



# **GERICON 2013**

13<sup>th</sup>, 14<sup>th</sup> & 15<sup>th</sup> December 2013

Madras Medical College & Hotel Green Park, Chennai



15<sup>th</sup> Dec. 9.00-9.20

## **need and possibilities of palliative care in geriatric practice**

Jochen Becker-Ebel, Ph.D.

[www.mediacion.de/index.php/vortraege](http://www.mediacion.de/index.php/vortraege)

# Abstract

Palliative Care is mostly known to be helpful for cancer patients. But since 20 years palliative Care for the multimorbid/aged patients is a common need too. The German palliative Care trainer and specialist Dr. Becker-Ebel points out the need and possibility of a palliative care approach for the aged within the international frame. Within his 6-years work experience in India he dares to point out practical suggestions on pain relief, ethical issues, breaking the bad news, doctor-patient-family communication and end-of-life-support.

# Dr. Jochen Becker – Ebel, CEO

- studied religion, philosophy and psychology and in addition for 6 years to be a communication trainer.
- is supporter of the Shanthimalai Trust from its beginnings in 1985. He stayed more than six years at Tiruvannamalai, in the last three years in the position of CFO /RDO of Sri Ramana Maharshi R&D Trust
- Lecturer at five German universities, author, end-of-life-care specialist, trainer, owner of MediAccion

# MediAccion

- a) Is a large Palliative Care Training Institute in Northern Germany with more than 900 doctors, 1.200 nurses and 400 other staff trained in approved certified 4-weeks courses. Courses are supported by European Commission funds.
- b) Is a leading training Institute of Dementia Care supported by DED and caretaker-training supported by the Alzheimer Gesellschaft (similar to ARDSI). Runs projects of Federal Ministry of Work and Social Affairs in cooperation with State organizations of Hospice Care and Alzheimer Care.
- c) Is interlinked with 10 other nurses and doctors training institutes and more than 250 institutions of German Health Care Industry .
- d) Is supporting/conducting palliative care training in India since 2012.

# WHO definition on palliative care

**Palliative care** is an approach that improves the quality of life of **patients and their families** facing the problem 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.

## II. WHO



# Palliative Care – patient centered



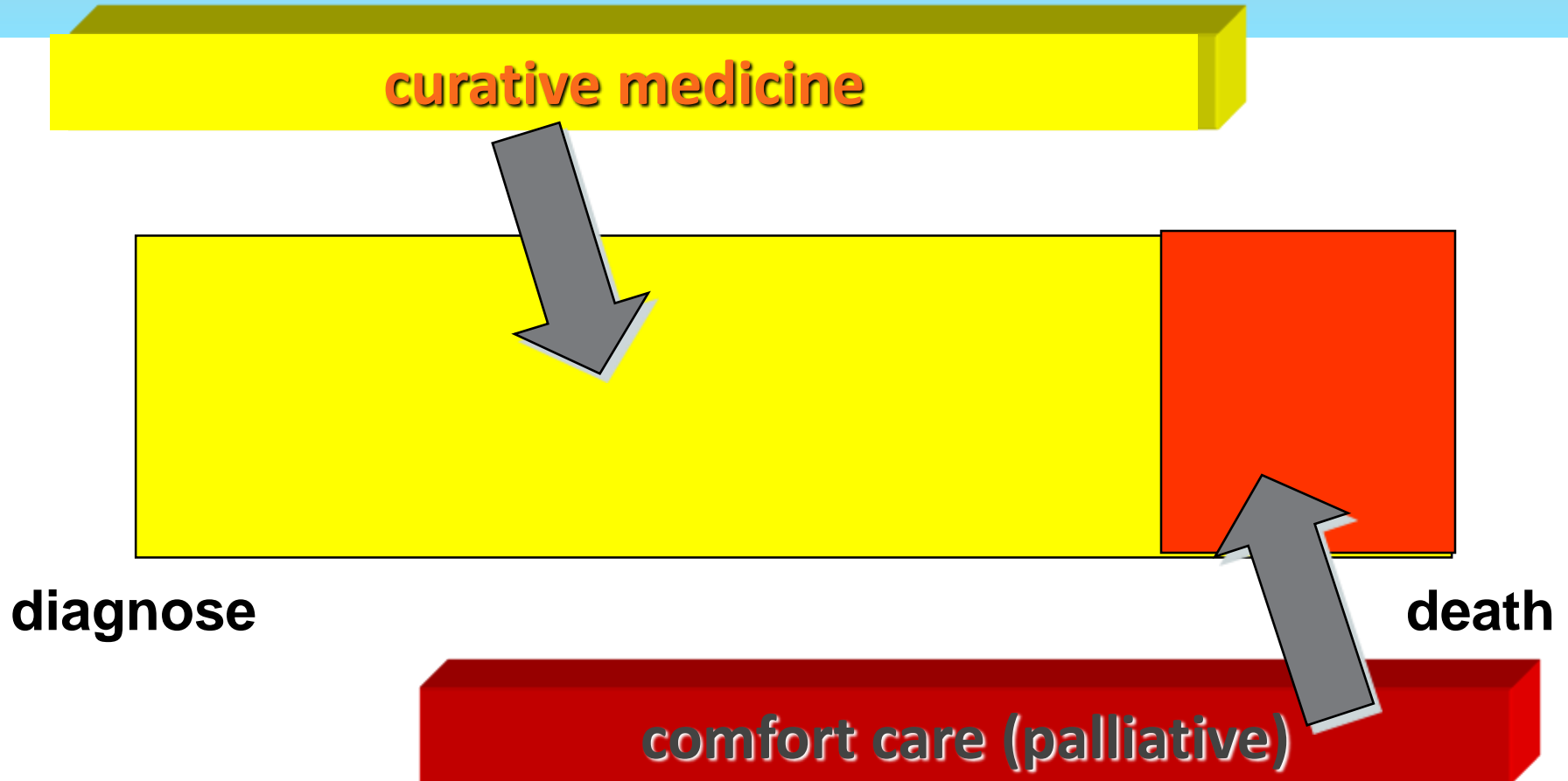
**Cicely Saunders:  
palliative care is:**

Multi – professional and  
Inter - professional;

Works with lean hierarchies

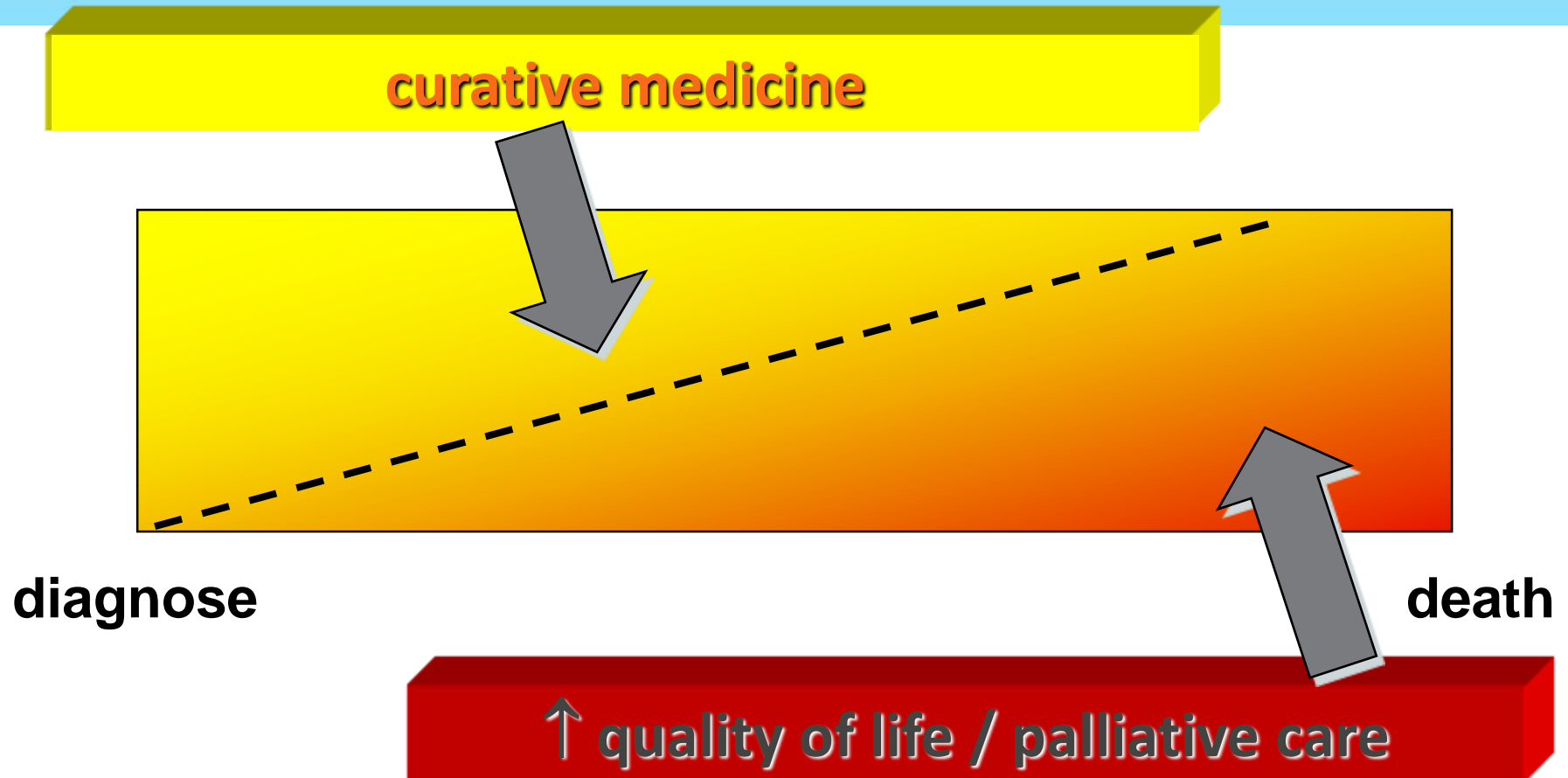
*And is radically oriented on  
the patients will and needs*

# Palliative-medicine: the old concept

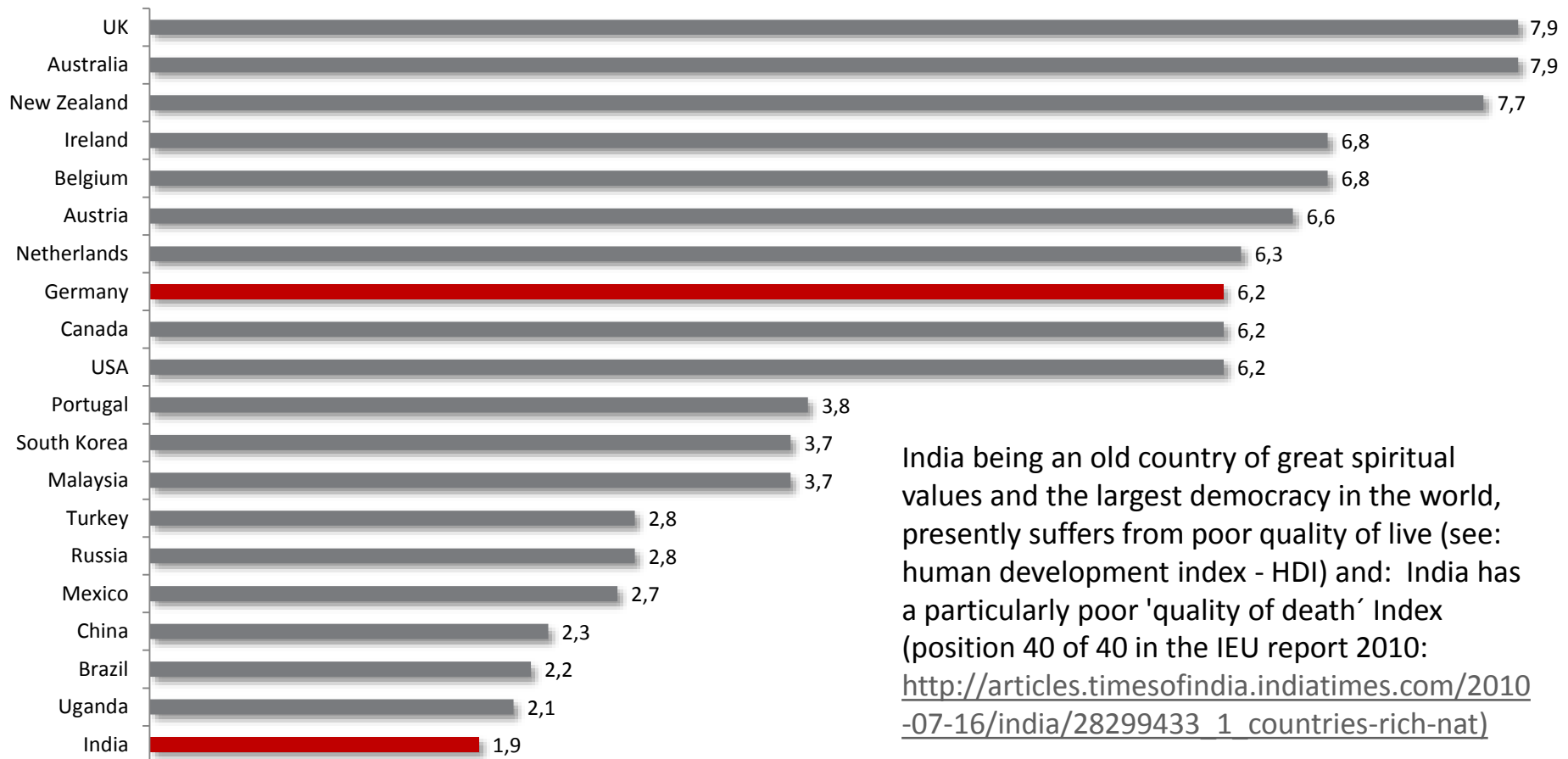




# Palliative-medicine: the new concept



# End-of-life - care index (positions 1-10 and 31-40)



India being an old country of great spiritual values and the largest democracy in the world, presently suffers from poor quality of life (see: human development index - HDI) and: India has a particularly poor 'quality of death' Index (position 40 of 40 in the IEU report 2010: [http://articles.timesofindia.indiatimes.com/2010-07-16/india/28299433\\_1\\_countries-rich-nat](http://articles.timesofindia.indiatimes.com/2010-07-16/india/28299433_1_countries-rich-nat))

# India`s challenges

In the next 25 years India will see:

- a) A growing need for better health care services and geriatric care (NPHCE, scarcely any specific geriatric support /Times of India, Sept 18<sup>th</sup> 2012)
- b) 80 % increase of need for palliative care
- c) 150 % increase of need for dementia care

# palliative care needs

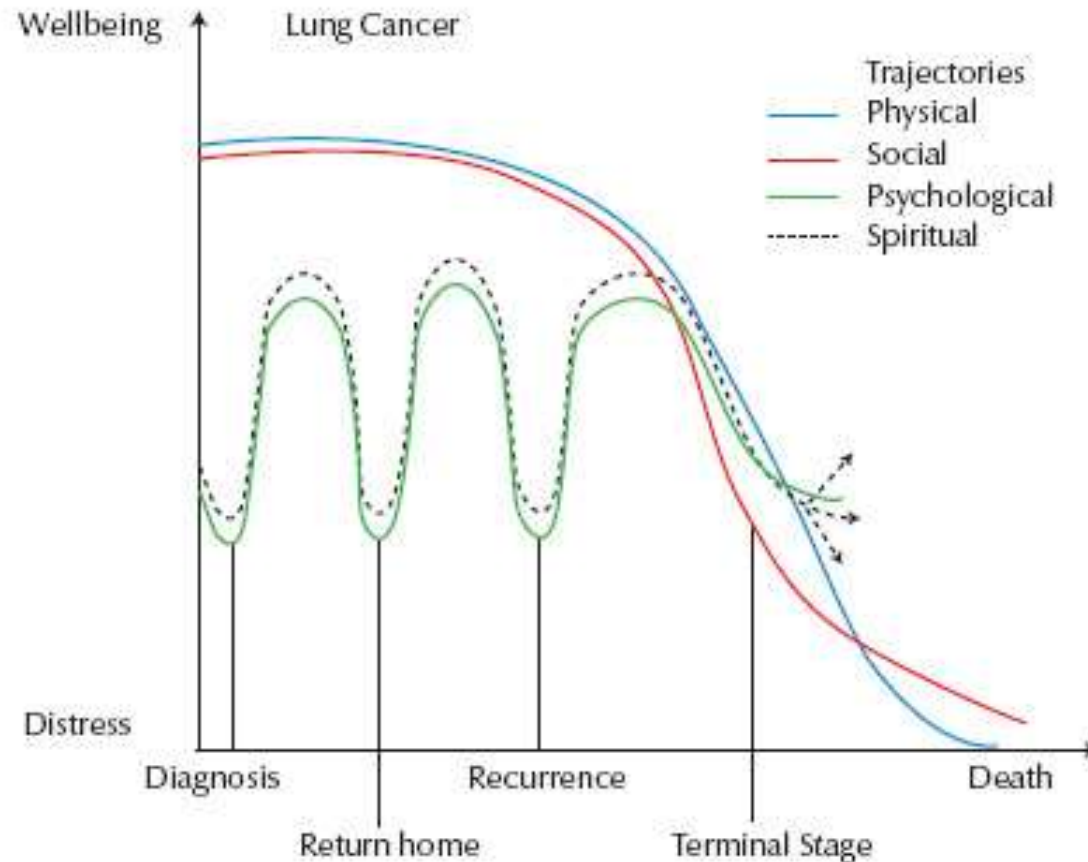


Figure 3 Lung cancer – physical, social trajectories and psychological, spiritual trajectories from diagnosis to death. Source: [24]

# Need for care: disease related

<http://www.emro.who.int/emhj-volume-18-2012/issue-2/article-11.html>

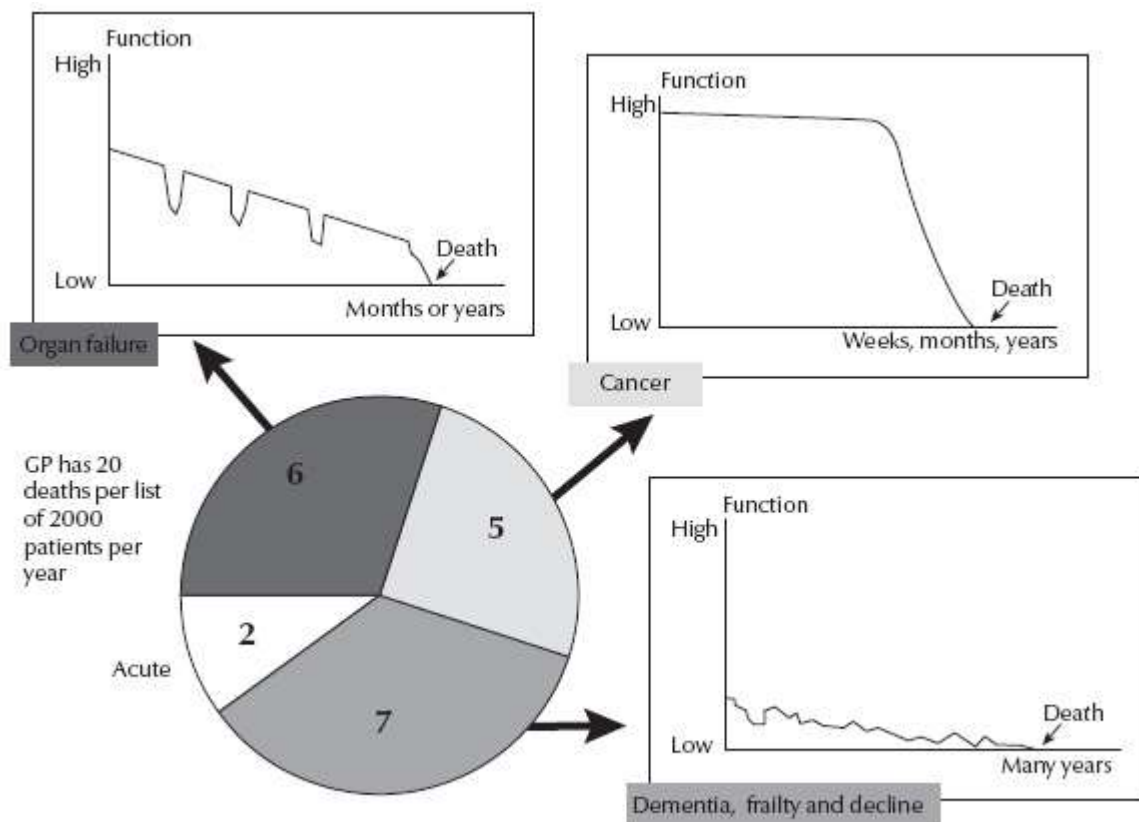


Figure 1 Causes of death in the United Kingdom and trajectories of function of chronic illnesses. Source: [8]

# Caregivers: the palliative-care-team

- palliative-care-nurses
- palliative care doctors
- voluntary workers
- spiritual guides
- therapists
- psychologists
- social workers
- household assistants



# Present Research (examples)

[http://edoc.ub.uni-muenchen.de/5433/1/Bauer\\_Stephan.pdf](http://edoc.ub.uni-muenchen.de/5433/1/Bauer_Stephan.pdf):

- a) Religious believers** do have in general **LESS** fear connected with dying - but only active believers with prior personal exposure to the topic.
- b) Religious/spiritual persons** with first exposure to an incurable cancer situation have **MORE** fear connect with dying than non-believers.

Munich University appointed a professor for Spirituality within Palliative Care in 2010.

# Physical care: What can we do?





## Physical

- Pain due to disease location
- Other symptoms eg nausea
- Physical decline & Fatigue

## Social

- Relationships with family/carers
- Role in family
- Work life
- Financial problems

# Pain

## Psychological

- Grief, Depression
- Anxiety, Anger
- Adjustment to condition

## Spiritual

- Existential issues
- Religious faith
- Meaning of life and illness
- Personal value as a human being

# Spiritual pain: problems / needs

- intrapsychic conflicts like: “Why me?”
- need for spiritual meaning of sickness/pain
- loss of meaning of (present) life
- negative life balance
- fear future negative remembrance
- uncertainty about the “beyond”
- loss of “home” / secure foundation
- feel of divine punishment or abandonment
- extinction of being/self

# Spiritual Care: What can we do ???

## 1. Pray



## 2. Rituals



Recite holy texts,  
give Ganga-water / Tulsi leaf



Bless, holy ointment, Eucharist



### 3. Speak and listen







4. Meditate

# V. Accompanying the “inner growth”



Monika Müller, a German Spiritual Palliative Care Pioneer meets

Mr. B., a baker from profession, five days after hospital admittance with an unclear diagnosis

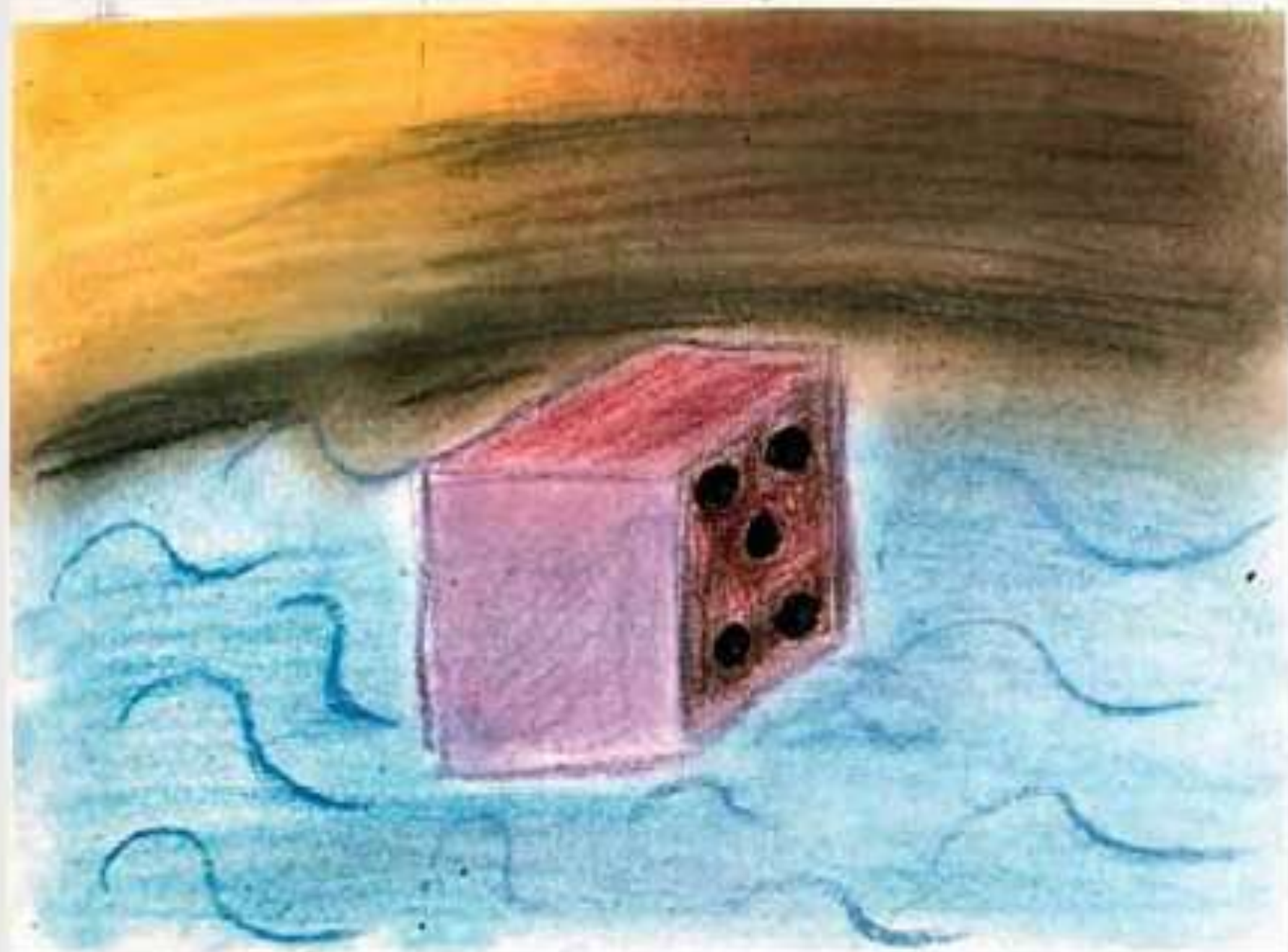
















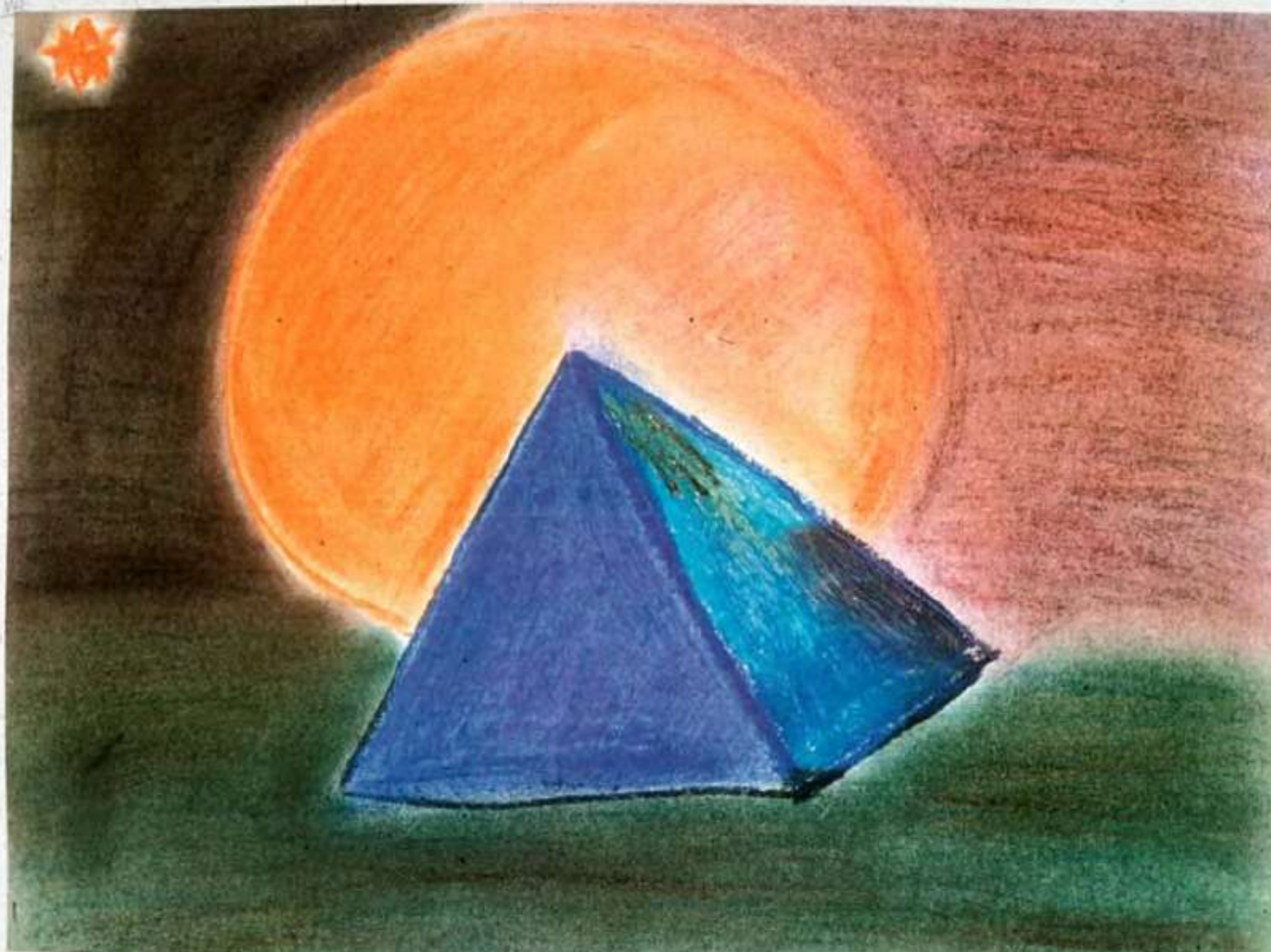












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