Sustainable Palliative Care in Thailand

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Definition of Palliative Care: WHO

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 impeccable assessment and treatment of pain and other problems, physical, psychosocial and spiritual.

WHA 2014

Strengthening of palliative care as a component of integrated treatment throughout the life course
Based on these estimates, each year in the world, around 377 adults out of 100,000 population over 15 years old, and 63 children out of 100,000 population under 15 years old will require palliative care at the end of life.

WHO Member States are grouped in six regions: Region of the Americas
ESTIMATED PALLIATIVE CARE NEED (Disease)

- Alzheimer’s and other dementias: 1.65%
- Cirrhosis of the liver: 1.70%
- Kidney disease: 2.02%
- Diabetes mellitus: 4.59%
- HIV/AIDS: 5.71%
- Chronic obstructive pulmonary disease: 10.26%
- Multi-drug-resistant tuberculosis: 0.80%
- Parkinson disease: 0.48%
- Rheumatoid arthritis: 0.27%
- Multiple sclerosis: 0.04%
- Cancer: 34.01%
- Cardiovascular diseases: 38.47%

N = 19,228,760
MAIN BARRIERS TO PALLIATIVE CARE DEVELOPMENT: WHO

1) Poor public awareness of how palliative care can help
2) Cultural & social barriers, such as beliefs about plain and dying
3) Insufficient skill and capacities of health workers
4) Overly restrictive regulators for opioid pain relief

WHAT CAN COUNTRY DO: WHO

1) Revise laws & processes to improve access to opioid pain relief
2) Include palliative care in the training for Health workers
3) Provide palliative care services, including through primary health care centers and homes
LEVEL OF PALLIATIVE CARE DEVELOPMENT

I. No known activity

II. Capacity building
   a : Isolated provision
   b : Generalized provision

III. A : Preliminary integration
     b : Advanced integration

2015 Quality of Death Index-total 80 country: Thailand ranking 44
Death index 40.2
20–year Strategy for Public Health

**VISION**
Health organization leadership for the better health of Thai people

**MISSION**
Development and maintenance of health system by multi-sector participation towards sustainability

**GOALS**
Healthy people, happy staff, and sustainable health system

**MOPH**

**Prosperity**

**Inclusive Growth Engine**

**Security**

**Productive Growth Engine**

**Sustainability**

**Green Growth Engine**
20–year Strategy for Public Health

Security
- Competitiveness Enhancement
- Human Resource Development
- Social Equality
- Green Growth
- Rebalancing and public sector development

Prosperity
- Service Excellence

Sustainability
- Herbs + Thai FDA Registration
- People Excellence + Governance Excellence

20-Year National Strategy (Public Health)
Palliative Care Development in Thailand

Friendship Therapy Project 2006
Holistic Palliative Care for Cancer Patients

Palliative Care Association & Palliative Care Nurse Society develop and transfer patient evaluation and holistic care knowledge
Integrating Palliative Care into National Health System 2014.

The 67th World Health Assembly 2014. Strengthening of palliative care as a component of comprehensive care throughout the life course.

2014 MOPH Thailand announce Palliative Care Policy to provide quality service coverage the whole country.
MOPH set a committee and assign regular staff to take responsible of Palliative Care Service in all hospitals under MOPH.

DMS develops
- technical practice guideline,
- training course,
- monitoring and evaluation.

Family Care Team (FCT) & Referral System

Palliative Care Development in Thailand

PC Team /Unit
Physical Symptoms Control
Patient Evaluations
Pain Clinic
Mental Psychological support
Opioids Availability
Referral Data System
Home care & Hospice care
Social & Community Support
Expanding Palliative Care Service to all systemic diseases and age groups

Advance cancer

Advance disease with poor prognosis:
- End-stage heart failure, Lung disease, renal failure, neurological disease, liver disease

Dementia

Hidden lives, hidden patients (eg. HIV/AIDS/TB)
Thailand Palliative Care Policy 2016

Provide palliative care services, including through primary health care centers and homes

- Push forward and set up Home Ward system by developing reimbursement system of government welfares.
- Establish seamless palliative care services by creating referral system from central hospital › provincial hospital › community hospital › district hospital to Family Care Team.
- Establish quality end of life care networking with Ministry of interior, Ministry of Social Development and Civil Society.
- Integrate Non Profit Organization with government hospital to develop Hospice care service in urban and rural area.
Thailand Palliative Care Policy 2016

- Include palliative care in the training for health care workers
- Provide standard services
- Research and develop clinical practice guidelines.
Goals of Palliative Care in 2016

- Palliative care team/unit with staff in all levels of hospital and health care units.
- Node of opioid supply can provide strong opioids and medication for symptom management in community level.
- Health village volunteer to visit in community (home).

Thailand Palliative Care Focus in 2016

- Update Laws and Regulations to access of opioids drugs in group and medical supplies using for palliative care.
DMS Mandates on Palliative Care Service

- M & E (Palliative Care Unit)
- Course Syllabus
  - Training
    (Doctors, Nurses, Caregiver)
- Guideline / Standard of Care
- National Palliative and Hospice Care Conference
M&E:
Palliative Care Unit
Palliative Care: Training
1. Health Personnel have been trained to cover all the health service areas.

2. Set up knowledge transfer of NETWORKING

- DMS Hospitals
- Central Hospitals
- Provincial Hospitals
- Community Hospitals
- District Hospitals
- Community/Village
Training Course

1. Doctor  3 Days
2. Nurse  3 Days, 10 Days
3. Caregiver  3 Days
Guideline / Standard of Care

Practice guideline for palliative and hospice care

- List Criteria of threatening disease for Palliative Care
- Standard Functional Palliative Care Unit
- Opioid Availability
National Conference

2nd National Palliative and Hospice Care Conference (NPHC 2016)

Workshop: Palliative Care
National Conference

2nd National Palliative and Hospice Care Conference (NPHC 2016)

- Rollup
- Poster Presentation
- Networking
National Conference

3rd National Palliative and Hospice Care Conference (NPHC 2017)

12th – 14th July, 2017
Centra Government Complex Hotel & Convention Centre
Chaeng Watthana, Nonthaburi
Thailand
National Conference

World Hospice and Palliative care day 2017

Prasat Neurological Institute
Department of Medical Services
Thailand
CHALLENGE

1. Thailand III A → IV A (B)
2. Hospice model
3. Thai herbal medicine and complementary medicine
4. Mindset to change
5. Financial support
6. Collaboration all sectors
What ' Next & Sustainable Development

1. Policies
2. Education
3. Implementation
4. Opioids

- Service Plan
- Health Area
- PC Networks: Hospital Community Home
  - PC Admin unit
  - PC Workforce
- Guidelines & Protocols
- Information Systems
- Opioids & Med Equipments Support
Thank You