

Humanizing aging: the role of palliative care

Abstract

Introduction: Every year, millions of people around the world face chronic diseases that limit their capabilities and quality of life. In this scenario, palliative care emerges as an essential approach to ensure the well-being and comfort of patients and their families. We, health professionals, often serve clients or family members who need extra health care, whether palliative or not. Given this focus of the topic, we can see that comprehensive care implemented in a specific single demand, thought out in the individual action plan, may not bring numerous benefits to the individual, as well as to the family and social environment.

Objective: To analyze the importance of palliative care based on the literature, as it brings a certain comfort to the mind, body, and spirit, and refers us to the humanization of these people who have already had a historical burden of experience, providing them with respect and integrity, in such a way that one of the central topics that we will address in the article is the simple fact of aging with health and respect in today's society.

Material and method: This is a literature review, the search was carried out in the SCIELO and LATINDEX databases for articles available in full in Portuguese, published between 2020 and 2025, totaling 7 articles.

Results and discussion: When we talk about palliative care, the idea refers us to terminal patients, but this is not always the idea, and when outlining a plan to provide visibility to these people, we, as the multidisciplinary team composed entirely to provide care to these people, must implement measures for comfort and health recovery. The aging process has become a significant challenge in today's society, as individuals may have spent their youth without thinking about the days ahead, as their late concern can cause a series of recurring obstacles such as the emergence of chronic diseases and non-conformities, which can lead to the loss of a certain degree of autonomy in their lives, which can lead to psychosomatic illnesses or disorders that have led to a life ruled by medication and treatments. As aging approaches, it is ideal for human beings to rethink their lifestyle habits.

Final considerations: In short, palliative care represents a significant advance in healthcare for the elderly, providing quality of life and well-being to patients and their families. The humanization of care, the appreciation of life and respect for individuality are fundamental principles of this approach. However, there are still challenges to be overcome, such as the scarcity of resources and the need for greater qualification of health professionals. It is essential that society as a whole recognizes the importance of palliative care and engages in the construction of a more humanized and welcoming health system.

Keywords: nursing, palliative care, humanization, aging

Volume 8 Issue 1 - 2025

Elcio Lucas da Silva Santos

Nursing Student at Estácio College in Carapicuíba, Brazil

Correspondence: Elcio Lucas da Silva Santos, Nursing Student at Estácio College in Carapicuíba, Brazil

Received: February 06, 2025 | **Published:** February 18, 2025

Opinion

Each year, millions of people around the world face chronic diseases that limit their capabilities and quality of life. In this scenario, palliative care emerges as an essential approach to ensuring the well-being and comfort of patients and their families. We, health professionals, often see clients or family members who need extra health care, whether it is palliative or not. Given this focus of the topic, we can see that comprehensive care implemented in a specific single demand, thought out in an individual action plan, may not bring countless benefits to the individual, as well as to the family and social environment.^{1,2} Therefore, palliative care, as it brings a certain comfort to the mind, body and spirit, refers us to the humanization of these people who have already had a historical burden of experience, providing them with respect and integrity, so that one of the central topics that we will address in the article is the simple fact of aging with health and respect in today's society.

When we talk about palliative care, the idea comes to mind of terminally ill patients, but that is not always the case. When we outline a plan to provide visibility for these people, we, as a multidisciplinary

team composed entirely to provide care to these people, must implement measures to provide comfort and restore their health.³⁻⁵

The aging process has become a significant challenge in today's society, as individuals may have spent their youth without thinking about the days ahead, as their late concern can cause a series of recurring obstacles, such as the emergence of chronic diseases and non-compliance, which can lead to a loss of a certain degree of autonomy in their lives, which can lead to psychosomatic illnesses or disorders that have led to a life of medication and treatments. As aging approaches, it is ideal for human beings to rethink their lifestyle habits.⁶ In short, palliative care represents a significant advance in healthcare for the elderly, providing quality of life and well-being to patients and their families. Humanizing care, valuing life, and respecting individuality are fundamental principles of this approach. However, there are still challenges to be overcome, such as the scarcity of resources and the need for better qualifications among healthcare professionals.⁷ It is essential that society as a whole recognizes the importance of palliative care and engages in the construction of a more humanized and welcoming healthcare system.

Acknowledgments

None.

Conflicts of interest

The author declare that there are no conflicts of interest.

References

1. De Albuquerque V, Calesso Moreira M. Experiencing aging in palliative care: a systematic literature review on the experience of elderly patients. *Psychology and Health in Debate*. 2024;10(1):640–663.
2. Pereira MC, Santos RRP dos, Cardoso BP. Difficulties in nursing care for elderly patients in palliative care - Integrative review. *REVISA*. 2021;10(2):240–249.
3. Moy GS, Conte EB, Batistella I, et al. The impact of palliative care on healthcare professionals: a literature review. *Brazilian Journal of Health Review*. 2024;7(10):e75306.
4. Leite Pereira G. Integrative review on nursing interventions in palliative care in elderly people. *Brazilian Journal of Implantology and Health Sciences*. 2024;6(10):4538–4547.
5. Aparecido AM, Dias MR. O Preparing nurses to work with palliative care. *Rev Enferm Atual In Derme*. 2025;97(3):e023143.
6. Porto R, Brito LM, Santos ME, et al. The importance of the palliative care theme at the nurse's academic education – integrative review. *Brazilian Journal of Development*. 2022;8(6):48254–48266.
7. Zack BT, Machineski GG, Toso BR, et al. Primary care health professionals and palliative care: integrative review. *Varia Scientia - Health Sciences*. 2023;9(1):104–114.