



## International collaboration and networking in palliative care

NSCPM Module 6, 2017

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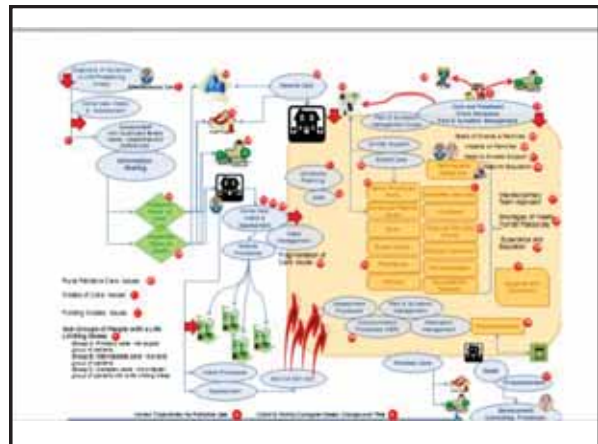
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No man is an island..

- As a palliative care practitioner you are part of a worldwide community
- You need others' input to develop your own service and stay updated and dedicated
- They need you to develop palliative care around the world

This will be about

- What you can benefit from
- How you can join in and contribute





World Health Organization

### Cancer

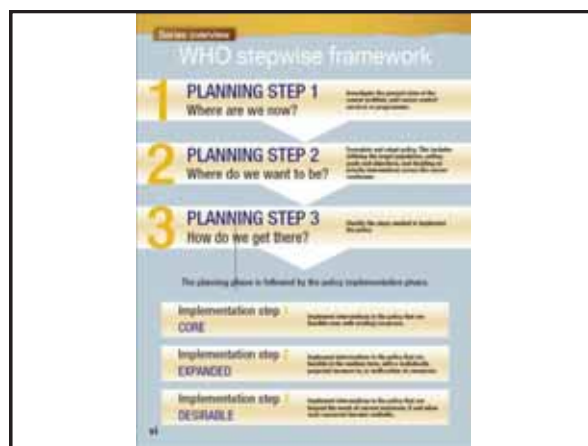
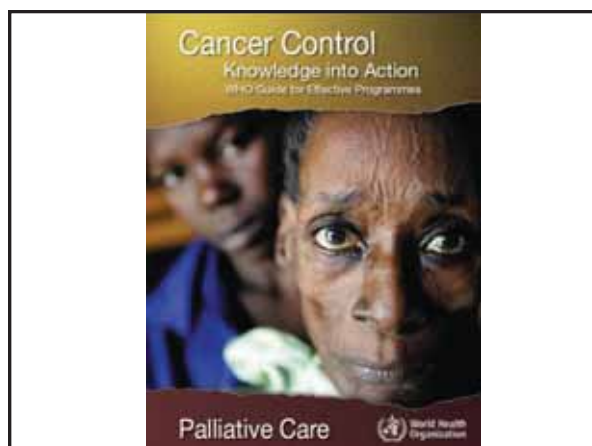
#### WHO Definition of Palliative Care

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

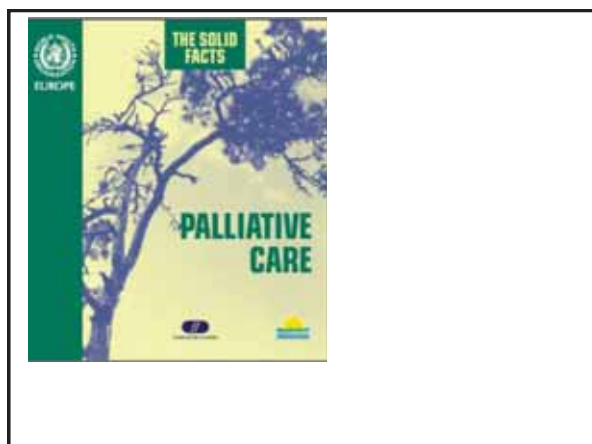
- provides relief from pain and other distressing symptoms;
- affirms life and regards dying as a normal process;
- intends neither to hasten or postpone death;
- integrates the psychological and spiritual aspects of patient care;
- offers a support system to help patients live as actively as possible until death;
- offers a support system to help the family cope during the patient's illness and in their own bereavement;
- uses a team approach to address the needs of patients and their families, including bereavement counselling, if needed;
- is not concerned with quality of life, and may also positively influence the course of illness;
- is applicable early in the course of illness, in conjunction with other therapies that are intended to prolong life, such as chemotherapy or radiation therapy, and includes those investigations, surgery, radiotherapy, and supportive measures, including clinical investigations.

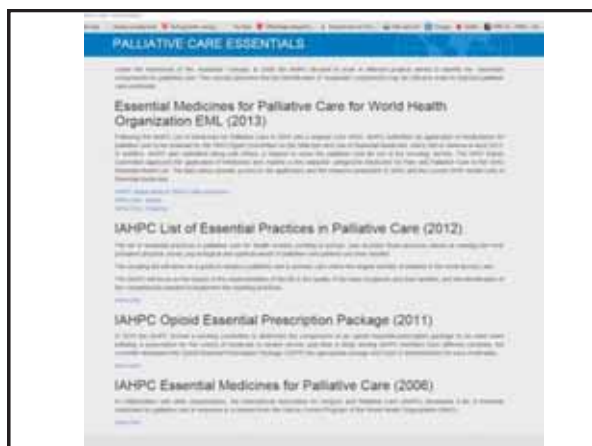
2002 Definition of Palliative Care for Children

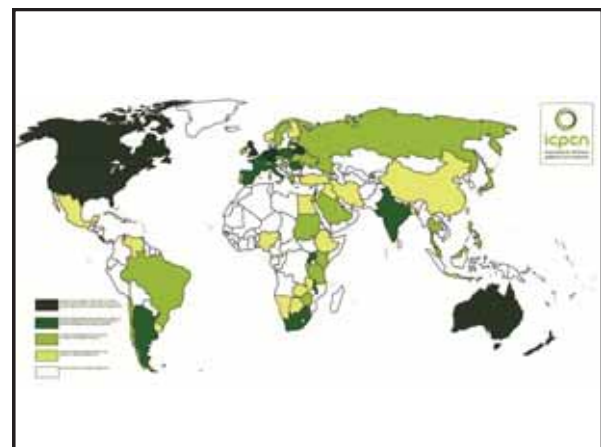
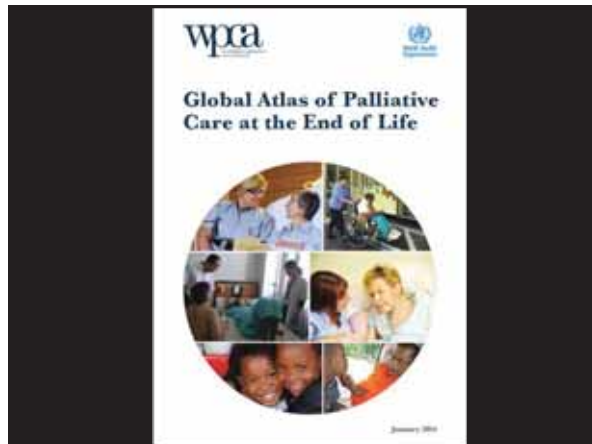
Palliative care for children represents a special, often closely related field to adult palliative care. WHO's definition of palliative care applies to children and adolescents in all diseases, the provision apply to other pediatric chronic diseases. (2002: 1104)



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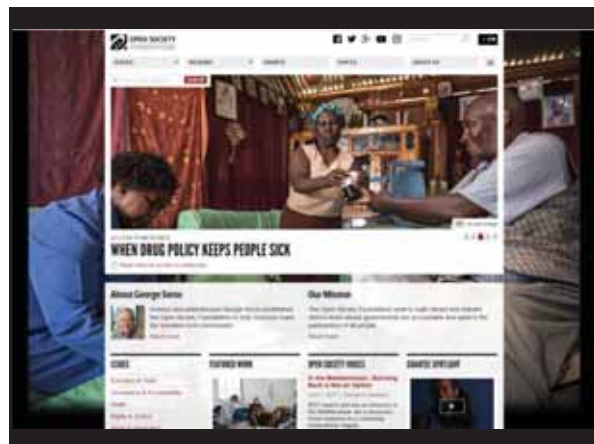












## EAPC

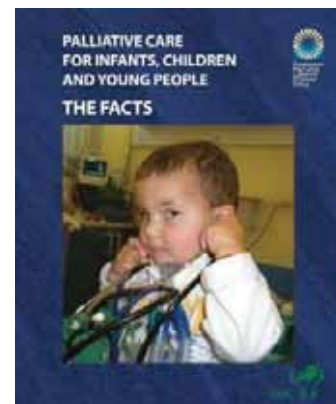
- Founded 1988
- Aim: to promote palliative care in Europe and to act as a focus for all of those who work, or have an interest, in the field of palliative care at the scientific, clinical and social levels.
- Individual and collective members

## EAPC – objectives

- Increase awareness, promote development and dissemination of PC
- Promote education, training, research and implementation
- Support and give patronage to scientific and educational events
- Bring together PC professionals and volunteers
- Unify national palliative care organisations, establish networks
- Address ethical problems in end-of-life care
- Promote and sponsor publications or periodicals in PC

## EAPC task forces, ongoing 2017

- Spiritual Care in Palliative Care
- Education: Undergraduate Medical Education; Nursing practice
- Palliative Care Systems in Long-Term Care Facilities
- White Paper on Advance Care Planning
- Volunteering in Hospice and Palliative Care
- Mapping Palliative Care Provision for Prisoners in Europe
- Bereavement Care Provision in Palliative Care
- Palliative Care for People with Heart Disease
- Paediatric Palliative Care Task Force





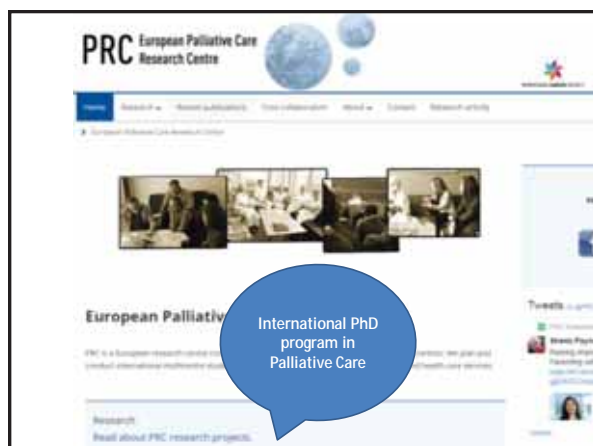


## EAPC Research Network

- Established 1996 by Franco de Conno
- Research Congresses
- Consensus papers
- Multicentre studies:
  - Cross-sectional survey of palliative care in Europe (3000 pts)
  - EPOS – European Pharmacogenetic Opioid Study (2300 pts)

## EU-funded collaboratives

- Originated from or inspired by the EAPC-RN
- EPCRC
- PRISMA
- ATOME
- IMPACT
- EURO-IMPACT
- OPCARE 9



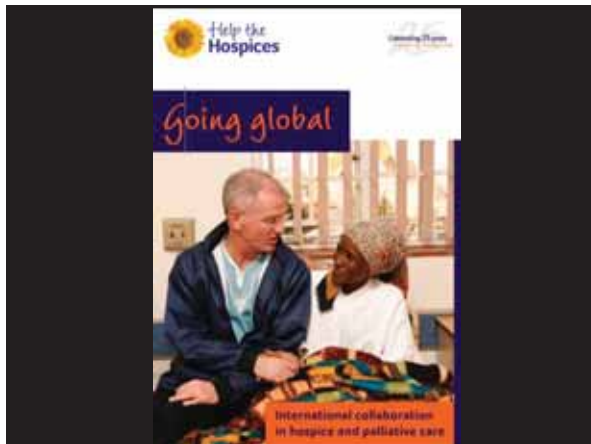




## Summary: International resources linking palliative care people

- Web resources
- Publications
- Conferences
- Training centres, courses
- Networks, task forces
- Research opportunities (multicentre studies)

## International collaboration and networking: How to get started



### Step 1 – dipping a toe

- Research a country or service that interests you (website, annual report)
- Develop a personal link (conference, author)
- Email exchange between staff
- Look at journals and alert colleagues to grants etc

### Step 2 – up to your knees

- Invite international guest speaker to staff meeting. Invite supporters and local press.
- Hold a World Hospice and Palliative Care Day event to support international pall. care
- Offer a clinical placement. Encourage your coworkers to support it.
- Plan a fundraising event to pay for a journal subscription
- Organise a collection of medical consumables

### Step 3 – wading in

- Volunteer your skills and help with teaching or service development
- Develop a partnership with another team or hospice (twinning)
- Develop a joint academic or research project



No man is an island..

- As a palliative care practitioner you are part of a worldwide community



Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.

Margaret Mead, cultural anthropologist