

02. Palliative care: Words or touch in the pre- intubation phase of critically ill Covid 19 patients

Vasileios Flampouraris^{1,*}, Sotirios Kalinoglou¹, Stella Kandreviotou¹, Anastasia Niaka¹, Georgios Dimitriou¹, Maria Kokolaki¹

¹Department of Anaesthesiology and Pain Medicine, “Sismanoglio-Amalia Fleming” General Hospital, Athens, Greece. * vasflamp@gmail.com

Background-objective: We recorded our clinical experience with Covid 19 patients.

Material and methods: We conducted a study of 154 Covid 19 patients (38 to 84 years old), ASA I, II, III. We recorded palliative care, words or touch in the pre-intubation period of Covid 19 patients inside the rooms of the various clinics.

The priorities were: to define the management of these patients, based on:

1. To confirm that everything will be fine. (integrated care model, fear of death).
2. To maintain dignity based on individual respect.
3. To attempt transferring Covid 19 patients to an ICU.
4. To inform relatives and friends. (communication skills).
5. To inform correctly so that to gain us confidence for the subsequent medical care of Covid 19 patients.
6. Support for palliative care.
 - All patients felt mental exhaustion before intubation.
 - Need palliative care, to pass Golgotha.

Results: All patients in the pre- intubation phase need palliative care. It is an expression of the true human attitude to care immediately for Covid 19 patient who is no longer breathing. Help me doctor, I can't breathe. Palliative care is only provided in words, because touch is not possible with the scary protective equipment, the clothing worn by the anaesthesiologist.

Conclusions: The experience is unprecedented, unique. But we can also say: educational. We learned communication skills based on continuing education of the Greek society of pain and palliative care.