

## Your Responsibilities as a patient are:

- To comply with the prescribed treatment or rehabilitation procedures.
- To enquire about the related costs of treatment and/or rehabilitation and to arrange for payment.
- To take care of health records in your possession.
- To take care of your health.
- To care for and protect the environment.
- To respect the rights of other patients and health providers.
- To utilise the health care system properly and not abuse it.
- To know your local health services and what they offer.
- To provide health care providers with the relevant and accurate information for diagnostic, treatment, rehabilitation or counselling purpose.
- To engage in healthy lifestyles for example; always eating a balanced diet; living a life free of excessive alcohol, not smoking, not engaging in unprotected sex.
- To complete dosage as instructed at the health care facility
- To advise the health care providers on your wishes with regard to your death.

**Palliative Care as a human right is about access to quality palliative care, access to pain relief, dignity, non-discrimination and equality.**



**OPEN SOCIETY INSTITUTE**  
& Soros Foundations Network

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**KNOW YOUR PALLIATIVE CARE RIGHTS**

*“You may have at one time in your life had an awful experience at the health care facility be it from delay in health care service, an undignified treatment or denial of the same but had no idea what you can do as a patient. If you now know your Rights, you are empowered to claim.*

**Be empowered; know your rights”**

## The Kenyan Patients' Charter

Majority of people experience either a denial or violation of fundamental human rights, including rights to health care services. To ensure the realisation of the right of access to health, the World Health Organisation (WHO) requires all health service providers to make a commitment to upholding, promoting and protecting this right and therefore came up with a PATIENTS' RIGHTS CHARTER as a common standard for achieving the realisation of this right.

The Kenyan constitution Article 43 (1) a, states that **Every person has the right to the highest attainable standard of health, which includes the right to health care services, including reproductive health care**

Palliative care services are therefore included in health care services and therefore should be provided to all who need them.

### Your rights as a Patients are:

- A healthy and safe environment
- Participation to decision-making
- Information on one's health condition
- To be treated by a named health provider
- Privacy and confidentiality
- Access to health care
- Have information of your health condition
- Have informed consent
- Continuity of care
- Complain about health services
- Free choice
- highest attainable standard of health
- Equality and freedom from discrimination
- Human dignity
- Emergency medical treatment

## What are palliative care rights?

### What is palliative care?

**Therapy intended to relieve the suffering of people who are living with an incurable illness by improving their quality of life.**

Palliative care embraces human rights that are already recognized in national laws, international human rights documents, and other consensus statements. Palliative care rights include the right to:

- Pain relief
- Symptom control for physical and psychological symptoms
- Essential drugs for palliative care
- Spiritual and bereavement care
- Family-centered care
- Care by trained palliative care professionals
- Receive home-based care when dying and to die at home if desired
- Treatment of disease and to have treatment withheld or withdrawn
- Information about diagnosis, prognosis, and palliative care services
- Name a health care proxy for decision making
- Not be discriminated against in the provision of care because of age, gender, national status, or means of infection.

- The right to a dignified death
- The right to write a will
- The right to protect and dispose your property
- The right to plan for your children and dependants
- The right to secure access to health and social benefits
- Empowering others to make medical decisions on your behalf

**Do you ask the health care workers questions or clarifications for information they give you?**