



# GLOBAL PALLIATIVE CARE DEVELOPMENT

## LESSONS FROM THE EUROPEAN ATLAS

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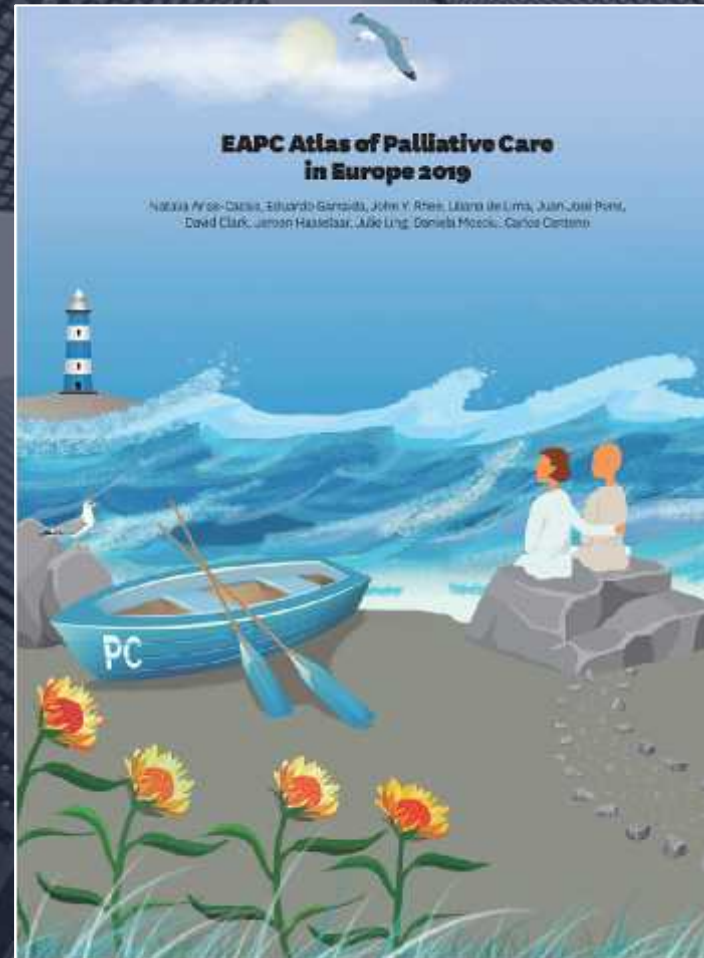
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# We will talk about...

1. Patients
2. Specialized services and needs
3. International reactions
4. Trends to the integration in Europe
5. Final message



# Bibliography



*Natalia Arias-Casais, et al  
EAPC Atlas of Palliative  
Care in Europe 2019*



Downloaded  
from internet  
(no real)

## MARIA THERESA, March 2019

Breast cancer  
Lymphangitis  
(lung)  
Dyspnoea

Understanding  
the moment of  
the disease

I introduce myself and PC: "I want to help"

She tells me: - *now?, thanks, but why not earlier on?*

- *"I am not afraid to die"*

- *"I have to talk to my people: this is what happens, I am sorry too, but..."*

- *"Please, stay in contact, doctor, now I am well... but I will call you "*

Imagen de internet

## MARIA THERESA, March 2019

Out of the room: the daughter claims to end the suffering ending with her. - Let's go for relief first: Morphine, Oxygen... - (and, important to care for own suffering and fears)

All, in following days: enjoying the last days together

Finally, terminal sedation for refractory dyspnoea

5 Maria Theresa die Peacefully 7 days later





Imagen de internet

## MARIA THERESA & PC

March 2019

- ☒ To be there, to accompany: *to be right there*
- ☒ Some confusion: we are until the end, but to end is not our business
- ☒ Expert view: symptom management, decision making
- ☒ With a palliative care approach to end peacefully can be easier
- ☒ Reach the family... and the professionals too!

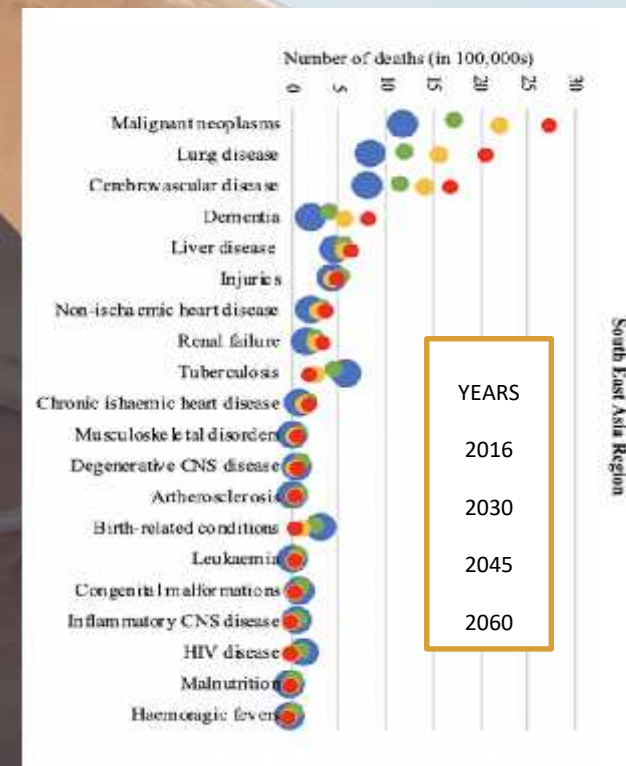
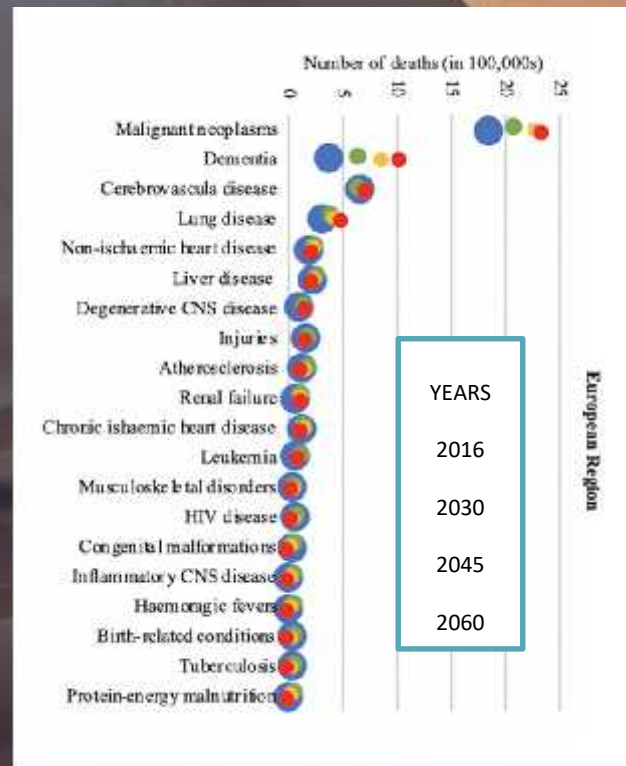
# SERIOUS INCREASE IN DEMAND FOR PALLIATIVE CARE BY 2060

By 2060 an estimated 48 million people (47% of all deaths globally) will die with serious health-related suffering, 83% of whom will be in low and middle-income countries.

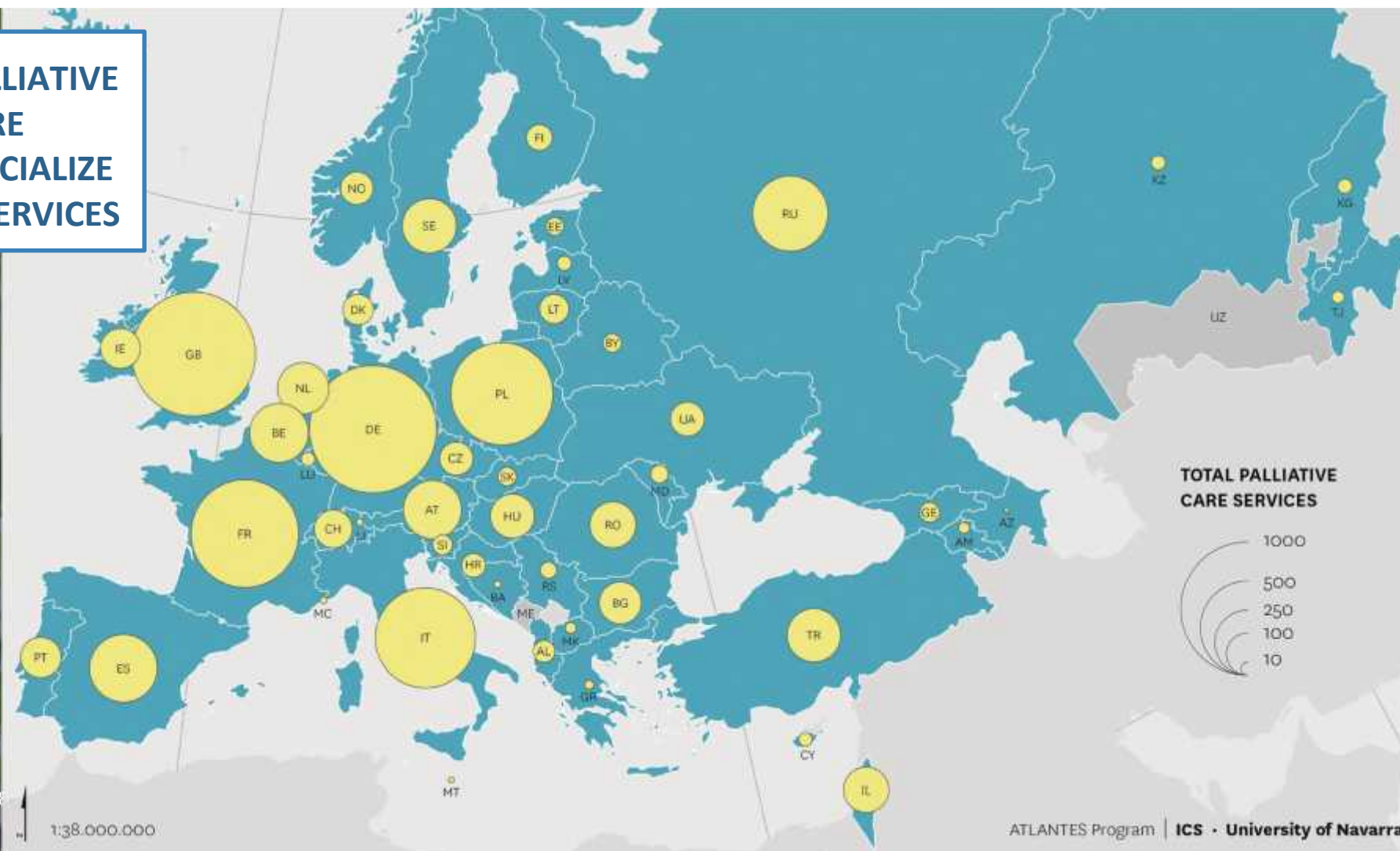
This represents an 87% increase from 26 million people in 2016.

**By 2060, it is estimated that palliative care needs in the world will increase by 85%**

(Sleeman K., Lancet Global Health 2019)



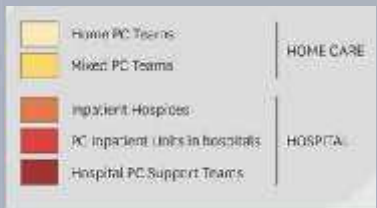
**PALLIATIVE  
CARE  
SPECIALIZE  
D SERVICES**



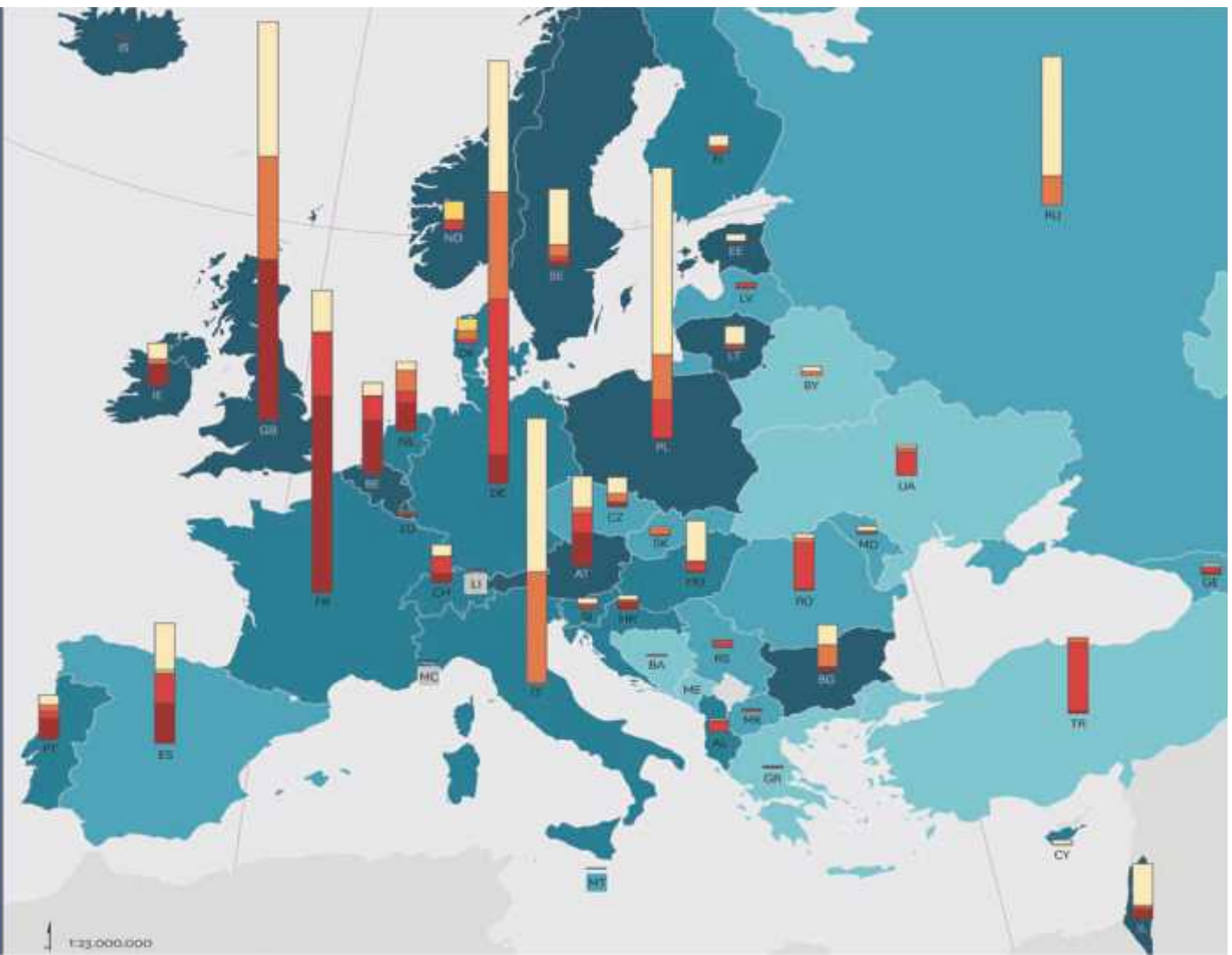


# EUROPE

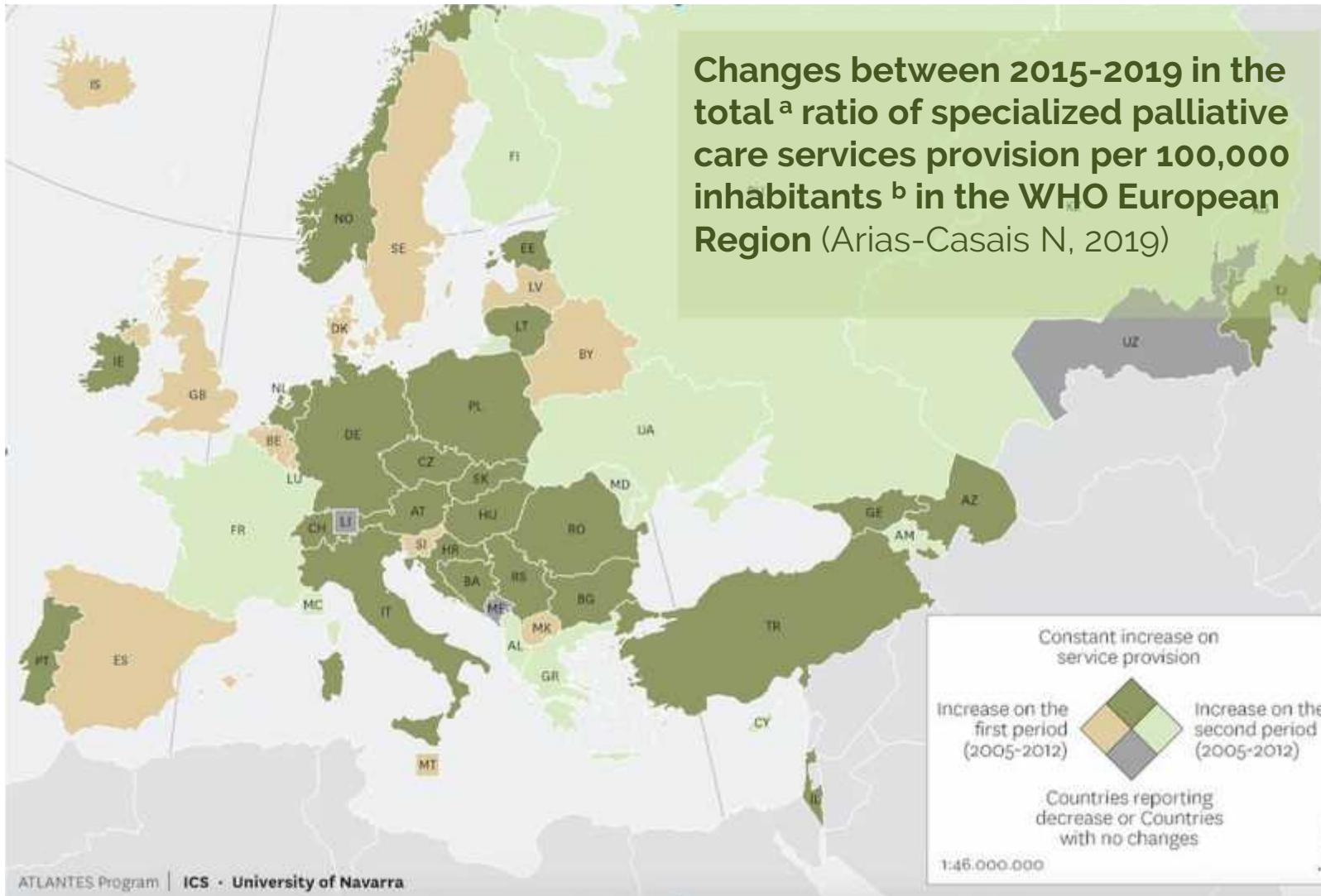
## Specialized Services

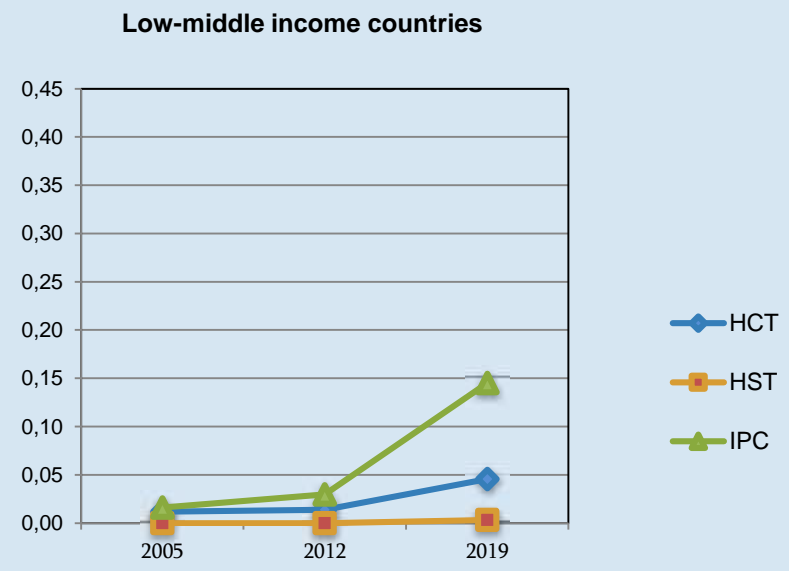
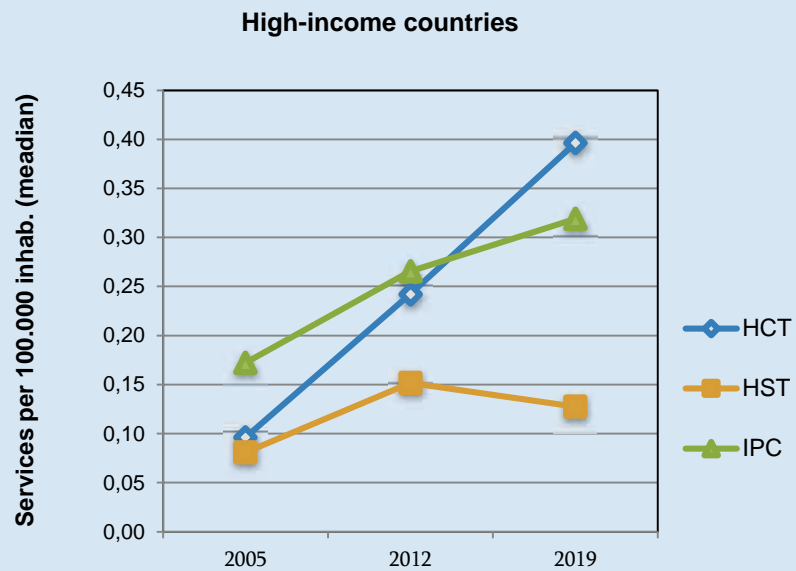


Arias-Casais N.,  
EAPC Atlas, 2019 ©



**Changes between 2015-2019 in the total<sup>a</sup> ratio of specialized palliative care services provision per 100,000 inhabitants<sup>b</sup> in the WHO European Region (Arias-Casais N, 2019)**





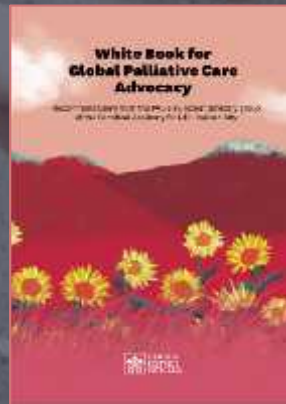
EAPC Recommendation: **2 SPECIALIZED SERVICES / 100.000 inhab.**  
 (PC Services 2005-2200, Arias-Casais, 2019)

# GLOBAL CALL CLAIMING PC FROM ORGANIZATIONS AND INSTITUTIONS

SCIENTIFICAL  
COMMUNITY



RELIGIONS



WHO



# GLOBAL CALL CLAIMING PC FROM ORGANIZATIONS AND INSTITUTIONS

## LANCET COMMISSION REPORT



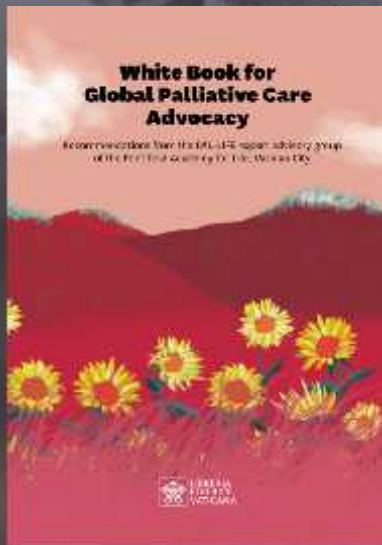
### *Alleviating the access abyss in palliative care and pain relief-an imperative of universal health coverage*

Estimation of Serious Health Related Suffering and the Need for Palliative Care with Description of Symptom Suffering

An Essential Package Of Palliative Care And Pain Relief Health Services

Now: a User-friendly Global Data Platform (with IAHPC)

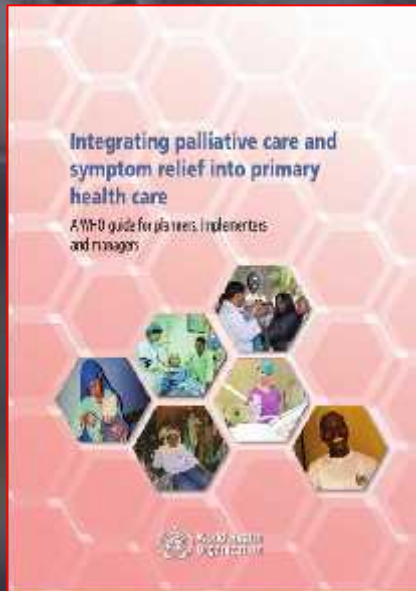
## GLOBAL CALL CLAIMING PC FROM ORGANIZATIONS AND INSTITUTIONS



### WHITE BOOK VATICAN ACADEMY FOR LIFE (Catholic Church)

- (1) *Policy makers: Ensure universal access to PC*
- (2) *Academia: Offer mandatory PC courses to undergraduates*
- (3) *Healthcare workers: PC professionals should receive adequate certification*

# GLOBAL CALL CLAIMING PC FROM ORGANIZATIONS AND INSTITUTIONS



## WHO, CLINICAL GUIDELINES

Integrating palliative care and symptom relief

- ☒ Into primary health care
- ☒ into pediatrics
- ☒ into responses to humanitarian emergencies and crises

## TRENDS IN EUROPE TO SUPPORT PC DEVELOPMENT

Figure 1. Detailed WHO Public Health Model for Palliative Care Integration (modified, by Stjernswärd, 2007).

### Medicine availability

- › Opioids, essential medicines
- › Importation quota
- › Cost
- › Prescribing
- › Distribution
- › Dispensing
- › Administration (Pharmacists, drug regulators, law enforcement agents)

### Policy

- › Palliative care is included in national health plans, policies, related regulations
- › Palliative care is covered by national funding mechanisms and health insurances
- › Essential medicines (Policy makers, regulators, WHO, NGOs)



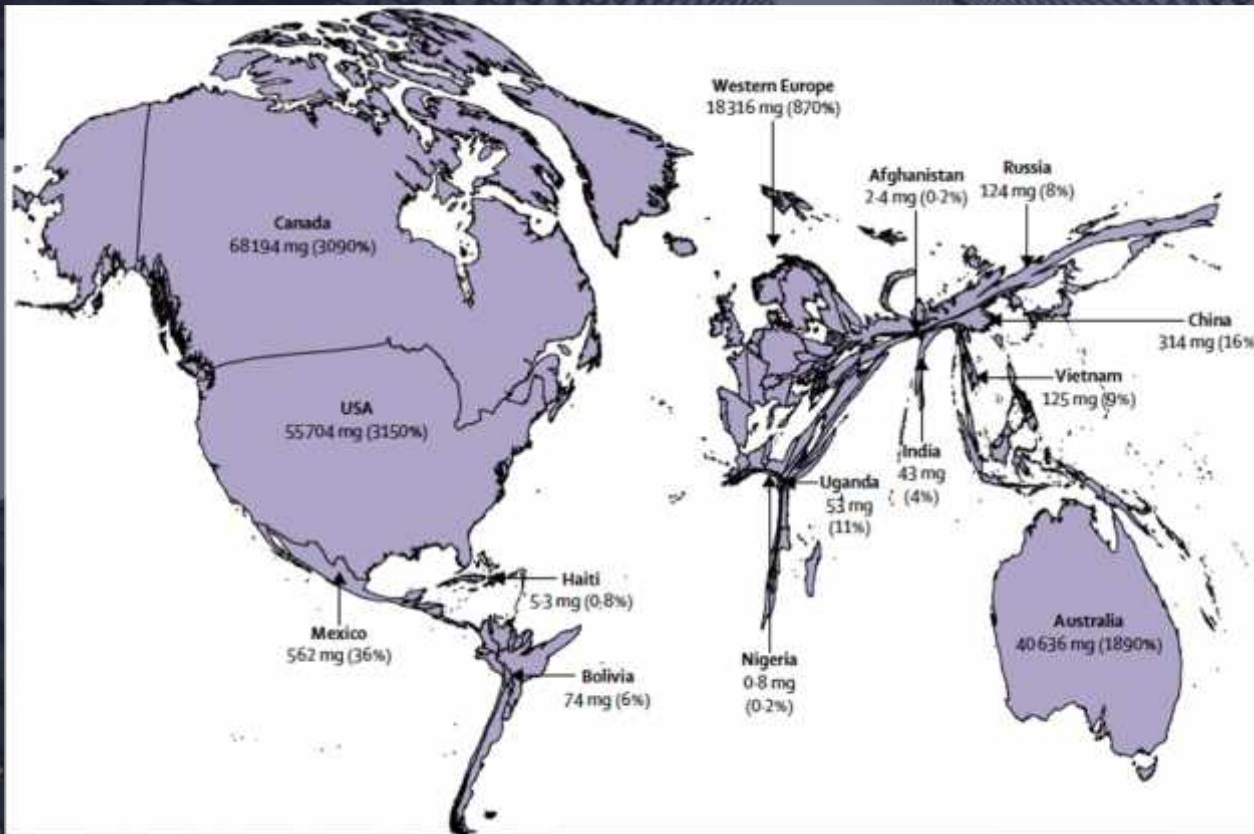
### Education

- › Media & public advocacy
- › Curricula and courses—professionals, trainees
- › Expert training
- › Family caregiver training & support (Media & public, healthcare providers & trainees, palliative care experts, family caregivers)

### Implementation

- › Opinion leaders
- › Trained manpower
- › Strategic & business plans—resources, infrastructure
- › Standards, guidelines measures (Community & clinical leaders, administrators)





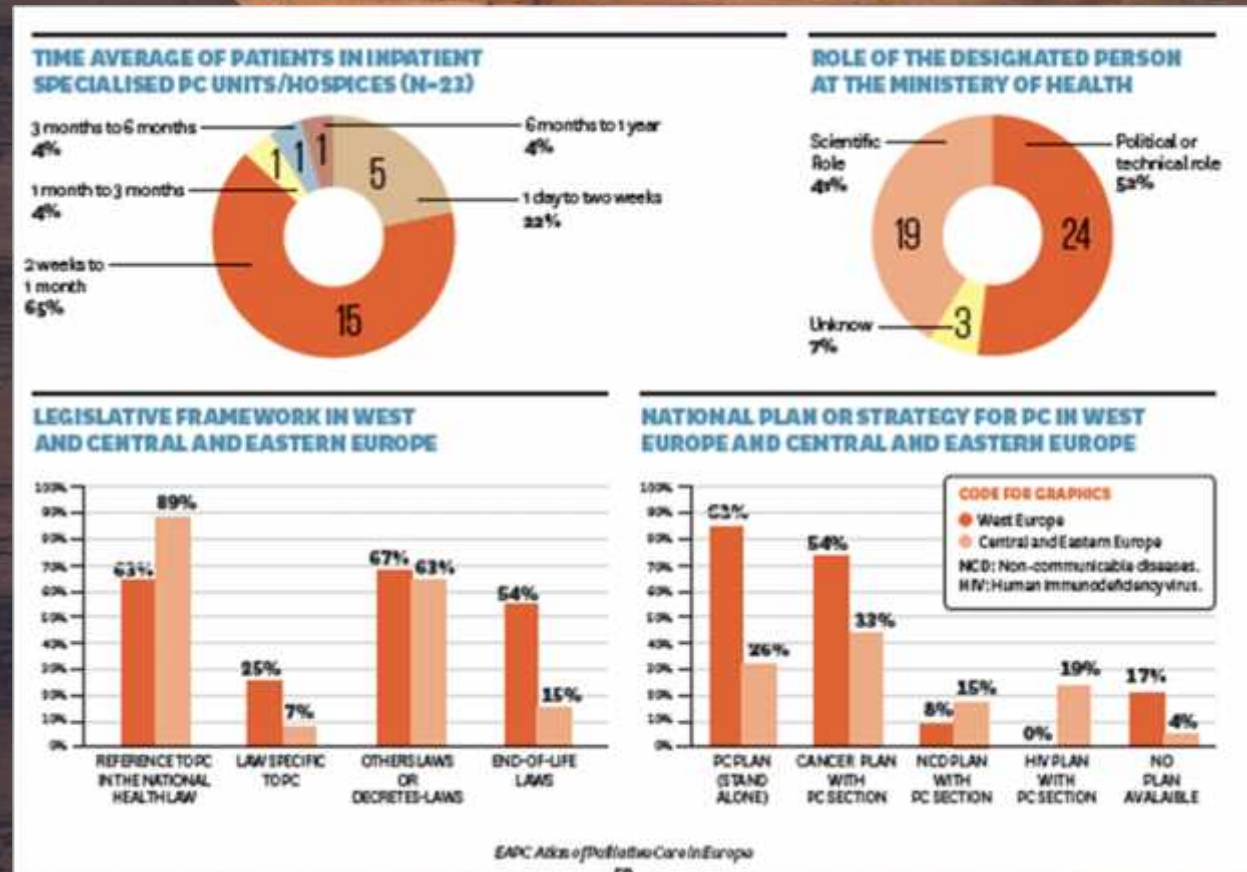
## MORPHINE CONSUMPTION TO RELIEF SERIOUS HEALTH RELATED SUFFERING

*Lancet commission, 2018*

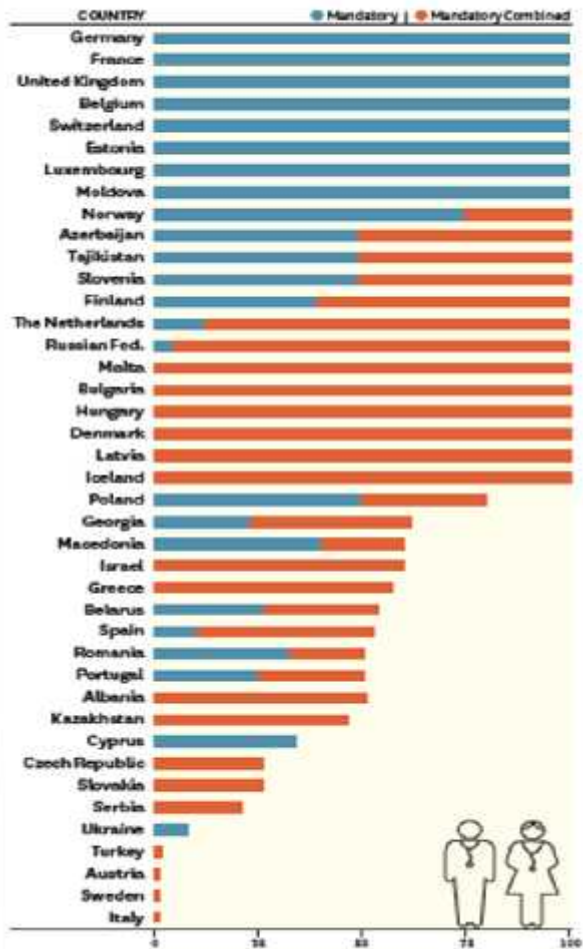
## HEALTH POLICY

CP has entered the legislative frameworks of European countries

Most decisive is the existence of a person responsible for palliative care in the Ministry of Health



PC TEACHING IN MEDICAL SCHOOLS



SOME UNIV OFFER OPTIONAL TEACHING

OPTIONAL PC TEACHING FOR ALL

MANDATORY PC TEACHING

OTHER MORE TOPICS: Ethics, professionalism ...

UNIVERSITIES, LITTLE BY LITTLE, ARE INCORPORATING THE TEACHING OF PALLIATIVE CARE IN THE GRADE FOR ALL FUTURE PROFESSIONALS

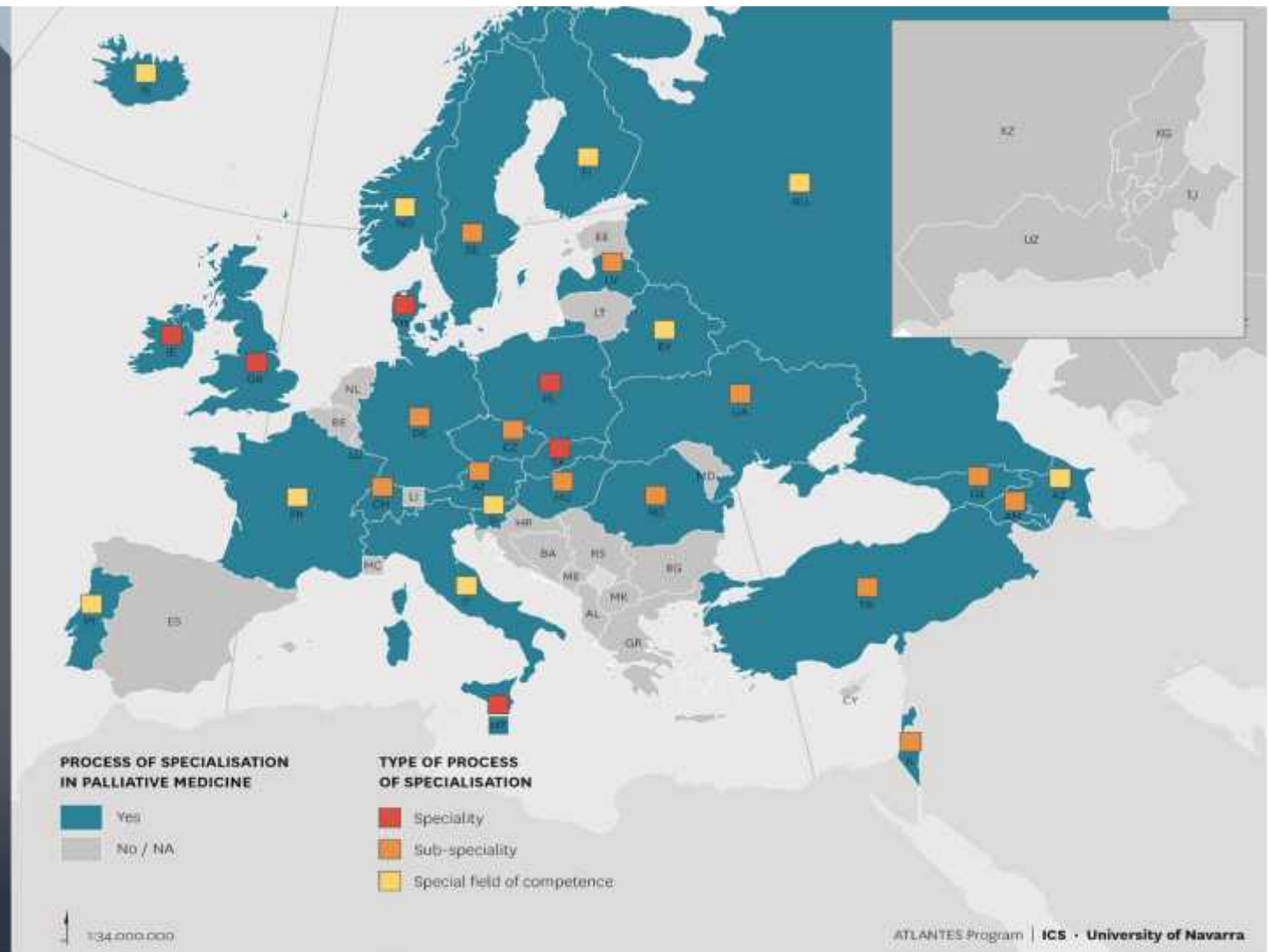
Arias-Casais N., EAPC Atlas, 2019

## SPECIALIZATION PROCESS FOR PALLIATIVE CARE DOCTORS IS A REALITY IN MOST EUROPEAN COUNTRIES

- Specialty
- Sub-specialty
- Equivalent model



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## TREND TO THE INTEGRATION

- PC IN NURSING HOMES
- PC IN PRIMARY CARE
- EARLY PC IN ONCOLOGY
- PEDIATRIC PC
- COMMUNITY PC PROGRAMS

Honduras



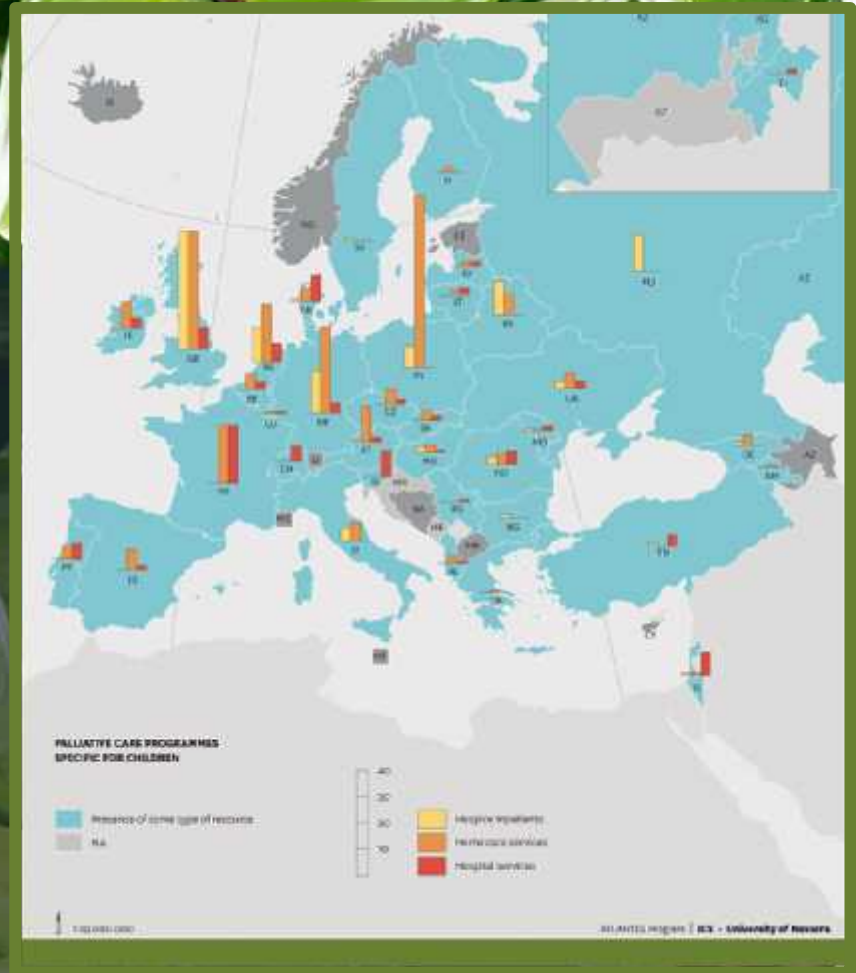
IN EUROPE  
BEGIN TO  
PROLIFY  
ALL TYPES  
OF CP  
SERVICES  
FOR  
CHILDREN

Home Care

HOSPICES  
&  
CONSULTANT  
TEAMS IN  
HOSPITALIZA  
TION

SPECIALIZED  
NURSES

22



## SOCIETY

- ☒ Palliative care, little by little, is becoming the conscience and responsibility of society
- ☒ Volunteers and the community in many countries play a leading role (Germany, UK, ...)
- ☒ Exemplary programs are opening the way (Kerala, India) to community programs
- ☒ Programs such as **compassive communities** or death café that talk about the awareness of society proliferate as new phenomena



## Take-home message

- ☒ Big health issue and crisis in few years
- ☒ Integration is key word for Palliative Care development
  - ☒ Primary care
  - ☒ Into other fields of health
  - ☒ Into medical education
- ☒ Society involvement will be key in the future







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# Thanks!

You can find me...

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