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### The concept of palliative care for mothers of children with chronic illness

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#### Abstract

**Introduction:** Health and welfare of mothers of children with disabilities or chronic illness plays an important role in preserving and strength and foundations of a family. Researches show that perennial care of sick or disabled children can exhaustion the family over time. One of the most effective strategies in support of these families is supportive and palliative care services (respite care) that provides opportunity for rest and personal activities for parents. These service centers can be conducted temporarily outside or in the home. This study investigates benefits of palliative care for mothers deal with children with disabilities or chronic illnesses.

**Methods:** This was a systematic review from articles related to palliative care in families of children with chronic illness or disability. Key words of respite care, children, disability and family were searched from www.pubmed, science direct and Stanford University website (<http://highwire>) at last 20 years.

**Results:** Phenomenological study of Trinity in mothers of children with learning problems in Ireland showed improvement in social activity in this type of care. But feelings of guilt and experiencing emotional stress in mothers due to the separation from their children were also expressed. It is necessary to caregivers to provide palliative care to support parents who are considering this type of care to reduce stress. Riana studied on children with cerebral palsy showed fewer behavioral problems, higher cognitive abilities and better stress management by parents in the home care with this services McGill plan for the care of children with disabilities in the summer holidays and examined its effect on the family. Results showed that mothers this method is considered very useful in their individual needs.

**Conclusion:** The results of investigations about palliative care in families of children with chronic illness or disability showed that these therapies may reduce physical and mental stress, prevent of family crisis and maintain family value. However creating social supports such as palliative care services (respite care) for these children is very important. In developed countries these centers have established, for 20 years and need to hold it seems necessary for the welfare of more parents.

**Keywords:** Palliative Care, Family, Children, Chronic Illness, Disability.