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Palliative psychiatry (PP)

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Source

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Palliative psychiatry (PP) is an approach that improves the quality of life of patients and their families in facing the problems associated with life-threatening severe persistent mental illness (SPMI) through the prevention and relief of suffering by means of a timely assessment and treatment of associated physical, mental, social, and spiritual needs. PP focuses on harm reduction and on avoidance of burdensome psychiatric interventions with questionable impact.

Features of palliative psychiatry

- Provides support in coping with and accepting of distressing mental symptoms
- Affirms life but acknowledges that SPMI can be incurable
- Intends neither to hasten nor to postpone death
- Integrates the physical, psychological, social, and spiritual aspects of patient care
- Offers a support system to help patients to live as actively as possible until death
- Offers a support system to help family members to cope during patients' SPMI
- Uses a team approach to address the needs of patients and their families
- Will enhance quality of life and may also positively influence the course of the SPMI
- Is applicable in conjunction with other therapies oriented towards prevention, curation, rehabilitation, or recovery