

Palliative Care & Clinical Trials and Pharmacovigilance

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Traditional and complementary medical practices in geriatric palliative care

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Aging population has almost become a global issue because aging population causes crucial problems in the world. Life expectancy at birth rises all over the world; which has resulted in increasing rate of the elderly population. Elderly individuals are the primary consumers of health and social care services and therefore, provision of a good service is of critical importance for their quality of life. That is why recent studies have focused on palliative care in geriatric population. Today, most of the palliative care patients are composed of geriatric patients. Holistic and integrative

palliative care - assessing the elderly individuals' physical, psychological, spiritual, socio-cultural and environmental comfort needs- targets at their unmet needs through comfort building practices. To provide and to maintain comfort in palliative care, it is important to control pain and other disturbing symptoms as well as psychological, social and spiritual problems. Hence, evidence based traditional and complementary medical practices can be helpful.

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