

Palliatsioon, quo vadis? Palliatiivravi kui rahastamisprioriteet?

Vaade aktiivravi haiglast

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Avalikkuse kasvavad ootused tervishoiule

- Patsientide ja teenuste vaba liikumine
- Põhjendamatud ootused tervishoiule:
 - Tervist saab arstilt osta
 - Meditsiin teeb inimese surematuks (Einsteini, Freudi ja Röntgeni avastuste ning lennunduse ajaloo ekstrapolatsioon argiellu)

Arenenud riikide tervishoiukulutuste kasv
geomeetrilises progressioonis



- Kümme aastat investeringuid aktiivravisse ja aktiivravi koondumine Mustamäe meditiinilinnakusse
- Palliatsiooniga traditsiooniliselt tegeldud Eesti Vähikeskuses ja SA PER Hiiu korpuses
- Järel- ja hooldusravi areng Keila haigla liitumise järel

Mida ühiskond ei tea

- Meditsiin on nagu puu. Tervikliku tulemuse saamiseks on lisaks aktiivravile on vaja preventsiiooni, taastus-, järel-, **palliatiiv**-, hooldus- ja hosiitsravi
- Aktiivravile orienteeritud tervishoid on nagu saetud okstega puu



General status: Palliative Care remains rather undeveloped in Estonia, due to several causes. First, and as seen in other Eastern European countries, **lack of funds** tends to translate into a more pronounced focus on curative medicine—patients who only need symptom control are not admitted into hospitals. Secondly, care of terminally ill patients seems to be of little interest to **most doctors**, who **have not been trained** to deal with pain nor psychologically prepared to deal with death. Hence, apart from patients treated within the context of cancer societies and more recently HIV organisations, which do have a reasonably good care network, terminally ill patients cannot generally find a doctor who will treat them. The 9 home care teams which have served seven counties since 1997, then, are a major step forward in a country where the dying often go unattended by professional care. Palliative care activists in Estonia have called for international support in the following areas: **a) advocacy at the government level, b) incorporating palliative care training into the medical curricula, c) raising public awareness, and d) promoting 2-3 publicly funded regional palliative care units or hospices** [145]. Recent initiatives from the government have begun to address these issues, although it is too soon to know if they will be successful [151].

(Palliative Care in the European Union, IP/A/ENV/ST/2007-22 PE 404.899)

Mida ühiskond ei tea

Regionaalhaigla



Human resources, training, and research: There is no quantitative information available on the palliative care workforce in Estonia. The **only regular training** in palliative medicine at the moment is carried out by one person, Kaiu Suija, in the form of lectures through the Estonian Cancer Society. Short courses (ranging from 2 days to 4 weeks) have also been provided by the Finnish Cancer Society and the University of Tampere (Finland) [145]. In the near future, however, this may change significantly. Within the three national plans (see Legal Provisions, below), increased training as well as public awareness campaigns are listed as priorities [151].

Emotional support: **This aspect of care is highly neglected**; treatment is centered on medication and physical symptoms [145].

Legal provisions: **There is no national palliative care strategy** in Estonia, although in the past three years it has been featured in at least three official documents relating to healthcare, including a long-term care network development plan 2004-2015, the National Cancer Strategy 2007-2015 and Estonian National HIV and AIDS Strategy 2006-2015 [151]. Euthanasia is not legal, **nor are there any initiatives to seek legalisation** [137].

Financial models: The Estonian healthcare system, overseen by the Ministry for Social Affairs, is funded by social health insurance. The governing bodies of these funds are the Central Sickness Fund and seventeen regional sickness funds, which reimburse a portion of the costs for each home visit [145]. Although the national health system suffers from a shortage of funding and personnel, **health authorities see increasing financial coverage for those who need palliative care as an important near-term challenge** [151].

(Palliative Care in the European Union, IP/A/ENVI/ST/2007-22 PE 404.899)



Table 5. Indicators and Ranking of National Palliative Care Developments in EU

Country (2)	Units: Hospice and PC		hosp support		Home Care		Beds/100.000		PC physicians	points P	TOTAL POINTS	RANKING
	Units	points U	teams	points HST	Teams	points HC	Inh.	points B				
UNITED KINGDOM	3,7	25	5,1	24	5,9	26	5,3	25	0,7	24	124	1
SWEDEN	5,0	26	1,1	16	5,5	25	-	23	-	23	114	2
IRELAND	2,0	15	5,5	26	3,5	23	3,7	22	1,0	25	111	3
NETHERLANDS	5,4	27	3,1	23	-	21	4,4	24	0,1	10	105	4
POLAND	3,4	24	0,1	7	6,1	27	4,4	23	0,4	21	102	5
LUXEMBURG	2,2	20	2,2	21	4,4	24	8,6	27	0,0	8	100	6
AUSTRIA	3,1	23	1,2	18	2,1	17	2,6	19	0,4	22	99	7
SPAIN	2,2	19	0,6	13	3,2	21	2,5	18	1,1	26	97	8
FRANCE	1,3	11	5,1	25	1,4	14	2,7	20	0,6	23	93	9
BELGIUM	2,8	21	7,4	27	1,4	15	2,1	16	0,1	14	93	10
ITALY	1,6	13	-	17	2,4	19	1,9	14	1,7	27	90	11
GERMANY	2,8	22	0,7	14	0,4	7	2,5	17	-	14	74	12
LATVIA	2,2	16	0,0	6	0,0	4	0,4	26	0,3	20	74	13
FINLAND	1,1	10	1,9	20	1,9	16	1,4	11	0,2	16	73	14
DENMARK	1,3	12	1,1	17	0,9	12	1,7	13	0,2	18	72	15
LITHUANIA	1,7	14	0,3	11	0,9	11	1,5	12	0,3	19	67	16
HUNGARY	1,1	8	0,4	12	2,8	20	1,4	10	0,1	15	65	17
BULGARIA	2,1	17	0,0	5	3,3	22	0,0	7	-	14	65	18
CYPRUS	1,1	7	0,0	3	2,1	18	1,9	15	0,2	17	60	19
SLOVENIA	2,0	16	1,0	15	1,0	13	0,2	8	0,0	7	59	20
CZECH REPUBLIC	1,0	6	0,1	10	0,4	8	2,7	21	0,1	11	56	21
GREECE	0,0	2	1,6	19	0,8	10	0,0	5	-	9	45	22
MALTA	0,0	3	2,6	22	0,0	5	0,0	6	0,0	6	42	23
ROMANIA	0,4	5	0,1	8	0,5	9	-	6	0,1	13	41	24
PORTUGAL	0,4	4	0,1	9	0,3	6	0,5	9	0,1	9	37	25
SLOVAKIA	1,1	9	0,0	4	0,0	3	0,0	4	0,1	12	32	26
ESTONIA	0,0	1	0,0	2	0,0	2	0,0	3	-	2	10	27

INDICATORS: indicators on services (units, support hospital team or home care) are in number of services per million of inhabitants; indicators for pc beds and pc physicians are in number per 100.000 inhabitants

POINTS: we give points for each indicator: 27 points for the country with the highest ratio of a indicator and we give we give 1 point for the lowest one. The Ratio of the 27 EU Countries is calculated as follow: we assume equal weight for each indicators, The total is the sum of all points and rate the 27 countries over 135 points. Where a

SOURCES: All the indicators are built with data from the FACT Questionary: a 2005 survey of the European Association of Palliative Care in Europe, EAPC, based in the best available data or the best possible estimation done by an expert in each country, with peer review from the National Palliative Care Association.

Palliatiivravi

Palliatiivravi - kui on selge, et

- tõenduspõhise aktiivraviga ei pruugi vaevused leeveneda
- tõenduspõhine aktiivravi ei pruugi vältida haiguse surmlõpet, kuid surmlõppe hetke on raske ennustada

1967 – Cecil Saunders (St.Christopher, London)

Täna: palliatiivravi on tõenduspõhise meditsiini osa ja tõenduspõhise tervishoiukorralduse osa

Palliatiivravi lähtekoht

Regionaalhaigla



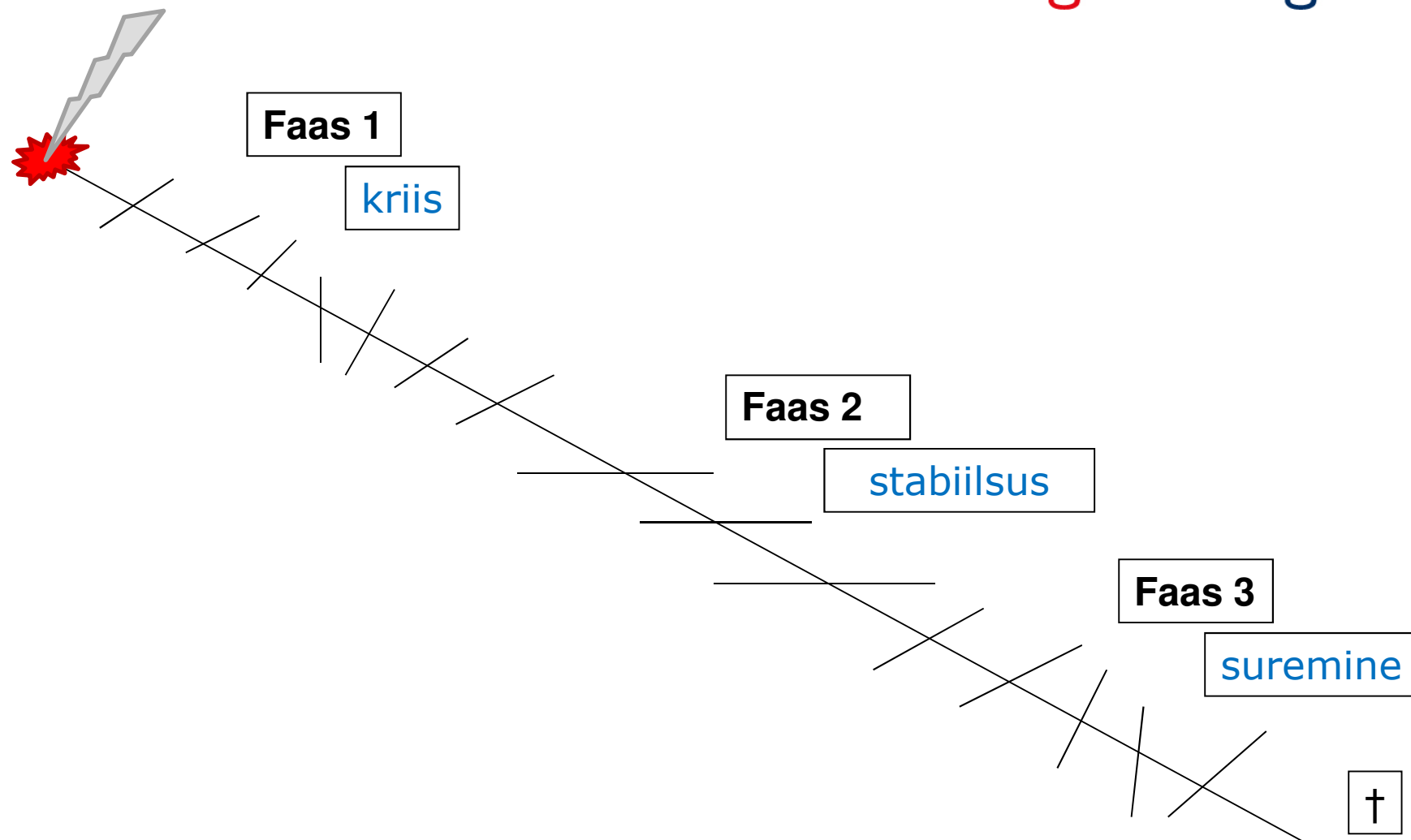
Elutee kriis (25-40% hirm, tervise, psühholoogilised, sotsiaalsed jt. probleemid) – patsiendil, lähedastel (enimkäsitletud)

Professionaalne kriis (eeskätt psühholoogilised probleemid) – arstil, õel jt.

Juhtimis- ja finantskriis – tervishoiujuhil

PR-kriis – meediakanalitel ja meediatarbijatel

Patsiendi tee läbi haiguse



Vahekokkuvõte 1

Kaasaegne palliatiivravi ...

- multidistsiplinaarne meeskonnatöö
- algab varases haigusjärgus
- Mistahes haiguse puhul
- traditsiooniliselt viljeldud onkoloogilistel haigetel
- tihti kasutab aktiivravi personali ja võimalusi
- ühiskonna poolt tunnustamata

Palliatiivravi kasusaajad

1. Patsient

- sümptomite leevendus
keskm. 6,7 sümptomit diagnoosi hetkel (
- psühholoogiline tasakaal
- sotsiaalne tasakaal

NB! Vananev elanikkond

Palliatiivravi kasusaajad

Palliatiivravi vajadus Regionaalhaiglas 29.09.2010

(õendusliini hinnang andmetel):

- 80-100% hematoloogia ja onkoloogia patsientidest, järelravi patsientidest
- 10-20% teistest haigusrühmadest

Palliativravi vajajate võimalik jaotus haigusrühmade kaupa

Vähk	67-80%
KOK	11%
Südamepuudulikkus	10%
Diabeet	6%
Neerupuudulikkus	3%
Parkinsoni tõbi	2%
Maksapuudulikkus	1%
AIDS	< 1%
Alzheimer	< 0,1 %
Sclerosis multiplex	< 0,1 %
Muu

Palliatiivravi kasusaajad

2. Omaksed

- psühholoogiline tasakaal
- sotsiaalne tasakaal

Palliatiivravi kasusaajad

3. Arst, õde jm. meditsiinipersonal

- otstarbekas töökorraldus
- psühholoogiline tasakaal
- läbipõlemise vältimine



3. Arst, õde jm. meditsiinipersonal

Näide 1

EMO vajab tuge peamiselt psühholoogilise toetuse osas, professionaalne abi halbade uudiste edastamisel, omastega tegelemine, tegutsemine kriisipsühholoogia valdkonnas.

EMO-sse saabub noor naine, liiklusõnnetuses vigastatud, uuringute teostamise järgselt omab arst informatsiooni, et tegemist on kõrge kaelatraumaga, mille prognoos on väga halb. Kohal on šokis sugulased.

3. Arst, õde jm. meditsiinipersonal

Näide 2

Intensiivravi osakonnas on oluline töö sugulastega ja edasise „suure pildi“ kokkupanek ehk palliatiivravi rakendades saab juba aktiivravi ajal hakata tegelema edasiste vajaduste määratlemisega. Oluline on töö sugulastega

Probleemirohked haigusjuhud: hulgitraumad, ajukoljutraumad, eakad patsiendid



4. Tervishoiujuht

- Palliatiivravi aitab kokku hoida kulusid: maailmas käibel oleva praktika andmetel vähenevad märgatavalt kulutused ravimitele, laborianalüüsidele ja intensiivravile, samuti vähenevad erakorralise abile tehtavad kulutused (www.getpalliativecare.org; www.capc.org)
- Vähenevad aktiivravikulutused tervikuna, kui suudetakse tagada haigete, kelle puhul on tervistumise tõenäosus olematu või vähene, kiirem liikumine ressursimahukatelt voodikohtadelt palliatiivravi voodikohtadele

Palliatiivravi kasusaajad

5. Meedia tarbijad

- psühholoogiline tasakaal
- asjatu ärevuse vältimine
- tervishoiu kuvandi paranemine

Vahekokkuvõte 2

Palliatiiivravil on mitu huvigruppi

Palliatiivravi arengu allikad

1. Suhtumine
2. Õigusruum
3. Koolitus
4. Raha

1. Suhtumine

- Sotsiaalsesse mällu surutud ellujäämissoov (ellujääja on *'in'*)
- Bütsantslik stigmatiseerimine
- Surematuse ja igavese nooruse lootus
- Arst toob tagasi *'rivvi'*
- Surm ei ole looduseaduslik paratamatus, vaid arstlik viga. Arst peab surema koos patsiendiga
- Osutame tervishoiuteenuseid

2. Õigusruum

- Terminit 'palliatsioon' annab otsida
- Palliatsiooni terviklik käsitus puudub ka teiste terminite all
- Tervishoiuteenus peab vastama vähemalt arstiteaduse üldisele tasemele
- Vajaduse korral peab tervishoiuteenuse osutaja suunama patsiendi eriarsti juurde või kaasama eriarsti

3. Koolitus

Leevendus valule jt distressi põhjustele

Elu jaatamine ja suhtumine surma kui loomulikku protsessi, surma kiirendamata või edasi lükkamata

Psühholoogiliste ja spirituaalsete aspektide integreerimine

Võimalikult aktiivne elu surmani

Tugi omastele, toimetulekukd patsiendi haiguskulu (ja leinaga)

Meeskonnatöö

Keskendumine patsiendi elukvaliteedi parima võimaliku taseme saavutamisele ja võimalusel soodne mõju haiguse kulule

Palliatiivravi rakendatakse haiguse varasest staadiumist alates, ühendades kuratiivse ravi vaevustega toimetulekuks vajalikke tegevustega.

3. Koolitus (b)

Tänane olukord:

Peamiselt lühikursused või piiratud auditooriumile,
projektipõhiselt

Palliatsioonialase koolitusega töötajate puudus
(psühholoogid, sotsiaaltöötajad)

4. Raha

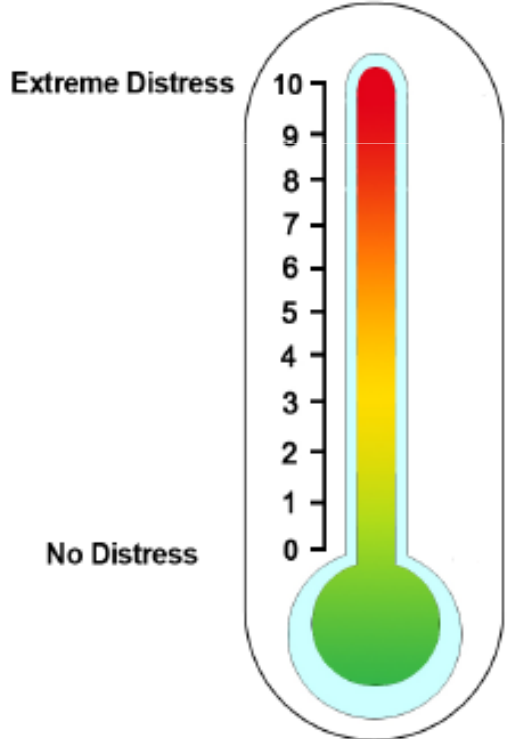
- Raha on alati vähe. Rahastamine on suhtumise väljendus.
- Palliatiivravi ulatuslik rakendamine ei pruugi täna kulusid vähendada, kuid see võimaldab kokku hoida tulevasi kulusid
- Statsionaarse palliatsiooni kulud on täna keskmiselt 1000-1500 krooni päevas, komplitseeritud juhtudel >5000 krooni

4. Raha (b)

- Rahastamise korraldamisel on probleemiks tänased rahastamise paradigmad
 - Tervishoiuteenus rahastatud olulises mahus riigi tasandilt, sotsiaalabi – munitsipaaltasandilt
 - Lahendus: koordineerimine - ???*
 - Patsientide vajadused võivad olla erinevad, mis teeb keeruliseks (1 teenuse) ühtse maksumuse arvutamise
 - Lahendus: tegevuste summatsioon (teenused, tegevuste skoorid)*
 - Millal alustada palliatsiooni rahastamist
 - Lahendus: seisundi skoorid*



Emotional Distress Thermometer

<p>First please circle the number (0-10) that best describes how much distress you have been experiencing in the past week including today.</p>	<p>Second, please indicate if any of the following has been a problem for you in the past week including today. Be sure to check YES or NO for each.</p>																																																																																																																																								
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<td>Dealing with partner</td> </tr> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td>Dealing with close</td> </tr> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td>Friend/relative</td> </tr> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td>Emotional Problems</td> </tr> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td>Depression</td> </tr> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td>Fears</td> </tr> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td>Nervousness</td> </tr> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td>Sadness</td> </tr> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td>Worry</td> </tr> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td>Loss of interest in usual activities</td> </tr> <tr> <td><input type="checkbox"/></td> 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<input type="checkbox"/>	<input type="checkbox"/>	Nervousness																																																																																																																																							
<input type="checkbox"/>	<input type="checkbox"/>	Sadness																																																																																																																																							
<input type="checkbox"/>	<input type="checkbox"/>	Worry																																																																																																																																							
<input type="checkbox"/>	<input type="checkbox"/>	Loss of interest in usual activities																																																																																																																																							
<input type="checkbox"/>	<input type="checkbox"/>	Spiritual/religious concerns																																																																																																																																							
YES	NO	Physical Problems																																																																																																																																							
<input type="checkbox"/>	<input type="checkbox"/>	Appearance																																																																																																																																							
<input type="checkbox"/>	<input type="checkbox"/>	Bathing/dressing																																																																																																																																							
<input type="checkbox"/>	<input type="checkbox"/>	Breathing																																																																																																																																							
<input type="checkbox"/>	<input type="checkbox"/>	Changes in urination																																																																																																																																							
<input type="checkbox"/>	<input type="checkbox"/>	Constipation																																																																																																																																							
<input type="checkbox"/>	<input type="checkbox"/>	Diarrhoea																																																																																																																																							
<input type="checkbox"/>	<input type="checkbox"/>	Eating																																																																																																																																							
<input type="checkbox"/>	<input type="checkbox"/>	Fatigue																																																																																																																																							
<input type="checkbox"/>	<input type="checkbox"/>	Feeling Swollen																																																																																																																																							
<input type="checkbox"/>	<input type="checkbox"/>	Fevers																																																																																																																																							
<input type="checkbox"/>	<input type="checkbox"/>	Getting around																																																																																																																																							
<input type="checkbox"/>	<input type="checkbox"/>	Indigestion																																																																																																																																							
<input type="checkbox"/>	<input type="checkbox"/>	Memory/concentration																																																																																																																																							
<input type="checkbox"/>	<input type="checkbox"/>	Mouth sores																																																																																																																																							
<input type="checkbox"/>	<input type="checkbox"/>	Nausea																																																																																																																																							
<input type="checkbox"/>	<input type="checkbox"/>	Nose dry/congested																																																																																																																																							
<input type="checkbox"/>	<input type="checkbox"/>	Pain																																																																																																																																							
<input type="checkbox"/>	<input type="checkbox"/>	Sexual																																																																																																																																							
<input type="checkbox"/>	<input type="checkbox"/>	Skin dry itchy																																																																																																																																							
<input type="checkbox"/>	<input type="checkbox"/>	Sleep																																																																																																																																							
<input type="checkbox"/>	<input type="checkbox"/>	Tingling in hands/feet																																																																																																																																							
<u>Other problems</u>																																																																																																																																									



West London Cancer Network

Scores & what to do now

Each person is unique. You know yourself and the best way for you to respond to any score that you obtain.

0-4: Your score indicates that your distress levels are well under control at present. However, there may be some additional sources of help available to you. Please see the section on [Support Services and Useful Contacts](#).

5-7: Your score indicates that you are experiencing some distress that may be affecting your life quite significantly. It could be worth discussing this with your health care team and finding ways to get some additional support. A starting point may be to look at the section about [Support Services and Useful Contacts](#).

8-10: Your score indicates that you are experiencing high levels of distress and this may be very difficult for you. It is highly recommended that you talk with someone in your health care team about what may be contributing towards your distress. This can be useful in finding additional ways to cope. In the meantime look at the exercise on the next page to help you to identify what you are doing already that helps.

Regionaalhaigla



You might like to think about some of the things you are doing to help you cope, for example; talking to close friends and family, going out, listening to music, and trying to keep a helpful frame of mind. Identifying them is an extremely valuable strategy that can strengthen and sustain you through difficult times.

Things that help me

1. _____
2. _____
3. _____
4. _____

Depending upon the problems that are causing you distress, you may find the list of phone numbers on the following pages useful.



West London Cancer Network



Support Services & Useful Contacts

PRACTICAL PROBLEMS	
Housing	
Social Services general switchboard	
Handy Person Scheme	
Care line Emergency Alarm System	
Meals	
Community food coordinator (Meals on Wheels)	
Finances	
Macmillan Benefits Advice Line	0800 801 0304
Benefits Advisor at the Lynda Jackson Centre at Mount Vernon Hospital	
Benefit Inquiry Line (Department of Work and Pensions)	0800 882200
Citizens advice bureau (CAB) Call for details of your local office	0870 126 4021
Social Services	
Older Adult Social Services	
People with physical and sensory disabilities team	

Transportation	
Dial a Ride Membership application is available to download from www.tfl.gov.uk/gettingaround/1187.aspx	0845 9991 999
London Taxi Card Scheme	0207 4842929
Blue Badge scheme (Civic Centre)	
Wheelchair loan service	0208 581 5502
* Hospital Transport	
General inquiries	
** PALS (Patient Advice & Liaison Service)	
hospital PALS	
Primary Care Trust PALS	
'PICS' Service User Involvement (Patients Improving Cancer Services)	

* Hospital Transport

Ask your hospital medical team for assistance in contacting the hospital transport service 'Door2Door' to help you with non-urgent transport to and from the xxxx and xxxx Hospital

** PALS

A service introduced into every NHS Trust. PALS a supportive service, providing advice, information and offering on the spot help to patients, carers and relatives by working in partnership with hospital staff.

4. Raha (c)

- Tänane „Tervishoiuteenuste loetelu“ ei arvesta palliatsiooni vajadusi/eripärasid: puuduvad vajalikud teenused või kirjeldatud teenused ei vasta

Näide

Tervishoiuteenuse nimetus	Kood	Piirhind kroonides
Eriarsti esmane vastuvõtt	3002	188
Eriarsti korduv vastuvõtt	3004	149
Kliinilise psühholoogi vastuvõtt eriarsti suunamisel	3007	349
Õe või ämmaemanda iseseisev vastuvõtt	3008	71

§ 76. Määruse rakendamine

(6) Kuni **31. detsembrini 2010.** a võib koodiga 3007 tähistatud tervishoiuteenust osutada ka psühholoog.

Vahekokkuvõte 3

Palliatiivravi arengu allikate rakendatus ei ole piisav

Tegevuskava

1. Materiaalsed ressursid
2. Inimesed
3. Struktuur
4. Protsessid

1. Materiaalsed ressursid

- (Ühine baas aktiivraviga keemia- ja kiiritusravis)
- Valuravi kabinet
- Palliatsioonipsühholoogi kabinet
- Sotsiaaltöötaja kabinet
- Valuravi voodid Hiule (8-10)
- Iseseisva palliatiivravi osakonna loomiseks pole ruume

2. Inimesed

- Meeskonnajuht (arstlik?/õendus?)*
- Valuravitiim (dr.P.Sillaste, dr.M.Kolk)
- Psühholoogid* ja sotsiaaltöötajad*
- Palliatsiooni monitorid aktiivravi struktuuris**
- Individuaalne palliatsioonikoordinaator (HK poolt rahastamata)**

HK poolt osaliselt* või täielikult** rahastamata

3. Korraldus haiglas

- interdistsiplinaarne meeskond ametlikult määratud juhiga
- palliatsiooni ja valuravi voodid

4. Korraldus üldisemalt

- statsionaarne palliatsioon
- **kodune palliatsioon !**

Vahekokkuvõte 4

Regionaalhaigla



Palliatiivravi areng on võimalik, kuid täna peab see paljuski toimuma millegi olemasoleva arvelt

Kokkuvõte

1. Tõenduspõhise palliatiivravi kaasaegne kontseptsioon on palju komplekssem kui lihtsustatud argikäsitlused
2. Palliatiivravil on mitu potentsiaalset huvirühma
3. Arengu allikad ei tööta veel täielikult palliatiivravi huvides
4. Palliatiivravi areng Eestis on võimalik ja see nõuab mitmete - ka haiglaväliste - osapoolte panust

Kui Teil on oma perearst, hambaarst ja võib-olla ka günekoloog, siis kas Teil on ka oma palliatsioonispetsialist või oma hospis, mida vajadusel kasutate?

Täna tähelepanu eest!