

# Palliative care for all; the need of the hour

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- Makerere and Mulago PCU
  - centre of excellence which improves access to **quality, evidence-based palliative care** for patients and families in need..
- Cairdeas International Palliative Care Trust
  - a world where palliative care is accessible by all



[APCA/WHPCA conference Uganda 16-19 August, 2016.](#)

# Palliative care for all

- **Why?**...global imperative
- **What?**..palliative care needs
- **How?**...challenges and models



# Global imperative

## ■ WHA Resolution

- to develop, strengthen and implement, where appropriate, palliative care policies to support the comprehensive **strengthening of health systems** to **integrate evidence-based, cost-effective and equitable palliative care services** in the **continuum of care, across all levels, with emphasis on primary care, community and home-based care, and universal coverage schemes**

*June 2014*



# Global imperative

- *“I regard Universal Health Coverage as the single most powerful concept that public health has to offer.”*



*Universal Health Coverage Day Starter Toolkit 2015*

# Global imperative

## • Universal Health Coverage

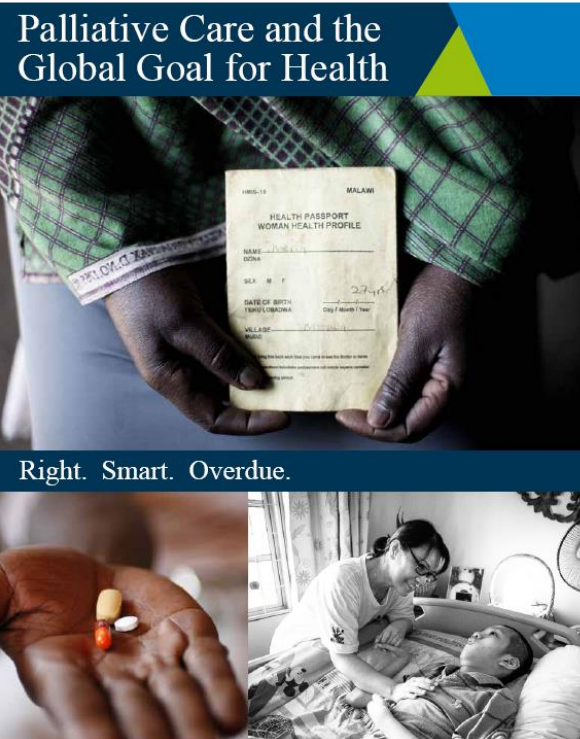
- **It's right.** Health is a human right.
- **It's smart.** Reduces poverty and fuels economic growth.
- **It's overdue.** Health is the foundation of sustainable development and global resilience.



*Universal Health Coverage Day Starter Toolkit. 2015*

# Global imperative

- Palliative care: essential contribution to global health
- *‘Citizens must empower themselves to work towards equitable access to palliative care as part of the Global Goal for Health’*



*KJackson. Dec 2015 Worldwide Hospice Palliative Care Alliance.*



# Global health priorities

- Sustainable development goals
  - 17 SDGs and 169 targets to end extreme poverty, fight inequality and injustice, and protect our planet by 2030.





# Global health priorities

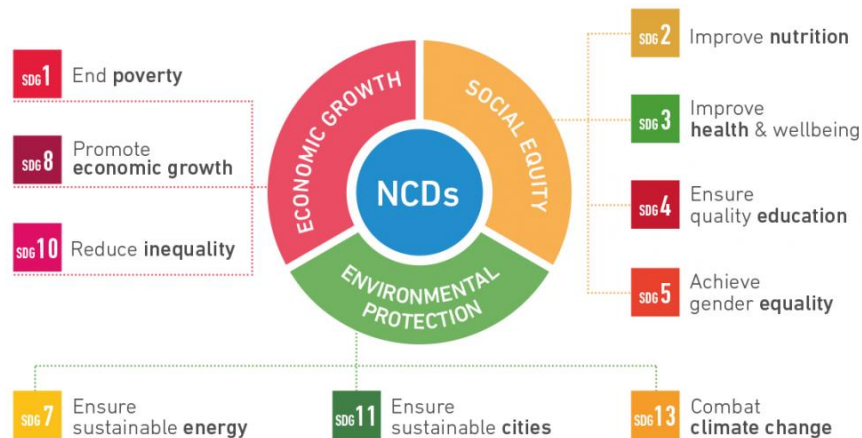
- Chronic disease management

## AGENDA 2030: TIME FOR ACTION ON NCDs

#ActNowforNCDs

### Working across sectors to improve health and NCDs

NCDs are now a universal priority. All governments must urgently take action if they are to meet these 2030 targets. Investing in efforts to reduce the global NCD burden will not only improve health outcomes, it will also accelerate progress on many other SDGs.



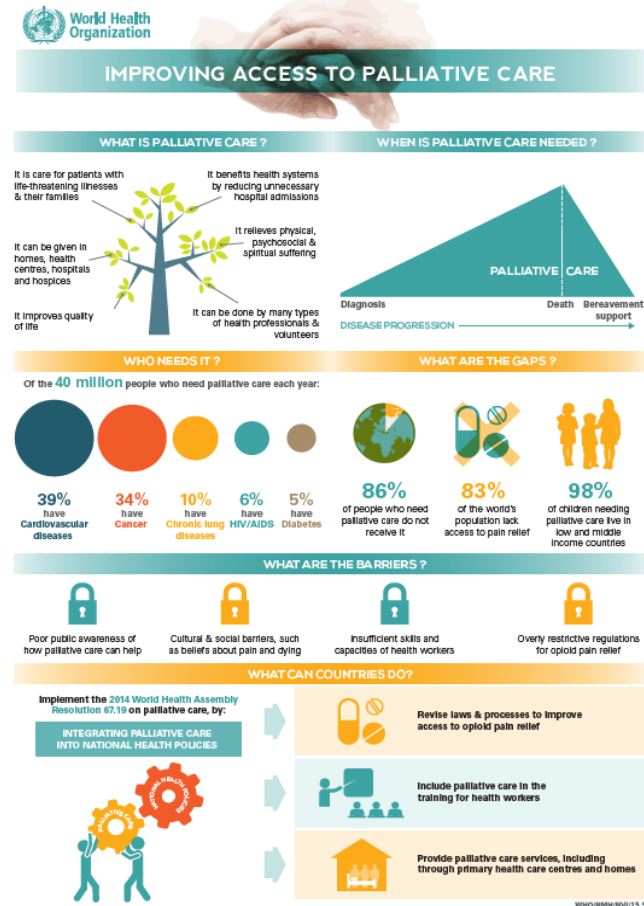
# Palliative care needs

- What?
  - 40 million in need each year
  - barriers
    - poor public awareness
    - cultural and social issues
    - inadequate capacity health care workers
  - restrictive regulatory framework

WHO fact sheet and infographic

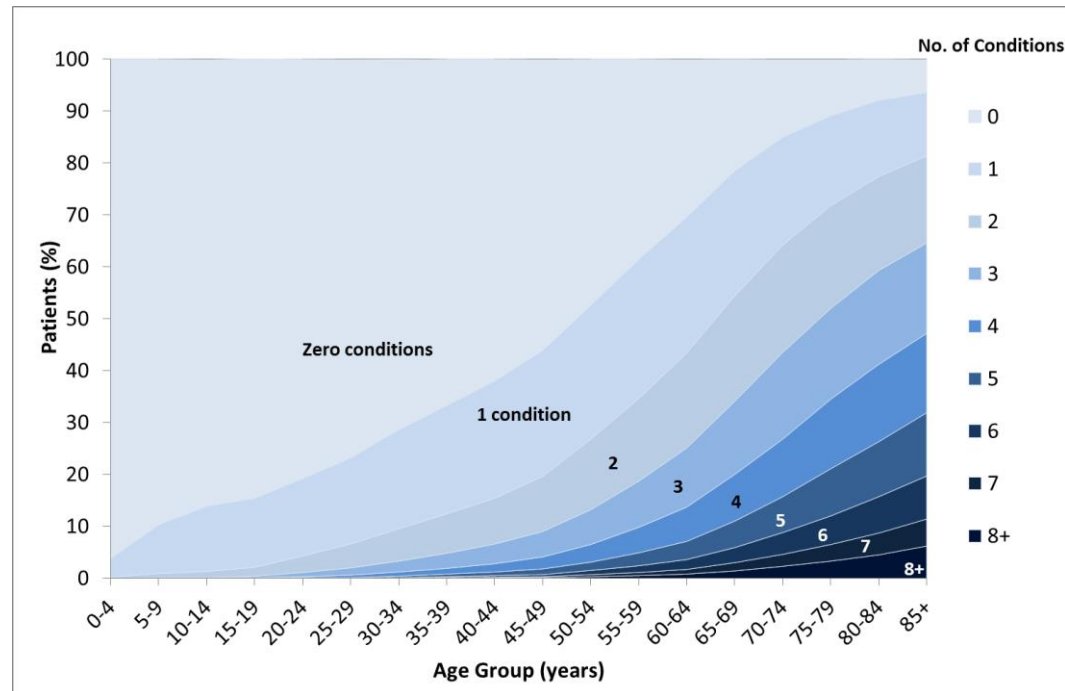
WHPCA global atlas

WHPCA World Map PC development



# Palliative care needs

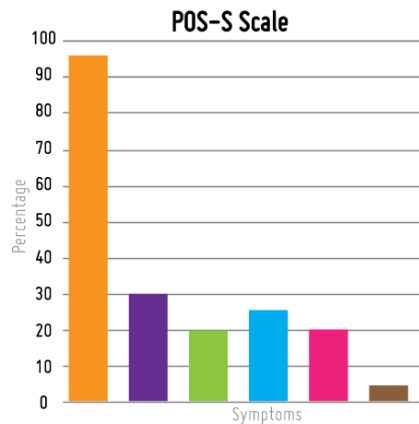
- Multi-morbidity



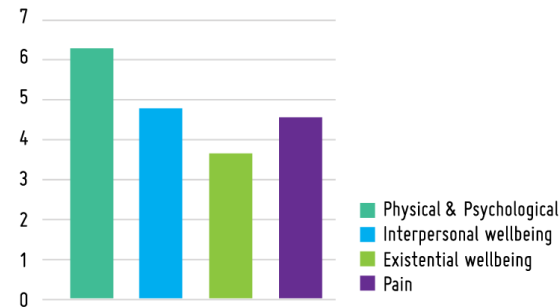
*Barnett K et al Lancet 2012*

# Palliative care needs

- Point prevalence needs assessment studies Uganda
  - national hospital 40%
  - oncology settings 95%
  - provincial hospitals 25%



**APCA Palliative Care Outcome Score**



- one or more symptoms
- 1-2 symptoms
- 3-4 symptoms
- 5-6 symptoms
- 7-8 symptoms
- 9 symptoms

# Palliative care needs

- Hidden people
  - chronic mental health
  - older people and children
  - quadruple epidemic
  - prisoners, people with disabilities, sex workers, substance users, conflict areas
  - poverty, geography, language and exclusion

*Grant L et al BMJ Supportive & Palliative Care (2011).*



 **HIDDEN LIVES,  
HIDDEN PATIENTS**  
World hospice & palliative care day  
10 October 2015

# Palliative care for all

- **How?**
  - engage, educate, empower and excel





# Palliative care provision

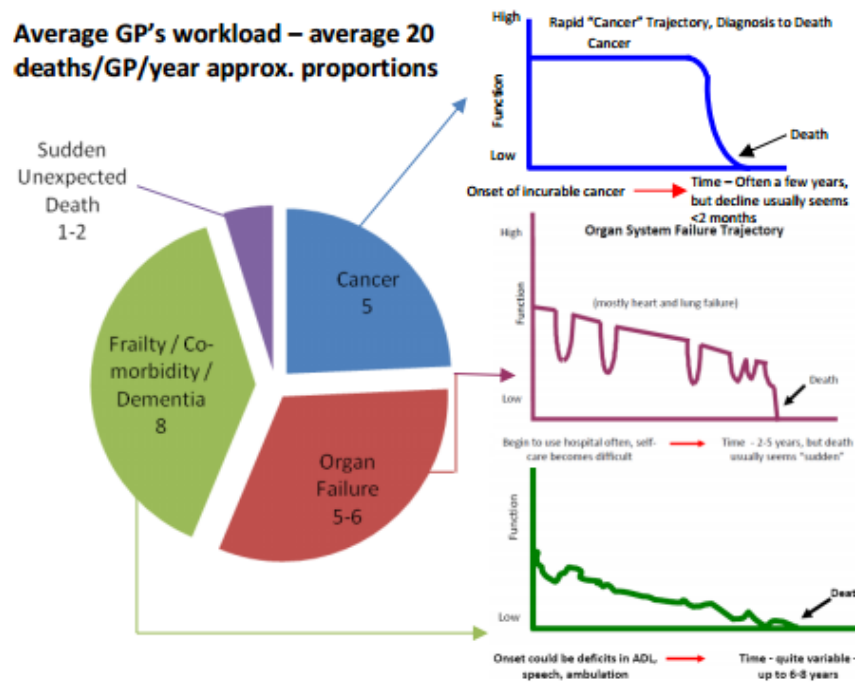
- Essential care package
  - essential medicines
  - domains for care
    - holistic, family orientated, delivered in multi-professional teams culturally specific, across the continuum of care, part of chronic disease management, end of life care and bereavement care important

*IAHPC essential practices in palliative care  
Consensus document*



# Palliative care provision

- **Identification**



# Palliative care provision

- **Pathways of care**
  - 'early' palliative care
    - **substantial evidence** palliative care, when combined with standard cancer care or as the main focus of care, leads to **better patient and caregiver outcomes**

*ASCO provisional clinical opinion*

*Smith et al. J Clin Oncol 2012 Mar 10;30(8):880-7.*



# Palliative care provision

- **Integration and empowerment**
  - across levels of health care
  - within systems
  - break down barriers include protectionism



<http://integratepc.org/>



# Palliative care provision

- **Education and training**
  - integrated and modelling
- **Innovation and creativity**
  - E learning, social networking, mhealth



# Palliative care provision

- **Values based care**

- transforming practice, lives, systems, societies
- palliative care not only strengthens health system, but it provides the fundamental rationale

***“My life has changed – I became passionate and interested in advocating for PC”***

***“What made the difference? We do it because we want to do it – we have been inspired!!”***







*'Our people are in pain; we have no choice but to act.'*  
*Dr Sobhi Skaik, Al Shifa, Gaza*



Jackie, child with cererbal palsy in Malawi



Sasidharan, living with head and neck cancer in Kerala



- Man defragmented, destabilized, stripped of his bearings, he walks toward his salvation as much as to his loss. Everything will now have reinvented. This traveller escapes from himself, to meet his unknown land.



