

# 9<sup>th</sup> International Conference on Palliative Care, Hospice, and Wellness

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### Palliative care approach in the digital era

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**Background:** In the digital age, individuals with serious illnesses and their caregivers must benefit from IT advancements to enhance their quality of life and life expectancy.

**Aim:** Highlight the effectiveness of specific on-demand online programs for instruction, relaxation, and communication for individuals suffering and those who care for them.

**Material & Method:** The author conducted a qualitative study in the community from 2020 to 2025 on home care management for serious illnesses in individuals living alone and those within their families.

**Findings:** patients aged 72 to 95 were first alleviated by drugs and emotional support from their loved ones, friends, and other community members. Increased material and emotional involvement from caregivers led to their fatigue. Continuing substantial commitments in care created burnout, with caregiving seen as a form of respect or obligation. Ultimately, dissatisfaction was observed in their relationships, disappointing the caregivers and patients, and accelerating their decline in life expectancy.

**Actions were taken:** The family doctor advised those caring for their loved ones to work as a team and focus on relaxation in both the virtual and real worlds. Patients were invited to use on-demand digital programs for instruction and recreation.

**Results:** Individuals engaged in caring for others who periodically delegated this responsibility to others, adopted a healthy sleep schedule, and utilized digital programs for support experienced lower burnout, enhanced their well-being, and were able to alleviate suffering for as long as possible. The use of IT devices improved patients' emotional lives.

**Conclusion:** Teamwork is essential in supporting individuals facing distress from illnesses. Regular assistance for those in need, and relaxation in real life and online, contribute to effective care during challenging times. IT advancements support care providers and end users. This way, their loved ones will go away in peace, and they will keep best memories over time.

### Biography

Sofica Bistriceanu, MD, Ph.D., graduated from Iasi University in Romania and family medicine research at Maastricht University. She joined many meetings worldwide. With over 120 research studies shared internationally and over 50 articles published in International Journals, she has been recognized with numerous awards. Dr. Sofica Bistriceanu is a member of the Academy for Professionalism in Health Care, serves on the Editorial Review Board for The Journal of Patient Experience (JPX), the Editorial Board of the Journal of Medical Research and Clinical Case Reports – Research Portal Central Publishers, and is an Associate Editor for Primera Scientific Publication. She represents the Academic Medical Unit- CMI in NT, ROU. Additionally, she is the author of seven volumes of poetry published by Cronica, and Time, both by Iasi Publishing House.

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