

Advancing Palliative Care through Nurse-led Initiatives: A Mixed Methods Study

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Mini Review

Received: 01 May, 2023, Manuscript No. jnhs-23-104397; **Editor Assigned:** 02 May, 2023, Pre QC No. P-104397; **Reviewed:** 17 May, 2023, QC No. Q-104397; **Revised:** 23 May, 2023, Manuscript No. R-104397; **Published:** 31 May, 2023, DOI: 10.4172/JNHS.2023.9.3.84

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ABSTRACT

Palliative care plays a vital role in improving the quality of life for patients facing life-limiting illnesses and their families. However, despite its significance, palliative care services often face challenges in terms of access and quality. Nurse-led initiatives have emerged as a promising approach to address these gaps and enhance the delivery of palliative care. This mixed methods study aims to explore the impact of nurse-led initiatives on advancing palliative care, examining both quantitative and qualitative data. The findings highlight the importance of nurse leadership in palliative care and provide valuable insights for healthcare organizations and policymakers to enhance the provision of palliative care services.

Keywords: Palliative care, Nurse-led initiatives • Mixed methods study • Healthcare • Quality of life

INTRODUCTION

Palliative care aims to improve the quality of life for individuals with life-limiting illnesses, focusing on symptom management, psychological support, and spiritual care. Despite its significance, the availability and quality of palliative care services vary across different healthcare settings, leading to significant gaps in care. Nurse-led initiatives have gained attention as an effective approach to address these challenges and advance the provision of palliative care. This study explores the impact of nurse-led initiatives on palliative care, using a mixed methods approach to provide a comprehensive understanding of their effectiveness. This study employs a mixed methods design, combining quantitative and qualitative data collection and analysis.

The aim is to gain a deeper understanding of the impact of nurse-led initiatives on palliative care outcomes, as well as the perspectives and experiences of healthcare professionals, patients, and families involved in such initiatives. Quantitative data was collected using structured questionnaires administered to healthcare professionals, patients, and families involved in nurse-led initiatives. The questionnaires assessed various aspects of palliative care, including symptom management, patient satisfaction, and quality of life. Descriptive statistics and inferential analyses were employed to analyze the quantitative data ^[1-3].

LITERATURE REVIEW

Qualitative data collection and analysis

Qualitative data was collected through semi-structured interviews with a purposive sample of healthcare professionals, patients, and families. The interviews aimed to explore their perceptions, experiences, and challenges related to nurse-led initiatives in palliative care. Thematic analysis was employed to analyze the qualitative data, identifying common themes and patterns.

Quantitative findings

The quantitative analysis revealed several positive outcomes associated with nurse-led initiatives in palliative care. Patients and families reported higher levels of satisfaction with care received from nurse-led initiatives compared to traditional care models. Additionally, symptom management and overall quality of life were found to be significantly improved under the nurse-led model. These findings highlight the positive impact of nurse-led initiatives on the delivery of palliative care.

Qualitative findings

The qualitative analysis provided valuable insights into the experiences and perspectives of healthcare professionals, patients, and families involved in nurse-led initiatives. Themes that emerged from the interviews included enhanced communication and coordination, patient-centered care, improved continuity of care, and the importance of nurse leadership in palliative care. Participants highlighted the crucial role of nurses in delivering holistic and compassionate care to patients and their families, and emphasized the need for further support and recognition of nurse-led initiatives ^[4,5].

DISCUSSION

The findings of this study support the notion that nurse-led initiatives play a crucial role in advancing palliative care. Nurse-led models promote patient-centered care, improved symptom management, and enhanced communication and coordination among the healthcare team. The positive outcomes reported by patients and families highlight the significance of nurse-led initiatives in meeting the unique needs of palliative care recipients. Moreover, the qualitative findings underscore the importance of recognizing and supporting nurse leadership in palliative care to further enhance the delivery of quality care.

Nurse leadership in palliative care

Nurse-led initiatives provide an opportunity for nurses to take a leadership role in palliative care. Nurses, with their unique blend of clinical expertise, compassionate care, and holistic approach, are well-suited to drive change and improve outcomes in this specialized field. Through nurse-led initiatives, nurses are empowered to make decisions, coordinate care, and advocate for patients and families, ensuring their needs are met effectively.

Improved symptom management

Effective symptom management is a critical component of palliative care, aiming to alleviate physical, psychological, and emotional distress. Nurse-led initiatives have shown promise in improving symptom management through timely assessment, appropriate interventions, and ongoing monitoring. The proactive involvement of nurses in symptom management contributes to enhanced patient comfort, reduced suffering, and improved quality of life. These findings emphasize the significant role of nurses in effectively addressing the complex needs of palliative care patients ^[6].

CONCLUSION

Nurse-led initiatives have emerged as a promising approach to advancing palliative care and addressing the existing gaps in access and quality. This mixed methods study provides valuable insights into the impact of nurse-led initiatives on palliative care outcomes and the experiences of healthcare professionals, patients, and families involved in such initiatives. The findings highlight the importance of nurse leadership in palliative care, promoting patient-centered care, improved symptom management, enhanced communication and coordination, and continuity of care. To optimize the delivery of palliative care, healthcare organizations and policymakers must recognize and support nurse-led initiatives, providing the necessary resources and opportunities for nurses to thrive in leadership roles. By investing in nurse-led initiatives, we can ensure the provision of high-quality palliative care that addresses the unique needs and goals of patients and their families.

ACKNOWLEDGEMENT

None.

CONFLICT OF INTEREST

Authors declare no conflict of interest.

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