

Significance of Multidisciplinary Team on Management of Complex Patient Care

Sangeeta Nair, Joydip Deb, Dr. Nivedita Page, Mrs. Karuna Ganesh, Dr. Gargi Kulkarni, Dr. Srushti Hiremath, Geetanjali Borse & Rahul Rathod

Introduction

- Pain is experienced by people and families and not merely by nerve endings.
- Many patients have more than one pain.
- Helping a patient cope with his disease and associated problems is an important part of palliative care.
- This is accomplished with help of a Multidisciplinary team of Doctor, Nurses, Pain consultant, Physiotherapist, Dietician, Medical Social Worker and Volunteers.

Objectives

- To highlight the importance of multidisciplinary approach to pain management
- To identify the total pain (Physical, Psychosocial, emotional and spiritual)
- To reduce the physical pain
- Helping a patient cope with her disease and associated problems

Background

- A 47 yrs. Old, wife of migrant laborer diagnosed with Right sided Ca breast, recurrent with axillary mass.
 - The patient had undergone active treatment and then approached palliative care for pain and other symptoms.
- Presenting complains include :**
- Pain
 - Lymphoedema
 - ECOG PS-3 (Capable of only limited selfcare; confined to bed or chair more than 50% of waking hours)

PHYSICAL

- Unreliable pain relief (in the range from 5/10 to 8/10): Severe neuropathic pain related to brachial plexus involvement .
- Continuous assessment and re-assessment of pain.
- Bandaging of affected limb for lymphoedema.
- Maintaining the personal hygiene.
- Regular monitoring of vitals, food intake and assisting her in performing activities of daily living.

SOCIAL

- Having the care giver issue(sole bread winner)
- Worried about the husband and daughters future.

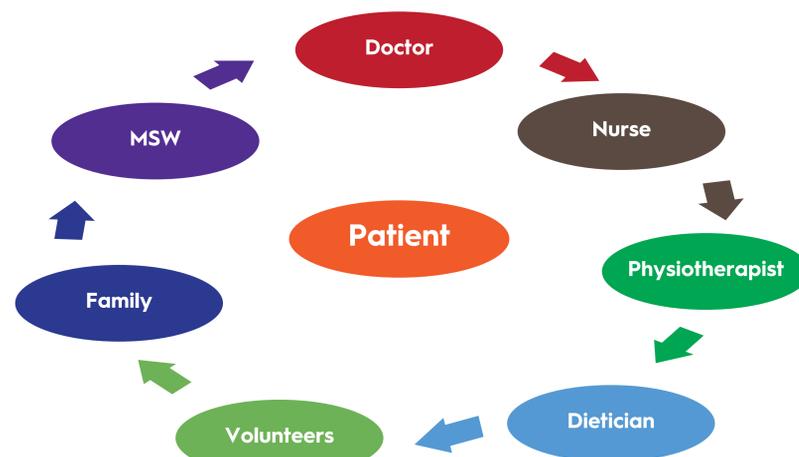
EMOTIONAL

- Feelings of helplessness/ anxiety.
- Mood swings
- She is relating all the pain as physical pain

SPIRITUAL

- Why me? As I have not done any sin.
- What is the point of all this treatment.

Holistic Care



Results

- Pain reduced to 3/10 with the help of opioids and adjuvants along with upper limb brachial plexopathy.
- Serotonin secreting foods were included to help address mood swings.
- Increased protein helped in physiotherapy and improved quality of life.
- Supported husband to cope with managing responsibilities on all fronts.
- Engaged in music, yoga, and to express the feelings and fears.

Conclusion

- Multidisciplinary team approach helped address issues related to anxiety, pain (Physical, Social, Emotional and Spiritual) and helped facilitate relocation of patient back to their hometown with family along with referral note to seek healthcare intervention.

48 Inches (4 feet)