



National Service Scheme Unit 17A& B

Government College Kariavattom

Palliative Care Activity

The NSS Volunteers of Unit 17 A & B Government College Kariavattom, as a part of the palliative activity, visited and interacted with the inmates of St. Theresa's old age home, which is a part of Lourde Matha church, located at Pullanivila on 13/05/2023. For those suffering from severe illnesses like cancer, neurological disorders, chronic diseases, and terminal illnesses, palliative care is crucial.

Palliative care improves the patient's quality of life by reducing pain, discomfort, and stress and offering emotional and spiritual support. It also guarantees that the patient receives compassionate, respectful treatment during a trying period.

Early identification and assessment of patients in need of palliative care, thorough and ongoing pain and symptom management, patient-centred care, coordination of care across settings and providers, open communication and advance care planning, support for caregivers and loved ones, an interdisciplinary team approach, regular review and updating of care plans, and bereavement support for families following a patient passing away are all examples of best practices in palliative care.

These practices hope to enhance patients' quality of life and support their loved ones by offering compassionate, all-encompassing, and patient-centred care to those with severe illnesses. Students gave cultural presentations and were given additional opportunities to interact with them. As part of the project, we provided the elderly home with the necessities. Given that nuclear families currently predominate in our society, children also learned the value of grandparents in their own families.



Palliative care continues to be a cornerstone of our activities so we visited there on 13/05/2024 again. The volunteers engaged in meaningful conversations with Sr. Elizabeth and the residents, where they gained insights into the specialised methods of treatment and nursing care provided to each individual. Sr. Elizabeth graciously explained the personalised approach to care, highlighting the compassionate and dedicated efforts of her team.

Additionally, the volunteers distributed essential medical supplies and sanitary ration to the residents, ensuring they have access to necessary resources for their well-being. For the residents, the visit provided a sense of joy and companionship, reaffirming their connection to the broader community and the support available to them.



Moving forward, we remain committed to supporting the old age home and similar initiatives, ensuring continued care and support for vulnerable individuals in our community.