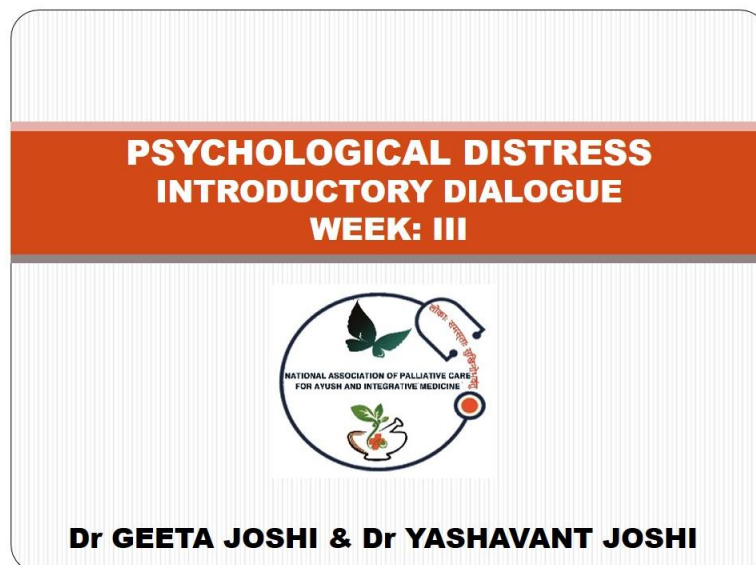


Basic Certificate in Palliative Care
Dr. Geeta Joshi
Dr. Piyush Gupta
Dr. Col. Yashavant Joshi
International Institute of Distance Learning
Indian Institute of Technology, Kanpur

Week-03
Lecture 01: Introductory Dialogue

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This is week number 3, lecture number 1. Hello everyone. Hello friends. In week 3, we are going to teach you about psychological distress related to palliative care.

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PSYCHOSOCIAL ASPECTS PALLIATE CARE



Dr YASHAVANT JOSHI

I will just like to add few things. You see everything is a matter of mind.

Mind is the central functional power of each human being. Therefore psychology is very important. In fact whenever I speak to some doctors they always say around 95% of diseases are psychosomatic. That means body and mind they are closely connected.

If something ill happens to the body automatically your mind gets affected. If something wrong happens with your mind then your body finally gets affected. So they are connected with each other. We must remember that body and mind both edge and both are mutually dependent entities. They both affect each other.

Another factor, physical diseases, physiological diseases are generally aggravated by psychological disorders. And in fact physiological diseases also create psychological disorders. And in palliative care when we talk about holistic care and when we include all the factors of human well-being, social, economic, spiritual, psychological, everything and therefore psychological aspects also take an important part in medical. Yeah, so in week 3 we are going to start the first lecture that is about psychosocial aspect of palliative care.

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WHAT IS PSYCHOLOGICAL DISTRESS? (Factors Responsible & Clinical Features)



Dr YASHAVANT JOSHI

Second lecture will be on what is psychological distress and the factors which are responsible to cause psychosocial distress in the patient and their clinical features will be discussed over here.

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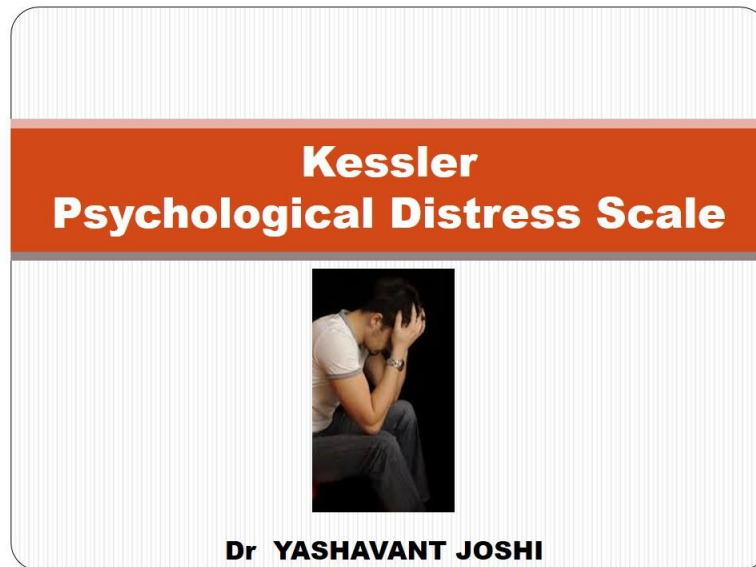
TYPES OF PSYCHOLOGICAL DISTRESS



Dr Monika Lalit Piplani

Third lecture, it is our type of psychological distress. It has been prepared by Dr Monika Lalit Piplani. She is a psychiatrist in Shri Guru Ram Das University of Health Sciences located at Amritsar.

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We are also going to discuss various scales to measure the psychological distress.

Very popular scale are Kessler scale and another is distress thermometer. In this lecture, Dr. Yashwant Joshi has narrated both these scales and this is to measure the psychological distress in a patient or even a caregiver. The distress thermometer is very very handy. It just takes less than 30 seconds about the psychological problems a patient is suffering. Just less than 30 seconds means half a minute.

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GENERALISED ANXIETY DISORDER (Case Study)

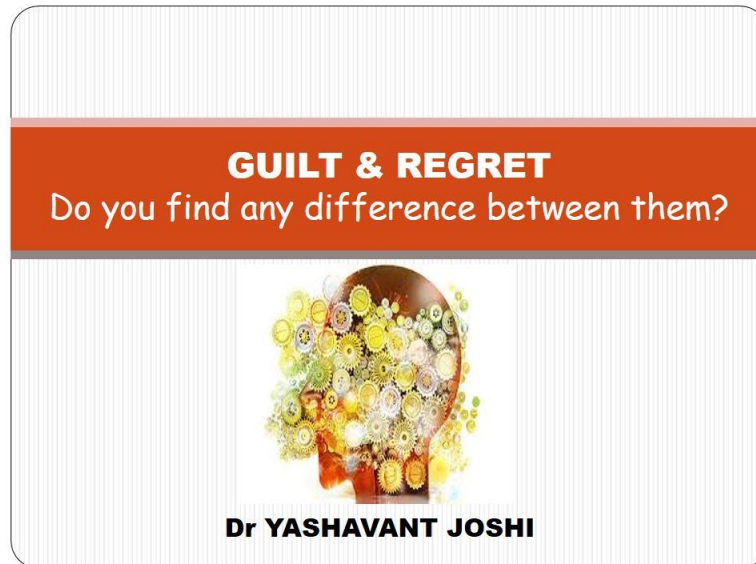


Dr YASHAVANT JOSHI

Another lecture will address the generalized anxiety disorder along with a case study. And this is basically in the form of case study and she will tell you, Dr. Geeta Joshi will tell you the importance of case study in medical field. Yes, the case studies basically describe exactly what you have practiced and what has been done to a patient you have treated in past.

So this is based on experience, a real patient and what are the outcomes. So there is lot to learn from the case study. In research also, a randomized clinical trial has got its own role to play but case studies are also equally important. The area where the randomized control trial is not possible, we depend on the outcome of the case studies, may be multiple case studies done on a particular subject.

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And this is the last lesson of week number 3 that is guilt and regret.

What is the difference between guilt and regret? Let me tell you, most of us have our own guilt and regrets. Some of them are private, some of them we do discuss with our friends and family members. What is guilt? Guilt is basically negative form. And intentionally if you have done some harm to somebody, then guilt is created in your mind because after all we are human beings. And God has created basically in the lovely form, we have got emotions which are always positive.

Later on when we grow up, we become little negative but otherwise by birth we are all positive. So whenever we do some harm to somebody intentionally, then we always think that no, this is not good. I shouldn't have done it. And in fact, this is the teaching during our grooming years by our parents in our family. All our parents have taught us to be gentlemen, gentle lady and to imbibe all the virtues which have been taught to us.

Therefore when you do something wrong to somebody, someone intentionally, you create a guilt in your mind. Whereas regret, it is inadvertently, it just happens sometimes. You don't want it to happen but it just happens and then later on you realise, no I shouldn't have done it. So this way regret is possible and regrets can be corrected. Regrets can be corrected by going to that person, yes, I couldn't do it but I'm sorry.

Next time please call me whenever some help is required. And regrets which cannot be corrected can be cancelled and that is what we are going to learn in this week 3 about the psychological disorder which is very important aspect of palliative care. Thank you, thank you friends. Coming to themes. Yeah, coming to themes.

Again, why do I forget every time? Maybe I'm suffering from dementia. No, no. I across 70 years.

Possibly. Possibly. So the theme of this particular week, week number 3 has been chosen as social support alleviates psychological suffering. Psychological suffering, you know, so people generally they remain at home, they don't talk to anybody, they are lonely, they do not open up and this is where the family members, close friends, society comes up. If they offer their love then definitely that psychological suffering reduces. So our theme for this week is social support alleviates psychological suffering.

Thank you friends. Thank you very much.