Short Communication

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CanSupport palliative care in India: commentary article

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ABSTRACT

India is home to one of the largest palliative care organizations in Asia. Palliative care is specialized medical care for the well-being of the patients and their families facing challenges related to serious disease and deadly sickness. The aim of this communication is to reveal patients' palliative care for cancer treatment following a comprehensive assessment approach through the patient's physical, psychosocial, and spiritual symptoms. By visits of patients, we found the response of patients that palliative care is very helpful for cancer patients to minimize and manage their symptoms and assist in relieving their pains and manage other problems. Can support organization is the largest palliative care organization in India. This organization helps cancer patients especially those living in poverty. They try to reduce the symptoms and give support mental, physical, and psychological support to the patients and their families.

Keywords: Can support, Palliative care, Suffering

INTRODUCTION

Out of Indian population of 1.2 billion, CanSupport for palliative care is the first home care team was established in 1998 with Harmala Gupta herself and Ruth Woolridge (nurse from the United Kingdom). Currently the organization has increased its capacity from 2 into 28 such home care teams looking after cancer patients in Delhi.

More also, the states like national capital region (NCR), Punjab, Haryana and Uttar Pradesh (UP) celebrated 25 years of caring for people with cancer. The organization is working towards a caring and supportive society where people with cancer and their families live with elegance, hope and comfort. This mission to enable these people to make informed choices while receiving appropriate physical, emotional, social and spiritual support.¹

Palliative care is specialized medical care for the wellbeing of the patients and their families facing challenges related with serious disease and deadly sickness. The goal of palliative care is improving quality of life for all the patients.²

METHODS

Observational descriptive study was used for this article. It is one in which information is collected without changing the environment (i.e. nothing is manipulated). The researcher collects necessary information by interview. 15 patients were visited and the duration of study was from 04 October -29 October 2021.

Patient consent was managed by the team of professionals. The organization had prior information about the patients before the visitation. The team of experts comprised of one specialized doctor, a nurse, counsellor and public health expert. Place of study was South Delhi, Faridabad—Haryana, India.

RESULTS

There were patients of cancer with 4th stage of cancer they were patients who had been told by doctors that they could no longer be treated. Team of CanSupport organization

went their homes just because of counsel and control of their pain.

For patients that have 4th stage of cancer, painkillers drugs, sedative drug were given and also counselling on lifestyle.

Table 1: History of patients and responding.

No.	Age	Gender	Disease/diagnostic	Respond	Outcome
1	55	Female	L/B cancer	Sever pain, but after medicine was good	Relive pain
2	67	Female	Ovarian cancer	Good, but she have some pain	Feel better after medication
3	49	Male	BM cancer	Pain, problem to swallowing, weakness, mouth wound	No relief pain due to wound
4	53	Male	Prostate cancer	Pain, urinary incontinence, inability to sitting and standing	Relief pain after taking morphine but still there's is some of experience
5	64	Female	Ovarian cancer	No pain, she was better	No complain
6	58	Male	BM cancer	Problem to swallowing, loss appetite, pain	Feeling better after dressing of wound



Figure 1: Pictures of patients that were visited.

DISCUSSION

CanSupport organization is an organization that help with cancer patients especially with patients that they living in poverty and it have a lot of teams for visiting of patients. Every teams are having one doctor, one nurse and one counsellor on 04 October 2021 I went CanSupport organization and I joined with one team of them we went home of patients for visiting of them every day for one month.³ On there we inquired about the condition of the patients and cancer history of them. Doctor of team due to severe pain prescribed painkiller drugs for them.

Painkiller drugs given them according of his pain if they had less pain doctor prescribed tablet tramadol, if they had severe pain she prescribed tablet morphine. If patients had open wound nurse was dressing and counsellor also gave it some instruction for changing of lifestyle for them.

CONCLUSION

The CanSupport is one of the biggest organization in India. And they provide health care to the people with cancer and also they improve quality of their life. Most of patients have severe pain, but the palliative care using various method for relieving of their pain such as medicine therapy was introduced. CanSupport also provided medication free of charge and support their families by doing this they were able to minimize the symptoms. For patients that have 4th stage of cancer, they were given painkillers drugs, sedative drug and lifestyles counselling.

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Ethical approval: The study was approved by the

Institutional Ethics Committee

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