

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

→ WHO has defined Palliative Care as 'the active total care of patients whose disease is not responsive to curative treatment. which includes giving control of pain, social, spiritual therapy.

### WHY WE NEED PALLIATIVE CARE ? :

→ As the instances of non-~~comm~~communicable disease like cancer, diabetes and other rare disease are on the rising trend as seen 30 Lakh people are suffering from cancer.

→ The need for palliative care arise. whose benefits are immense.

### BENEFITS :

- ① It is patient centered technique wherein the patient are treated socially, spiritually, psychological, so that he feels happy.
- ② Would work as an alternative treatment for elderly people.
- ③ Would help patient to move away from fear of death.
- ④ Will help ~~to~~ <sup>increasing</sup> close-bonding between patient and family member.

Having, above benefits but it's still at the nascent stage in India which has posed following challenges.

### CHALLENGES

- ① Lack of trained doctors and medical staff.
- ② Lack of popularity of such of treatment in India.

- ③ Lack of Government support
- ④ ~~elderly~~ geriatric people (oldly people) seen as a burden to many families

But, these challenges could be overcome in following ways like, STEPS NEED TO BE TAKEN:

- ① Giving palliative care.
- ② Spiritual well being of patient
- ③ Promotion of palliative treatment in social media and mass media.
- ④ Government needs to create or launch awareness drive at rural and urban location
- ⑤ Government officials, MP's, MLA, Anganwadi workers need to spread importance of palliative treatment in the locality
- ⑥ Capacity building and training of medical staff needs to be done.
- ⑦ Yoga should be promoted.

So, as the non-~~cont~~ communicable diseases showing a rising trend, palliative care treatment and other therapy which enhances social and spiritual well being could handle the impending crisis.