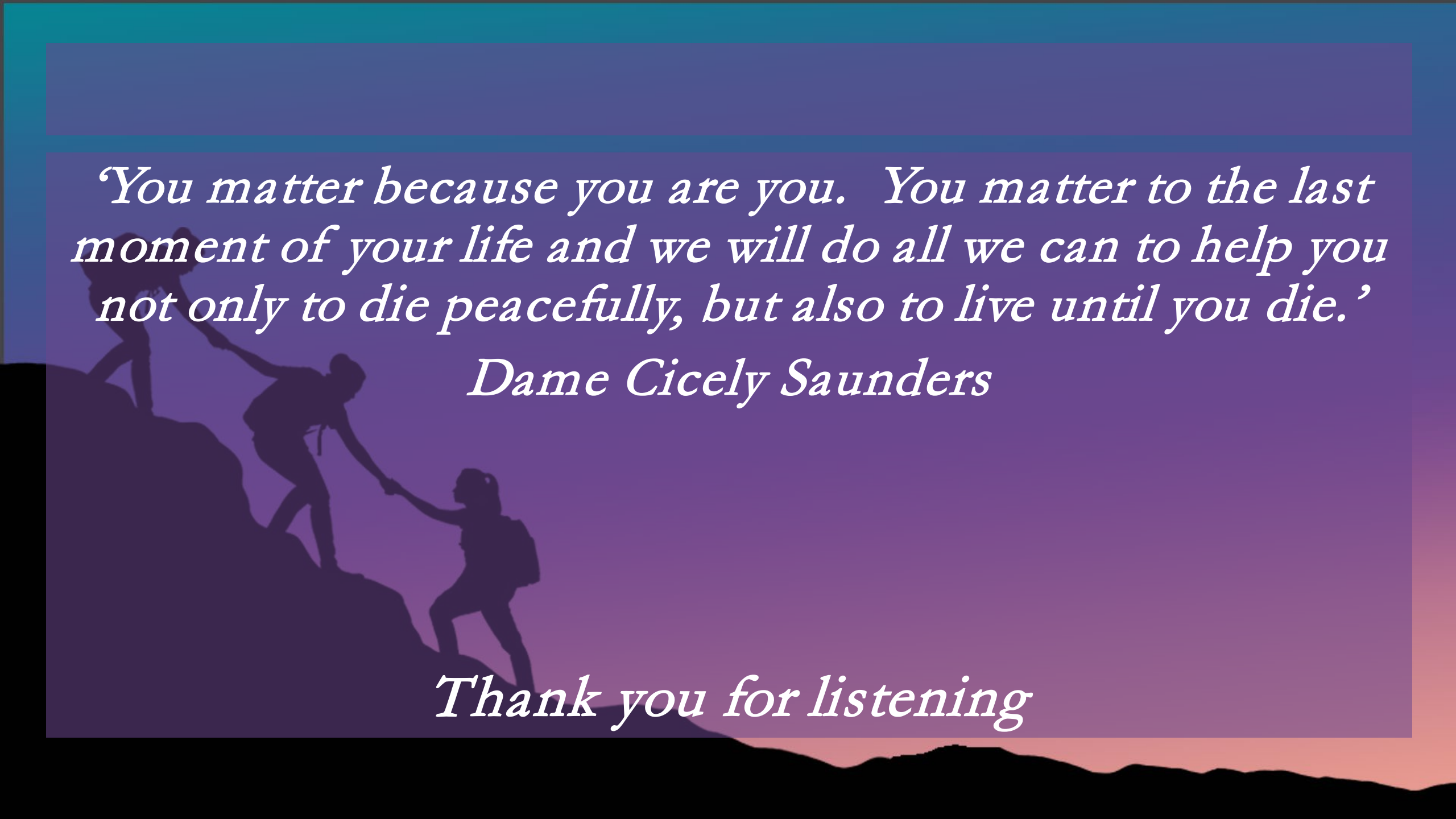
Interventions for Consequences Of Cancer and/or Treatment

- Physical
- Psychological
- Social
- Spiritual

The background of the slide features a gradient from teal at the top to purple and then to a dark, jagged silhouette of a mountain range at the bottom. On the left side, there are silhouettes of four people climbing a steep, rocky slope. One person is at the top, another is slightly below, and two others are further down, with one person reaching out to assist another. The overall mood is one of struggle and perseverance.

A multidisciplinary palliative care team can help manage the primary late effects for cancer survivors including

- fatigue,
- depressive symptoms,
- anxiety and distress,
- pain, and sleep
- disturbance.
- fear of recurrence,
- Effects on family and work function



'You matter because you are you. You matter to the last moment of your life and we will do all we can to help you not only to die peacefully, but also to live until you die.'

Dame Cicely Saunders

Thank you for listening