

As the non-communicable diseases show rising trend, India needs palliative care to handle the impending crisis. Elaborate (200 words).

According to World Health Organisation (WHO), palliative care is defined as "the active total care of patients whose disease is not responsive to curative treatment. Control of pain, other symptoms and psychological, social and spiritual problems is paramount. The goal of palliative care is the achievement of the best possible quality of life" for patients and their families".

In India diseases like cancer which are non-communicable are on rise but not many choose palliative care.

Challenges in implementing Palliative Care

- ① Limited availability of services.
More focused on disease-focused approach than patient centred philosophy in India.
- ② Affordability issue
Health sector has become very expensive to deal with.
- ③ Lack of awareness
No awareness among patients / their families.

(iv) Denial to accept death
Denial in patients and their families which leads to more suffering.

Measures to increase palliative care:

- ① To build palliative care in health policies of all state and union territories.
- ② Make it cost effective
- ③ Create awareness among people.
- ④ Increase funding for implementation and awareness.