This book describes the current state of the art in the field of palliative care in children and adults. The author places special emphasis on addressing the efficacy and effectiveness of palliative care models, pain and symptom management, and on measuring quality of life. In addition the book evaluates current research methods in palliative care and suggests suitable alternatives. Finally the book bridges the gap between science and practice by providing the reader with the current evidence and how it can be applied in the practice setting.