Benefits from Using the Checklist
- It helps in more comprehensive assessment of the patients’ concerns and how these were contributing to their distress.
- It helps in prioritization of concerns and planning of care.
- It helps the care team to make linkages between different concerns and how these were contributing to the patients’ pain and distress.
- It contributes significantly to the management of Total Pain.

Case Story : Understanding Barriers to Treatment
Shivamma, a middle aged women had been diagnosed with HIV seven years ago, but had not been monitoring her CD 4 count at all. She came to the centre with the support of a local volunteer and since her CD 4 was very low, she was immediately started on ART. She had multiple physical symptoms including lack of appetite, problems in sleeping, extreme tiredness and swelling in legs.

Shivamma was worried about how she would take care of herself and also how she would continue her household work. She expressed great motivation to be regular on ART and revealed that she was very concerned about her childrens future and wanted to remain healthy and support them. But she also had some concerns regarding her husband, who was not allowing her to take ART. He feared that if both of them were seen taking medicines regularly, his HIV status would get revealed in the community. Despite her many attempts, he refused to let her go and get herself registered and refused to even give her money for treatment. She had finally sought the help of a local volunteer and came to the centre. She also reported feeling worried and anxious about how she would continue to take ART.

After this major issue was identified, the counselor helped Shivamma come up with alternate support systems who could help her to continue with ART. She identified her natal family, specially her mother and sister as potential supports and resolved to take their help to ensure adherence and regular monitoring. The counselor also helped her come up with strategies for dealing with her husband, should he object to her coming out for her treatment.

Conclusion
Palliative care in the context of HIV needs to involve a comprehensive assessment of multiple issues which are troubling the client. Use of tools like the concerns checklist can help in comprehensive assessment and understanding of hidden concerns. It also helps in prioritization of different issues and more systematic care planning.