# Advocating For Patients in Palliative Care Center

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The global pandemic that started in December 2019 has put a big burden on many health institutions. The people • ^\i3\\*\-![{ $\dot{DO}O$ +(-]^&i#]^{0}=0^{A}=1^{A}=0^

#### Keywords: COVID-19 Virus; Nutrition; Palliative Care

### Introduction

People with serious illness have signi cant health challenges. Palliative care thus becomes important to help the patients live through the challenge with limited su ering. From the time that a person is diagnosed with a serious illness, patient advocates become an important part of their lives. Besides helping the patients, the patient advocate is responsible for making the patient's family live a high-quality life [1]. e stress and symptoms are relieved from the patient during the palliative care through the help of the patient advocate. rough palliative care, a patient can match their options of treatment to their goals. is helps the physicians understand what the patient wants. Any person that faces a serious illness can bene t from palliative care.

#### **Review on Palliative Care**

e global increase in the cancer burden has further increased the need for palliative care. One million cases for instance occur in India where 80% at stage III and IV. A large number that forms two-thirds of the patients require palliative care and other one million that have cancer pain every year. rough palliative care, these people obtain hopeand gain much more self-con dence and dignity. People can then count on more days as with physical, spiritual, intellectual, and social wellbeing with palliative care [2]. e palliative care also helps nd comfort for the patient's family members in knowing that death is a normal stage in life.

As palliative care is administered, the patient advocate must be conscious and aware of the cultural, personal, and religious beliefs and values. ese should not be compromised as the patient might be clinging onto them for hope. e philosophy of palliative care has various aspects that make it crucial. e rst aspect is that people have and spirit of the child. e distress of the child such as physical, social, and psychological must be evaluated and alleviated accordingly. e palliative care is provided by a team of doctors, nurses, and other specialists that work together to provide as much support as needed. In the recent past, the need for palliative care has increased due to factors such as the COVID-19 pandemic and cancer cases.

e Covid-19 global pandemic has led to many deaths due to the isolation of many people with serious illnesses. Palliative care has become very signi cant especially in the era of the pandemic. Similar to any humanitarian setting, patient advocates are an integral part of public health. e general situation has led to many health institutions prioritizing patients according to the severity of their disease or the symptoms they display. e cancer patients for instance are prioritized to help them with stress relief and management of the acute cancer complications (Oliver, 2019). Home-based care is encouraged for the e patient advocates have a big responsibility as today more than ever, their services are highly required. Home-based palliative patients especially need not come into regular contact with people out of their homes. e main aspect is to survive the pandemic without further complicating their health.

## Con ict of interest

None

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