

The Impact of Palliative Care

For individuals and their loved ones diagnosed with a serious illness, considering Palliative Care is a critical step in their medical journey. Knowing the impact that Palliative Care can make is important to understand. Here are three key factors on the difference when choosing Palliative Care:

- ❖ **Improves Quality of Life** – Palliative Care has been shown to significantly improve patients' and their families' quality of life and mood. Studies show that patients who receive Palliative Care experience less depression and anxiety than those who received standard medical care. (<https://newsinhealth.nih.gov/2017/01/palliative-care-improves-quality-life>)
- ❖ **Reduces Symptom Distress** – Palliative Care works along with other therapies and practitioners to ease physical symptoms and offers emotional and social support to patients and caregivers. Research points to a 66% reduction of symptom distress with improvements lasting months after initial consultation. (<https://www.capc.org/documents/download/245/>)
- ❖ **Drives High Satisfaction and Positive Patient Experiences** – 93% of people who receive palliative care are likely to recommend it to others. (<https://www.capc.org/documents/download/245/>)

For those whose who are living with a serious illness, it is never too early to ask how Palliative services can help you or your loved one live well.