

In the framework of the Italian Presidency  
of the Council of the European Union in the Health Sector.  
**Strengthening health policy governance across all levels in the EU**

# **Palliative Care: a challenge for the future. An international perspective**

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According to WHO definition ... 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 correct assessment and treatment of pain and other problems, whether physical, psychosocial or spiritual...

Sepulveda C, et al 2002



## The WHO estimates:

- ❖ 55 million deaths worldwide in 2011
- ❖ about 2/3 for chronic diseases (80% in developing nations)
  - ✓ cardiovascular diseases
  - ✓ cancers
  - ✓ chronic lung disease

## The IARC estimates:

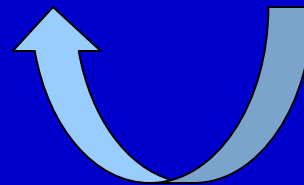
- ❖ global cancer rates: from 10 to 15 million new cases in 2020
- ❖ about 80% incurable at diagnosis (50% in developing nations)

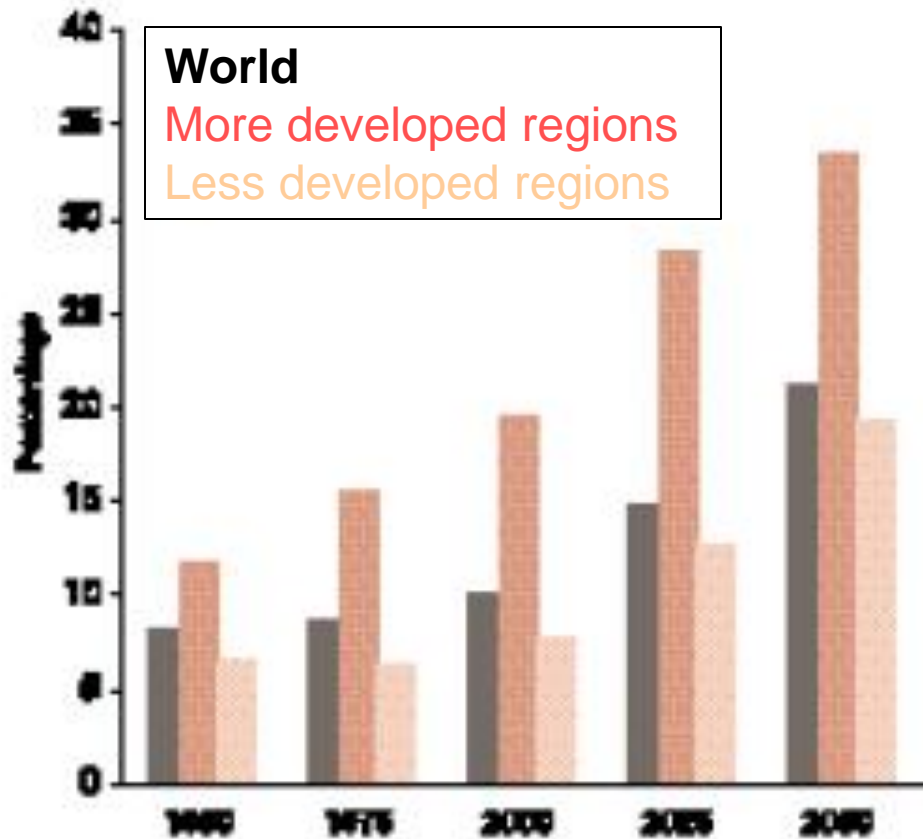
**The WHO estimates that  
over 20 million people are in need  
of palliative care worldwide**

De Lima , et al 2014

# needs

Disorder	Predicted ranking 2020	Previous ranking 1990
Ischaemic heart disease	1	1
Cerebrovascular disease (including stroke)	2	2
Chronic obstructive pulmonary disease	3	6
Lower respiratory infections	4	3
Lung, trachea and bronchial cancer	5	10

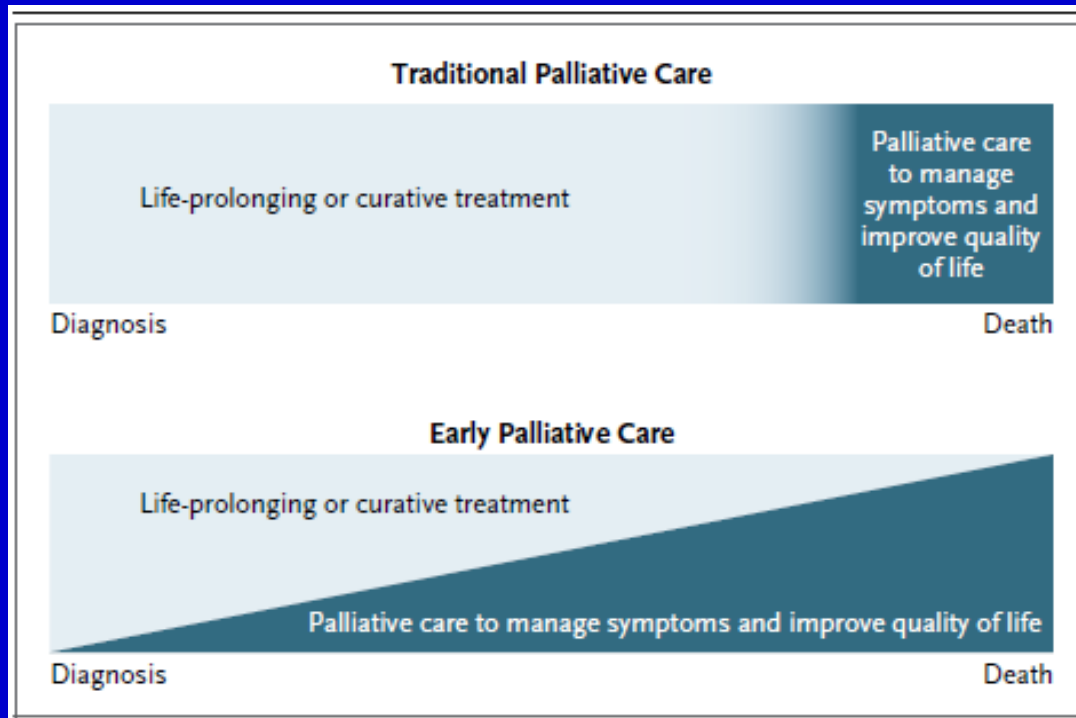




Source: World population ageing 1950–2050 (1).

Davies B & Higginson IJ  
Better palliative care for older people  
WHO 2014

# the new paradigm of palliative care



Parikh RB, NEJM 2013

- ❖ the new model is supported by growing evidence
  - ❖ Temel JS, et al NEJM 2010
  - ❖ Zimmermann C, et al Lancet 2014
- ❖ it requires a higher level of integration between PC and oncology

# organisation of care

How to deal with ...  
earlier and growing needs ...  
for oncological and non-oncological patients ...  
with a growing demand ...

## Generalist plus Specialist Palliative Care — Creating a More Sustainable Model

Timothy E. Quill, M.D., and Amy P. Abernethy, M.D.

Palliative care, a medical field that has been practiced informally for centuries, was recently health care organizations may soon receive capitated payments for all services that patients re- fractory symptoms. Now that the value of palliative care has been recognized, specialists are some

Quill TE, et al  
New Engl J Med 2013

# organisation of care

Primary Palliative Care (1<sup>st</sup> level)

VS.

Specialty Palliative care



Quill TE, et al  
New Engl J Med 2013



# organisation of care

## Representative Skill Sets for Primary and Specialty Palliative Care.

### Primary Palliative Care

- Basic management of pain and symptoms
- Basic management of depression and anxiety
- Basic discussions about
  - Prognosis
  - Goals of treatment
  - Suffering
  - Code status

### Specialty Palliative Care

- Management of refractory pain or other symptoms
- Management of more complex depression, anxiety, grief, and existential distress
- Assistance with conflict resolution regarding goals or methods of treatment
  - Within families
  - Between staff and families
  - Among treatment teams
- Assistance in addressing cases of near futility



Care should be focused on maintaining the patient's dignity and supplying effective palliation

Quill TE, et al  
New Engl J Med 2013

# Conceptual transitions in PC in the 21st Century

Change FROM Change TO

Terminal disease	Advanced progressive chronic disease
Prognosis of weeks or months	Limited life prognosis
Cancer	All chronic progressive conditions
Progressive course	Progressive course with frequent crises of needs and demands
Disease	Condition (multi-pathology, frailty, geriatric syndromes, dependency)
Mortality	Prevalence



Dichotomy curative - palliative	Synchronic, shared, combined care
Prognosis as criteria for intervention of specialist services	Complexity as criteria
Rigid one-directional intervention	Flexible shared intervention
Passive role of patients	Advance care planning
Palliative care services	Palliative care approach everywhere
Specialist services	Actions in all settings of health- and social-care
Institutional approach	Community approach
Fragmented care	Integrated care

# European networks

What do we need?

more research

an E-B approach in PC organisation

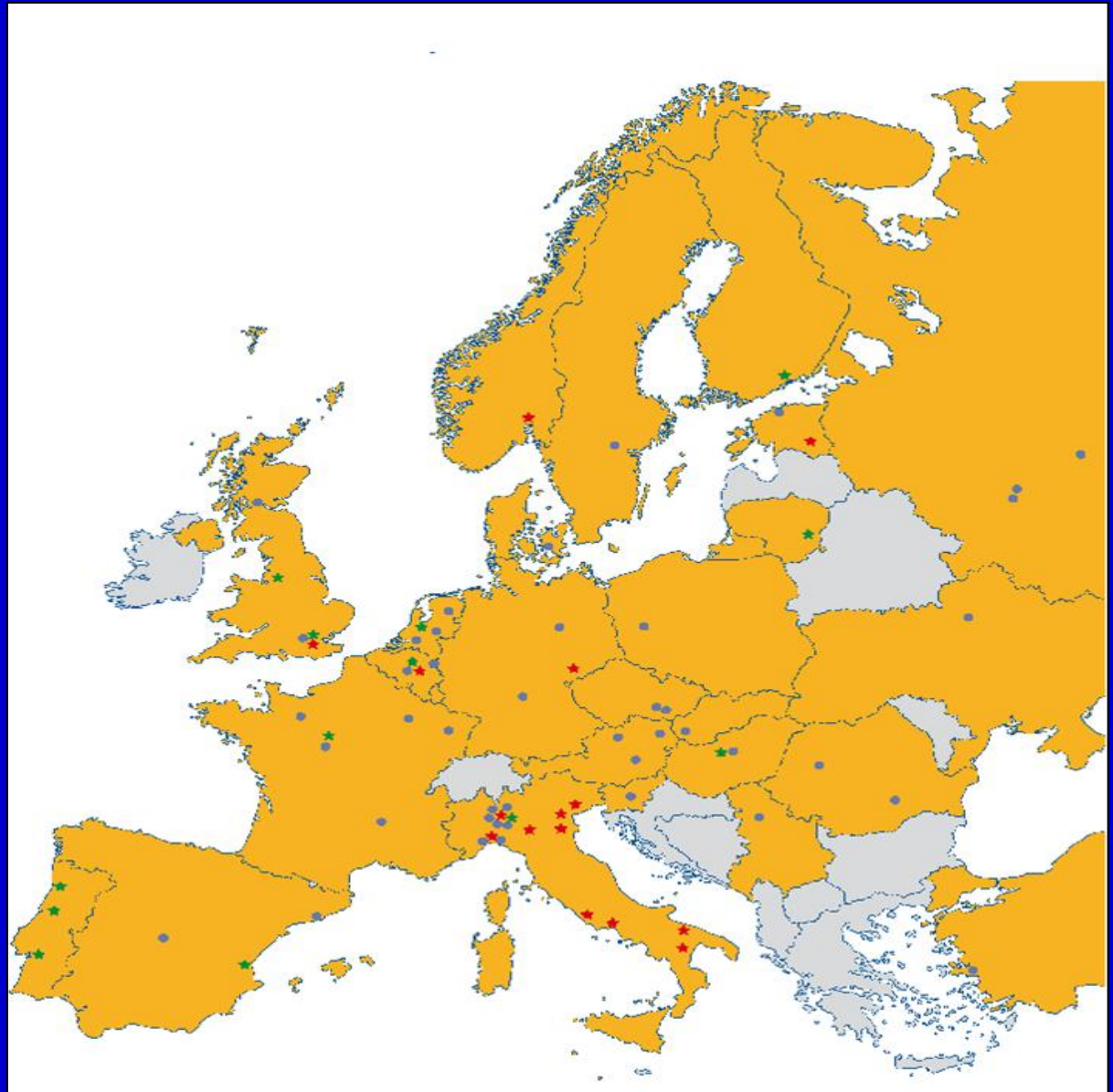
more cooperation at the European level



# Organisation of European Cancer Institutes

- What?** Network of cancer institutes in Europe
- What for ?** Improve quality in cancer care and strengthen clinical and translational research
- Focus?** Organisational aspects
- How?** Promoting knowledge exchange, cooperation, coherence, best practices
- Why?** All EU cancer patients deserve best evidence-based treatments, comprehensive care, optimal QoL

70 Members  
27 countries



# OECI A&D programme

## Special attention to

- Organisation of multidisciplinary care
- **Research** integrated into care
- **Education** for professionals
- **Patient** involvement
- Constant **quality** improvement

# The Palliative Care OECI Working Group

- ❖ **December 2013:** the proposal
- ❖ **January 2014:** the Board approved
- ❖ **February 2014:** recruitment of participants
- ❖ **May 2014:** formally establishment of the WG
- ❖ **At present 11 Institutes from 7 countries**



## The mission of the PC Working Group

- ❖ a common vision of modern palliative care
- ❖ an agreed mission of a “Palliative Care Unit”
- ❖ review and improve the OECI standards
- ❖ relationships with other European groups-societies-networks
- ❖ an European network of PCUs
- ❖ a shared vision with patients’ associations



CATTONI

**Thanks**