

The Impact of Early Palliative Care for Cancer Patients: A Literature Review

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Abstract

The referral of the most incurable cancer patients to palliative care be likely to late. This paper intended to review the most important literature regarding the impact early palliative care for cancer patients. The electronic search was achieved in the following databases: PubMed, CINAHL, and EBSCO. A number of palliative care benefits have been demonstrated for patients' diagnosed with cancer in past studies. The current review presents confirmation to use of early palliative care for cancer patients in clinical practice. Future studies are essential to decide the suitable model of care and when to intervene.

Keywords: *Early Palliative Care; End-of-Life Care; Cancer Patients*

Introduction

Early appearance of palliative care made advances in the quality of life, less therapeutic taken a fee, and superior survival time. But, to provide suitable care to cancer patients, it is necessary to refer them to palliative care and hospice timely. To provide suitable care to cancer patients, it is necessary to refer them to palliative care and hospice timely. Analyzing the influence of the palliative care application on the survival of the cancer patients. One of the greatest health care issues within the United States and somewhere else within the world [1]. According to the World Health Organization (WHO) records, cancer is the moment the major cause of passing universally, with an evaluated 9.6 million passing's in 2018. At the worldwide level, one in six individuals kicks the bucket from cancer [2].

Cancer is a mixture of diverse causes with diverse side effects, treatment, and determination [3]. The everyday lives of cancer patients are influenced in numerous regards such as budgetary status, capacity to work, family life, disposition, connections with others, rest, and quality of life. Cancer patients execute with distinctive issues in a different person, family, and social localities as well as with quality of life [4-11].

In addition, cancer patients may also suffer from restlessness caused by the illness, strategies of treatment, which antagonistically influence their treatment and the recovering handle, and so, it is fundamental to control and reduce such suffer [12].

The core focus of palliative care is to relieve pain and control symptoms, and improve the care quality for patients, their families, and the health care system. It is a holistic, patient-centered, and multidimensional (physical, psychological, social, and spiritual dimensions) [13-15].

Aim of the Study

This paper intended to review the most important literature regarding the impact early palliative care for cancer patients.

Methods

Search strategy

The electronic search was achieved in the following databases: PubMed, CINHALL, and EBSCO. The keywords included: "early palliative care", "cancer", "palliative care", "pain" and "patient cancer".

Papers published in the English between in 2015 and more, identified the effect of early palliative care on cancer patients undergoing chemotherapy were included in the review. While, the studies of early the effect of palliative care on non-cancer patients were excluded.

Search outcome

Searching of A literature resulted in 100 titles for review. The last examination resulted in 10 studies, excluding studies consisting only of abstracts, and not related studies.

Results and Discussion

Regardless of the interest for palliative care, current data showed that merely 14% of individuals requiring palliative care at the end of life received it [16]. The barriers were: absence of health policies in support of palliative care development, absence of related training to health care workers, and poor accessibility of essential palliative care medications [17].

Different studies examined early palliative care with cancer patients. For example, a study aimed to explore the influence of applying palliative care initial once diagnosis on end-of-life care and patient-reported effects among patients with newly diagnosed metastatic lung cancer. The findings revealed that providing of palliative care timely may result in important enhancements in mood and quality of life of metastatic lung cancer patients. Cancer patients getting palliative care early had less forceful care and longer survival at the end of life [18].

Actually, referral of cancer patient to palliative care early may enable appropriate diagnosis and symptoms treatment, and counseling. There are evidences that integrates principles of palliative care early may increase quality of life for cancer patients, though decreasing distress of caregiver and measures of aggressive at the end of life [19]. The early palliative care could be used as a clinically significant and feasible care model for patients with metastatic lung cancer; providing palliative care service early improves, mood, pulmonary function and life quality of those patients [20-27].

Additionally, early palliative care may decrease use of end-of-life care services. According to past studies, the providing palliative care service early may improve outcomes of the end-of-life, and the late initiation may lead to more use of end-of-life care services [28-35].

Providing of palliative care early increases life quality, mood, clinical outcomes, survival and satisfaction of health care in cancers patients compared with standard cancer care alone [36-42].

Also, for cancer patients, providing of palliative care early can be more cost effective compared with typical care [43]. Similarly, there is a positive outcome on carers, who display lower levels of depression and psychological distress compared with carers in typical cancer care [44-49]. Finally, there is a constant necessity for well public and patient teaching regarding the palliative care [50].

Conclusion

Based on this review, it can be emphasized that early palliative care recovers the health status of cancer patients. This method also appears to be a safe way to manage physical function, pain, anxiety, fatigue, nausea, and vomiting in cancer patients.

Palliative care improves life quality, mood and pulmonary function of cancer patients. Also, it can reduce end-of-life acute-care use and improved end-of-life outcomes and less costly than standard care for advanced cancers.

There is ongoing need for better patient and public education about palliative care. The current review presents confirmation to use of early palliative care for cancer patients in clinical practice. Results have implications for future studies aimed at improving quality of life by increasing use of palliative cancer care, and are needed to decide the best time to intervene and the best model of care.

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