



Jeevodaya Hospice

Vol. XXVII - Issue - 4, Apr-May-June 2026

A quarterly News Bulletin

RNI: TNENG/2000/1198

1/272, Kamaraj Road, Mathur, Manali P.O., Chennai - 600 068. Tel. : 2555 5565 / 9671
Whatsapp : 63818 27638 Email : jeevodayahospice@gmail.com
Website : www.jeevodaya.in



For Private Circulation - Re. 1.00

Sr. Annie Davis F.C.C., Chairman and President

From the Editors Desk

Nurses may not be as glamorous as doctors. But nursing is probably the single most important factor that decides the recovery of the patient. It is the dedicated care they provide that ensures the physical and mental well-being of the patients.

The nurses in Jeevodaya are no different. They are indeed angels on earth as they go about discharging their numerous responsibilities. The article in this newsletter is a small acknowledgement of the wonderful work they do.

Everyone in the medical fraternity is engaged in

carrying forth a noble service - the task of healing. The nurses at Jeevodaya ensure that every terminally sick person receives the kindest of care, so that their final days are spent with dignity and in peace.

Our health is such a precious gift that we have. Let us always be grateful for our mind and body. If we want to see a miracle we just have to look at ourselves, at the complex beautiful organism with so many intricate parts all working together. At the same time, even as we are grateful for what we have, let us keep all those who are ailing in our prayers.

Angels on Earth

INTRODUCTION

Palliative care is a specialized area of healthcare that focuses on improving the quality of life of patients suffering from serious, chronic, or life-threatening illnesses. It addresses physical, emotional, social, and

- Sr. Alin Rose PRO, Jeevodaya

spiritual needs of patients and their families. Nurses play a vital role in palliative care settings because they are closely involved in patient care and support throughout the illness journey.

ROLES AND RESPONSIBILITIES OF NURSES IN PALLIATIVE CARE

1. Providing Physical Care

Nurses help in managing symptoms and ensuring patient comfort. Their responsibilities include:

- Assessing pain and other symptoms regularly
- Administering medications as prescribed
- Monitoring the patient's condition
- Assisting with hygiene, feeding, and mobility
- Preventing bed sores and infections
- Providing comfort measures and end-of-life care

Pain management is one of the most important responsibilities of palliative care nurses.



PAIN MANAGEMENT

2. Emotional Support

Patients in palliative care often experience fear, anxiety, depression, and loneliness. Nurses:

- Listen to patients with compassion
- Encourage expression of feelings



Pain Assessment and Symptom Management

- Provide reassurance and hope
- Support family members emotionally
- Help reduce anxiety and stress

Their caring presence brings comfort to both



Emotional Support

3. Communication and Counseling

Effective communication is essential in palliative care. Nurses act as a bridge between doctors, patients, and families by:

- Explaining treatment plans and procedures
- Educating families about patient care

- Discussing patient needs and preferences
- Helping families make informed decisions
- Encouraging open communication

Good communication builds trust and understanding.



Communication and Counseling



Spiritual Care

4. Spiritual Care

Many patients seek spiritual peace during illness. Nurses respect patients' beliefs and values by:

- Encouraging prayer or spiritual practices
- Arranging spiritual support if needed

- Providing a peaceful environment
- Respecting cultural and religious traditions

Spiritual support helps patients find meaning and comfort.

5. Family Support

Families also experience emotional and physical stress while caring for sick patients. Nurses help families by:

- Teaching care giving techniques
- Giving emotional encouragement
- Guiding them during difficult situations
- Supporting them during grief and bereavement

Family-centered care is an important part of palliative nursing.



6. Coordination of Care

Palliative care involves a multidisciplinary team. Nurses coordinate with:

- Doctors
- Physiotherapists
- Social workers

- Counselors
- Spiritual care providers

This teamwork ensures holistic care for patients.

7. Advocacy Role

Nurses advocate for patients' dignity, comfort, and rights. They ensure that:

- Patients receive respectful care
- Patient wishes are honored
- Ethical principles are followed
- Confidentiality is maintained
- Advocacy helps protect the patient's quality of life.



QUALITIES OF A PALLIATIVE CARE NURSE

A good palliative care nurse should possess:

- Compassion
- Patience
- Good communication skills
- Empathy
- Emotional stability
- Clinical competence
- Teamwork skills
- Respect for patient dignity

CHALLENGES FACED BY NURSES IN PALLIATIVE CARE

Nurses may face several challenges such as:

- Emotional stress and burnout
- Managing terminally ill patients
- Dealing with family grief
- Heavy workload

- Communication difficulties

Proper training and emotional support are important for nurses working in this field.

CONCLUSION

Nurses are the backbone of palliative care services. Their role goes beyond medical treatment to include emotional, spiritual, and psychological support. Through compassionate care, effective communication, and dedication, nurses improve the quality of life of patients and their families during difficult times. Their contribution is essential in providing holistic and dignified care in palliative care settings.

All qualified nurses may not be good palliative nurses. At the same time a compassionate Auxiliary nurse can be a good palliative care nurse. This is a gifted service God given gift. One gentleman seeing the sisters and staff at Jeevodaya Hospice addressed them Angels of Jeevodaya. After that for a few years he used to visit Jeevodaya during Christmas with a decorated Cake with a Script on it "To the Angels of Jeevodaya". So this is an Angelic Service.



NEW
MEDIMIX
TOTAL CARE
SHAMPOO

Beautiful
hair needs
Total Care

CELEBRATING
55
YEARS OF
NATURAL
SKIN CARE

www.mymedimix.com



Scan this QR code on your Smart Phone to view the Jeevodaya Anthem on YouTube

Published by Sr. Lalitha Teresa, on behalf of Jeevodaya Public Charitable Trust from Jeevodaya Hospice,
Editor Sr. Lalitha Teresa, 1/272, Kamaraj Road, Mathur, Manali P.O., Chennai - 600 068.

Printed by : J.A.E. Diaz, at Pio Printers Pvt. Ltd., 83, East Mada Church Road, Royapuram, Chennai - 13. Ph.: 2590 4242