

# Palliative Care Day at Bellevue Medical Centre



A unique feature of the event was a podcast-style discussion with a specialist PC nurse focusing on holistic support to patients and their families and the roundtable discussion on psychological support for both patients and their families. The final, engaging session addressed a critical skill in PC: effectively communicating bad news.

Bellevue Medical Center hosted a full day conference titled “*Understanding Palliative Care, this is the day*”, a special event dedicated to exploring various aspects of Palliative Care. This gathering brought together healthcare professionals, including doctors, nurses, psychologists and other specialists. The conference featured lectures delivered by experts in the field. The day began with an introduction to palliative care (PC), emphasizing that it is not solely for terminally ill patients but rather an approach that improves the quality of life of patients and their families facing problems associated with life-threatening illnesses. The discussion highlighted that PC is most effective when considered early in the course of the illness.

This event has reinforced the importance of a holistic, patient-centered approach and the role of teamwork in enhancing PC effectiveness. A key objective of this day was the launch of the mobile PC team, set to begin operations in March 2025 with a full multidisciplinary team.

One of the key sessions explored the legal and ethical dimensions of PC, including *end-of-life decisions*, *advance directives* and *Do-Not-Resuscitate (DNR) orders* as well as patient rights.

Another session addressed the challenges of PC, examining both obstacles and opportunities in Lebanon. A crucial topic discussed was the integration of PC into Intensive Care Units, with a focus on the role of the mobile PC team. The discussion reinforced the importance of teamwork in delivering high-quality PC.



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