Palliative Care, End-of-Life Care: The Beginning of the End.

Mg. Maria Gabriela Molina Jofre, Argentina.

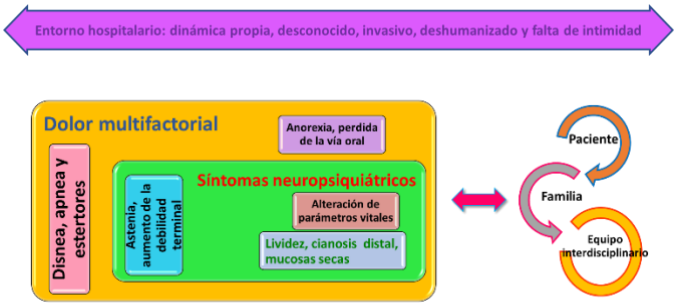
The current increase in human life expectancy results in an increase in the prevalence of chronic degenerative diseases; among which we can find noncommunicable diseases (NCDs) that include oncological and non-oncological diseases; Frequently two or more pathologies converge over time (multimorbidity) and in the same person.

71% of people who die annually do so from these pathologies, these people suffer from multiple symptoms pain, dyspnea, fatigue, depression, insomnia and various gastrointestinal complications that affect their quality of life.

Consequently, the requirement to health systems is urgently increased to meet the needs of this population, particularly in end-of-life care; Palliative care does not focus exclusively on the control of symptoms, the comprehensive approach to them in all physical, psychological, emotional, social and spiritual spheres is a priority, and is one of the main tools of the professionals who care for these patients.

Cicely Saunders, founder of the hospice movement and the medical specialty of palliative care, developed the theory of "total pain" described the different dimensions that make up the perception of pain: physical, emotional, social, spiritual, financial and unfinished business, which highlights essential needs of the person with advanced disease those that are inherent and specific to our condition as people, and are especially relevant in situations of vulnerability and/or deprivation.

Concluding as health professionals we have the possibility of transcending through our actions is what we transmit and what the patient perceives, which makes the difference since we are accompanying one of the most important moments of his life.



Complex Model: End of Life Process- Ma. Gabriela Molina Jofre

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Mg. Ma. Gabriela Molina Jofre, specialized in Palliative Care and Mental Health, I carry out numerous complementary trainings to these specialties. Participated as a speaker in several academic and health institutions, professor of the International Diploma in Humanized Care of ISALUD University, member of SECPAL, Participated in telementoring sessions ECHO Project: Leadership and Clinical Excellence in Palliative Care (Extension for Community Healthcare Outcomes) in collaboration with the Department of Noncommunicable Diseases and Mental Health (NMH) of PAHO, WHO and Massachusetts General Hospital.