

Basic Certificate in Palliative Care
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Week-09
Lecture 01: Introductory Dialogue

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Week number 9 and lecture number 1. Good morning everyone. So this week pertains to advance nursing care in which we will have certain lessons and dear friends I just want to tell you one thing. Doctors are very very important because they are the one who diagnose makes a treatment plan but they're very busy people and then thereafter most of the patients they come to the wards and who looks after them. It's basically nursing staff. They remain with the patient 24 by 7.

They talk to the patients like what in palliative care we say that low tech and high touch. This high touch is being provided by nurses to the patients in the wards and they are very important because patients can talk to them anytime. Whatever is happening to their conditions, if it is severe or something, otherwise they just need something else. So that is

the time they call nurses and intern nurses call resident doctors and that is how the whole process start.

Am I right? Yes. So like physician plans out the treatment of the disease. Similarly nurses has to plan out the nursing care. The nursing care requirement changes from patient to patient. One patient might have a stoma, other patient may have a ryles tube or another patient may have just urinary catheter.

So yeah, that reminds me whenever we people visit hospital you find so many patients with a tube in the nose and someone has got a tube here. I think you call it take tracheostomy. Just one word about this too. You know what is happening on the facial part. Yeah. So regarding stoma there are lectures on it but ryles tube is the tube feeding tube passed from the nostril.

It goes up to the stomach and through which patient can be given liquid diet and it is done in the this process is done in the patients who are not able to swallow. Yeah and there are various other indications also. We need not go into the details. Thank you. But I will get back to you with the lectures in this.

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**NURSING CARE PLAN
CASE SCENARIO**



Ms MITALKUMARI R. PARMAR

First lecture is nursing care plan. So how to plan your nursing care for a particular patient. For each patient nurse has to have a planning starting from how he will take bath, his personal hygiene, whether he needs dressing or not, what type of medications are given, what type of education needs to be given to the patient and caregiver. All this comes in nursing care plan. They just do not have to follow blindly the instructions of the doctor but they have their own skills to show whenever a patient is under their treatment. So here in first lecture we are going to describe a case scenario.

How the nursing plan was planned during home care. This patient was receiving home care. So that is how this first lecture is about the case scenario.

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BOWEL & BLADDER CARE

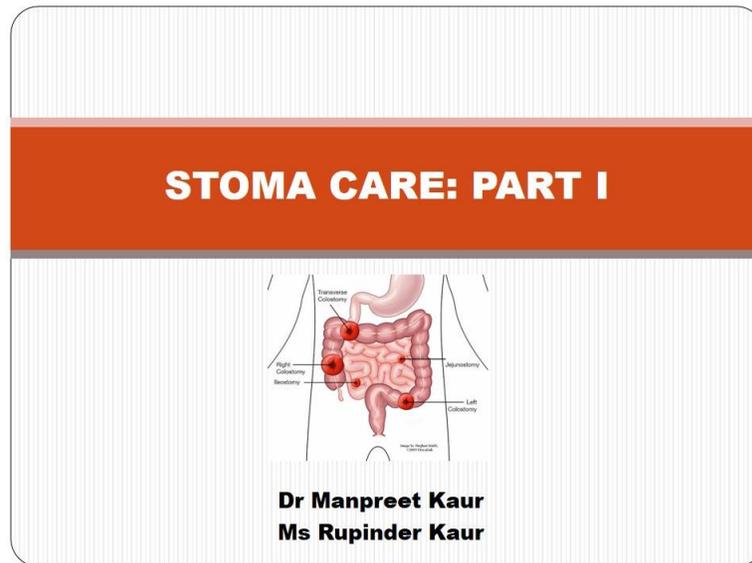
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Second lecture is on the bowel and bladder care. In palliative care many of the patient cannot evacuate their bowel or bladder.

Many of the patients are with the catheter. So it is nurses who has to take care of this problem. And here very well described by two nurses academicians from SGRD college of nursing. So you will definitely go into the detail of the bladder and bowel care through this lecture and learn a lot about how it is done in a particularly bedridden patient. How it is done that is also narrated in this lecture.

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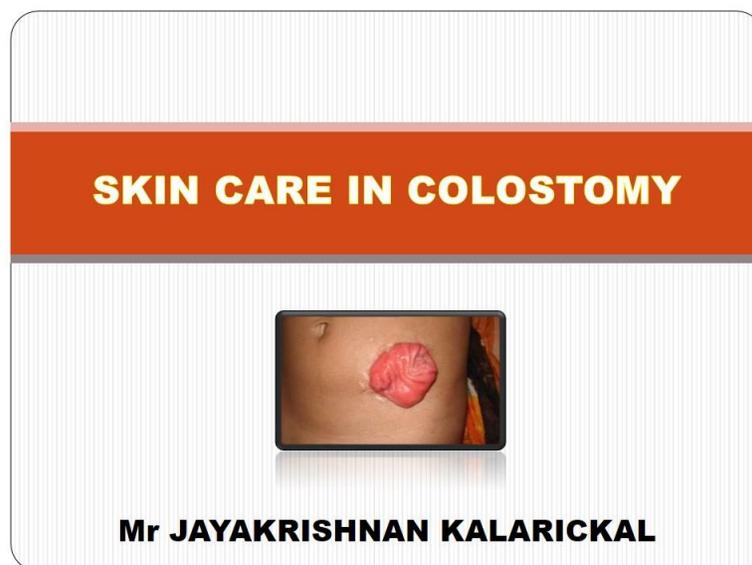
Another lecture is stoma care. You know what is stoma? That is what you see artificial puncture or a hole into the body for a specific medical purpose. Am I right? Wonderful. It can be in any parts of the organ and accordingly that name has been given like colostomy or the jejunostomy, You know something like that.

Am I right? So you are learning medicine. No, I don't want to learn. I just want to know little so that I can get I can remain interested in palliative care. So stoma is the opening where the internal organ of the body is brought outside to the external world that is stoma. So it starts from the tracheostomy where the stoma is done performed in the trachea so that patient can breathe through it.

This, similarly stoma is done into the stomach so that patient can be fed through a tube directly into the stomach. Stoma is done into the large intestine so patient can evacuate stool from that opening. So there are various stomas which you have to learn and that is why the whole stoma care is divided into part 1 and part 2. When this internal organ is outside in the outside body it has to be protected against infection contamination or inhalation of any foreign particle. So how to take care of this? How to keep that area as sterile clean as possible? And also thing is mentioned in this stoma care.

And many of the stoma care requires specialized nursing like colostomy where the bowel is taken outside for evacuation of the stool. Here there are specialized colostomy nurses and there is a specialized colostomy clinic in our cancer hospital where patients are educated regularly, learn follow-up, the nurse will teach them the care at home. The nurse will also teach the relative how to take care of this stoma and they are given monthly cleaning of the stoma and also thing. So you will learn stoma care in part 1 and part 2. Part 2 specifically with related to colostomy.

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Another important subject discussed over here is skin care in colostomy. Naturally when the stoma is created to bring out the stool the surrounding skin is likely to get a spillage of the stool and likely to get irritation and infection and also thing. So how to take care of this skin is described in this lecture. So basically week 9 for the nursing care and more specific stoma care you will learn in this week.

Thank you. And team? Team you see in this particular week that is week number 9 basically we are talking about nurses and that also we understand that when we say health professionals starting from top doctors and then in the later comes nurses and then other medical staff you know. So when a patient goes to hospital basically it's a integration the teamwork of everybody that patient goes to hospital crying and comes out smiling and

happy he's been put onto the grid you know as he was earlier when he was healthy. So can I say the nursing as in a profession you know so I will say nursing it's an integral part of medical care. Nursing is an integral part of medical care.

Thank you. Thank you. Thank you friends.