

## A spotlight on: Palliative Rehabilitation – staying independent. Session links



**Friday 9 February 13:30-14:30**

Palliative rehabilitation involves enabling people with a terminal illness to achieve their maximum potential physically, psychologically and socially, so that they can enjoy the best quality of life possible until they die.

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Dr Juliet Spiller

#### **Rehabilitation in Palliative Care: What, Where, When, Why and How?**

Professor Matthew Maddocks (King's College London)

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Kate Binnie (Wolfson Palliative Care Research Centre, Hull York Medical School)

## **Rehabilitation in Palliative Care: What, Where, When, Why and How?**

Professor Matthew Maddocks (King's College London)

View the WHO Rehabilitation in health systems guide for action:

<https://www.who.int/publications/i/item/9789241515986>

World Rehabilitation Alliance webpage:

<https://www.who.int/initiatives/world-rehabilitation-alliance>

Information on the WHO's Policy brief on integrating rehabilitation into palliative care services:

<https://www.who.int/europe/publications/i/item/WHO-EURO-2023-5825-45590-68173>

Read the Goal Setting Resource 'Setting and implementing patient-set goals in palliative care':

<https://www.kcl.ac.uk/nmpc/assets/rehab/gas-booklet-2018-final.pdf>

Read the article on 'Effect of Collaborative Telerehabilitation on Functional Impairment and Pain Among Patients With Advanced Stage Cancer (RCT)':

<https://jamanetwork.com/journals/jamaoncology/fullarticle/2729683>

Read the paper on 'Building Bridges in Palliative Rehabilitation: An Evidence-Based Toolkit to Promote Collaboration':

<https://journals.sagepub.com/doi/full/10.1177/10499091231184621>

Read the paper on 'Palliative Rehabilitation Improves Health Care Utilization and Function in Frail Older Adults with Chronic Lung Diseases':

<https://www.sciencedirect.com/science/article/abs/pii/S1525861021005156>

More information on complex care and complex care planning:

<https://www.bruyere.org/en/complex-continuing-care>

Read the full research article 'Early, integrated palliative rehabilitation improves quality of life of patients with newly diagnosed advanced cancer: The Pal-Rehab randomized controlled trial':

<https://journals.sagepub.com/doi/10.1177/02692163211015574>

Read the full research article 'Using volunteers to improve access to community rehabilitation in palliative care: the St Christopher's Living Well at Home Team':

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10544964/>

Hospice UK webpage on rehabilitative palliative care:

<https://www.hospiceuk.org/innovation-hub/clinical-care-support/rehabilitative-palliative-care>

INSPIRE webpage– Integrated short-term palliative rehabilitation:

<https://palliativeprojects.eu/inspire/>

## **Body-mind interventions (BMi) for breathlessness-related distress (BrD) in advanced disease: a realist review (selected abstract)**

Kate Binnie (Wolfson Palliative Care Research Centre, Hull York Medical School)

Read the abstract:

[https://spcare.bmj.com/content/14/Suppl\\_1/A34.1](https://spcare.bmj.com/content/14/Suppl_1/A34.1)

Read the paper 'Holistic services for people with advanced disease and chronic breathlessness: a systematic review and meta-analysis' here:

<https://pubmed.ncbi.nlm.nih.gov/30498004/>

Decolonising palliative care: exploring British Muslims perspectives on End of Life Care in the UK, PhD opportunity:

<https://www.findaphd.com/phds/project/decolonising-palliative-care-exploring-british-muslims-perspectives-on-end-of-life-care-in-the-uk-a-qualitative-study/?p168943>

## **Acknowledgements**

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**If you have any questions, please contact the Research Team at Marie Curie:**

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