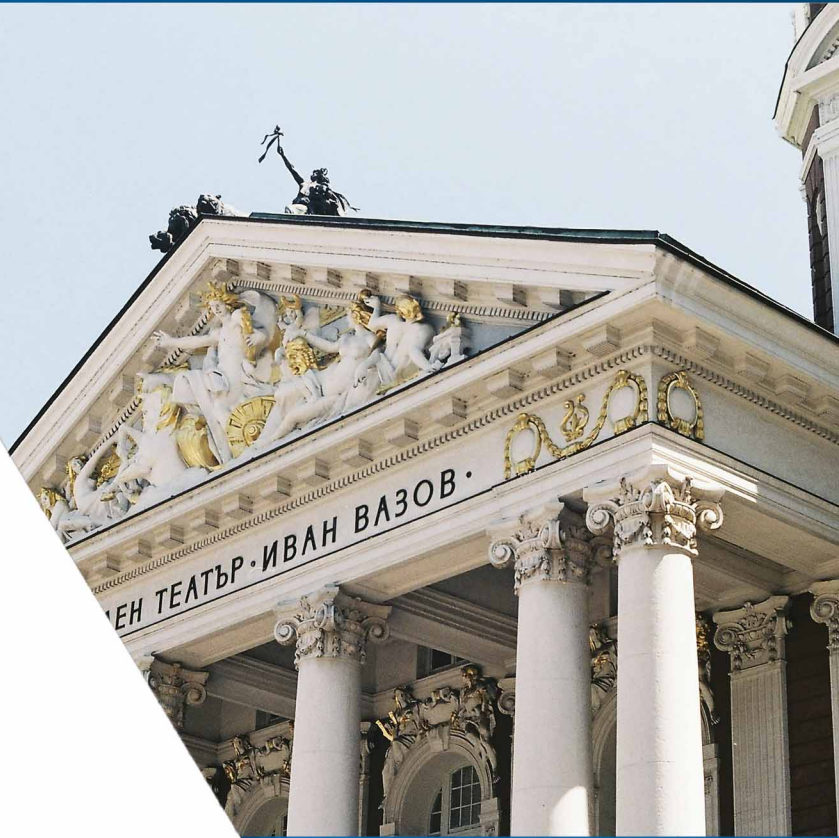




EUROPEAN CONFERENCE

Conference Proceedings



XVI International Science Conference
«Trends in the development of science and
teaching methods»

April 22-24, 2024

Sofia, Bulgaria

TRENDS IN THE DEVELOPMENT OF SCIENCE AND TEACHING METHODS

Abstracts of XVI International Scientific and Practical Conference

Sofia, Bulgaria
(April 22-24, 2024)

UDC 01.1

ISBN – 9-789-40372-398-3

The XVI International Scientific and Practical Conference "Trends in the development of science and teaching methods", April 22-24, 2024, Sofia, Bulgaria. 286 p.

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The recommended citation for this publication is: Sadigova D.O. Bioecological features of *Halimodendron halodendron* (Pall.) voss in absheron conditions. Abstracts of XVI International Scientific and Practical Conference. Sofia, Bulgaria Pp. 18-20.

URL: <https://eu-conf.com/en/events/trends-in-the-development-of-science-and-teaching-methods/>

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ENSURING THE COMFORT AND LIFE QUALITY FOR PALLIATIVE PATIENTS AT THE TERMINAL STAGE OF CHRONIC AND INCURABLE DISEASES

Malyk Nataliia Vitalyivna
PhD

Hurina Darya Pavlovna
Student
Kharkiv National Medical University

Dereka Anna Viktorivna
Student
Kharkiv National Medical University

Introduction. Chronic and incurable diseases leave almost impossible to help in the face of great physical and psychological challenges. In the final stages of these diseases, when treatment often no longer helps, and it is only possible to facilitate the stay in this world, the task of ensuring comfort and improving the life quality for patients becomes especially important. addresses key aspects of providing comfort and improving quality of life in the last phase of chronic and terminal illnesses.

The goal of the work. Analyze the key aspects of providing comfort and improving the life quality of palliative patients in the terminal stage of chronic and incurable diseases.

Materials and methods. The review of scientific literature was made on the basis of the PubMed, Scopus, and Google Scholar databases. The articles of 2013-2023, which were analyzed to research

the problem of providing comfort and improving the life quality of palliative patients in the terminal stage of chronic and incurable diseases, were analyzed.

Results and discussion. The optimal organization of palliative care and provision of decent conditions for people in the terminal stage of a chronic or incurable disease is of great importance for their physical and emotional well-being.

First and foremost, an effective medical approach to symptom control and pain management must be provided. The use of modern methods of treatment and relief of pain syndrome allows to maintain the patient's comfort and alleviate his condition.

Taking into account the physiological and psychological aspects, it is necessary to consider both the changed needs of the patient and possible limitations at different stages of the disease. At the initial stages, it is necessary to ensure optimal treatment and maintenance of organ functions. In the final stages, when treatment options are limited, it is important to draw attention to comfort and psychological support.

In addition, palliative care provides psychological and social support to the patient's family. Providing opportunities for talking and expressing emotions, counseling a

psychologist or psychiatrist can help cope with stress and improve the patient's mental state.

Providing comfortable conditions of stay, taking into account the individual needs and wishes of the patient is important to create an environment in which he can feel surrounded by attention and care. This includes providing a comfortable bed, access to important amenities, and the ability to receive palliative care at home if that patient wishes.

Carrying out constant monitoring of the patient's condition and timely intervention in case of exacerbation can significantly improve his life quality in the last stages of the disease. If desired, the patient can receive palliative care at home. The use of the latest technologies also ensures effective communication with narrow specialists and patient support in remote regions.

In today's world, there is growing attention to issues of palliative care and support for people at the terminal stage of incurable diseases. Providing comfort and improving the life quality of incurable patients is a key task for the medical industry, public organizations and society and includes the following aspects:

1. Humanitarian aspect. Providing effective palliative care in the terminal stage allows to ensure a dignified and fulfilling life after the last days. This becomes an important component of the human right to dignity and inviolability of personal life.

2. Medical aspect. Palliative care is aimed at alleviating pain and other symptoms, improving the sleep quality, appetite and mental state.

3. Ethical aspect. Ensuring the patient's comfort in the terminal stage of the disease emphasizes the importance of ethical standards in the field of medicine. Medical ethics require respect for the patient's rights and wishes, even when they concern end-of-life issues.

4. Family and social dimension. The terminal stages of the disease have a significant impact on the family and loved ones. Ensuring the comfort of the patient is essential for supporting the family, giving them the opportunity to spend quality time together.

5. Economic aspect. Providing high-quality palliative care reduces the costs of expensive and ineffective treatment methods in the terminal stages of an incurable disease. Effective management and provision of palliative care can improve treatment outcomes and reduce hospital admissions.

Conclusion. Ensuring comfort and life quality in the terminal stages of chronic and incurable diseases is a complex and multifaceted process that requires an integrated approach from workers and specialists in the field of palliative care. Providing optimal physical, psychological and social support significantly improves the life quality of a palliative patient.

Literature

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