

The history of palliative and hospice care can be traced back to ancient times, but the modern concepts emerged in the 20th century. These disciplines became more integrated into mainstream healthcare, recognizing the importance of providing comprehensive support to patients and their families.

Palliative Care as a Discipline: While hospice care traditionally focused on individuals with a prognosis of six months or less, palliative care emerged as a broader discipline addressing the needs of patients with serious illnesses, regardless of life expectancy.

Expansion and Global Recognition: The hospice movement expanded globally, leading to increased awareness of the importance of end-of-life care.

Dame Cicely Saunders (20th Century): The modern hospice movement began with the work of Dame Cicely Saunders, a British physician, nurse, and social worker. This shift allowed for earlier intervention and support.

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