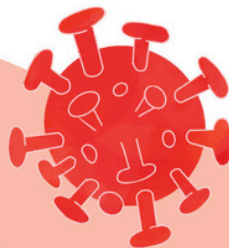


# Palliative Care for the Treatment of Complex Symptoms

## What do you think of when you hear 'palliative care'?

You might think it means a person is receiving care because they will die soon. Or that they are no longer receiving treatment to help with their illness.

But palliative care is so much more than that. Palliative care is expert symptom management. It can start early if people have complex problems, puts care before disease, and can extend life.



## The Research

Researchers from King's College London and other academic and practitioner partners explored the use of palliative care in 572 patients with severe COVID. They worked with service providers, policy makers, patient and public contributors to make sure the research reflected lived experience.

They found that palliative care controlled and significantly reduced distressing symptoms. Symptoms like:

- Breathlessness
- Cough
- Pain
- Anxiety
- Nausea
- Dry mouth



Also, palliative care specialists, including the rehabilitation team, supported other healthcare professionals when treating COVID patients too. This helped doctors spot when there were health issues that needed urgent attention. So patients were referred more quickly to get the care they needed.



*'... palliative care embraces complex symptoms and comorbidities... palliative care is a complex science which will be able to look after you better.'*



## Why this is important

Palliative care is a way to address complex physical and emotional symptoms. It's not just for the end of life. It's useful for managing multiple, complicated conditions in a patient at once. Palliative care places the patient at the centre of all treatment and decision making. This could be applied across ALL types of patient care. Palliative care ensures quality of life right up until the end of life.



Learn more about palliative care and the research at:  
[www.kcl.ac.uk/research/covpall](http://www.kcl.ac.uk/research/covpall)

