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Opportunities to improve palliative care: towards a more patient-centred and proactive approach

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OPPORTUNITIES TO IMPROVE PALLIATIVE CARE

Towards a more patient-centred and proactive approach

1. To prepare young doctors for their clinical practice education on end-of life care should be compulsory and integrated into the Dutch Blueprint on Medical Education. (this thesis, chapter 2)
2. Emergency Department-triggered palliative care offers a key opportunity to improve organisation of appropriate care in the last phase of life. (this thesis, chapters 3, 4 and 5)
3. A two-track approach in patients with a haematological malignancy, a poor prognosis and a high risk of treatment-induced mortality provides an opportunity for more patient-centred and proactive end-of-life care. (this thesis, chapter 4)
4. Using a question prompt list in palliative care contributes to patient empowerment, if its use is introduced properly. (this thesis, chapter 6 and chapter 7)
5. Clinicians may use their trained clinical eye to estimate the urgency of palliative care needs, also when they do not have a long relationship with their patient.
6. The use of a question prompt list supports patients in having conversations about palliative care topics their clinicians may be hesitant to discuss.
7. Awareness among lay people about a two-track approach with concurrent curative and palliative care tracks is needed to improve access to appropriate care.
8. Proactive palliative care can support appropriate care.
9. Re-integrating care for persons with a life-limiting illness into public life contributes to social capital and knowledge about palliative care. (after thesis by Libby Sallnow: Collective social capital: A study of new public health and end-of-life care, 2017)
10. Music can help initiate discussions on palliative care and the end of life where words fall short. (free after Hans Christian Andersen)

