



## Nurses' Preparedness on End of Life Care in Selected Hospitals in Albay and Sorsogon Province, Bicol Region, Philippines

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### Abstract:

Palliative care (PC) is defined by WHO as “an approach that improves the quality of life of patients and their families facing the problems associated with life-threatening illness through prevention and relief suffering by means of early identification and impeccable assessment and treatment of pain and other problems, physical, psychological and spiritual” Nurses as part of health care team plays an important role in achieving optimal and quality care for the patients. The demand for highly trained and compassionate health care professionals such as nurses for palliative care is indeed very important especially of more persons living with the effects of serious illness due to poor lifestyle, effects of globalization and the increasing rate of Non Communicable and Chronic Diseases. Nurses from different hospitals in Albay and Sorsogon Province, Bicol Region Philippines was self-assessed using a survey questionnaire that includes their knowledge, attitude and practices. Results shows that nurses are generally competent in terms of knowledge and attitude, however, still needs an improvement in terms of their practice on End of Life Care. Practices that need to improve are Communication among health care providers, patients and families, Alternative choices of treatment, Guiding principle and Involvement in decision making process. Factors perceived by nurses as hindrances in giving Quality End of Life Care includes inappropriate nurse to patient ratio, insufficient supply of pain relief medication



and lack of Continuing education. Therefore, Nurses in a developing country like Philippines must emphasize the needs of specialized trainings and skills to provide quality Palliative Care..

### Biography:

Francia Cruz-Lisay is a registered Nurse and Licensed Professional Teacher and graduated her Bachelor degree as Bachelor of Science in Nursing in Immaculate Conception College- Albay, Certificate in Professional Teaching Major in Biology at University of Sto. Tomas-Legazpi . She completed her International Master's degree in Public Health in Tsinghua University, Department of Medicine and Public Health. She is currently working as an Instructor in Partido State University under Nutrition/Dietetics Program. She was also the proponent in proposing a Public Health Program in the University and a committee member of Bicol Consortium for Health Research and Development in Bicol.

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