## Symptom management in palliative care



Managing symptoms during the last days of someone's life can be challenging, often with multiple causes contributing to each symptom. Every organisation will have their own policies and procedures around the role of the Healthcare Assistant in management of symptoms, so it is important to be familiar with and work within the boundaries of such guidelines.

Below are some general principles to help guide Healthcare Assistants when considering care strategies best suited to the needs of individual clients:

Accurate and meticulous assessment is essential

Assess and address non-physical as well as physical issues

Difficult to control symptoms may require several different approaches



Aim for the highest possible quality of life

Use risk benefit assessments when side effects of therapy occur



as much as possible to the client and their whānau

Use a multidisciplinary approach

Reassess continuously





