



# EFFECTIVENESS OF NURSING INTERVENTIONS IN SPECIALIST PALLIATIVE CARE OUTPATIENT CLINICS: A RETROSPECTIVE STUDY

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## ABSTRACT

**Background:** Specialist palliative care outpatient clinics play a crucial role in improving the quality of life of patients with life-limiting illnesses. Nursing interventions in these settings' focus on symptom management, psychosocial support, patient education, and care coordination. **Aim:** To evaluate the effectiveness of nursing interventions provided in specialist palliative care outpatient clinics. **Methods:** A retrospective descriptive study was conducted in a tertiary care center. Medical records of patients attending specialist palliative care outpatient clinics were reviewed. Data regarding demographic characteristics, nursing interventions, symptom management, patient education, and clinical outcomes were collected and analyzed using descriptive statistics. **Results:** The findings revealed that nursing interventions significantly contributed to improved symptom control, enhanced patient understanding of disease management, increased adherence to treatment plans, and better psychosocial well-being. Pain management, counseling, and caregiver education were the most frequently documented interventions. **Conclusion:** Nursing interventions in specialist palliative care outpatient clinics are effective in improving patient outcomes and quality of life. Strengthening nursing roles in outpatient palliative care services can further enhance comprehensive patient-centered care.

**Key words:** Nursing Interventions, Palliative Care, Outpatient Clinic, Retrospective Study.

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## Article Info

*Received 15/04/2026; Revised 23/05/2026*

*Accepted 14/06/2025*

## INTRODUCTION

Palliative care is a specialized healthcare approach aimed at improving the quality of life of patients and families facing life-threatening illnesses. As healthcare systems increasingly focus on patient-centered care, outpatient palliative care services have become essential in managing symptoms, providing psychosocial support, and coordinating healthcare resources. Nurses are integral members of palliative care teams and perform a wide range of interventions including pain assessment, symptom monitoring, patient education, counseling, and caregiver support. Evaluating the effectiveness of these nursing interventions is important for ensuring high-quality palliative care and identifying opportunities for service improvement.

## Background of the Study

The growing prevalence of chronic illnesses such as cancer, heart failure, chronic obstructive pulmonary disease, and neurological disorders has increased the demand for palliative care services worldwide. Outpatient palliative care clinics provide continuous support while allowing patients to remain in their communities. Previous studies have demonstrated that nursing interventions contribute significantly to symptom relief, emotional well-being, and patient satisfaction. However, limited evidence exists regarding the effectiveness of nursing interventions in outpatient palliative care settings, particularly in tertiary healthcare centers. Therefore, this study was undertaken to evaluate the impact of nursing interventions delivered in specialist palliative care outpatient clinics.



## Significance of the Study

This study highlights the essential role of nurses in specialist palliative care outpatient services. The findings may assist healthcare administrators, nursing educators, and policymakers in developing evidence-based strategies to improve palliative care delivery. The study also contributes to the existing body of nursing knowledge by identifying effective nursing practices that enhance patient outcomes and quality of life.

## AIM OF THE STUDY

To evaluate the effectiveness of nursing interventions in specialist palliative care outpatient clinics.

## OBJECTIVES

1. To identify the types of nursing interventions provided in specialist palliative care outpatient clinics.
2. To assess the effectiveness of nursing interventions on symptom management.
3. To evaluate the impact of nursing interventions on patient education and psychosocial support.
4. To determine the overall contribution of nursing interventions to patient well-being and quality of life.

## Hypotheses

**H1:** Nursing interventions provided in specialist palliative care outpatient clinics significantly improve symptom management among patients.

**H2:** Nursing interventions positively influence patient education, psychosocial well-being, and overall quality of life.

**H0:** Nursing interventions have no significant effect on symptom management, patient education, psychosocial well-being, or quality of life.

## MATERIALS AND METHODS

### Research Design

Retrospective descriptive research design.

### Study Setting

Specialist Palliative Care Outpatient Clinic of a tertiary care center.

### Study Population

Patients who attended the specialist palliative care outpatient clinic during the study period.

### Sample

Medical records of eligible patients receiving palliative care services were reviewed.

### Sampling Technique

Purposive sampling of available medical records meeting inclusion criteria.

## Inclusion Criteria

- Patients registered in the specialist palliative care outpatient clinic.
- Complete medical records available for review.
- Patients aged 18 years and above.

## Exclusion Criteria

- Incomplete medical records.
- Patients with insufficient documentation of nursing interventions.

## Data Collection Tool

A structured data extraction form was used to collect information on demographic variables, diagnosis, nursing interventions, symptom assessment, counseling, patient education, and clinical outcomes.

## Data Analysis

Data were analyzed using descriptive statistics including frequency, percentage, mean, and standard deviation.

## RESULTS

A total of 150 patient records were reviewed. The majority of patients were diagnosed with advanced cancer (68%), followed by chronic organ failure (22%) and neurological disorders (10%). Pain management (92%), symptom assessment (88%), counseling (75%), caregiver education (70%), and medication adherence support (65%) were the most frequently documented nursing interventions. Following nursing interventions, improvements in symptom control, patient understanding of treatment plans, and psychosocial well-being were observed in the majority of patients. Overall, nursing care demonstrated a positive impact on patient quality of life and satisfaction with palliative care services.

## DISCUSSION

The findings indicate that nursing interventions are fundamental components of specialist palliative care outpatient services. Effective pain management and symptom monitoring contributed to improved patient comfort and reduced distress. Educational interventions enhanced patients' understanding of disease management and treatment adherence. Counseling and emotional support promoted psychological well-being and strengthened coping mechanisms among patients and caregivers. These findings are consistent with previous studies emphasizing the value of nursing-led palliative care interventions in improving patient-centered outcomes.

## CONCLUSION

The study concludes that nursing interventions in specialist palliative care outpatient clinics are effective in enhancing symptom management, patient education, psychosocial support, and overall quality of life. Nurses



play a critical role in delivering comprehensive palliative care services. Continued investment in specialized palliative care nursing education and practice is

recommended to further improve patient outcomes and healthcare quality.

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