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ПАЛЛИАТИВНАЯ ПОМОЩЬ В РЕСПУБЛИКЕ БЕЛАРУСЬ
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PALLIATIVE CARE IN THE REPUBLIC OF BELARUS
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Резюме. 56 человек участвовало в исследовании текущего состояния паллиативной помощи в Республике Беларусь. Более половины респондентов (66%) знакомы с такой областью медицины, как паллиативная помощь. 10.7% респондентов (их друзья/родственники) нуждались в услугах паллиативной помощи. Среди нуждающихся 16.67% не получили достаточной помощи в связи с отсутствием соответствующего учреждения.

Ключевые слова: паллиативная помощь, Республика Беларусь

Resume. 56 people participated in the study of current state of palliative care in the Republic of Belarus. More than a half of respondents (66%) are familiar with palliative care as an area of medicine. 10.7% of respondents were (or had friends/relatives) in need of palliative care services. Among people in need, 16.67% did not receive sufficient assistance due to the appropriate institution absence.

Keywords: palliative care, Republic of Belarus

Relevance. Palliative care improves the life quality of people with incurable progressive diseases, conditions leading to early death. [1] The implementation of palliative care in Belarus needs further development and improvement, in particular, providing patients with the necessary equipment and medicines, as well as training medical professionals in palliative care methods to ensure a good life for patients. In addition, it is necessary to raise public awareness about palliative care in order to ensure that patients and their loved ones have access to information and support during a difficult period of illness and suffering. The development of palliative care is an important area of the country's care for its citizens, and its implementation may significantly improve the quality of life of people in difficult living conditions. [2]

Aim: to study the degree of development and prevalence of palliative care in the Republic of Belarus.

Objectives:

1. To study the degree of respondent's familiarity with such area of medicine as palliative care
2. To find out the satisfaction level of people in need of palliative care services.
3. To figure out the degree of palliative care services importance in the Republic of Belarus

Materials and methods. The study involved 56 people who were interviewed using an anonymous survey consisting of two blocks. The first set of questions concerned the respondents' knowledge of palliative care and the availability of institutions providing this

assistance in the Republic of Belarus. The second block of the survey included questions about the presence of relatives or acquaintances in need of palliative care and the degree of satisfaction with the services provided by them. The survey results were recorded in Google Sheets.

Results and their discussion. The study found that out of the 56 participants, 66% (37 people) were aware of palliative care issues. This suggests that there is a substantial level of awareness among the participants, which is an encouraging finding.

Moreover, the study identified that 10.7% (6 people) were in need of palliative care services. This finding highlights the importance of palliative care services as a means of improving the quality of life for individuals who are dealing with life-limiting illnesses.

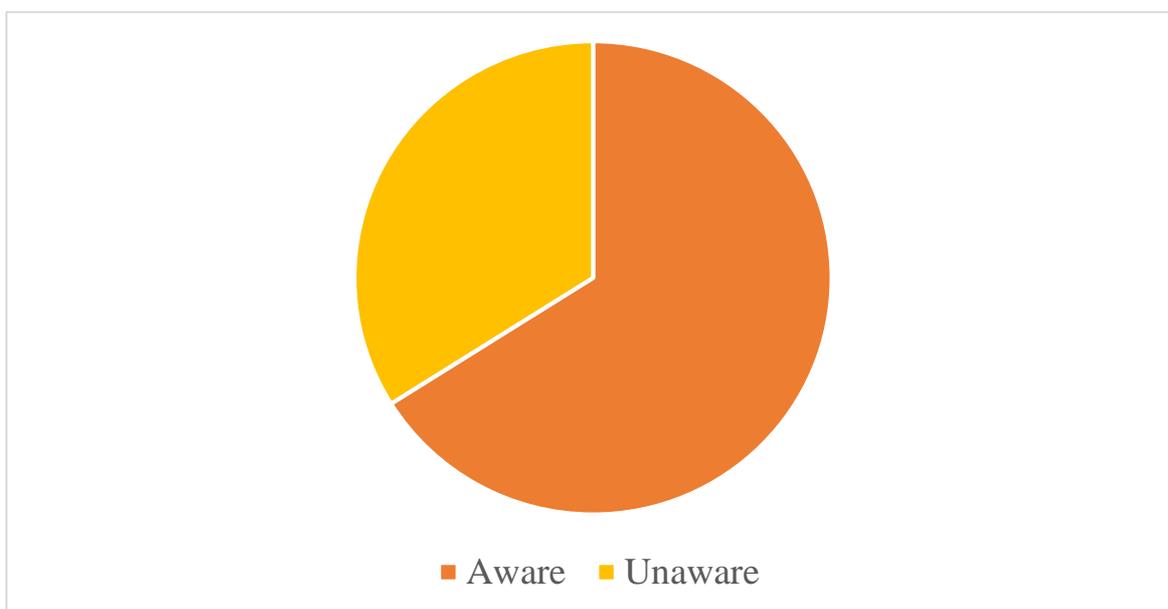


Fig. 1 – The respondents aware/ unaware of palliative care issues

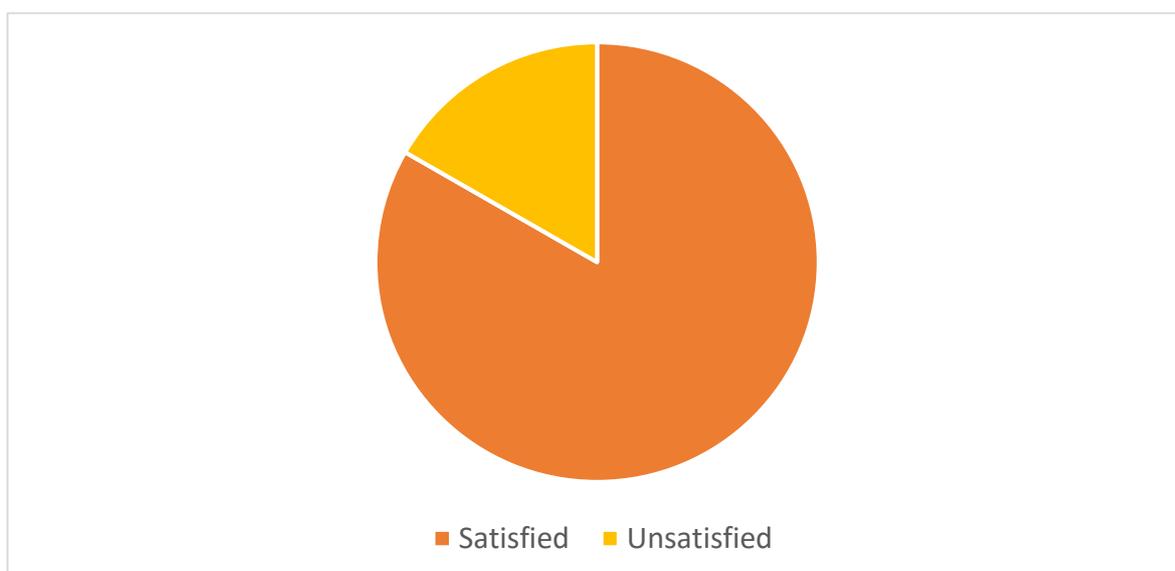


Fig. 2 – The respondents satisfied/ unsatisfied with the assistance provided

However, the study also identified that among the 6 people who were in need of palliative care services, 1 person did not receive sufficient assistance due to the appropriate institution's absence. This indicates that there is a gap in the provision of palliative care services, which needs to be addressed.

Overall, the findings of the study suggest that while there is a reasonable level of awareness about palliative care issues among the respondents, there is still room for improvement in the provision of these services. It is crucial to ensure that individuals who are in need of palliative care services receive the appropriate care and support they require to manage their conditions effectively.

Conclusions: in conclusion, the results of this study indicate a significant need for greater awareness and provision of palliative care services. While the data showed that a majority of individuals were aware of the importance of palliative care, there were still individuals who did not receive sufficient assistance due to the institution's absence. This indicates that there is an urgent need to improve the availability and accessibility of palliative care services to ensure that those who require it can receive the necessary care and support to manage their conditions effectively. As healthcare professionals and caregivers, it is essential to prioritize palliative care services to improve the quality of life for individuals with life-limiting illnesses and their families.

Additionally, the study highlights the importance of addressing the cultural and social factors that may contribute to the underutilization of palliative care services. It is crucial to recognize and respect the cultural and spiritual beliefs of patients and their families while providing palliative care services. Moreover, facilitating open and honest discussions about end-of-life care and encouraging patients and their families to communicate their preferences is vital. The benefits of palliative care are clear, and it is essential that governments and healthcare institutions work together to increase the availability and accessibility of these services to individuals and families who need them. Ultimately, by prioritizing palliative care services and addressing cultural barriers, we can improve the overall quality of life for individuals with life-limiting illnesses and their families.

Literature

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