

THE INSTITUTE FOR  
PALLIATIVE MEDICINE

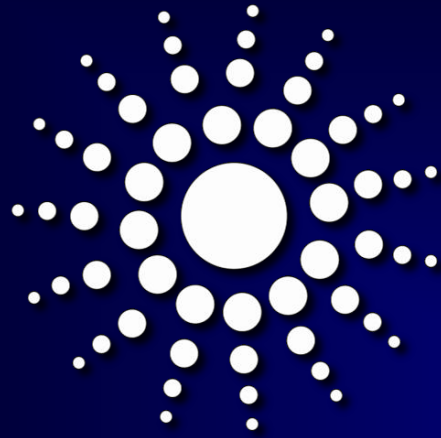
*at San Diego Hospice*

**To prevent and  
relieve suffering,  
and promote quality of  
life at every stage of life**

**[www.PalliativeMed.org](http://www.PalliativeMed.org)**

**[www.IPCRC.net](http://www.IPCRC.net)**





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*at San Diego Hospice*

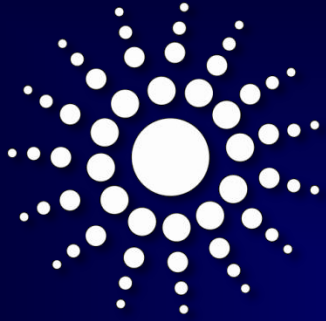
# Developing Palliative Care in the Ukraine

**Frank D. Ferris, MD, FAAHPM**

**Institute for Palliative Medicine  
at San Diego Hospice**

**University of California San Diego**

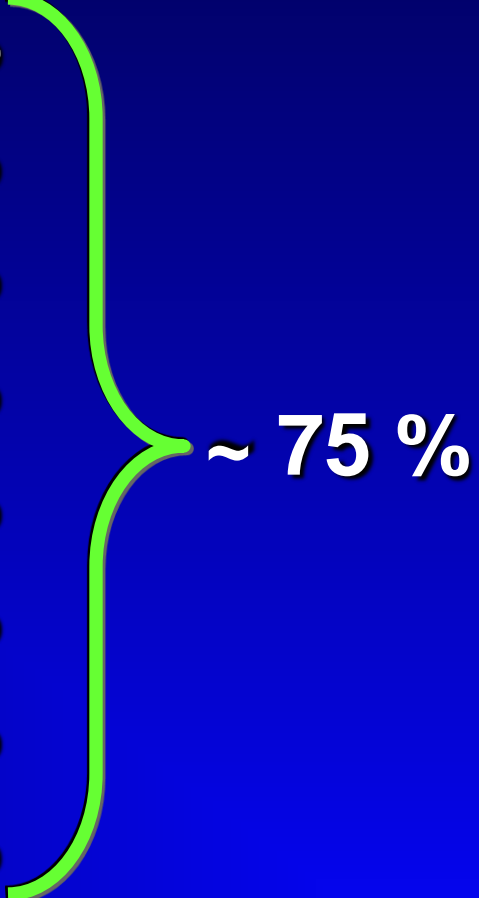
**University of Toronto**



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*at San Diego Hospice*

# Huge Need...

# WHO: Top causes of death in Ukraine ( 2005 )

• Heart and Cerebrovascular	59 %		
• Chronic Pulmonary	3 %		
• GI cancer	4 %		
• Lung cancer	2 %		
• AIDS	2 %		
• Cirrhosis	2 %		
• Self-inflicted	2 %		
• Poisoning	2 %		

# Deaths Ukraine ( 2007 )

- Cardiovascular  $\approx$  290.720
- Cancer  $\approx$  58.420
- AIDS  $\approx$  18.860
- Dementia  $\approx$  ?
- End-stage organ failure  $\approx$  ?
- Other  $\approx$  ?

<http://apps.who.int/ghodata> ( 2007 )

# **Ukraine 2009**

## **Mortality Estimates**

- **$\approx 706.740$  ( all causes ) \***
  - **$> 2.000.000$  affected by death**
  - $> 4 \%$  Ukrainian families**
- **$\approx 60 \%$  benefit from palliative care \*\***  
 **$\approx 424.000$  / year**

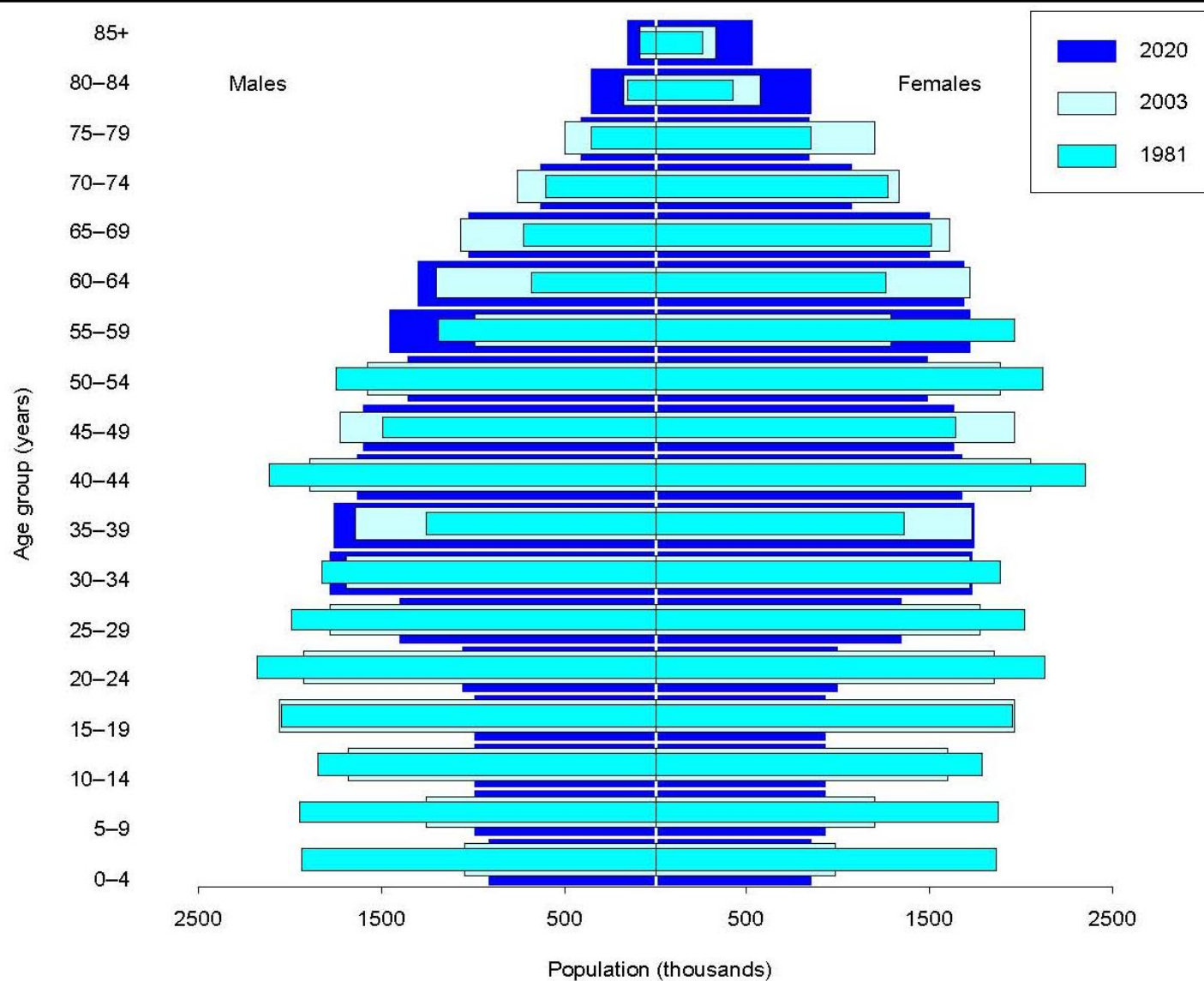
\* State Statistics Committee , see [www.ukrstat.gov.ua](http://www.ukrstat.gov.ua) ( accessed 5/19/10 )

\*\* Journal of Pain and Symptom Management, Stjernswärd et al, May 2007

# **Living with Chronic and Advanced Diseases**

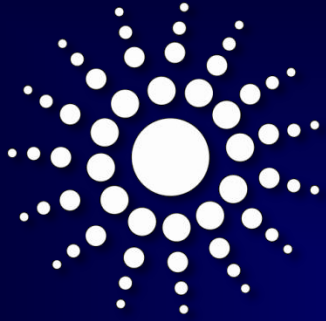
- **HIV / AIDS  $\approx$  440.720**
- **Cancer**
- **End-stage disease**
  - liver, lung, kidney, etc
- **Multi-drug resistant TB**
- **Dementia**
- **General debility**
- **Many others....**

# Elderly Living



Sources: WHO Regional Office for Europe (2005) and United Nations (2005).





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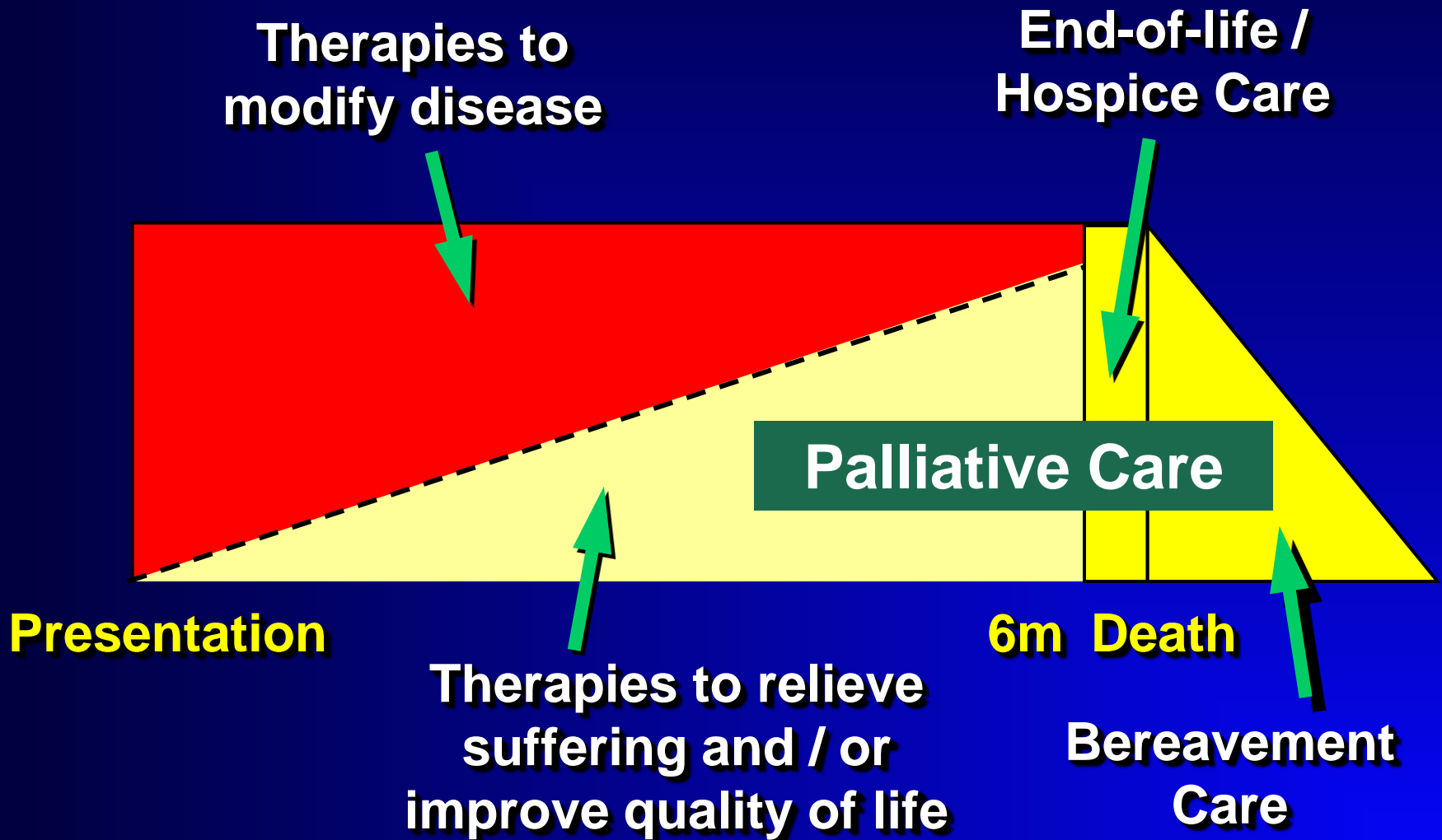
# Palliative Care is...

# Palliative Care

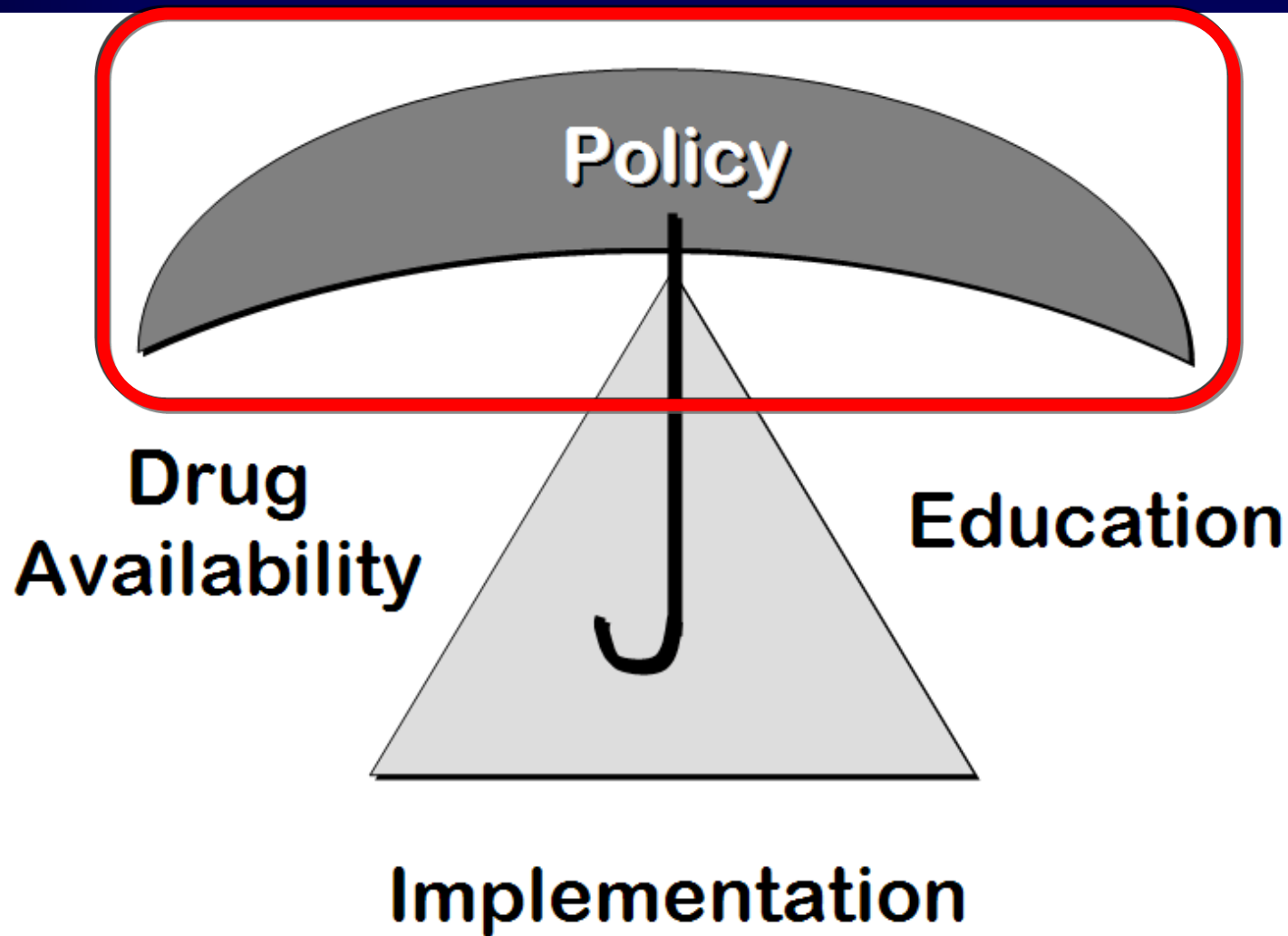
- prevent & relieve suffering
  - help people achieve their full potential
- ...in face of adversity

*Adapted From: Ferris FD, Balfour HM, Bowen K, Farley J, Hardwick M, Lamontagne C, Lundy M, Syme A, West P. A Model to Guide Hospice Palliative Care. Ottawa, ON: Canadian Hospice Palliative Care Association, 2002.*

# Palliative Care...



# WHO Public Health Strategy



# **Evolving Policy**

- **Ministry of Health**
  - Palliative Care Coordinating Council**
  - Institute of Palliative and Hospice Medicine**
- **International Renaissance Foundation**
- **Others**

# WHO Public Health Strategy

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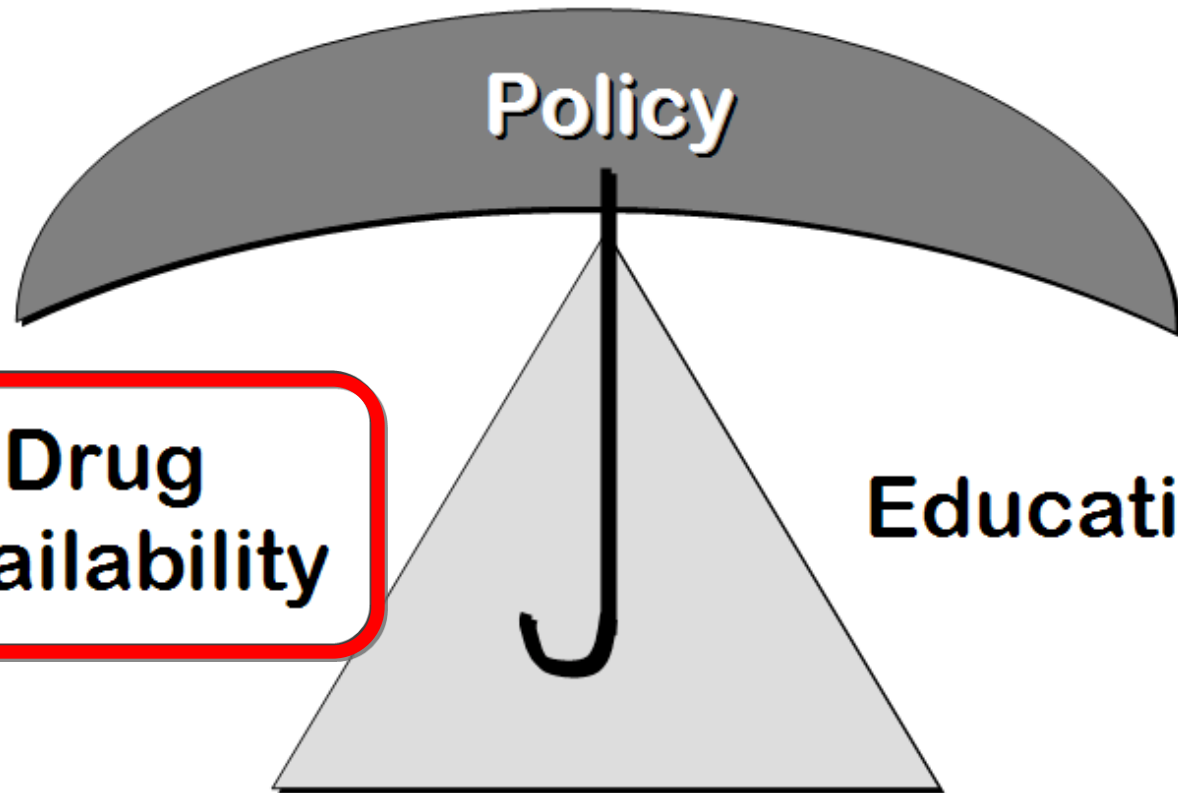
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Drug  
Availability

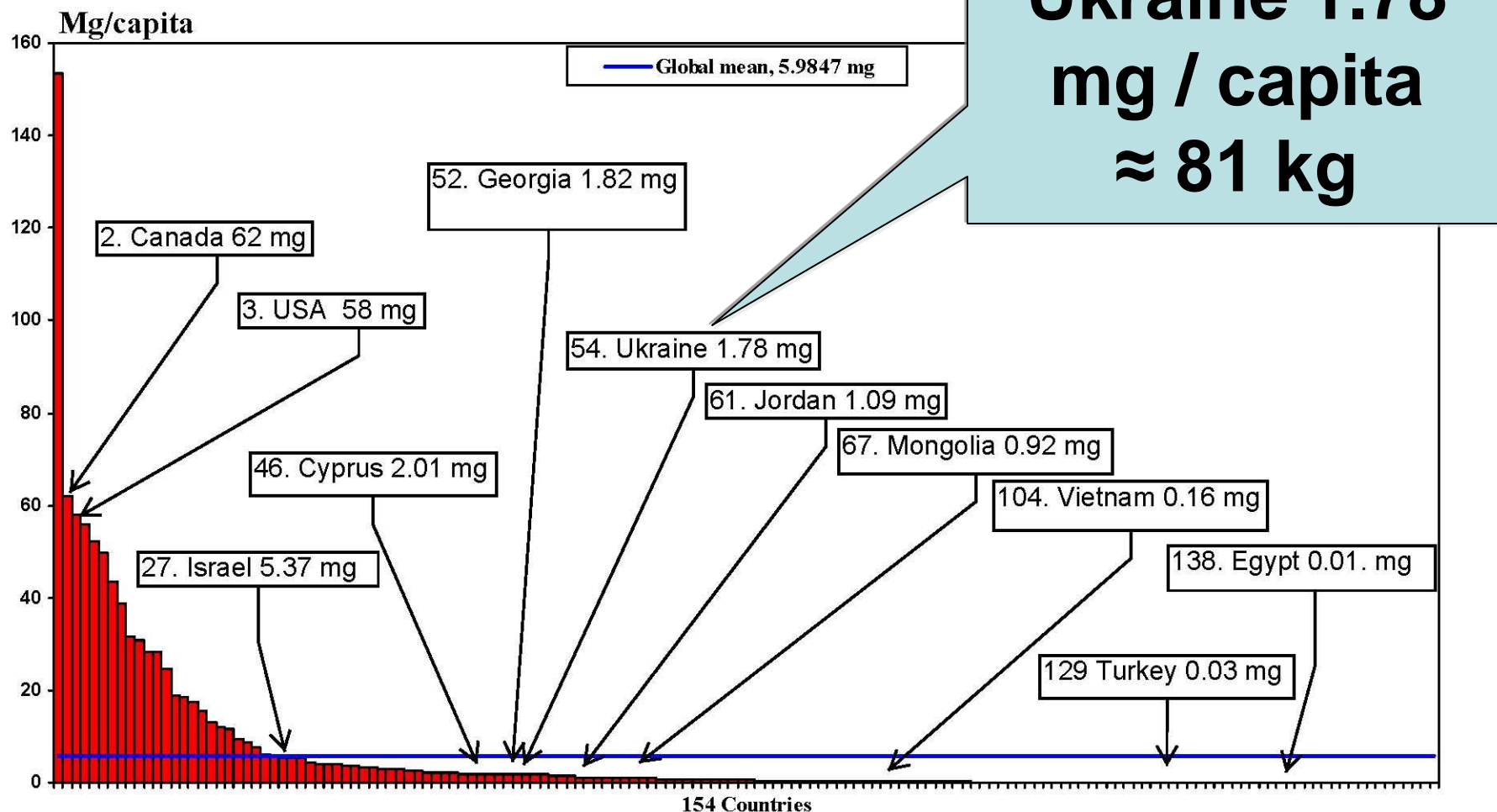
Policy

Education

Implementation

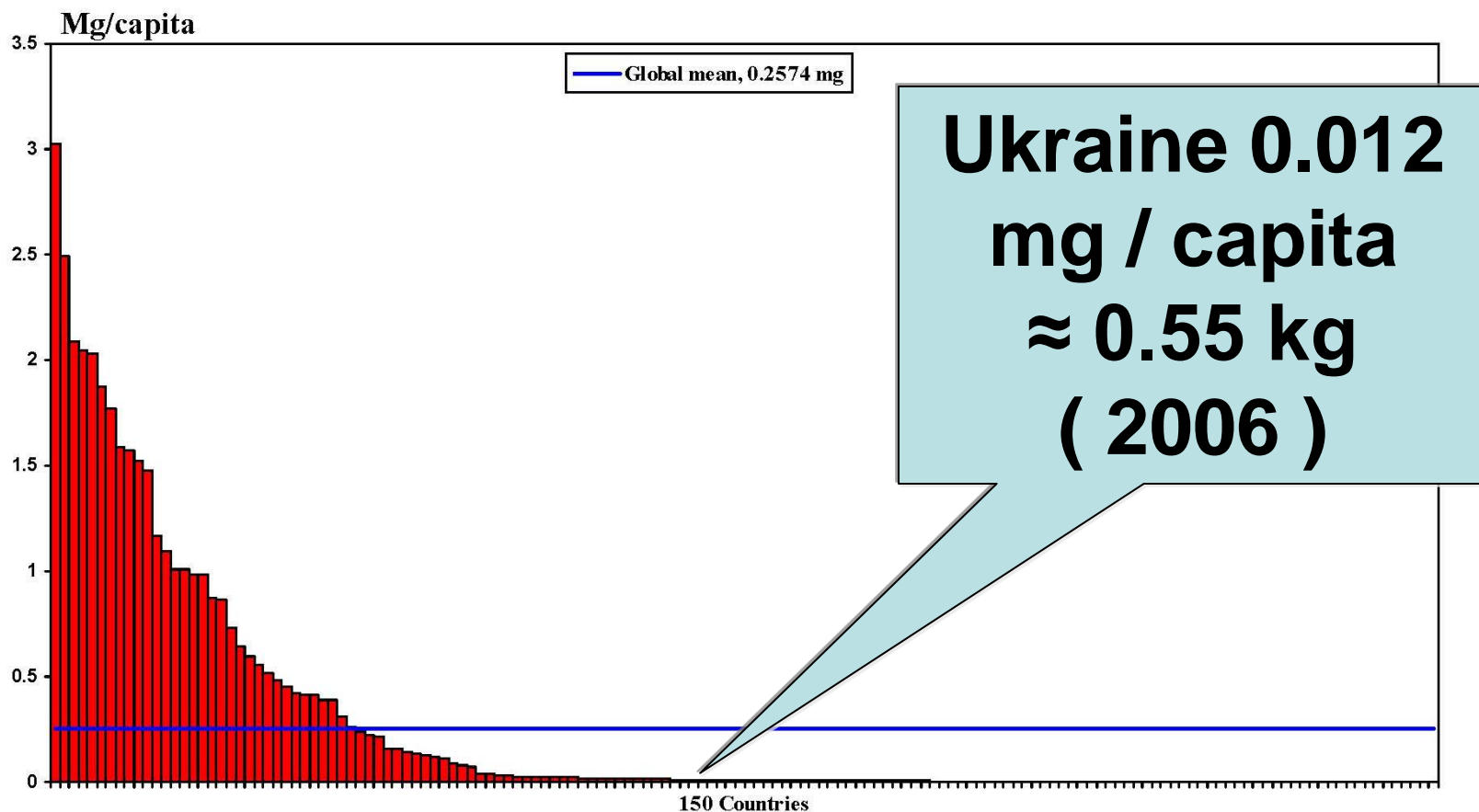


# 2006 Global Consumption of Morphine



Sources: International Narcotics Control Board; United Nations population data  
By: Pain & Policy Studies Group, University of Wisconsin/WHO Collaborating Center, 2008

# 2007 Global Consumption of Fentanyl

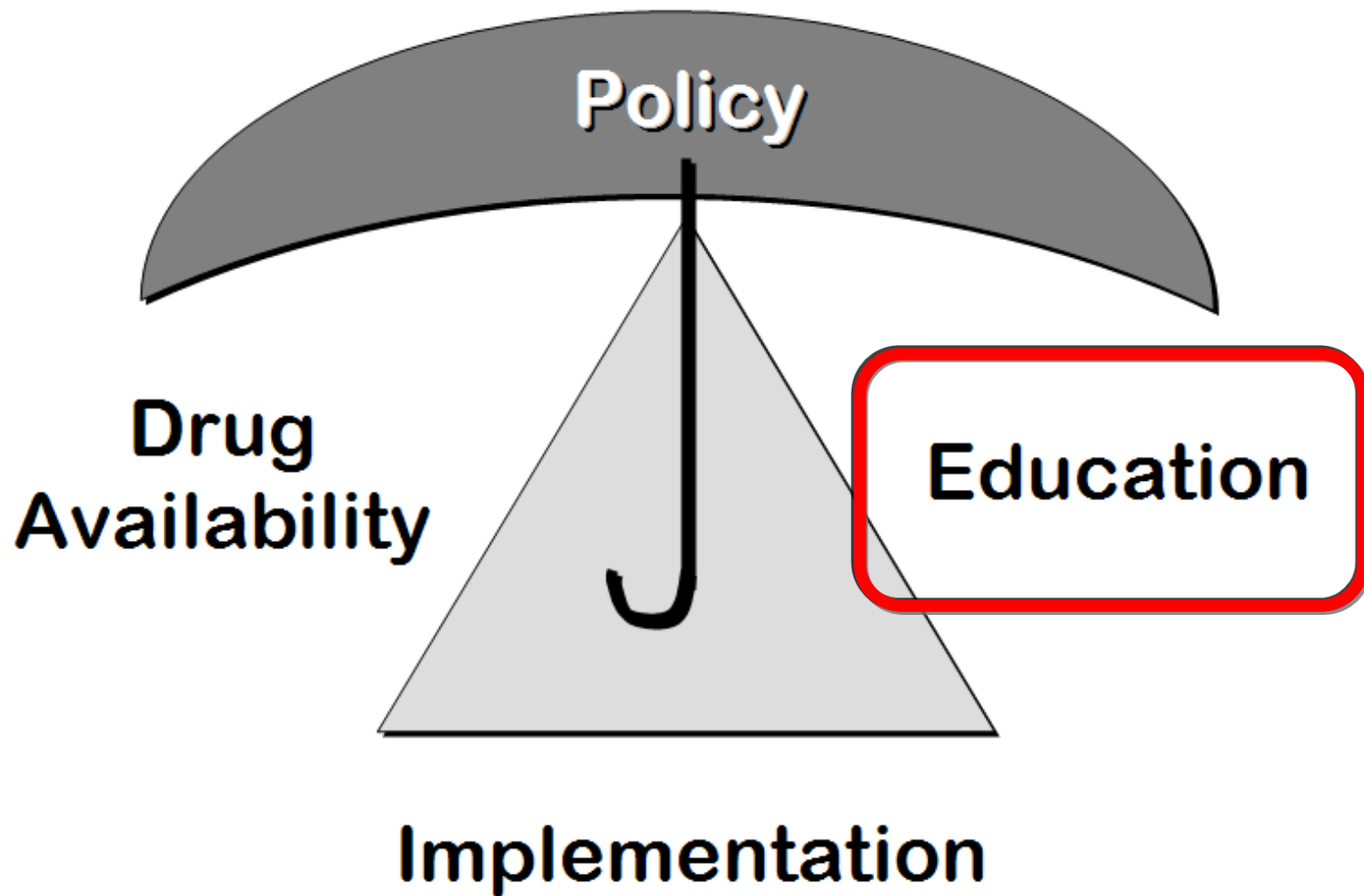


Sources: International Narcotics Control Board; United Nations population data

By: Pain & Policy Studies Group, University of Wisconsin/WHO Collaborating Center, 2009



# WHO Public Health Strategy



# Palliative Care Skills...



**Primary**  
**All clinicians**  
**( core skills )**

**Secondary**  
**Oncologists**  
**( advanced**  
**skills )**

**Tertiary**  
**Palliative care**  
**( expert**  
**skills )**



ALL-UKRAINIAN ASSOCIATION  
OF PALLIATIVE CARE

Міністерство охорони здоров'я України

# Організація і надання паліативної допомоги. Вікові аспекти

## Quality Palliative Care: First Practical Course to Build Core Knowledge and Skills

*3-20 листопада 2008*

*November 3-20, 2008*



# **In 2008...**

## **3 Week Introduction to Palliative Care**

- **1 week classroom – 90 participants from 16 programs**
- **2 weeks bedside – 32 clinicians training**
  - 4 clinical sites**



МОН України



THE INSTITUTE FOR  
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*at San Diego Hospice*  
INTERNATIONAL PROGRAM



Національна медична академія  
післядипломної освіти  
ім. П.Л. Шупика

Практичний курс паліативної допомоги  
з основами викладання  
24 травня - 6 червня 2010 року  
Practical Skills in Palliative Care  
with Trainers' Module  
24 May - 6 June, 2010



# **In 2010...**

## **Train-the-Trainer Program**

- **4 weeks in San Diego – 3 visiting scholars**
- **1 week in Romania – 10 physicians**
- **2 weeks classroom – 35 physicians**  
**& bedside training**  
**4 clinical sites**
- **Salzburg Seminars – 2 physicians**

# The EPEC<sup>TM</sup>-O

Education in Palliative and End-of-life Care - Oncology

# Project

The EPEC<sup>TM</sup>-O Curriculum is produced by The EPEC<sup>TM</sup> Project with major funding provided by NCI, with supplemental funding provided by the Lance Armstrong Foundation.

# Next Steps

- **Basic & advanced skills – education across Ukraine**

**Trained faculty**

**Support from international faculty**

- **4 Regional educational resource centers**

**Cherkasy**

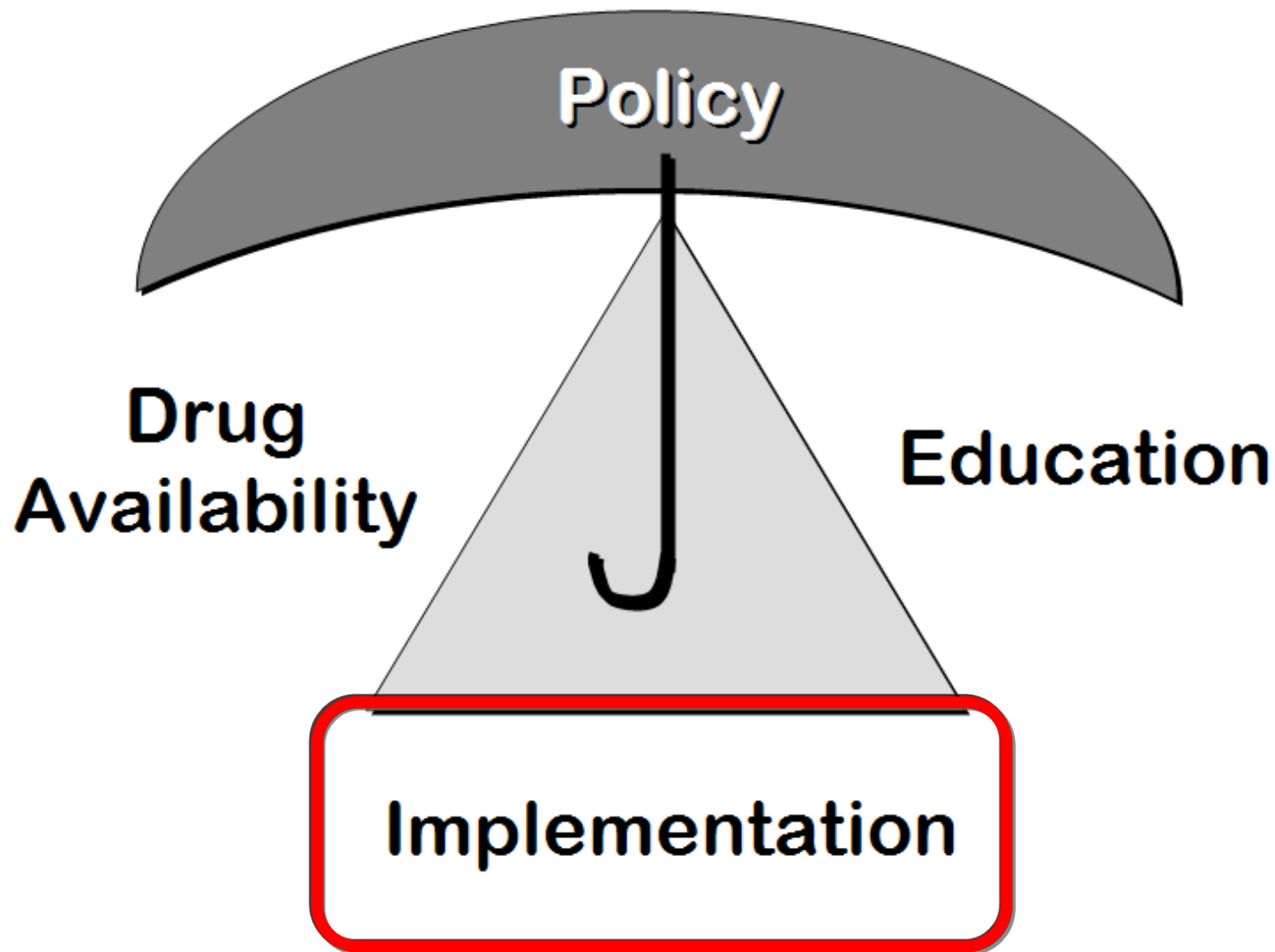
**Nikolaev**

**Ivano-Frankivsk**

**Odessa**

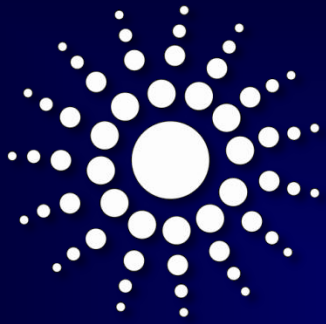


# WHO Public Health Strategy



# Early Implementation

- 7 Hospices, first in 1995
- Integration into some health care services



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# Challenges & Opportunities...

## Change...

# Policy, Drug Availability

- All united → “ **One Voice** ” through Palliative Care Coordinating Council
- Advocacy Campaign

Human Rights Watch – Situation Report

# Approach to Drug Delivery

- Improve / reduce burden of opioid and other controlled substance regulations

Prescribing

Dispensing

Delivery

Control

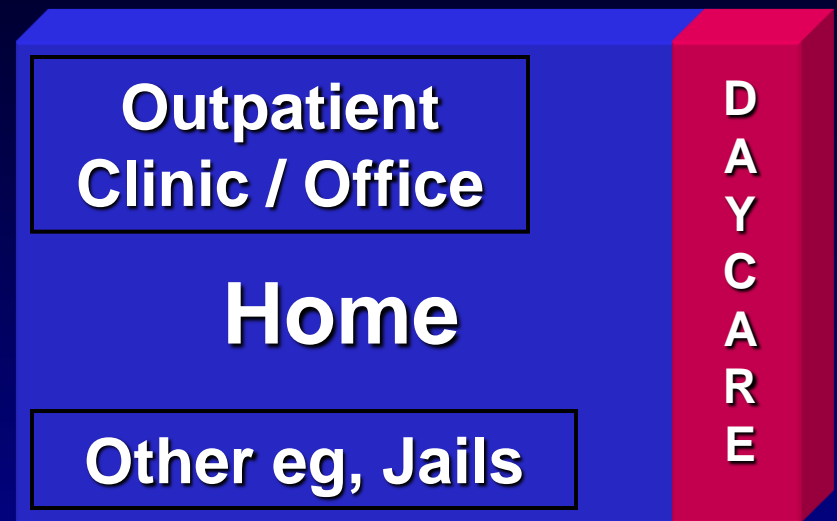
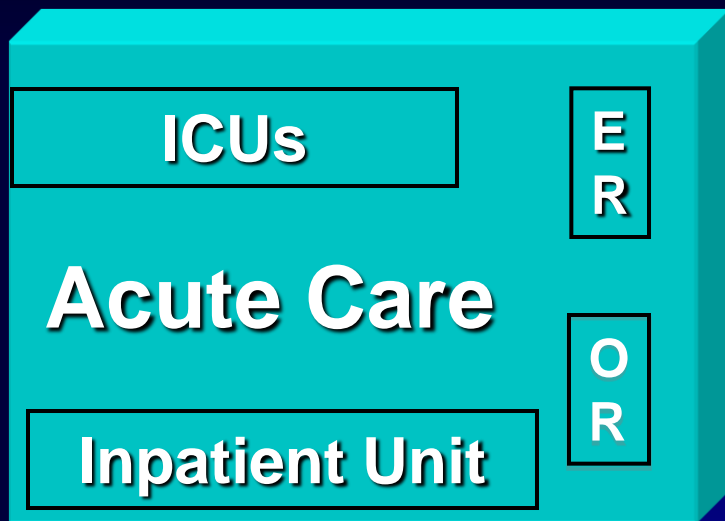
- Policy & Drug Availability Workshop

# Approach to Care

- Improve access and process for providing pain management and palliative care

Who provides

How provided



**Each year: 424.000 patients  
≈ 2.000.000 family members !**



**What Experience...  
your patients & families,  
your loved ones, and  
ultimately yourselves?**







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