

Palliative Wellbeing Programme

Patients and their families frequently struggle to cope with the psychological impact of being diagnosed with a life-limiting condition and experience depression, anxiety, loss of appetite, poor sleep, pain, nausea, fatigue, and withdrawal from social activities. This can seriously affect people's ability to engage in normal life and achieve their priorities just when time for them becomes very precious. The Palliative Wellbeing Programme was set up to help patients and their carers manage these symptoms.

Project leader:

Lesley Sanders - Palliative care clinical nurse specialist, Powys, Wales.

Project aim

To improve quality of life for patients with a life limiting illness and their carers through the 'Wellbeing Programme'

Outputs:

- Eight booklets (see selection below) covering main topics of the course and a meditation CD
- Teaching pack for complete programme

Outcomes:

- all participants attended all workshops
- all participants reported better understanding of non-pharmacological methods of symptom control
- all participants reported positively on the benefits of peer support for palliative patients in the local community



Participants at a workshop



'The booklet on communicating highlighted a difficult problem for us. It has allowed us to sort things out.'

Carer