



## **COMMUNITY READINESS: IDENTIFYING OF PALLIATIVE VOLUNTEER PROGRAM**

**Karolin Adhisty<sup>1\*</sup>, Mutia Nadra Maulida<sup>2</sup>, Siti Sarahdeaz Fazzaura Putri<sup>3</sup>, Dinda Putri Karina<sup>4</sup>,**

<sup>1,2,3,4</sup>Medical Faculty, South Sumatera, Indonesia

\* Correspondence Author: [karolin.adhisty@fk.unsri.ac.id](mailto:karolin.adhisty@fk.unsri.ac.id)

### **ABSTRACT**

Volunteering is a program that involves the community to contribute significantly to the environment where they live. This program is special because volunteers are selected from the community who have a strong desire to share. Volunteers will certainly provide a sense of stability through physical contact with patients and support as well as listening and communicating. Volunteers are of course a very important part of palliative care because patients must ensure that their quality of life improves after treatment in the hospital. This research aims to get a good picture of the volunteers' readiness for the palliative program that will be developed. The research design that will be used in the research uses the concept of qualitative research using the interview method. Group interviews with the concept of group discussion (FGD) are used by researchers to obtain accurate data regarding the programs that have been carried out. Data analysis uses the collaizi stage with the conclusion of creating research themes. Based on research, it is known that respondents understand and know about chronic diseases. It is known that respondents understand and know about chronic diseases. It can be seen from the interview results that respondents understand the feelings of palliative patients who feel inferior and do not want to socialize. This volunteer program is certainly not for medical-based services, but rather to provide spiritual and psychosocial support to the people in their environment.

Keywords: FGD, Palliative Care, Volunteers

### **Introduction**

Palliative care is the active, total care of patients whose disease is not responsive to curative treatment. Control of pain, of other symptoms, and of psychological, social and spiritual problems is paramount. The goal of palliative care is achievement of the best possible quality of life for patients and their families. Palliative care is planned and delivered through the collaborative efforts of an interdisciplinary team including the individual, family, caregivers and service providers. Many aspects of palliative care are also applicable earlier in the course of the illness, in conjunction with active treatment (1).

The need for palliative care around the world is immense and there is a specific need for service leaders, clinical palliative care providers and trained trainers for palliative care (2). Palliative care is provided by both specialist palliative care teams in the hospital setting, as well as by a mix of specialist and generalist services in the community (3).

Volunteers play a vital role in palliative care through support, advocacy, and caregiver

respite (4). Volunteers provide holistic support and care for patients and respite for caregivers (5). The inclusion of volunteers in palliative care was found to be a positive contribution to seriously ill patients (6). It has even been reported that palliative patients who received visits by volunteers have longer survival periods than those who did not receive these visits (7).

Volunteers provide a sense of stability through physical contact by giving the patients and their caregivers hand and foot massages and supported them by listening and communicating. Caregivers were highly satisfied with the volunteers, felt a bond with them, and wanted to recommend the service to others in similar situations (8).

**Method**

The research design used in the study uses a qualitative research concept: phenomenology which aims to describe the willingness of volunteers to provide palliative care. Data collection used the interview method in a focus group discussion (FGD) in 4 stages. FGD is focused on getting open results through group discussions through semi-structured questions. Data analysis uses the collaizi stage manually. The triangulation method was also carried out as part of data credibility through in-depth interviews with midwives who also play a role in protecting volunteer activities in Sakatiga village.

**Results**

Based on research that has been done, the readiness and empathy or feelings of volunteering are important in the formation of a palliative program. In terms of helping palliative patients, of course, some preparation is needed, in this case including the knowledge and mentality of the volunteers.

Palliative patients need services that can support their healing and improve their quality of life such as physical, psychological, family, spiritual and environmental support, while doctors and nurses need an optimum form of palliative implementation such as: standards of paliative services, development of a paliative program, education/palliative training and support facilities for improved paliative service (9).

**Table 1. Results**

Volunteer Readiness
Knowledge and feelings towards volunteering
Contributions during volunteering
Activities during volunteering
Motivation to volunteer

1) Knowledge and feelings towards volunteering

*“Could not bear to see the patient, so we referred him to the puskesmas”*

*“We have to be mentally prepared, because you are dealing with people who are sick, so you have to be more mentally prepared and patient when answering them, don’t get emotional towards them”*

*“Their minds want to die, there is no spirit for life”*

2) Contributions during volunteering

*“Promote and nourish the community, as well as help each other”*

3) Activities during volunteering

*“Leaflets are necessary, they can be uses to fill their spare time, if they are bored”*

*“Because the treatment is not immediately cured, well we as volunteers must be able to convince patients to continue treatment, that is still our main task as volunteers”*

4) Motivation to volunteer

*“We have to motivate them, encourage them, don’t say things that make them hurt, because some people could be heal by encouraging words”*

## Discussion

Based on the research, it was found that the respondents understood and knew about chronic diseases. It can be seen from the results of interviews that show that respondents understand the feelings of palliative patients who feel inferior and so on. These volunteers are certainly not for medical services, but rather to provide spiritual and psychosocial support. Through this treatment, volunteers are expected to motivate patients to look more positively at their illness, as well as help the patient's family to better understand the patient's condition, understand the disease suffered by the sick, as well as be ready to face everything that might happen to the patient (10).

Unique characteristics of volunteering are having time, freedom of being without specific remits and the ability to spend their whole-hearted attention. The adequate availability of time was found to be crucial in administering interventions. who looked at feasibility of life completion interventions by nurses. They even concluded that training in counseling was beneficial but not essential (11).

Motivation for patients to recover can arise from themselves or others. The patient's motivation greatly influences recovery, such as a big spirit of health. Because the patient's life motivation greatly affects the patient's knowledge (12). Caring attitudes can also be provided by providing motivation to clients, so as to increase the enthusiasm of clients to survive with their palliative illness (13). Conclusions from other research also show that the public understands the importance of palliative programs and volunteerism. The socialization carried out in this program provides education or knowledge to the public about the potential of palliative programs (14).

## Conclusion

Based on the results of the implementation of the activities that have been carried out, it can be concluded that in general the community is quite aware of the existence of a palliative program that has been around. This can be seen from the results that show some people who have volunteered for the palliative program in the last few years. Instinctively and empathetically, the community has carried out palliative actions, namely in the form of asking the news to the sufferer or family family, providing encouragement to undergo treatment or o help accelerate the healing process. process of healing the disease.

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## Conflict of Interest

The authors declare that they have no conflict of interest.

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