

SREE VIDYANIKETHAN COLLEGE OF NURSING

**ADVANCEMENT OF CANCER PREVENTION OF PALLIATIVE CARE
AND HOLISTIC CARE**

As a part of the High Tech - High Touch club Activity, under the Student Nurses' Association (SNA), Kashi Bai House students organized a club activity on **ADVANCEMENT OF CANCER PREVENTION OF PALLIATIVE CARE AND HOLISTIC CARE** on 7th February 2025 from 3: 00 pm to 4: 00 pm at Seminar Hall.



Sree Vidyanikethan College of Nursing has organized a High-Tech High Touch Club Activity on 07.02.2025 on Advancements of Cancer Prevention of Palliative Care and Holistic Care.



Mrs Brahmaputrika from 3rd year Bs.c Nursing explained about advancement of cancer prevention of palliative care and holistic care

- **Introduction Prevention of Cancer:** Cancer is the leading cause of death worldwide accounting for nearly 10 million deaths annually.
- **Definition of Prevention of Cancer:** Cancer prevention refers to the actions taken to prevent the development and progression of cancer.
- **Prevention of Cancer: Prevention** is there are three stages

Primary: Direct to susceptibility stage.

Secondary: Direct to subclinical stage.

Tertiary: Direct to clinical stage.



Mrs Guna Keerthi from 3rd-semester Bs.c Nursing explained about Holistic Care

- **Definition of Holistic Care:** It is a personalized approach to health that considers the whole person, including their physical, mental, emotional, social and spiritual well-being.
- **Principles of Holistic Care:** Mind-body connection, personalized care, Prevention and wellness and Empowerment.
- **Role of Health Care Professional in Holistic care:** Diagnosis and treating illnesses, Managing Chronic conditions, Promoting Preventive care, providing counseling to patients with social determinants of health specialists.
- **Benefits of Holistic care:** Improves physical, Mental and Emotional Health, Promotes a balanced lifestyle, Promotes healthy habits such as nutrition, exercise and stress management.



Mr K. Tarun Srinivas from year 4th Bs.c Nursing explained about palliative care

- **Introduction:** Palliative care improves the quality of life of patients and that of their families who are facing challenges associated with life-threatening illness, whether physical psychological, social or spiritual.
- **Definition:** A method to improve the quality of life of patients and their families who are dealing with life-threatening illnesses.
- **General myths about palliative care:** Palliative care is only for those who are dying, palliative care means giving up hope.
- **Stages of palliative care:** Stable, Unstable, Deteriorating, Terminal, Bereavement.
- **Symptoms of palliative care:** Pain, Depression, Anxiety and fear, Loss of appetite, Trouble sleeping, Shortness of breath.
- **Types of palliative care:** Physical, Emotional, Spiritual, Social, Mental.
- Difference between palliative care and Hospice care.



Mr.S.Satheesh Kumar our vice principal, and faculty members extend their warm congratulations to the presenters.