

Can Support Organization Provider of Palliative Healthcare for Cancer Patients in India - Short Article

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Abstract: Palliative care is specialized clinical care of human beings living with a severe disease. This form of care is centered on giving comfort from the signs and symptoms and stress of the disease. The purpose is to enhance standard of life for each of the affected person and the circle of relatives. **Method:** This descriptive study was necessary to appropriate and systematically describe the phenomenon. It gave answers towards questions like: what, in which place, at what time and in which place. There were 8 patients who registered with the cancer support (CAN Support) organization for palliative care, New Delhi-India. The study duration was from 4th of October to 29th October, 2021. Palliative care was provided via a-skilled team of medical doctors, nurses and other experts who perform collectively. Data was managed in an excel data sheet. During visitation, most of the patients were in severe pain. The doctors saw the medical reports, the treatments patient received, the type of cancer they were suffering from, based on that they were receiving medications needed like painkillers. **Results:** The pain killers (Morphine) really helpful for them, it eased the suffering and the families were able to manage and minimize their symptoms and assists to relief pain and other problems, because these patients had physical, psychosocial, and spiritual problems. **Conclusion:** This study revealed the solutions to cancer patient's problems, especially people living below the poverty line (BPL).

Keywords: Can support, palliative care, suffering

1. Introduction

The organization of world health [WHO] describes palliative care as a type of patients taking care that improves their quality of life it also helps the families of the patients. The patients are mostly facing life taking illnesses, Palliative care is focused on relieving patient from suffering pain, it means that we identify the patient suffering and give them healing from pain and other problems like physical, psychosocial, and spiritual [1].

The Can Support organization is a home based palliative health care providing organization which received award from WHO also. Can Support organization is providing free services. Can support works mostly for people who are under poverty line and needs special care.

2. Method

The descriptive method of study was used in this study; through this study we learned the importance of palliative care. In this study we visited the patient's houses and met them [3]. The study duration was from 4th October to 29th October 2021. Study A-2, Gulmohar Park, Opposite Kamla Nehru College, New Delhi, Delhi 110049. Can support operate 13 centres around the Delhi area (South, West, East, Northwest, Northeast, Bawana, Gurgaon, Faridabad,

Ghaziabad, Noida, Old Delhi, and Tughlakabad). There was a team of 20 people who were working under the head of research named Doctor Bhomika. Patients directly report to the service support centre. The patients were also coming to meet the can support office in Delhi and they were given the meal and medication needed. Patients were asked important questions needed to be asked from a list which was software application based [4].

Most of the patients visited were in very bad situation and they were all under poverty line. When we were meeting the patients we were with a team of one doctor, two nurses and a public health specialist. On the 4th October 2021 we went to the home of patients for visiting every day for one month. And the doctor was taking a very good history of the patients and giving them the guidance needed.

3. Results

The pain killers (Morphine) really helpful for them, it eased the suffering and the families were able to manage and minimize their symptoms and assists to relief pain and other problems, because these patients had physical, psychosocial, and spiritual problems

Patient no 1: 35 years old female patient with gallbladder cancer, she was suffering from gallbladder cancer and pain

was in her abdomen area. After can support provided the cares she felt better than the first days.

Patient no 2: 70 years old female patient with bone cancer, she was suffering from tension and worries. After can support provided the cares she is improved and feels better.

Patient no 3: 28 years old male patient with prostate cancer, he was suffering Slight pain after taking medications. After can support provided the cares he feels better.

Patient no 4: 45 years old female patient with breast cancer, she was feeling pain in her breast after can support provided the cares she feels better and improved.

Patient no 5: 50 years old female patient with mouth cancer, she was feeling pain in her mouth after can support provided the cares she feels better and improved.

Patient no 6: 40 years old male patient with Bacall mucosa cancer, he was feeling pain. After can support provided the cares doctor gave her pain killer.

Patient no 7: 35 years old female patient with breast cancer, she was feeling pain in the left breast area. After can support provided the cares he better day by day.

Patient no 8: 35 years old female patient with abdominal cancer, she was having severe pain in the abdomen. In the outcome Decreased force in the stream of urine. .

4. Discussion

Most of the patients were having mild to severe degree of pain then mostly doctors were giving the painkiller to patients. in most cases the care provided was helpful. Patients with bone cancer were having very severe pain which by giving medications it became better. The morphine and tramadol was the usual medications given to patients. If they had severe pain the doctor prescribed Tab-Morphine. In the situations which patients were having open wound then the team of nurses either helped them to dress it or their family members were instructed to do the needful. The prostatic cancer patient was having involuntary urination due to enlargement of prostate gland. The organization gives support to the patients and their families and helps to relief their symptoms by giving pain killer and if the patient had open wound, a nurse dress and clean the wound. They are not involving operations and other kinds of treatment. The needful things were being done for every patient.

5. Conclusion

When we were doing the internship we met patients with deferent stages of cancer, accordingly were the methods being dealt with them.

This home-based palliative care helped cancer patients especially those living below the poverty line [BPL] and their families to minimize symptoms and ease their sufferings and give some instructions for their lifestyle and eating habits. They try to reduce the symptoms and give mental, physical, and psychological support to the patients and their families. Labeling suffering entail maintain issues exceed physical symptoms. Palliative care employs a group of procedure to assist patients and their safe keepers. Here contain conveying practical necessities. It provides reinforce framework to guide patient stay as enthusiastically as practicable until disappearance.

Palliative care is mainly meant to advance the well-being of the patients and their families facing challenges related with dangerous disease and deadly sickness through safeguard and ease of discomfort by employing advanced recognition, evaluation, and therapy and other issues such as physical, psychosocial and spiritual.

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Table 1: List of the patients responses on the field:

Patient No.	Patient Age	Diseases	Response	Outcome
Patient 1	35 years female	Gallbladder cancer	Pain in the abdomen area	Felt better than the first days
Patient 2	70 years female	Bone cancer	Tension and worries	improved
Patient 3	28 years male	Prostate cancer	involuntary leakage of urine	Felt better
Patient 4	45 years female	Cancer of the breast	Slight pain after taking medications	improved
Patient 5	50 years female	Mouth cancer	Feeling pain	improved
Patient 6	40 years male	Bacall mucosa cancer	Feeling pain	Doctor gave her pain killer
Patient 7	35 years female	Breast cancer	Pain in the left breast area	Feeling better day by day
Patient 8	48 years female	Abdominal cancer	Having severe pain in the abdomen	Decreased force in the stream of urine.