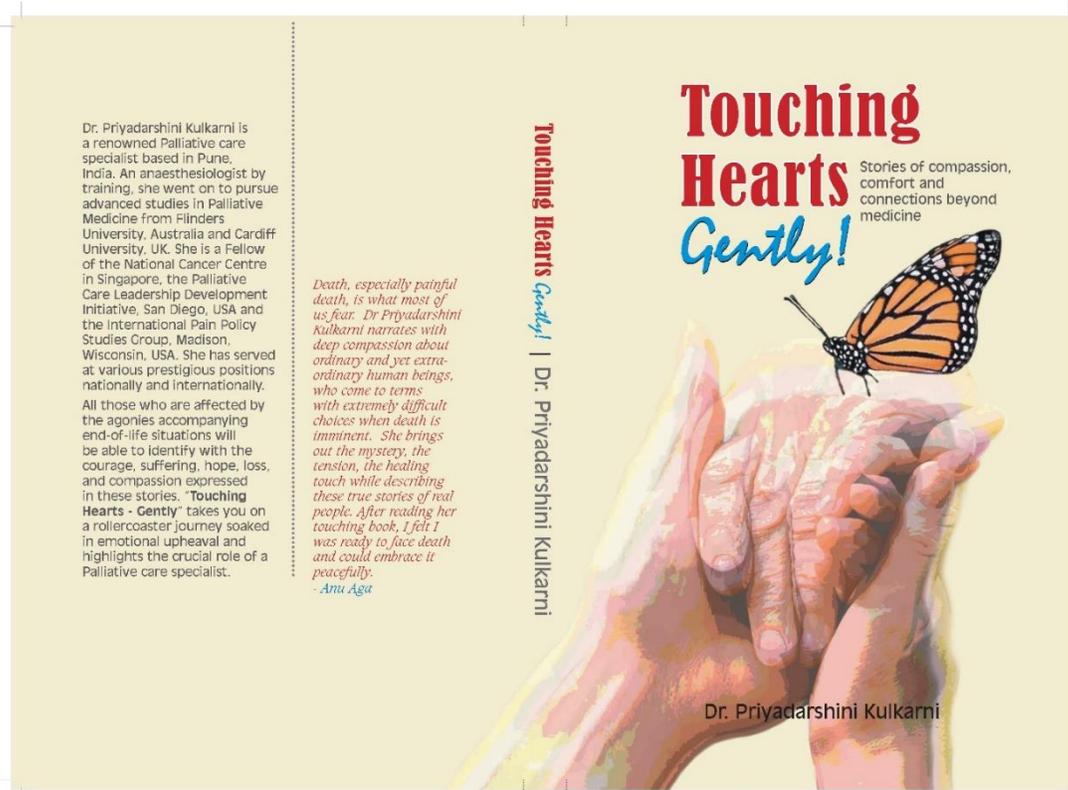


Touching Hearts, Gently



Introduction:

"Touching Hearts, Gently" is a fascinating new book by Dr. Priyadarshini Kulkarni, a Palliative Care specialist based in Pune, India. In this collection of 29 stories Dr. Kulkarni narrates her experiences from the field of Palliative Medicine.

The stories narrated here are stories of hope, courage, trust, love, respect. They are all about real people – people with tremendous courage, dignity, and humanity. It is hoped that reading these stories, you will find answers to difficult situations such as, when to say it is enough, when to treat aggressively, and when to let go and decide just to be comfortable. Many readers will surely identify with situations mentioned in these stories, such as, whether to feed a terminal patient or not, whether to ventilate them or not, and so on. The stories will give you insights into how to communicate with your patients and family members, and how to ask treating doctors the right questions.

How to get the book:

This book is available in paperback and Kindle digital formats. Paperback version may not be available in all countries.

To order your copy, go to your local Amazon site and search for "Touching Hearts Gently" or "B08VF88J5G".

To order your printed copy in India, please write to connect@easeandsupport.com or send a WhatsApp message to +91- 9822455288.

(Note: The Kindle version works on any Kindle device or any other device (Smartphone, Tablet, or PC) that has the "Kindle Player" app installed.)

More about the book:

Palliative medicine is a relatively new medical specialty, which aims to provide comfort to patients suffering from life-limiting illness and support their families caring for their loved ones. Along with effective management of pain and symptoms, which is the crux of this specialty, Palliative care attempts to understand what is most important to the patients and their families at a crucial time and help them achieve it.

The aim of Palliative care is not to prolong life, nor is it to hasten death, but to improve quality of life at every stage of the disease. Understanding patients as individuals, listening to their life stories, respecting their personal choices, and helping them to leave this world as comfortably as possible are some of the tasks Palliative professionals tackle on a regular basis. This is a daunting undertaking. Supporting and guiding patients and families in their vulnerable times, being with them in their difficult journey is overwhelming. Unlike other medical specialties, professionals in this field are not well-paid. And yet they keep at it tirelessly and enthusiastically. Therefore, this book is also a tribute to the Palliative care workers who work relentlessly to comfort fellow human beings, and whose efforts mostly go unnoticed in our society.

Patients' family members, who are also affected by the agonies accompanying end-of-life situations, experience a range of emotions such as, pain, fear, hope, compassion, and resignation. They make sacrifices at many levels – personal as well as financial. They need someone who can acknowledge their efforts, help them go through these tough situations with grace and courage, and support them through their grieving. The Palliative care specialist steps into that crucial role of a compassionate friend.

When patients and their caregivers reach out to Palliative professionals – out of hope and trust – they feel comforted in knowing that there is someone who can feel and understand their physical and emotional pain. They open up and share their darkest fears, their deepest emotions, and their most delicate feelings. In turn, listening to their stories, being a companion in their difficult journey, and trying to help without judgement till the end, is a truly gratifying experience for the caregivers.

About the Author

Dr. Priyadarshini Kulkarni is a renowned Palliative care specialist based in Pune, India. An anaesthesiologist by training, she went on to pursue advanced studies in Palliative Medicine from Flinders University, Australia and Cardiff University, UK. She is a Fellow of the National Cancer Centre in Singapore, the Palliative Care Leadership Development Initiative, San Diego, USA and the International Pain Policy Studies Group, Madison, Wisconsin, USA. She has served at various prestigious positions nationally and internationally.

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