

# 'Palliative Cancer Care'

Mr Goel, age 68yrs was a known case of Bronchogenic Carcinoma. Grade 3.

**HISTOPATHOLOGY:** Adeno-squamous cell carcinoma.  
H/o Smoking 30 yrs.

**CHIEF COMPLAINT:** Patient presented to me with severe breathlessness and chest pain on the Lt side on 26th Oct 05.

Breathlessness < slightest exertion, talking, walking.  
Chest pain < Lt side, coughing, > bending forwards on Lt side; towards painful side.

Occasional dry cough.

**O/E:** General parameters seemed -normal

Auscultation- Minimal to no entry of air on Lt side extending up to Lt mid zone.

Basal fine crepts ++.

I asked for plain X-Ray Chest [PAView] and further a CT Scan-chest.

X-Ray and CT Scan confirmed Lt sided massive pleural effusion and slight mediastinal shift to the Rt. (*Co-ordinating Ed: Why a CT as X-ray would have provided the same information*)

He was then rushed to the hospital for tapping as the breathlessness was severe.

The chest physician did not succeed in tapping and opined "dry tap"

According to him the fluid is either very thick-? Empyema and has been formed in various pockets in the pleura, so the procedure had to be abandoned.

**MENTALS:** The patient is a very reserved, calm and composed individual. He has lot of anxiety for future, family members. He hates loneliness and every time I would see him on a house call he would say, "I feel so

nice when somebody visits me, I love company and hate loneliness, I feel suffocated in my room alone".

His main agony is his son who is an alcoholic -an addict and jobless.

The patient says I have worked all my life to get a good standard in my family, look at my son..... not doing anything, he is married and also has a child, I have tolerated everything. I have worked all my life and what have I got in return??

He loves sweets.

## TAKING RUBRICS/SYMPATOM TOTALITY

- Ø Anxiety future about
- Ø Anxiety family members about
- Ø Company desires      Ø Forsaken feeling
- Ø Suppressed anger      Ø Abscess lungs
- Ø Hydrothorax
- Ø Pain lungs >lying on painful side.

I prescribed him *Kali-carb* 200 1 dose.

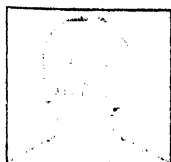
I also put him on oxygen - therapy [2 liters -20 minutes every morning]

8 Nov 05: Doctor, after your medicine, I don't feel heaviness in my lungs. My breathlessness is better; I have started my pranayam in the mornings and am taking my walks in the building lobby. I am sleeping well and am feeling peaceful in my mind. SL

9 Nov 05: Doctor, my walks have improved and so is my breathlessness, initially no expectoration would come out, but now its coming out easily- whitish and frothy. Appetite is better.

18 Nov 05: Everything is fine but since two nights I am having severe pain in the chest in Lt side, it goes away but I am scared of it. It starts early hours - 4am. *Kali-carb* 1M-1 dose given.

**PLEASE NOTE:** In palliative cancer care everyday is a new day for the patient and the doctor, the emphasis should be to make the patient as comfortable as possible so that he looks forward to the next morning.



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