

Living well to the end of life: Palliative care and pancreatic cancer

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Welcome and introductions

- **Simon, Nicci and Rachel, Nurse Specialists at Pancreatic Cancer UK**
- This webinar is aimed at people with a diagnosis of pancreatic cancer, or people supporting a family member or friend with pancreatic cancer. If you are a healthcare professional, we have lots of resources, information and events on our website: www.pancreaticcancer.org.uk
- **Follow up:** the recording from this session will be shared with you in the next couple of days via email, along with links to useful resources.
- **Q&A:** please send your questions in via the Q&A box at the bottom of your screen
- **Captions:** select 'show captions' in the bottom of your screen for live captions.
- **Feedback:** at the end of the event, we'll share a link to a 3 - minute feedback form. We'd really appreciate any feedback you can give



Poll

What are you hoping to get from this evening's session?

- **Practical information**
- **Emotional support**
- **More of an understanding of what palliative care is**
- **Help with physical symptoms**
- Please put any other thoughts in the chat!

Specialist palliative care

Prognosis

Macmillan

Terminal

Hospice

Best supportive care

Life limiting

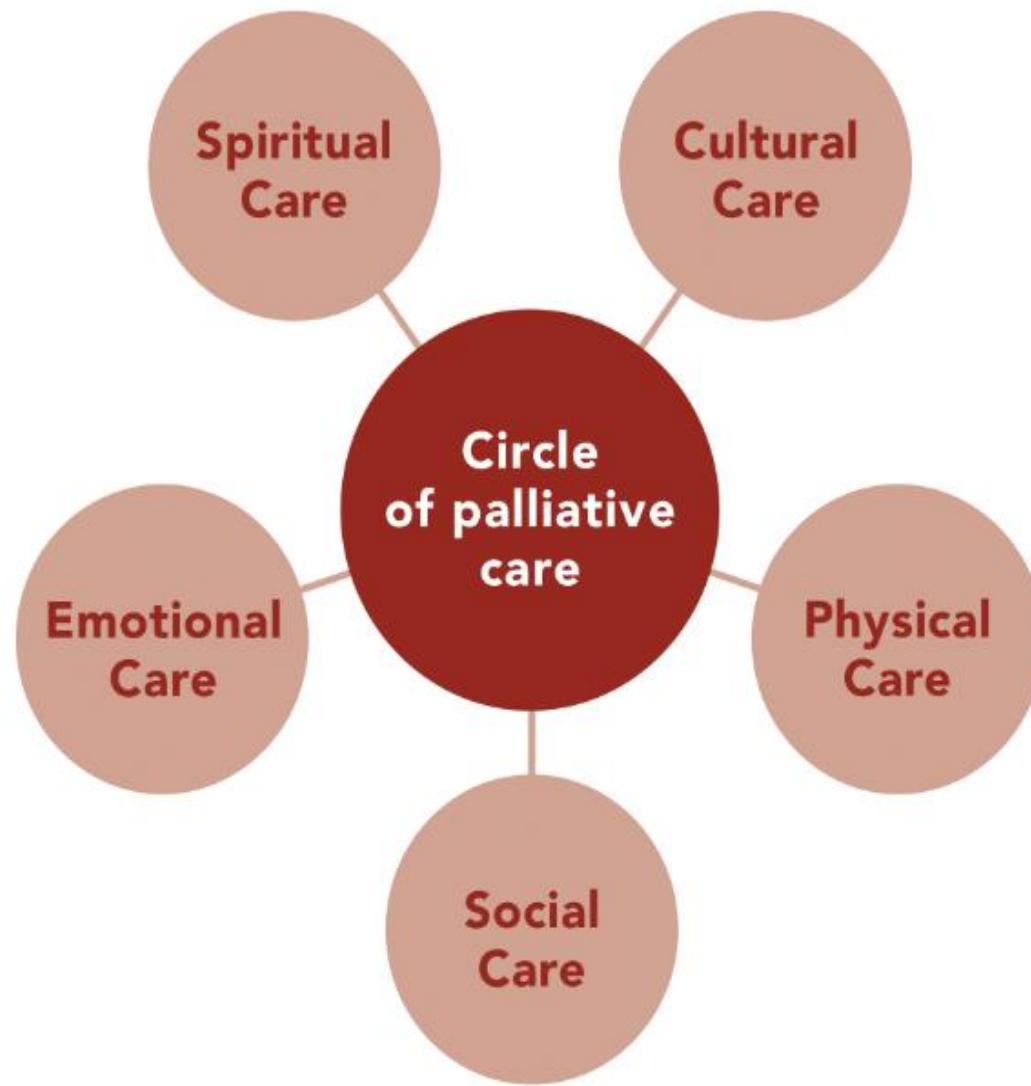
Non-curative

Enhanced supportive care

Care at end of life

Last days of life

Palliative care...



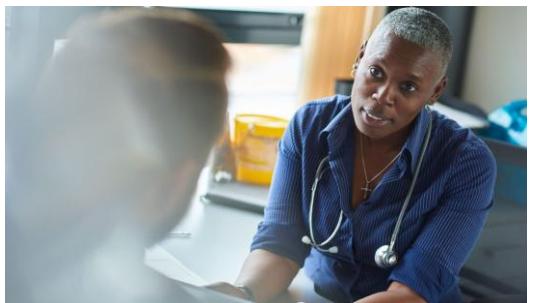
Palliative care is...

- Active and whole person-centred
- For people living with a life limiting illness
- Helping a person manage pain, other symptoms and provides psychological, social and spiritual support
- Centred on achieving the best quality of life for patients and their families

- Just about end-of-life care
- Means doing nothing
- Feel abandoned
- Less control
- Frightened
- Daunted

- Empowered
- More control
- Holistic care
- Hope
- Improved quality of life
- Individualised care
- Navigating together

Who delivers palliative care & where is it given?



- District Nurses
- GPs (including out of hours services)
- Nurse specialists
- Other hospital team members, e.g. Oncologist
- Other health professionals, e.g. Occupational therapist
- Palliative care team
- Macmillan
- Hospice
- Marie Curie

It's important to be clear of everyone's roles – don't be afraid to ask

Let's talk...

What do we mean by 'end of life' and how do we know when it is happening?

What can I expect to happen in the last weeks, days and hours of life?

Take home messages

- Palliative care does not necessarily mean end of life care.
- Knowing who is there to provide your palliative care and how to reach them can help you feel supported and more in control.
- Seek support from your team as early as possible, don't wait until symptoms become unmanageable.
- Palliative care can support you with emotional, psychological and practical needs, it's not just for physical symptoms.
- Palliative care support is for you and your loved ones.
- Palliative care is personalised, it's about supporting you to live as well as possible with pancreatic cancer

We are here for you



If you or someone you care about has pancreatic cancer, we're here to help.

Talk to a nurse

You can talk to our specialist pancreatic cancer nurses by **phone, email** or **WhatsApp**.

Order free information

Available **online** or in **print**, our information can help you understand more about pancreatic cancer.

Join Circles

Join an online community space to **connect with others** via **WhatsApp** or **Facebook** groups.

Watch a webinar

Sign up to our next webinar, talking about **emotional wellbeing**, or watch back the recordings of other sessions.

Further support and information



As well as the support we can provide, there are several other organisations here to offer you support.

Who?	Where?
Hospice UK	https://www.hospiceuk.org/
Marie Curie	https://www.mariecurie.org.uk
Maggie's	https://www.maggies.org/
NHS information	https://www.nhs.uk/conditions/end-of-life-care/what-it-involves-and-when-it-starts/ https://www.nhs.uk/conditions/do-not-attempt-cardiopulmonary-resuscitation-dnacpr-decisions/
Compassion in Dying	https://compassionindying.org.uk/