



## Hypodermoclysis in once patient care in palliative care

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### 1 INTRODUCTION

In a global context in which an aging population is observed and the increase in chronic degenerative diseases, such as cancer, it is reasonable to increasingly discuss alternative methods, such as the subcutaneous route (SC), for the administration of medications and rehydration solutions when parenteral and oral routes are restricted or associated with contraindication for invasive procedures.

Hypodermoclysis, therefore, refers to the administration of drugs and rehydration solutions in the SC layer of the skin through a needle, preferably a small gauge, introduced into a skin fold, in different topographic regions of the body. (INCA, 2009)

The term Palliative Care is currently defined by the World Health Organization as an approach that promotes quality of life for patients and families facing illnesses that threaten the continuity of life. In this type of care, there is the prevention and relief of suffering, through the early identification and effective treatment of pain and other symptoms of a multifactorial nature (WHO; 2002).

The topic addressed is important, as among the benefits of this route, such as easy applicability, more comfortable and less painful when compared to intravenous infusion, fewer adverse events and ensuring symptomatic control resulting from the disease. The favorable cost-benefit also stands out because it is less expensive, and can be performed and evaluated at home, reducing the stay in the hospital environment.

The present study aims to systematize the practice of professionals in carrying out care in relation to subcutaneous therapy in patients with advanced oncological disease. It is hoped, therefore, to demystify



this alternative method, encourage its use and improve the quality of patient care and provide greater technical security to the professional.

## **2 METHODOLOGY**

This work was elaborated from a literature review in the databases Medline, Lilacs, Sielo, publications of the National Cancer Institute (INCA), publications of the National Academy of Palliative Care (ANCP), publications of the Hospital Sírio Libanês, in the period between 2009 and 2021. The keywords used were “hypodermoclysis”, “subcutaneous therapy” and “palliative care”. Articles that did not address the topic of interest were used as exclusion criteria..

## **3 CONCLUSION**

Because it is a simple, safe procedure with no serious complications, the use of the SC route can be widely implemented in the hospital environment and is also gaining ground in home care scenarios as an important modality to compose the medical-assistance care for the benefit of the patient, the family and the health team (BRASIL, 2012)

The reasons why few studies emphasize the use of hypodermoclysis is that the oral route is still the first option for drug administration in patients at home, or those without peripheral venous access. However, in patients undergoing palliative care, swallowing is often deficient, which makes it difficult to use the oral route as an alternative for administering medication and, mainly, as a means of hydration (VIDAL, 2015).

Hypodermoclysis is an important resource for patients in palliative care, providing quality of life for these patients. However, it is little discussed, little known and, consequently, less used.

As it is an alternative route of infusion for patients with oral and intravenous infeasibility, it is recommended that subcutaneous therapy be widely disseminated in palliative clinical practice among the multidisciplinary team.



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