

Palliative care for cancer survivors

Palliative care for cancer survivors is a specialized approach aimed at enhancing the quality of life for individuals who have completed or are undergoing cancer treatment. While cancer survivorship often brings relief and hope, many survivors continue to experience physical, emotional, and psychological challenges. Palliative care addresses these ongoing needs by providing symptom management, psychosocial support, and guidance for long-term well-being.

Key Aspects of Palliative Care in Cancer Survivors:

1. Symptom Management:

- Addresses lingering side effects of cancer treatment, such as fatigue, pain, neuropathy, nausea, and cognitive issues ("chemo brain").
- Manages long-term complications, including lymphedema, digestive issues, or hormonal imbalances.

2. Psychosocial and Emotional Support:

- Helps survivors cope with anxiety, depression, or post-traumatic stress after cancer treatment.
- Supports reintegration into daily life, work, and relationships.

3. Survivorship Care Planning:

- Develops a long-term care plan for monitoring recurrence risks, late effects of treatment, and overall health.
- Coordinates follow-up care with oncologists, primary care doctors, and other specialists.

4. Spiritual and Existential Well-being:

- Assists survivors in finding meaning and adjusting to life post-cancer.
- Provides counselling for grief, identity shifts, and concerns about mortality.

5. Lifestyle and Health Promotion:

- Encourages healthy habits, including nutrition, physical activity, and stress management.
- Guides cancer survivors in reducing risks of recurrence and improving overall health.