

## **BACHELOR THESIS ABSTRACT**

**Author:** Darya Ustinova

**Supervisor:** Mgr. Tereza Chalupská

**Opponent:**

**Title of bachelor thesis:** Physiotherapy in palliative care

### **Abstract:**

The purpose of modern palliative medicine is to maintain high quality live of patients with advanced form of disease. Palliative care was originally considered as terminal care, which focused on relief of symptoms at the end of life. Nowadays, palliative care has a greater scope and the concept of rehabilitation, in palliative care, expands.

The main purpose of this dissertation is to define the role of physiotherapy in palliative care and to contribute to the existing literature.

Theoretical part of this dissertation begins with general information about palliative care and multidisciplinary palliative team with a focus on rehabilitation in palliative care. Below is a list of physiotherapy techniques applicable in palliative care, and the main symptoms that can be affected by physiotherapy in palliative care.

The conclusion of the theoretical part is devoted to the attitude of patients and medical personnel to physiotherapy in palliative care and the training opportunities of physiotherapists in the field of palliative care.

The practical part describes results of the questionnaire survey on the numbers of the physiotherapists in palliative care field in Czech Republic and the role of the physiotherapist in palliative team at the different organizations. Also, the part of the bachelor dissertation is informational leaflet, designed for spreading the knowledge about physiotherapy in palliative care among the other members of palliative team.

The results of this study confirming the importance of physiotherapy in palliative care, but Czech Republic faces with the lack of physiotherapist in palliative care.

### **Keywords:**

Palliative care

Hospice

Physiotherapy

Rehabilitation