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FACULTY OF NURSING

Chapter-01

TERMINAL ILLNESS



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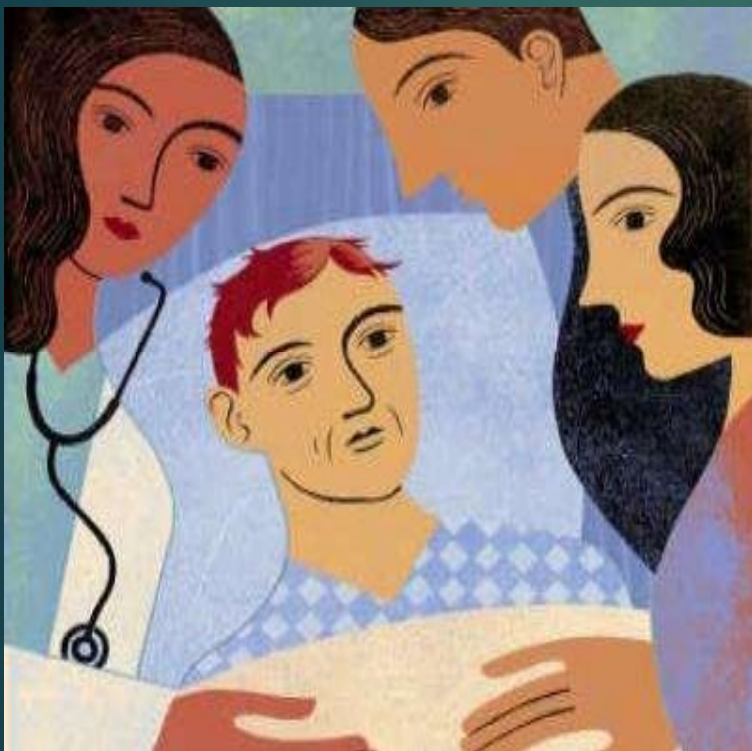
What is Terminal Illness?

▶ **Terminal illness** is a disease that cannot be cured or adequately treated and that is reasonably expected to result in the death of the patient within a short period of time. This term

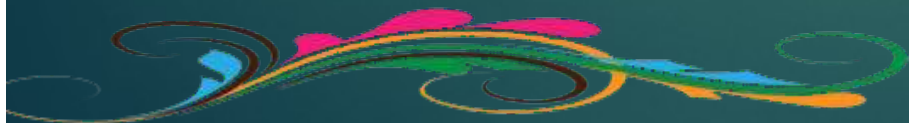
is more commonly used for progressive diseases such as cancer or advanced heart disease than for trauma.



List of Terminal Diseases that cannot be cured



- Rheumatoid Arthritis (RA)
- Schizophrenia
- Poliomyelitis
- Muscular Dystrophy (MD)
- Chronic Obstructive Pulmonary Disease (COPD)
- Cystic Fibrosis
- Scleroderma
- Multiple Sclerosis (MS)
- Parkinson's Disease
- Amyotrophic Lateral Sclerosis (ALS) – Lou Gehrig's Disease
- Alzheimer's and Dementia

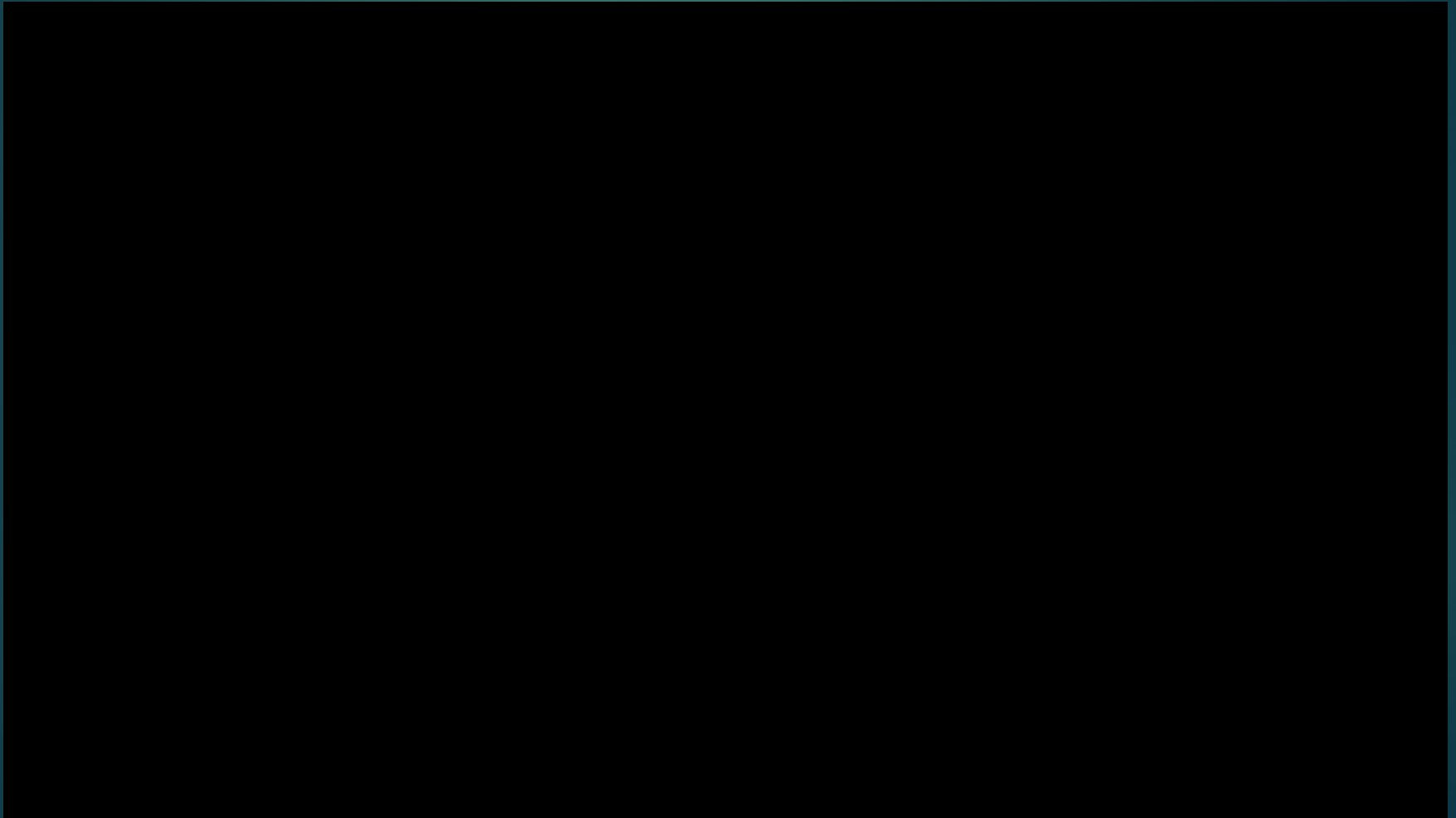


Ways to Cope up with Grief

- ❏ *Grieving in your own way*
- ❏ *Telling others*
- ❏ *Looking after yourself*
- ❏ *Books that might help*
- ❏ *Supporting someone who's grieving*
- ❏ *Getting support*



Video showcasing Grieving stage





**Counseling Advantages In The
Grieving Stages**

Stage 1: Denial and Isolation

- *Advantage of this positive energy by educating them on the specifics of the condition*
- *Alleviate the pain and suffering*
- *Grief counsellors also recognize that this is the time when patients distance themselves from their families and friends*



Stage 2: Anger

- *Letting the patient know that their friends and families will always support them*
- *Allows these patients to get angry, because this is an important stage to go through*
- *Patient's family is well-informed*



Stage 3: Bargaining

- *Bargaining occurs in two ways when it comes to grief*
 - Bargaining with the past and*
 - With the future*
- *Never affirm nor reject these bargains*
- *Counsellors encourage them to speak up, and just listen to what they are saying*



Stage 4: Depression

- *Ensure that the patients are well groomed*
- *Their environment remains positive*
- *Listen to them when they want to talk*



Stage 5: Acceptance

- *Grief counselling will be best in the form of accompanying*
- *Present all the time whenever they wish*
- *Supports them*

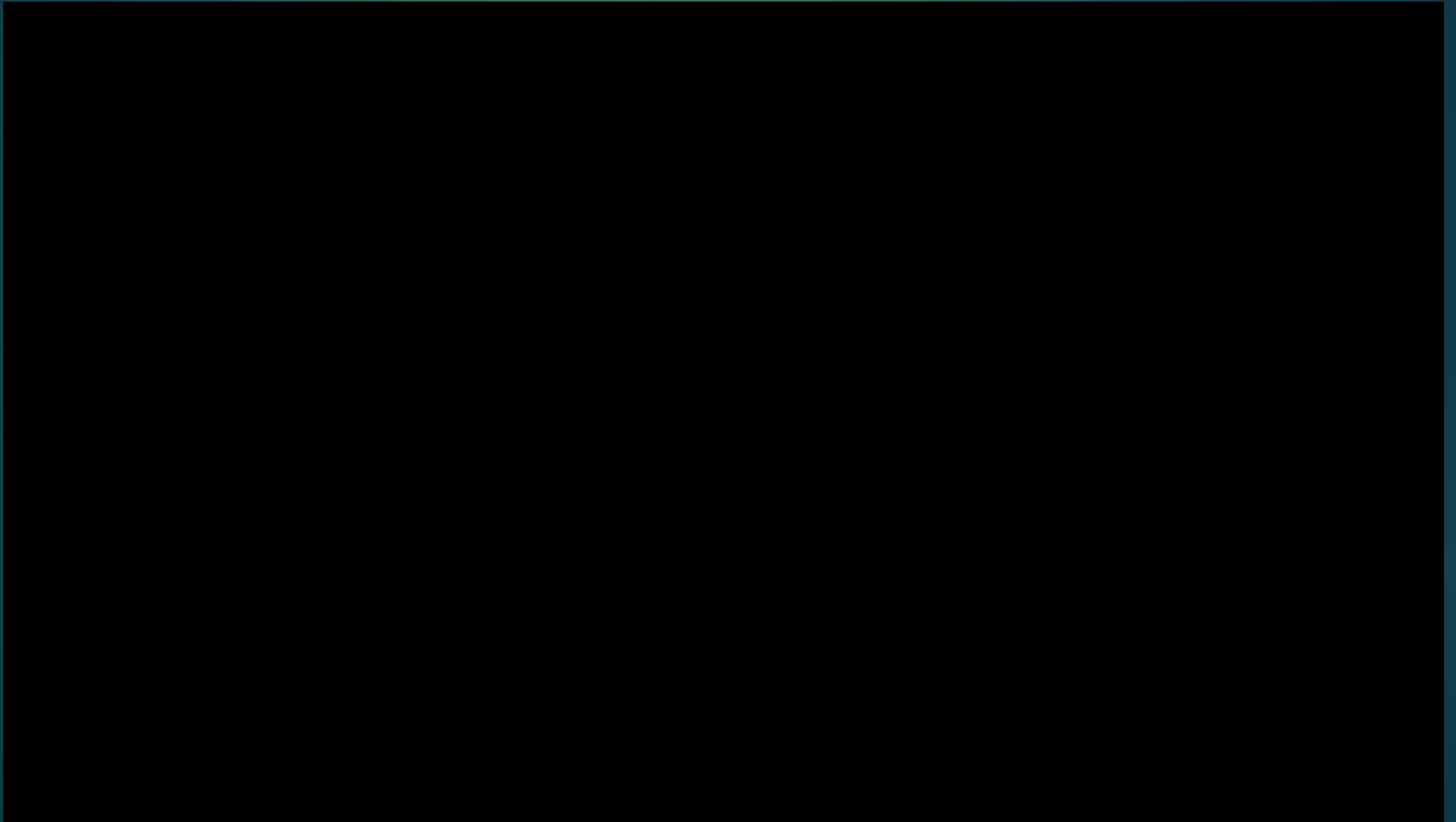


Grief with Patient's Family



- *Stage 1- Crises*
- *Stage 2- Unity*
- *Stage 3- Upheaval*
- *Stage 4- Resolution*
- *Stage 5- Renewal*

Video – Grief Stages that Patient's family go



Way to cope up with the situation



- Share your story
- Look after yourself
- Write down your worries
- Be positive
- Go visit a counsellor if you feel depressed
- See other benefits
- Try to go for nature walks
- Spend more time with family
- Find someone to talk to who is suffering from similar problems



THANK

YOU