

PALLIATIVE CARE NEEDS OF HEART FAILURE PATIENTS IN UGANDA: SERIAL IN-DEPTH INTERVIEWS WITH PATIENTS AND THEIR HEALTH CARE PROFESSIONALS

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BACKGROUND

There is need to integrate palliative care into the care of advanced Heart Failure (HF) patients to address their multidimensional needs and improve their quality of life. These needs, which are subjective, have not been described from the patients' and Health care Professionals' (HPs) view point in the Ugandan setting.

AIM

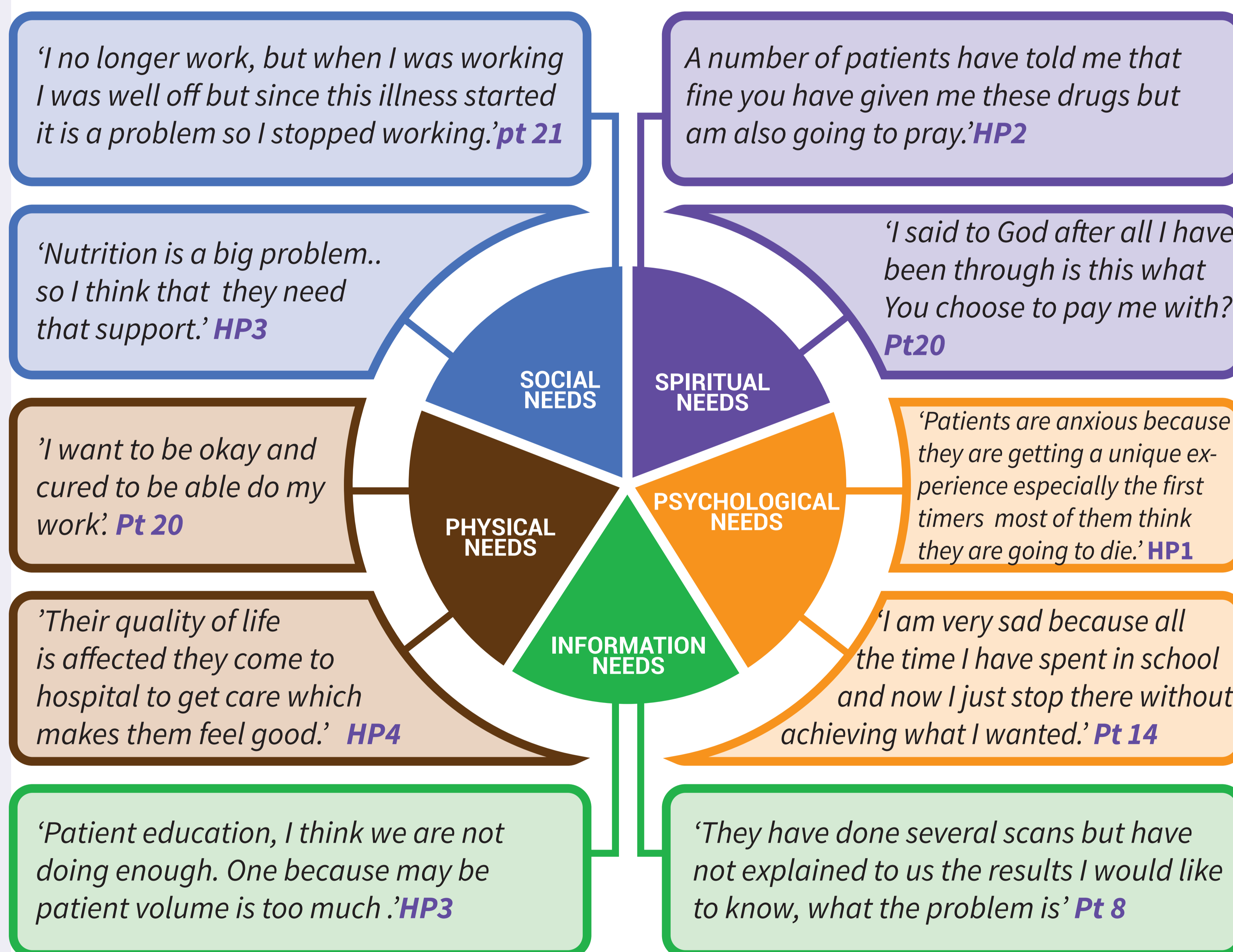
To understand patients' and HPs' views of Ugandan HF patients' needs over the course of their illness.

METHODS

- HF patients were purposively sampled in Mulago national referral hospital
- Serial qualitative in-depth interviews conducted with patients
- The APCA Palliative Care Outcome scale (POS) and POS-S were administered
- One-off interviews conducted with HPs.

RESULTS

Identified Themes



POS results

| Symptom | 1 st Interview N=21 Symptom Prevalance n(%) | 1 st Interview N=13 Symptom Prevalance n(%) | 1 st Interview N=6 Symptom Prevalance n(%) |
|--------------------------|--|--|---|
| Pain | 17(81) | 8(62) | 4(71) |
| Shortness of breath | 21(100) | 10(77) | 6(100) |
| Fatigue | 21(100) | 13(100) | 6(100) |
| Nausea and Vomiting | 18(86) | 6(46) | 0(0) |
| Anoxeria | 19(91) | 10(77) | 3(50) |
| Constipation | 6(29) | 6(46) | 1(16) |
| Mouth problems | 11(52) | 1(8) | 1(16) |
| Drowsiness | 8(38) | 6(46) | 1(16) |
| Difficulty with mobility | 21(100) | 12(92) | 6(100) |
| Cough | 13(62) | 7(54) | 1(16) |
| Palpitations | 5(24) | 3(23) | 3(50) |
| Oedema | 19(91) | 6(46) | 2(33) |
| Worry | 16(76) | 9(69) | 5(86) |
| Share with others | 15(71) | 11(85) | 3(50) |
| Reduced peace | 18(86) | 9(69) | 5(83) |
| Life worthwhile | 15(71) | 13(100) | 2(33) |

CONCLUSION

Management of HF in Uganda requires an approach that targets and addresses multidimensional needs, embraces multidisciplinary care and strengthens health systems. These are all important tenets of palliative care.