

15th Malaysian Hospice Council Congress @Sibu, Sarawak

Helping Children and Families Live with a Serious Illness

Per-Congress Workshop: Paediatric Essentials

25 July 2024

Chong Lee Ai leeai@um.edu.my

Pain and Palliative Care Unit

Universiti Malaya, Kuala Lumpur



Focus in Palliative Care:

LIVING...

LIVE WELL...

LIVE BY YOUR VALUES...

LIVE TO YOUR POTENTIAL...

Task Today

Assessment

(without a good assessment, can't provide good palliative care)

Assessment

Getting
to know
who they
are

What are the
issues? What do
they hope for?

How to
achieve their
goals?

Assessment

Getting
to know
who they
are

Built trusting relationships

Seeing their perspective

Sharing of information

Assessment

What are the issues? What do they hope for?

Uncover distress and needs

Assessment

How to
achieve their
goals?

From their perspective
Facilitate tailored solutions

Assessment

Skills required...

Communication Skills

Active LISTENING

be present

be curious

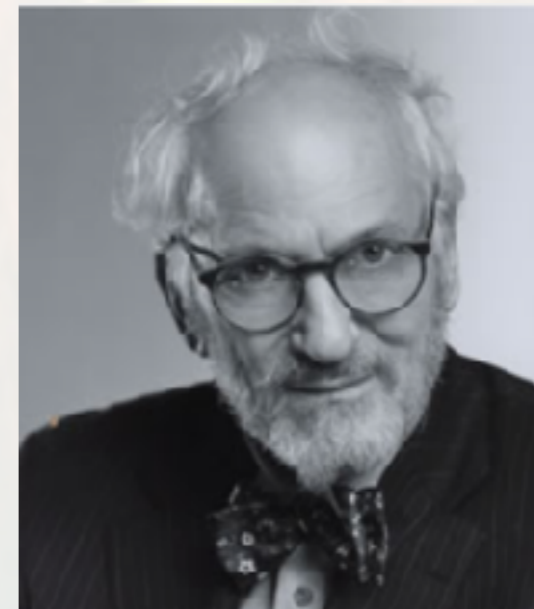
non-judgemental

clarify

do not assume

“Similar to scalpels for surgeons, **words** are the palliative care clinicians greatest tools. Surgeons learn to use their tools with extreme precision, because any error can be devastating. So too should clinicians who rely on words.”

Eric Cassell



How to communicate in assessment?

Getting
to know
who they
are

tell us about your child / you
what is he/she like as a person
what does he/she like
(authentically interested in the person)

How to communicate in assessment?

What are the issues? What do they hope for?

What is your understand of your child's illness?

What have you heard?

What's your sense of what's going on?

In light of your understanding, what's most important to you?

What are you hoping for?

What are your worries, fears?

How are you managing day to day? (financial, food, housing insecurities)

How to communicate in assessment?

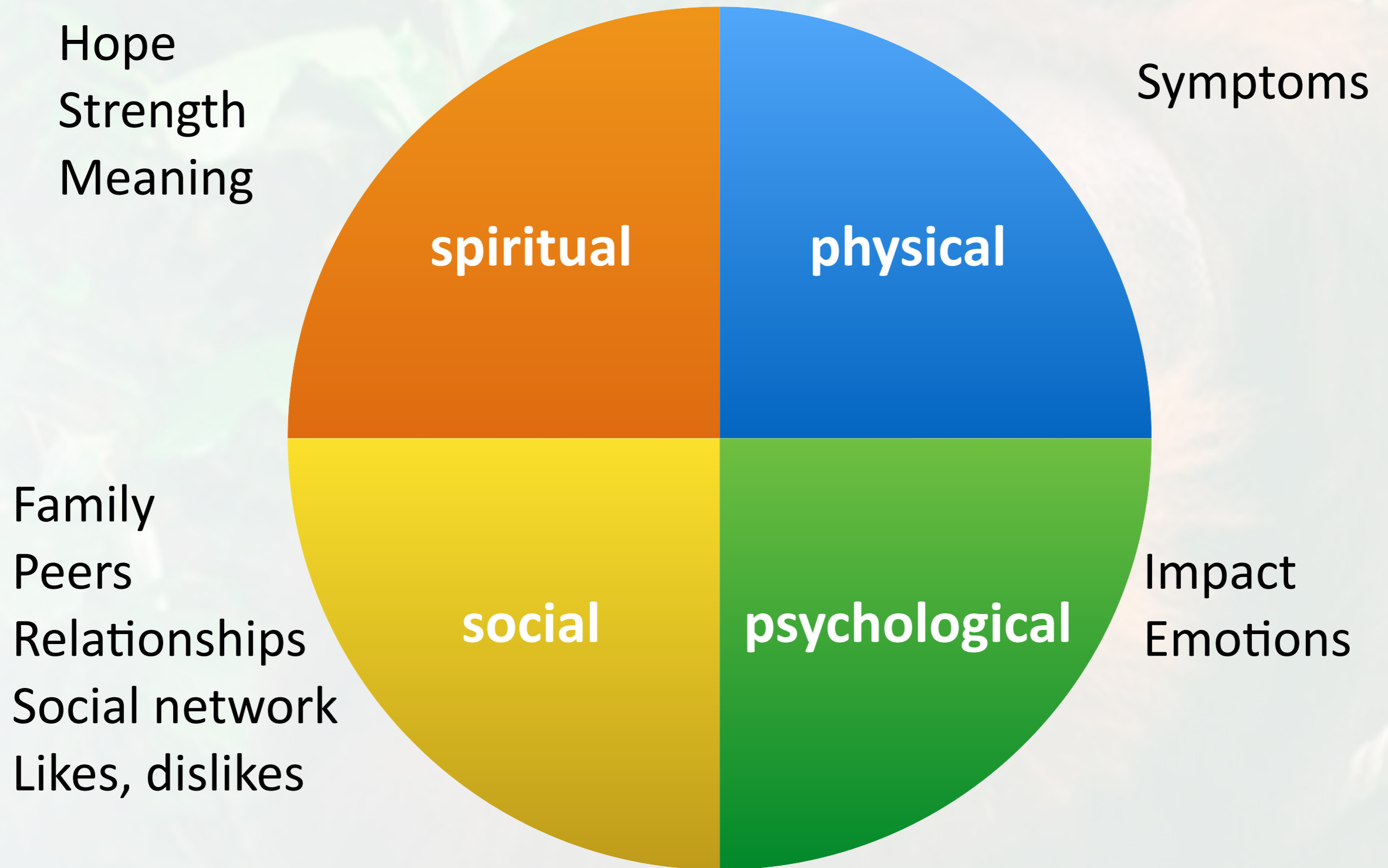
**How to
achieve their
goals?**

What do you think is the best way forward?

What are your thoughts about ...

What will be the most appropriate decision?

Live well holistically





How to help Joshua and his family live well?

Seizure

Feeding

Constipation

Pressure sores

Contractures

Pain

“...helpless...”

“It is tough...”

“I believe I can cope”

Financial

Care burden

Social

*“Strengthening Connections and Collaborations
in Palliative Care”*

Think of who you can partner with?

Take Home Messages

- Palliative care is about living well
- Assessment needs good communication skills
- Actively facilitate patient-centred goals