

Peer Review

Review of: "Palliative Care, Psychological Interventions, Personalized Medicine: The Triple "P" Hypothesis For Enhancing Quality of Life in Palliative Care"

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The article provides a broad and well-supported argument for greater integration of psychological, social, and spiritual interventions in palliative care. It highlights the main barriers and challenges in addressing these dimensions during the care of patients with palliative needs.

An interesting proposal involves incorporating information from genetic counseling, neuroimaging, biomarkers, and other approaches to personalize palliative care interventions. Additionally, placing the patient's self-image at the center of palliative care enables a deeper understanding of how the end-of-life experience unfolds from the individual's perspective.

The article suggests that the application of the 3P model could be carried out by psychologists or general psychologists with basic training in palliative care. However, I would argue that not only psychologists or psychiatrists but any member of the palliative care team trained in the model could provide this type of care. This is particularly relevant in settings where a comprehensive interdisciplinary team is unavailable, such as nursing professionals in certain contexts.

One area that could be strengthened in this theoretical proposal is the approach to spiritual and existential aspects, which are not adequately described. The discussion leans more toward addressing psychological dimensions, but the social and spiritual components warrant further elaboration.

It would also be beneficial to include how the three proposed concepts—self-image, synthesis and strategies, and social relations and symptom relief—are interconnected and how self-determination

acts as a unifying thread across all of them.

Thank you for inviting me to read the article; it is an intriguing proposal. More initiatives like this are needed to promote a more personalized and holistic approach to palliative care.

Declarations

Potential competing interests: No potential competing interests to declare.