

## **One Stop Community Palliative Care Services**

Yeung E

Palliative Care Unit, Ruttonjee & Tang Shiu Kin Hospitals

### **Introduction:**

The "One Stop Community Palliative Care Services" support advanced cancer patients to remain at home or aged home. It integrates the physical, spiritual, psychological and social aspects of care. It supports community caregivers to take care patients at home or aged home as long as appropriate and even prepare patients die in the place of their preference.

### **Purpose of the Project:**

The purpose is to support palliative care staff, volunteers and family caregivers to take care of patients in community settings. The project objectives including provide seamless ambulatory care to advanced cancer patients; provide medical equipment and self-help devices for patients to use at home; facilitate staff to performing physical assessment at home setting; develop volunteers to support palliative patients and families; enhance psycho-social support to palliative home care patients.

### **Material & Methods:**

The one-stop community palliative care services enable patients to receive treatment in the comfort of their own home.

The project contains 4 main programs:

1. Set up an "equipment bank" of medical equipments and ADL aids
2. Improve home care patient monitoring equipment.
3. Develop volunteers to support palliative care patients in the community.
4. Partner with NGOs to organize social, educational, recreational activities for patients and their families.

### **Results:**

We have received many positive feedbacks from our home care clients. They were satisfied with the community palliative care services. Over 50% palliative home care patients on loan our equipments assist to control their symptoms, maximize functional level and mobility within the limits of their declining health. Our clients also enjoy participating in those activities programs. It provides patient with stimulation and enjoyment. Our palliative care team members were also very satisfied with team support. Twenty volunteers were trained up to provide regular befriending visits to our home care patients.

### **Conclusions:**

The project is successfully launched with the support from volunteers, NGOs and public funding. It maximizes patients potential for living in the end of their life.