

Palliative Care in the United Arab Emirates: A Nurse ' s Perspectives

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Introduction

UAE is one of the GCC countries that its population as last reported by WHO is around the 8 million, out of which only 8% are considered as nationals, the rest are expatriates. T e expats are the major working force, coming from

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psychological anguish, and the most difficult part: Isolated in their final journey of life; due to a barrier of language, religion, and culture and sometimes...far away from home and loved ones.

The challenges are huge. Even when the language and culture barriers are down, I still see defects in caring for those patients due to lack of training and structured programs for palliative care, that equip providers with needed information and skills. Having palliative care knowledge, made me realize the huge demand for sharing such knowledge with colleagues, with a strong wish to contribute in improving the quality of life for those who are still suffering. Talking around to patients, then their attending care teams, I noticed the big difference between what is perceived as achieved, and what is actually happening in reality; my specific encounters revealed to me, that many would like to believe, that they are managing symptoms effectively, while in reality patients still in real distress.

The classical picture of under assessing symptoms [7], disregarding non-somatic ones, lack of advanced pain management options and knowledge, and loads of myths mixed with exaggerated fears of using opioids, and addiction as an end result. All what literature review can reveal as causes of inadequate symptoms relief coming as one big package, leaving you feeling intimidated on how are you ever going to fight all that, when only there is only few who knows.

Another hindrance here in UAE, is the legal system, till this moment there are no approved policies of "Do Not resuscitate" or "Allow