Palliative care skills in primary care

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What is palliative care?
What is palliative care?

Palliative care is an approach that improves the quality of life of patients and their families facing the problems associated with life-threatening illness, through the prevention and relief of suffering by means of early identification and impeccable assessment of pain and other problems, physical, psychosocial and spiritual.

WHO 2002
What is palliative care

- holistic care for those facing life limiting disease and their families
  - reducing suffering
  - improving quality of life
  - restoring dignity

‘Adding life to days not just days to life’

‘you gave me hope, you gave me pain control, you gave me love....thank you and please pray for me...make sure everyone ...has this care.’
Model of Palliative Care

Disease modifying therapy

Diagnosis → Palliative care → Death → Bereavement Support

Palliative care

(Terminal care)
Model of Palliative Care

- Sospecha
- Detecta - Diagnóstica trata y rehabilita
- Seguimiento
- Promoción de la Salud
- Autocuidado
- Modifica factores de riesgo
- Apoyo durante el duelo
- Muerte

CURSO DE VIDA DE LAS PERSONAS

CUIDADOS PALIATIVOS
Who needs palliative care?
Who needs palliative care?

- **WHO fact sheet (402 July 2015)**
- majority of adults in need of palliative care have chronic diseases
  - cardiovascular diseases (38.5%)
  - cancer (34%)
  - chronic respiratory diseases (10.3%)
  - AIDS (5.7%)
  - diabetes (4.6%)
  - other conditions may require palliative care, including kidney failure, chronic liver disease, multiple sclerosis, Parkinson’s disease, rheumatoid arthritis, neurological disease, dementia, congenital anomalies and drug-resistant tuberculosis.
How do we meet palliative care needs?
World Health Assembly

Resolution on palliative care May 2014

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

May 2014
World Health Assembly

• focuses on health systems rather than specific diseases
• urges palliative care integration into health worker training and education at all levels
• advocates for universal coverage
• highlights training needs inc. primary care, oncology, paediatrics, geriatrics and internal medicine
• urges governments to fund palliative care
• countries must report to WHO by 2016
Fortalecimiento de los cuidados paliativos como parte del tratamiento integral a lo largo de la vida

Informe de la Secretaría

1. En su 134.ª reunión, el Consejo Ejecutivo tomó nota de una versión anterior del documento EB134/28 y adoptó la resolución EB134.R7. En la versión que figura a continuación se han actualizado los párrafos 5, 7 y 16, y las notas al pie de los párrafos 12, 16 y 20.

INTERVENCIÓN DE LA ASAMBLEA DE LA SALUD

2. Se invita a la Asamblea de la Salud a que tome nota del informe y adopte el proyecto de resolución recomendado por el Consejo Ejecutivo en la resolución EB134.R7.
Public Health Model

Policy

Drug availability
Education

Implementation

WHO model, Stjernsward and Foley
Palliative care in Latin America

• atlas cartográfico, ALCP (2013)

• el 46% de los servicios de CP de la región asisten al 10% de la población.
Palliative Care in Chile

- Atlas de Cuidados Paliativos en Latinoamérica 2013
What is the role of primary care?
Palliative care in primary care

- Key issues
  - Integrated models for chronic disease
  - Holistic care for the whole family
  - Teamwork
  - Competency based training
    - basic / intermediate / specialist
  - Networks for care / referral pathways
  - Access to essential medication
  - Goal setting / care planning
  - Communication
Modelo de Cuidados Crónicos

1. Comunidad
   - Recursos y Políticas
2. Sistema Sanitario
   - Organización Sanitaria
3. Apoyo en autocuidado
4. Diseño de Provisión de Servicios
5. Apoyo en toma de decisiones
6. Sistema de Información Clínica

Las interacciones productivas entre el paciente informado y activo y el equipo práctico preparado y proactivo promueven la mejora en resultados.

*Modelo de atención a crónicos desarrollado por Edward Wagner*
Palliative care in primary care

• Promoting palliative care in the community: producing a toolkit to improve and develop primary palliative care in different countries internationally

http://www.eapcnet.eu
Palliative care in primary care

• Agreed 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 report

Palliative care in primary care

- Identify, evaluate, diagnose, treat and apply treatment and solution measures for
  - Physical care need
  - Psychological / Emotional / Spiritual care needs:
- Identify and evaluate - provide support and when possible, refer for diagnosis, treatment and solution measures for
  - Physical care needs
  - Psychological / Emotional / Spiritual care needs
- Other
  - Care Planning and Coordination issues
  - Spiritual needs of self and other professionals involved in the care

Communication issues:
Palliative care in primary care

- RCGP UK
  - End of life charter
- Gold Standards Framework
  - http://www.goldstandardsframework.org.uk/

End of Life Care Patient Charter

A charter for the care of people who are nearing the end of their life.

"You matter because you are you, you matter to the last moment of your life and we will do all we can, not only to let you die peacefully, but to help you live as long as you can." Dame Cicely Saunders

We want to offer people who are nearing the end of their life the highest quality of care and support. We wish to help you live as well as you can; for as long as you can. Therefore, if and when you want us to, we will:

- Listen to your wishes about the remainder of your life, including your final days and hours, answer as best we can any questions that you have and provide you with the information that you feel you need.
- Help you think ahead so as to identify the choices that you may lose, assist you to record your decisions and do our best to ensure that your wishes are fulfilled, wherever possible, by all those who offer you care and support.
- Talk with you and the people who are important to you about your future needs. We will do this as often as you feel the need, so that you can all understand and prepare for everything that is likely to happen.
- Endeavour to ensure clear written communications of your needs and wishes to those who offer you care and support both within and outside of our surgery hours.
- Do our utmost to ensure that your remaining days and nights are as comfortable as possible, and that you receive all the particular specialist care and emotional and spiritual support that you need.
- Do all we can to help you preserve your independence, dignity and sense of personal control throughout the course of your illness.
- Support the people who are important to you, both as you approach the end of your life and during their bereavement.

We also invite your ideas and suggestions as to how we can improve the care and support that we deliver to you, the people who are important to you and others in similar situations.
Palliative care in primary care

- How to identify those who need palliative care?
- Surprise question
  - Would you be surprised if this patient were to die in the next few months, weeks, days?
- General indicators of decline; deterioration, increasing need, choice for no further active care
- Specific clinical indicators related to certain conditions.
Palliative care in primary care

• Teamwork

‘Si quieres viajar rápidamente, ve solo. Pero si quieres llegar lejos, debes ir con alguien.’

‘If you want to travel fast travel alone; if you want to travel far travel together’
What is palliative care?

- What do people need from their doctors...to be valued, listened to, cared for, loved.
‘Please keep coming to see me – that I all I ask’