

IN ACTION

Reflective practice in palliative care

Susan Gravier, Dr Sue Burney and Dr Harriet Radermacher

The article [Reflective practice in palliative care](#) published in the Australian Psychological Society InPsych magazine June 2019 follows on from a feature in April InPsych, which addressed the common misconceptions surrounding the end of life. Palliative care is holistic care that helps people nearing the end of their life to live as well as possible for as long as possible. Palliative care supports the person, their family and carers and can include bereavement support following death.



The aim is to allow people to experience each moment at the end of life more fully through effective management of pain and other symptoms, and assessment and management of their psychological, social, emotional and spiritual needs. It is key for psychologists working in this field to understand the importance and implications of communication, self-care and reflective practice.