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## Introduction

Out-of-hospital cardiac arrest (OHCA) represents a critical event that poses significant challenges for patients, families, and healthcare providers alike [1]. With survival rates improving due to advancements in cardiopulmonary resuscitation (CPR) and post-resuscitation care, attention has increasingly shifted towards the long-term outcomes for survivors. These patients often face a myriad of complications, including neurological impairments, psychological distress, and complex medical decisions that necessitate careful navigation of prognosis and care goals. In this context, palliative care consultation becomes an essential component of the treatment plan for OHCA survivors. By focusing on patient-centered approaches, palliative care aims to enhance the quality of life, alleviate suffering, and provide comprehensive support for patients and their families. This interdisciplinary approach facilitates early discussions about prognosis, helps clarify patient and family values, and aligns treatment plans with individual preferences and goals [2].

The importance of integrating palliative care early in the hospitalization process cannot be overstated. It serves to address not only the physical symptoms but also the emotional, spiritual, and psychosocial needs that may arise after a cardiac arrest. As families grapple with the uncertainty surrounding their loved one's recovery, palliative care can provide essential support, guidance, and education, empowering them to make informed decisions in a challenging time [3]. This article discusses the vital role of palliative care consultation in the context of OHCA, exploring how it can improve outcomes for survivors and their families by navigating prognosis and establishing clear, compassionate care goals. Through a comprehensive understanding of the benefits of palliative care in this setting, we aim to advocate for its integration into standard practice for the management of cardiac arrest survivors, ultimately enhancing the overall patient and family experience during a critical phase of care [4].

## Discussion

The management of patients who survive out-of-hospital cardiac

arrest (OHCA) is complex and often fraught with uncertainties regarding prognosis and potential recovery. Given the high incidence of neurological impairment and the potential for significant disability, it is essential to adopt a comprehensive approach that encompasses not only medical treatment but also the emotional and psychological needs of patients and their families. Palliative care consultation plays a pivotal role in this multidimensional care framework, addressing these various aspects in a way that promotes dignity and respect for patient autonomy [5].

## Enhancing Communication and Decision-Making

One of the primary benefits of integrating palliative care early in the treatment of OHCA survivors is improved communication among healthcare providers, patients, and families. Palliative care specialists are trained to facilitate difficult conversations regarding prognosis, potential outcomes, and the implications of treatment options. By fostering an environment of open dialogue, palliative care consultations can help families understand the complexities of their loved one's condition, ultimately leading to more informed and aligned decision-making. In many cases, families may be confronted with conflicting

