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**PALLIATIVE CARE MEDICINE
AND HOSPICE NURSING**

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The principles of Palliative Care

Palliative care is a very painful experience for family, friends and also Healthcare workers. Dying is a normal process but there are circumstances that death is known due to illnesses like cancer

There is a few principles that needs to be taken accounted to

- Death is a normal process
- Hasten /slow death
- Pain and symptom relief
- Psychological and spiritual aspects of care.
- Support systems

Part of Palliative care is that all these Principles needs to be addressed to ensure the safety and support for the patient and their family

Biography

Annette van Ginkel is a nurse in paediatric intensive care. Has intensive expertise in Palliative and end of life care .She is a be reavement counsellor and educator, life and transformational coach. Annette has her expertise in and passion in improving the health and wellbeing of staff and patients including their families' .Due to her own journey of her child dying she is able to address the needs of staff and the family

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