

# STUDY GUIDE 1

## Chapter 9: Palliative & End-of-Life Care

- Palliative care → any form of care/tx that reduces severity of disease symptoms.
  - Goals:
    - Prevent and relieve suffering
    - Improve quality of life for chronic illness
  - Results
    - Improve quality of life for those w/chronic illness
    - Decrease associated economic costs for their health care
    - Ease caregiver burden
  - Key: receives curative and palliative tx
- Hospice care → concept of care that provides compassion, concern, and support for PTs in last phase of terminal disease
  - Goals:
    - Assist the PT to live as fully and comfortably while dying with dignity
    - Emphasis on symptom management, advance care planning, spiritual care, and family support
  - Key: PT has less than 6 months left
- End-of-Life (EOL) → refers to final phase of PT's illness when death is imminent
  - Goals
    - Provide comfort and supportive care during dying process
    - Improve quality of PT's remaining life
    - Ensure a dignified death
    - Provide emotional support to family
  - Physical manifestations
    - Cardiovascular: increased HR to decreased and weakening of pulse; irregular rhythm, decreased BP, delayed absorption of drugs (IM or subQ)
    - GI: slowing or cessation; gas accumulation; distention & nausea; incontinence; bowel movement before imminent death or at time of death
    - Integumentary: mottling; cold, clammy skin; cyanosis; "waxlike" skin
    - Musculoskeletal: gradual loss of mobility; sagging jaw from loss of muscle tone; difficulty speaking; difficulty swallowing; loss of gag reflex; jerking (high doses of opioids)
    - Respiratory: increased RR; Cheyne-stokes; inability to cough/clear secretions → grunting, gurgling, or congested breathing; irregular breathing
    - Hearing: last to disappear
    - Taste & smell: decreased w/progression
    - Touch: decreased sense of pain and touch
    - Urinary: gradual decrease; incontinence; inability to urinate
- Bereavement vs grief
  - Bereavement refers to the state of loss
  - Grief refers to reaction to loss. Normal response to death
    - Anger, guilt, anxiety, sadness, depression, despair
    - Sleeping problems, changes in appetite, physical problems, illness

# Home Health Care Study Guide

**M Carnoy**



## **Home Health Care Study Guide:**

The Top Books of the Year Home Health Care Study Guide The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous captivating novels captivating the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the engaging narratives that have enthralled audiences this year. Home Health Care Study Guide : Colleen Hoover's "It Ends with Us" This poignant tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Home Health Care Study Guide : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and thrilling novel that will keep you speculating until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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