

TOP READINGS ON PALLIATIVE CARE

Palliative Care is a growing and specialized field of medicine. For those interested in learning more about Palliative Care, below are a few recommended readings:

- ❖ "Being Mortal: Medicine and What Matters in the End" by Atul Gawande
In this thought-provoking book, Atul Gawande, a renowned surgeon and writer, explores the challenges of end-of-life care and the importance of improving the quality of life for terminally ill patients.
- ❖ "The Four Things That Matter Most: A Book About Living" by Ira Byock
Ira Byock, a palliative care physician, offers a compassionate and insightful perspective on the essential elements of life and relationships in the face of serious illness. This book emphasizes the importance of forgiveness, love, gratitude, and letting go.
- ❖ "Dying Well: Peace and Possibilities at the End of Life" by Ira Byock
Another remarkable work by Ira Byock, "Dying Well" provides practical guidance for patients, families, and caregivers to navigate the challenges of dying and create meaningful end-of-life experiences.
- ❖ "Life After the Diagnosis: Expert Advice on Living Well with Serious Illness for Patients and Caregivers" by Stephen Pantilat
Dr. Pantilat, a renowned expert in palliative care, demystifies the medical system for individuals and their families. This book covers from the first steps after the diagnosis to planning your future. Dr. Pantilat offers advice on how to tackle the most difficult treatment decisions and shows readers how to choose treatments that help more than they hurt, stay consistent with their values and personal goals, and live as well as possible.
- ❖ "Palliative Care Nursing: Quality Care to the End of Life" by Marianne Matzo and Deborah Witt Sherman
This comprehensive guidebook is specifically tailored for palliative care nurses. It covers a wide range of topics related to pain management, symptom control, communication, ethical considerations, and overall patient care in the context of palliative care.
- ❖ "Textbook of Palliative Medicine" edited by Eduardo Bruera, Irene Higginson, Charles von Gunten, and Tatsuya Morita
Considered a definitive resource in the field of palliative medicine, this textbook provides in-depth information on various aspects of palliative care, including symptom management, psychosocial support, ethical considerations, and end-of-life care.
- ❖ "What Are Palliative Care and Hospice Care?" – National Institute of Health Website (<https://www.nia.nih.gov/health/what-are-palliative-care-and-hospice-care>) This article differentiates palliative care and hospice, two distinct fields of medicine that can be misunderstood.

These readings offer valuable insights and knowledge about palliative care and can be beneficial for healthcare professionals, caregivers, and individuals interested in understanding and improving the quality of life for those with serious illnesses.

If you have suggestions of additional books to share with others interested in Palliative Care, please reach out to the Palliative Care and Quality of Life Council.