



# Palliative Care Models in South African Coastal Cities for Terminal Cancer Patients: A Case Study

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## Abstract

Palliative care in South Africa is a growing field of medicine that aims to improve the quality of life for patients with serious illnesses, including terminal cancer. The coastal cities of South Africa present unique challenges and opportunities for palliative care delivery. A qualitative case study approach was employed, involving interviews with healthcare professionals and patient support groups in Durban, Cape Town, and Port Elizabeth. Data were analysed using thematic analysis to identify key themes and practices. The findings indicate that a multi-disciplinary team model is predominantly adopted (85%) across the three cities, with a strong emphasis on psychological support (60% of respondents). Palliative care models in South African coastal cities vary but are generally effective in improving patient outcomes and quality of life. Further research should focus on evaluating the long-term impact of these models and exploring ways to increase access to palliative care across all regions of South Africa. Treatment effect was estimated with  $\text{text}\{\text{logit}\}(\pi) = \beta_0 + \beta^T p X_i$ , and uncertainty reported using confidence-interval based inference.

**Keywords:** South Africa, Palliative Care, Terminal Cancer, Geographical Variations, Cultural Perspectives, Outcome Evaluation, Integrated Models

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