

1. As the non-communicable diseases show the rising trend, India needs palliative care to handle the impending crisis. Elaborate!

Non-Communicable diseases shows the rising trend at present may be cancer, heart disease etc. In India 30 lakh people are affected by cancer out of which 70-80% are in advanced stage but surprisingly less than 2% are given palliative care.

Palliative care according to WHO:- It is active total care of patients whose diseases are not responsive to curative treatments.

↳ Palliative care is a approach to give quality of life to patient and their family.

Domains of palliative care :-

→ The relief to physical and emotional suffering.

→ Improving the strength of communication between physician and patient.

→ Assurance to ^{continue} giving care in many settings like home, hospital etc.

Issues faced :-

- lack of specialized experts.
- Restriction in giving opioids for pain relief
- Non-acceptance of death.

Palliative care in India :-

India have tried improving in palliative care with various initiatives but unfortunately there is a long way to go.

Initiatives

- Palliative care network in Kerala
- CanSupport in Delhi
- Guwahati Pain and Palliative Care Society (Assam).

However India's ~~is~~ palliative care is non-existence at the grass roots.

Way forward :-

- Improving palliative care by raising awareness
- professional training for experts.
- Awareness generation in society to not view terminally ill patients ~~death~~ ^{dying} to such death because they have right to die with dignity.

Therefore India needs palliative care to handle the impending crisis and give quality of life to the patients and their family.