



Palliative Care- it takes a village

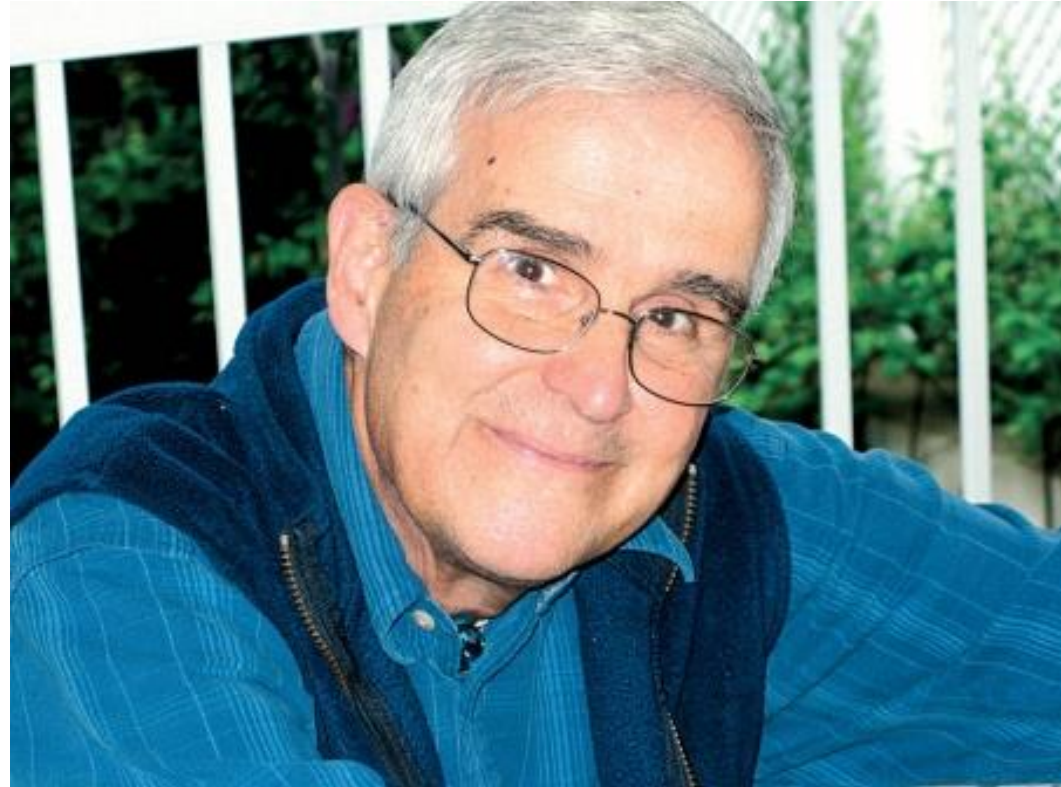
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Director of Education,
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Outline

- What is Palliative Care?
- Why Palliative Care?
- When is Palliative Care delivered?
- Whom is Palliative Care for?
- Where can it be delivered?
- How is Palliative Care delivered?
- What are the challenges ?
- Looking into the future

“Palliative”

- Means “relieve or lessen without curing”
- From Latin root word “palliat” = “cloaked or covered”

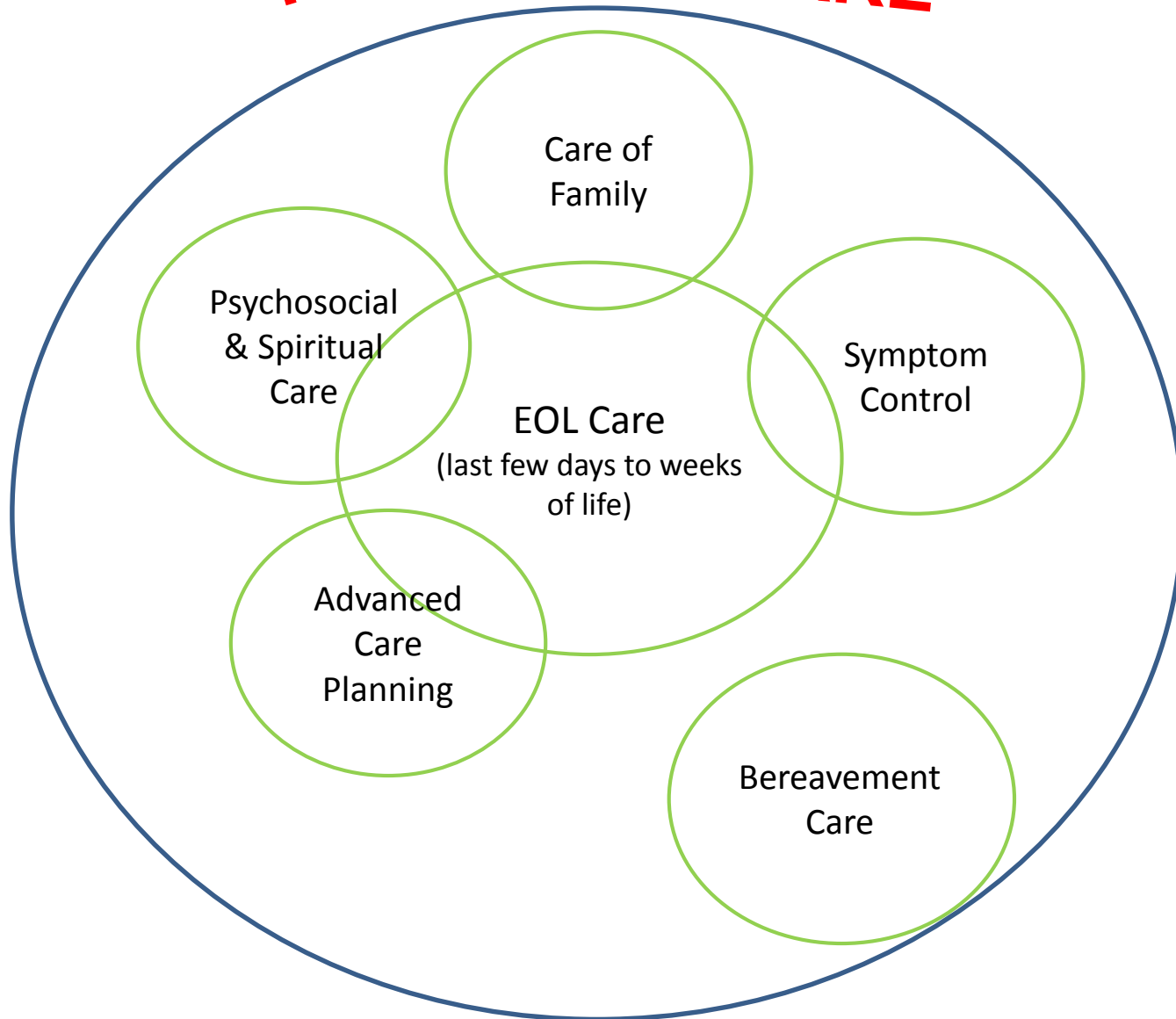


PALLIATIVE CARE



National Cancer
Centre Singapore

SingHealth



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Ageing in Singapore

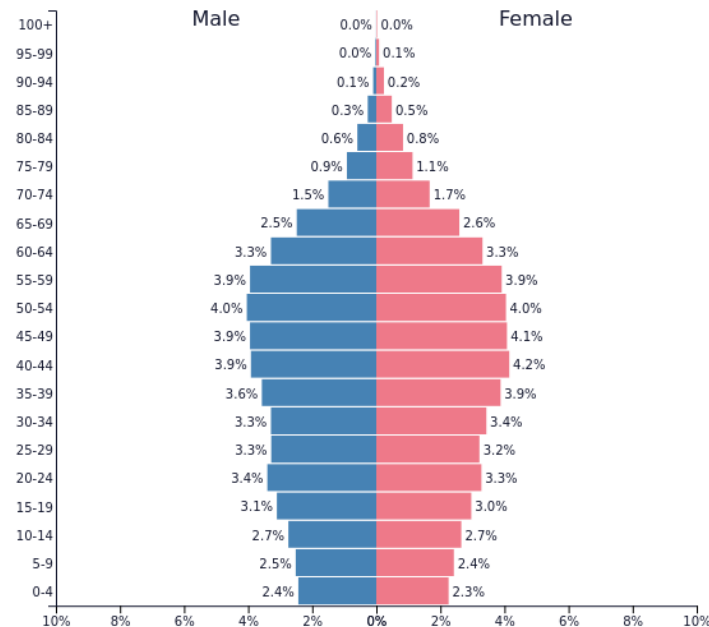


National Cancer Centre Singapore

SingHealth

	2017	2030	2050
Total population	5.71m	6.34m	6.58m
>65years old	886,000	1.8m	3.08m
<15 years old	855,00	806,000	722,000
Dependency ratio (adult to child & elderly)	2:1		1:1

UN World Population Ageing Report 2017

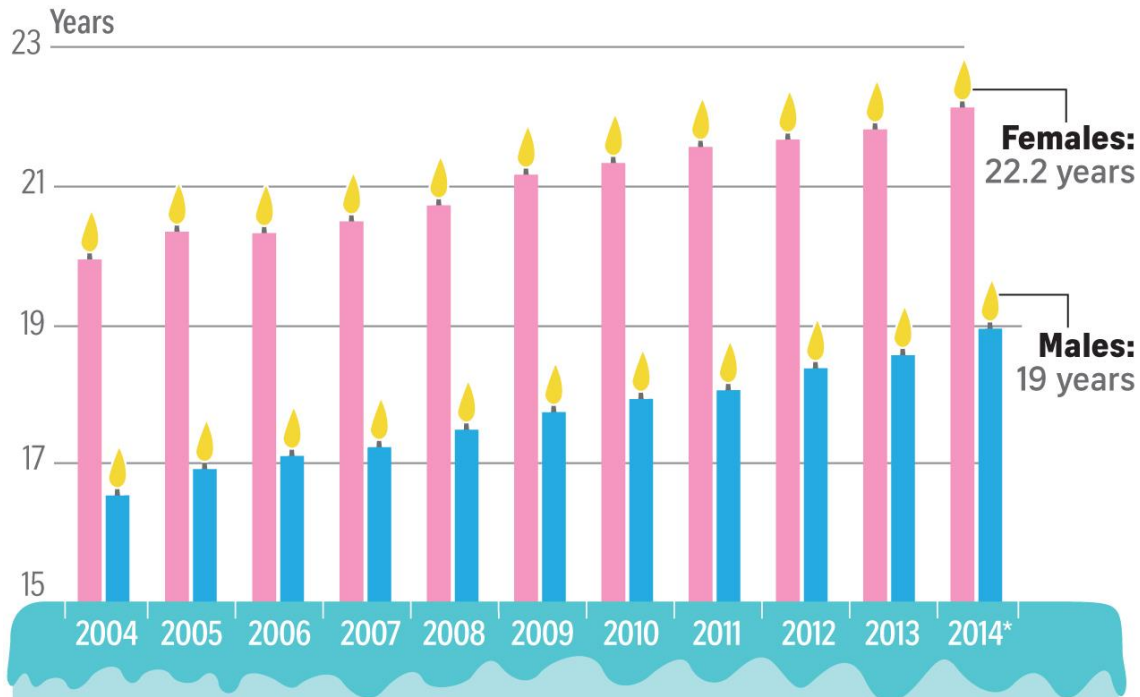


PopulationPyramid.net

Singapore - 2017
Population: 5,784,537

People here living longer

Life expectancy at age 65 of Singapore resident population



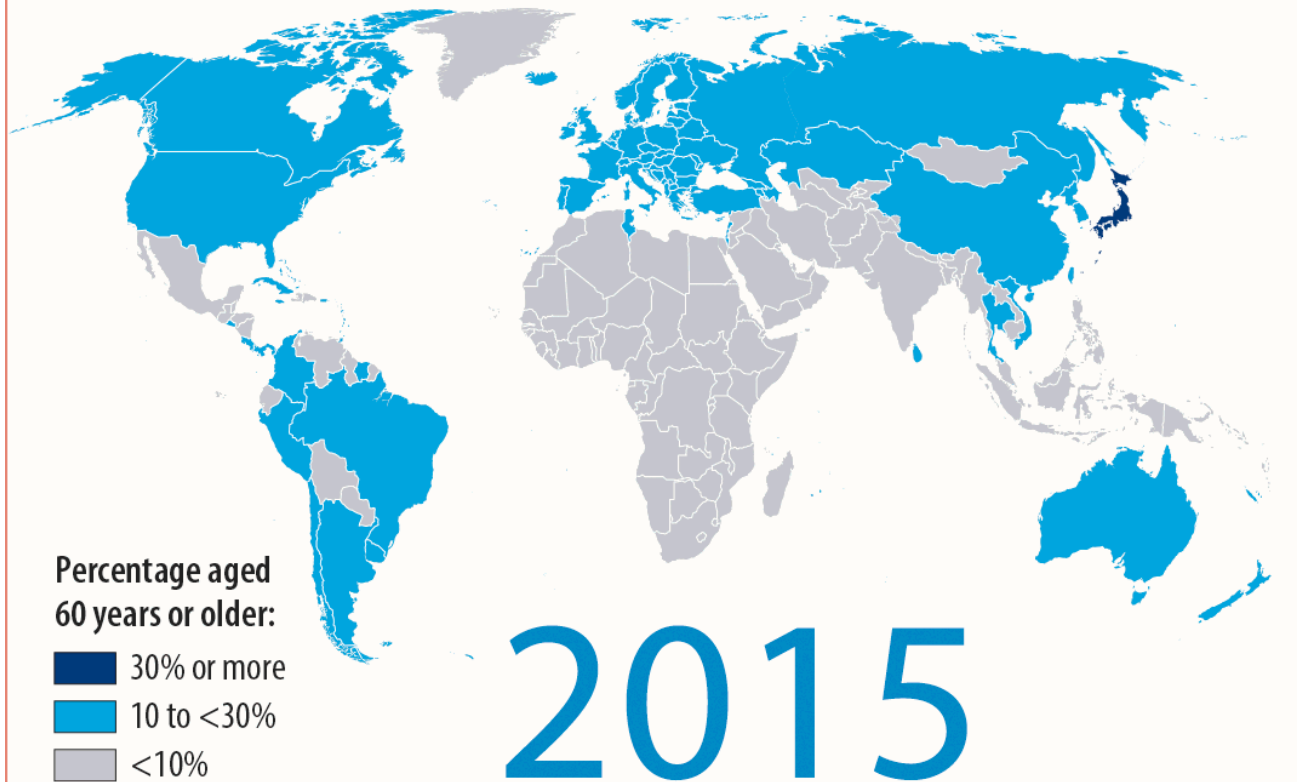
Life expectancy at other ages

Age	70	75	80	85	90	95	100
Years	16.8	13.2	10.1	7.5	5.4	3.8	2.6

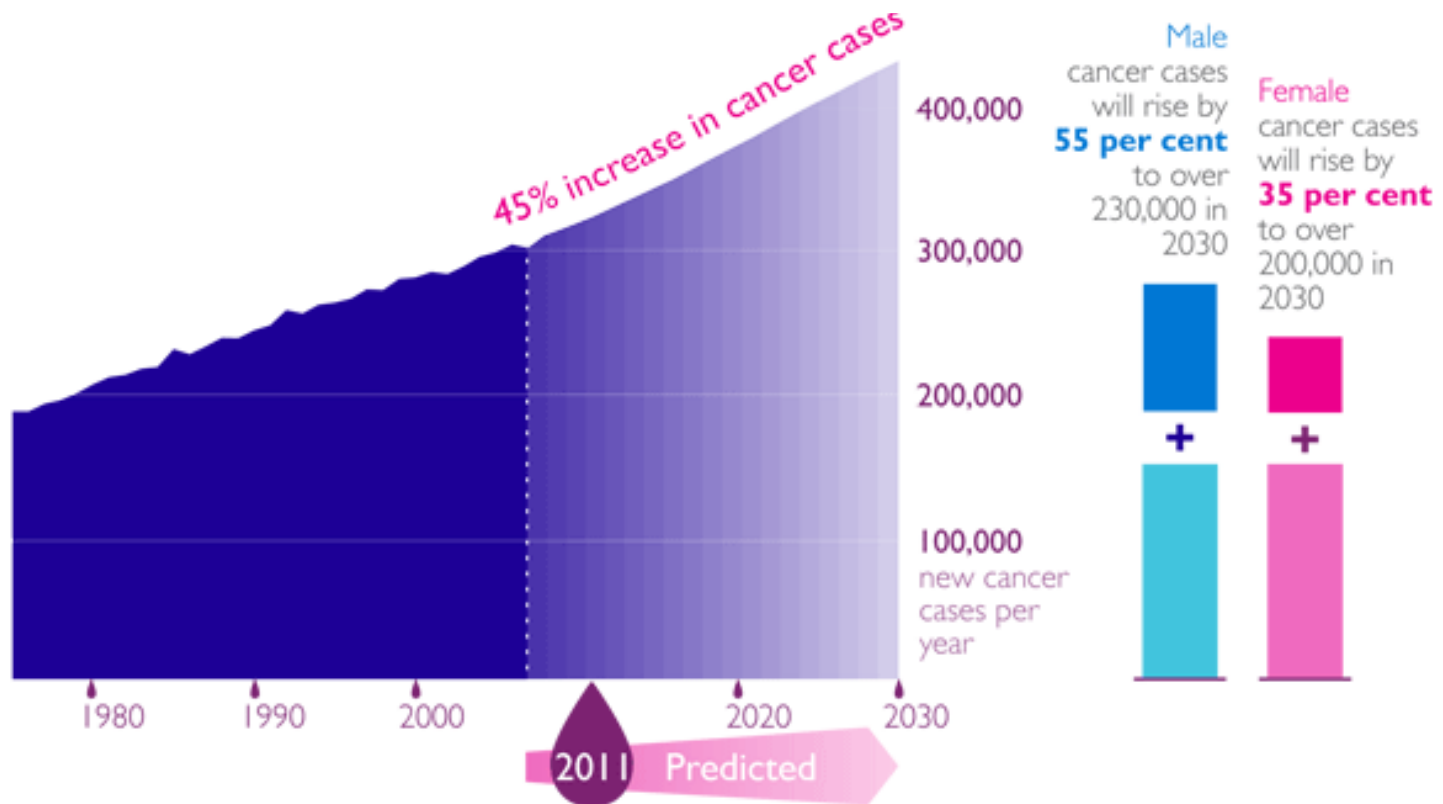
* Preliminary

Source: SINGSTAT ST GRAPHICS

Populations are getting older



The Tsunami of Cancer

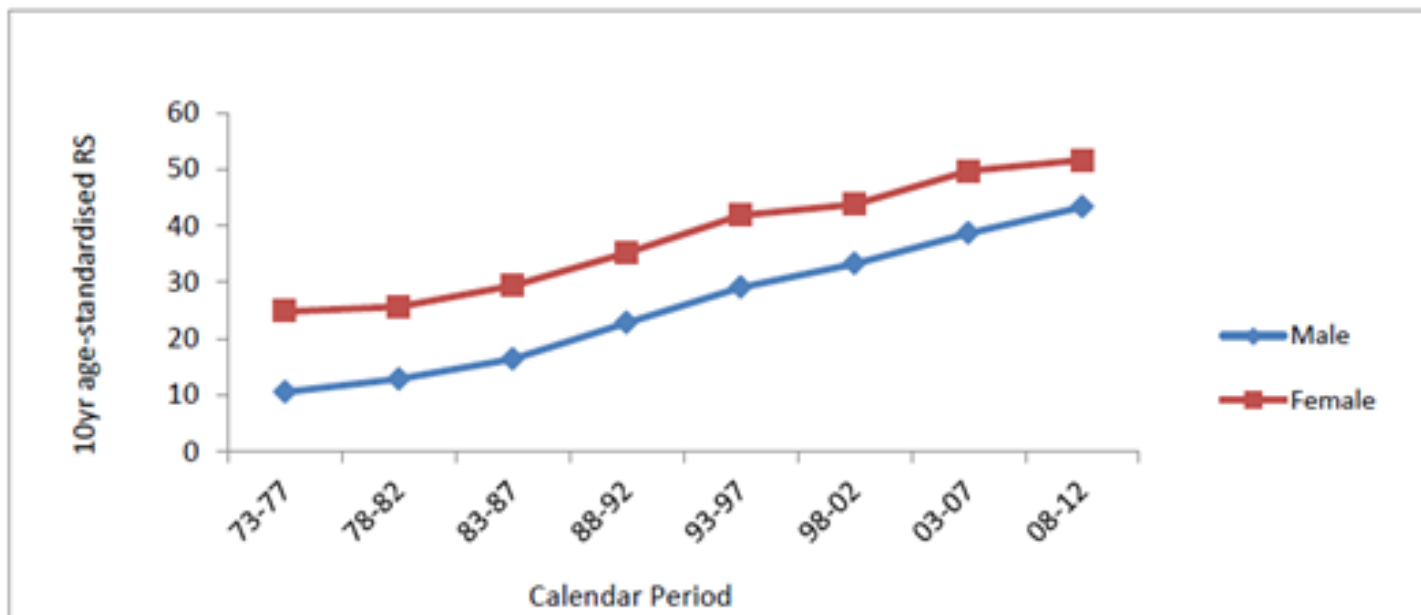


Incidence of cancer expected to double with 17 million deaths by 2030 (Boyle, Lancet 2006)

Cancer Survivors in Singapore

- Overall survival rates for all cancer types have improved significantly owing to advancements in cancer therapeutics and detection

Trends in 10-year ASRS of all cancers by gender



Patients with advanced cancers are also living longer

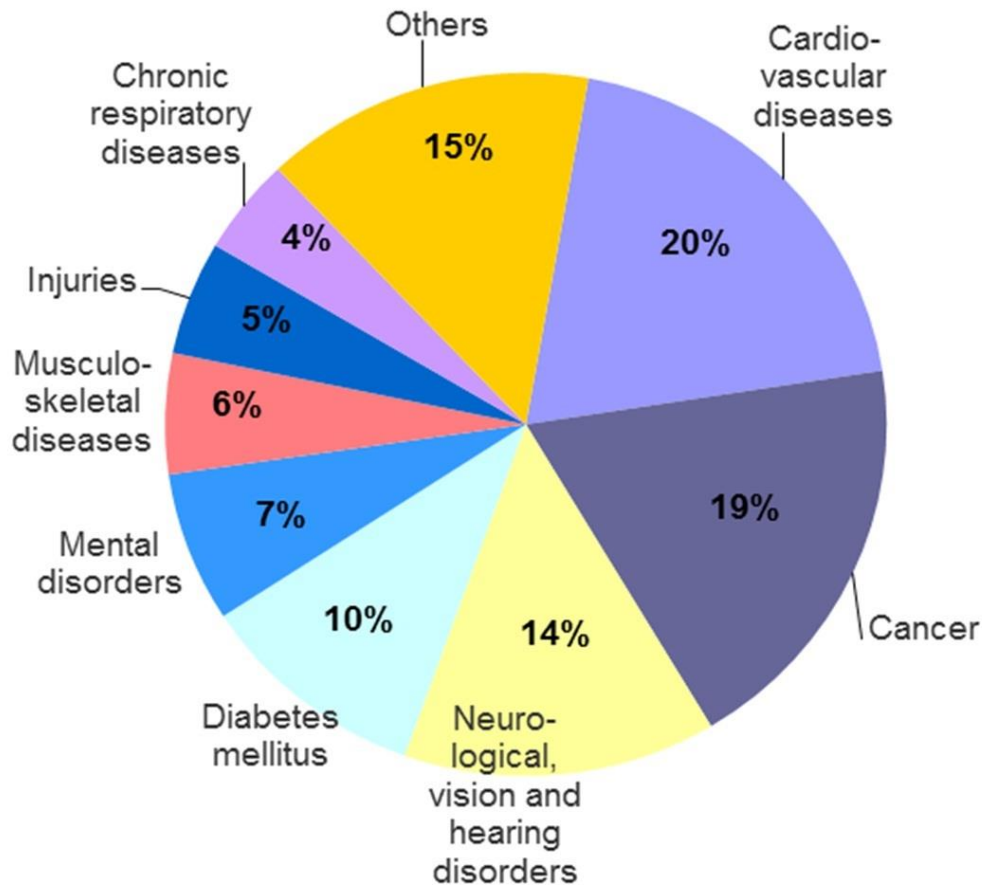
5-year age-standardized observed survival rates for stage 4 cancers

	2005 to 2009	2010 to 2014
Breast	19.92 (15.93 to 24.23)	19.47 (16.71 to 22.39)
Cervical	3.37 (0.40 to 12.48)	20.52 (13.63 to 28.41)
Colorectal		
Male	6.81 (4.98 to 9.01)	10.15 (8.29 to 12.23)
Female	7.72 (5.57 to 10.32)	10.61 (8.60 to 12.85)
Ovarian	11.58 (6.66 to 17.98)	14.10 (9.69 to 19.32)
Uterine	15.08 (8.69 to 23.12)	11.32 (6.99 to 16.80)
Prostate	35.88 (30.67 to 41.11)	38.34 (34.76 to 41.90)
Lung		
Male	1.45 (0.92 to 2.18)	3.14 (2.42 to 4.01)
Female	3.40 (2.14 to 5.11)	4.82 (3.66 to 6.20)

Cancer is a disease of the Aged

- 50-60% of new cancer cases are in those ≥ 65 of age
- 1 in 3 persons ≥ 70 years old will develop cancer
- $>70\%$ of cancer deaths are in the elderly

Many chronic life-limiting illnesses are diseases of the elderly



Total of 399,675 life years lost due to mortality and ill-health in 2010

Many people will be living with cancer AND chronic life- limiting illnesses and eventually dying from one or more of the conditions

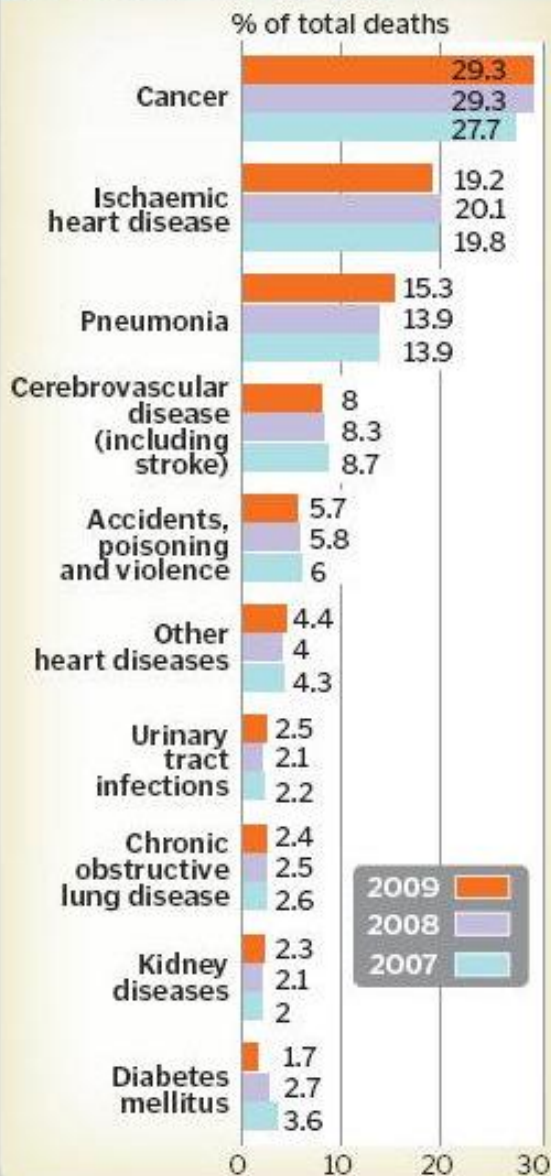
HOW WE DIE

RISING NUMBERS

Number of people with these diseases at the time of death

Disease	2007	2020 (projections)	% increase (2020 v 2007)
Cancer	4,639	6,131	32.2
Stroke	1,783	2,461	38
End-stage renal disease	479	841	75.7
Chronic obstructive pulmonary disease	468	489	4.4
Congestive heart failure	225	209	-7
Dementia	111	191	72.4
Chronic neurological diseases	86	112	30.1
Other conditions	8,254	9,621	16.6
Total	16,045	20,056	25

TOP 10 CAUSES OF DEATH

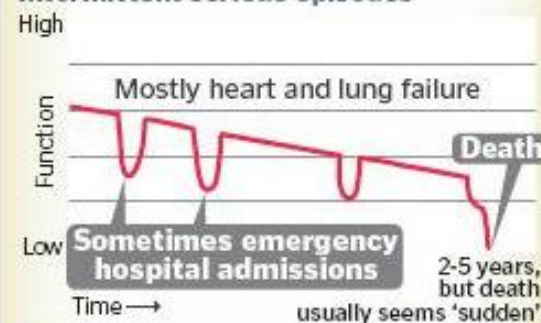


ILLNESS TRAJECTORIES

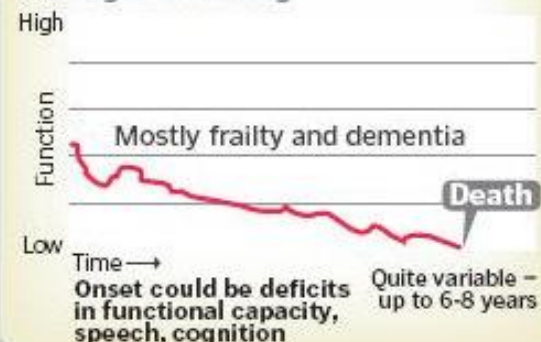
Short period of evident decline



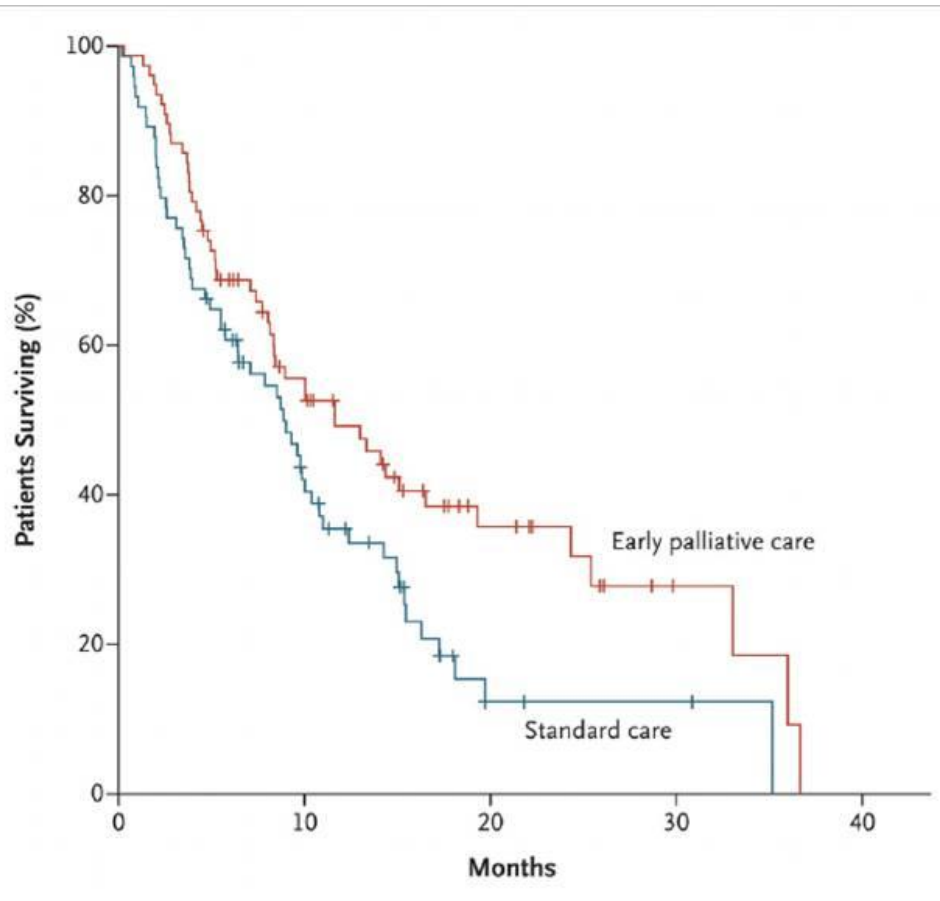
Long-term limitations with intermittent serious episodes



Prolonged dwindling

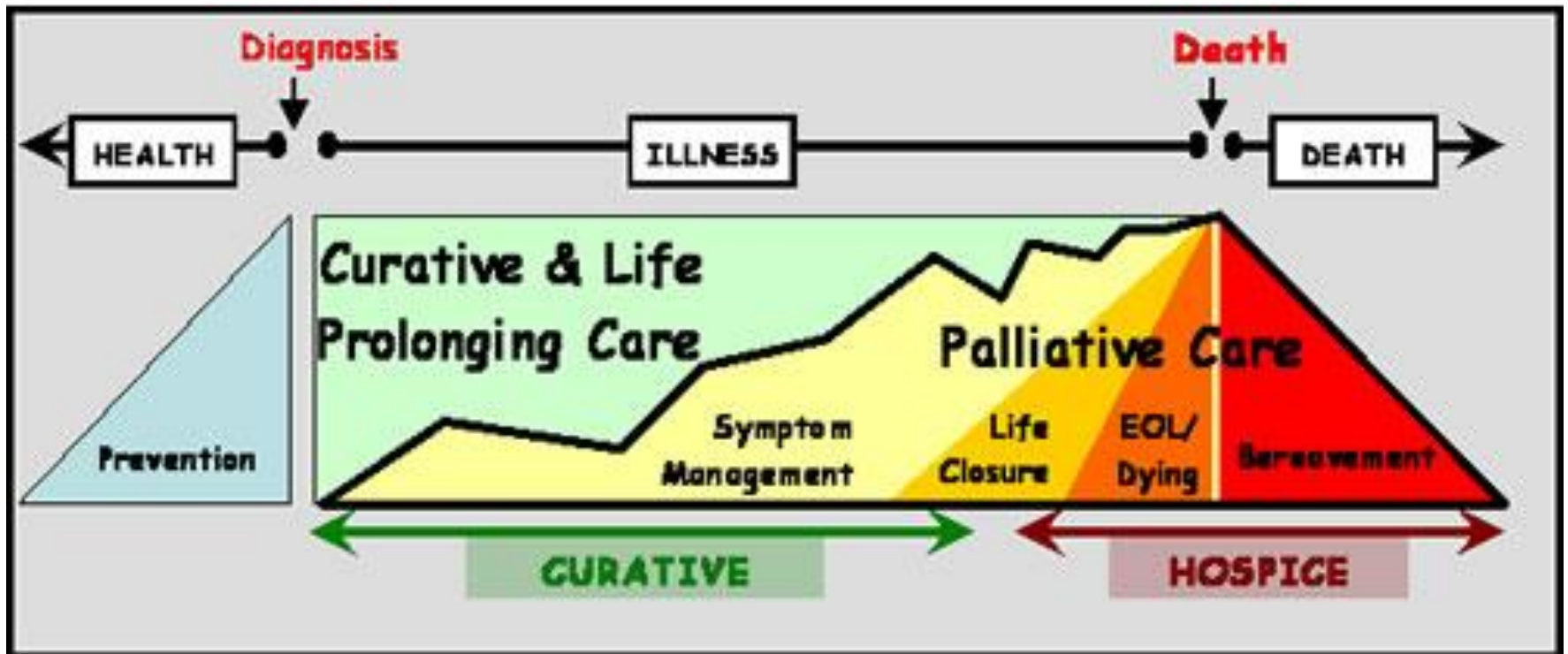


Palliative Care is better delivered early than late



- Early Palliative Care for metastatic NSCLC
- Improvement in QoL, depression & survival
- Better quality care at EOL- lower rate of iv chemo near EOL, longer LOS in hospice

Temel et al NEJM 2010

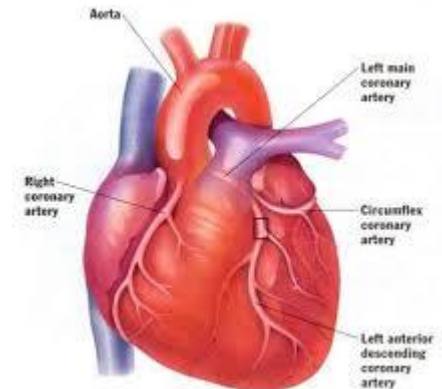
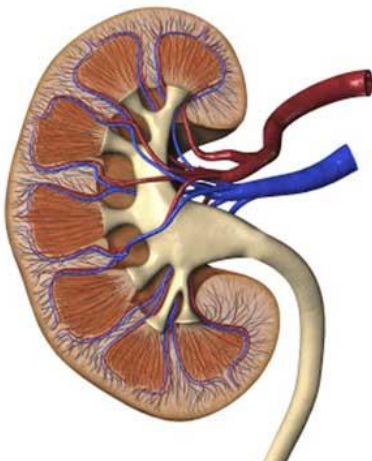


Who is Palliative Care for ?



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Where can Palliative Care be delivered?

Wards, ICUs, ED, clinics



Home



Inpatient/Day Hospice



Nursing Home



Types of Palliative Care Services in Singapore



Home Hospice



Inpatient Hospice

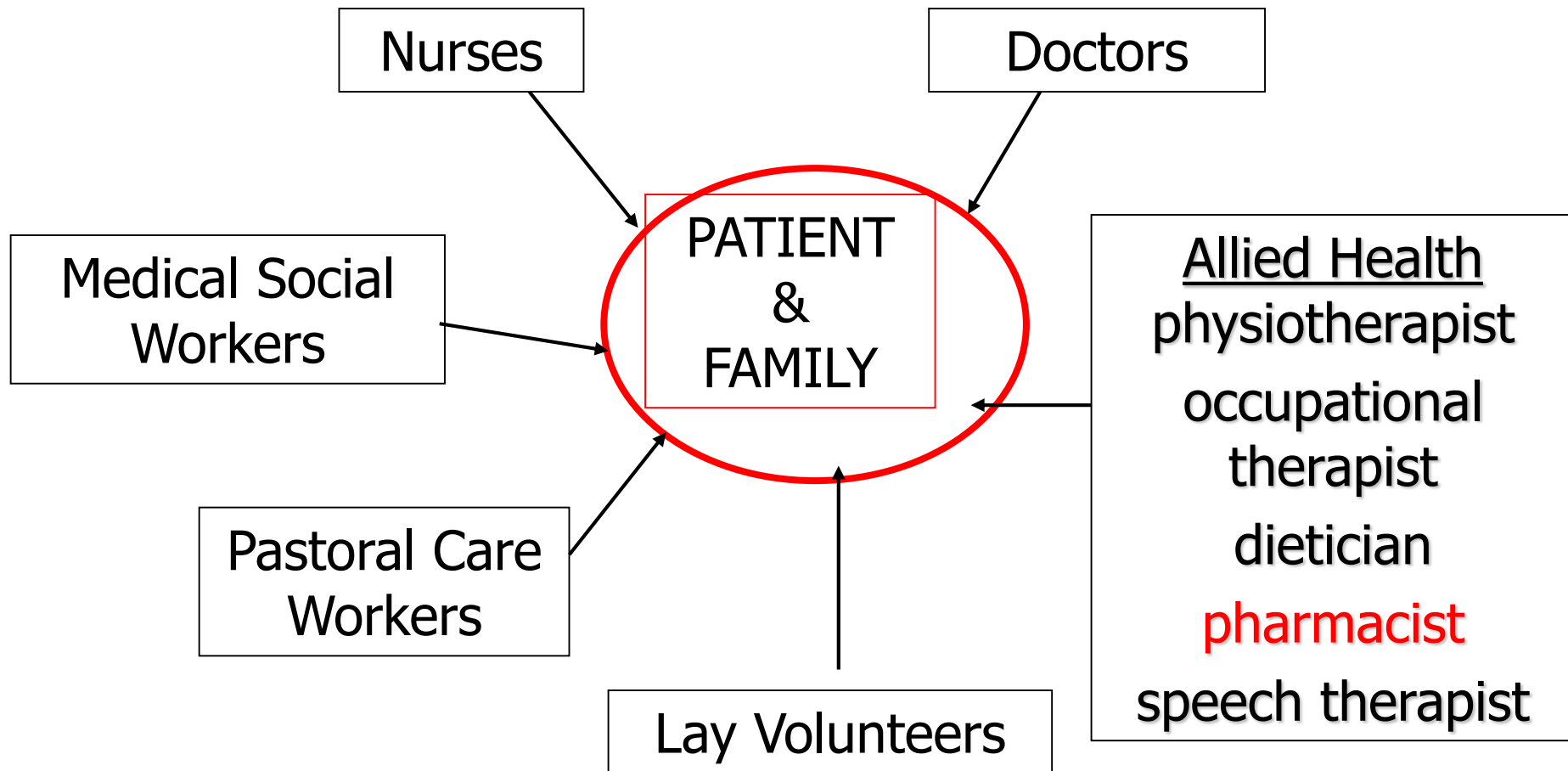


Starpals

Day Hospice



Palliative Care is team work



Challenges

- By 2020, >10,000 patients will need palliative care
(MOH data)



UK 0.8 FTE per 100,000 population
Australia 0.5 FTE per 100,000 population
Spore 0.6 FTE per 100,000 population



11 APNs, 60 Advanced diploma
198 Specialist diploma



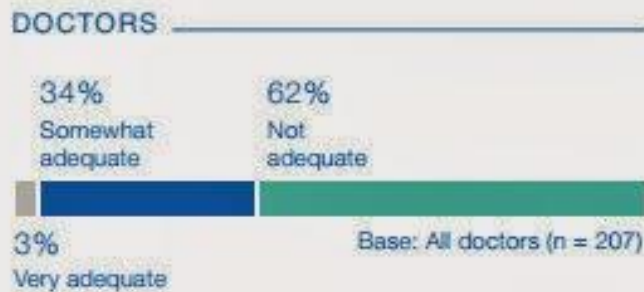
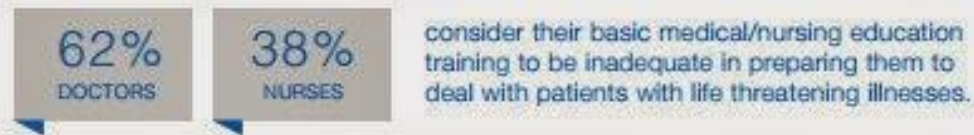
MSWs 86



Pharmacists 22

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Basic Medical & Nursing Education Seen to be Inadequate in Supporting Terminally Ill Patients



Lien Foundation survey 2014

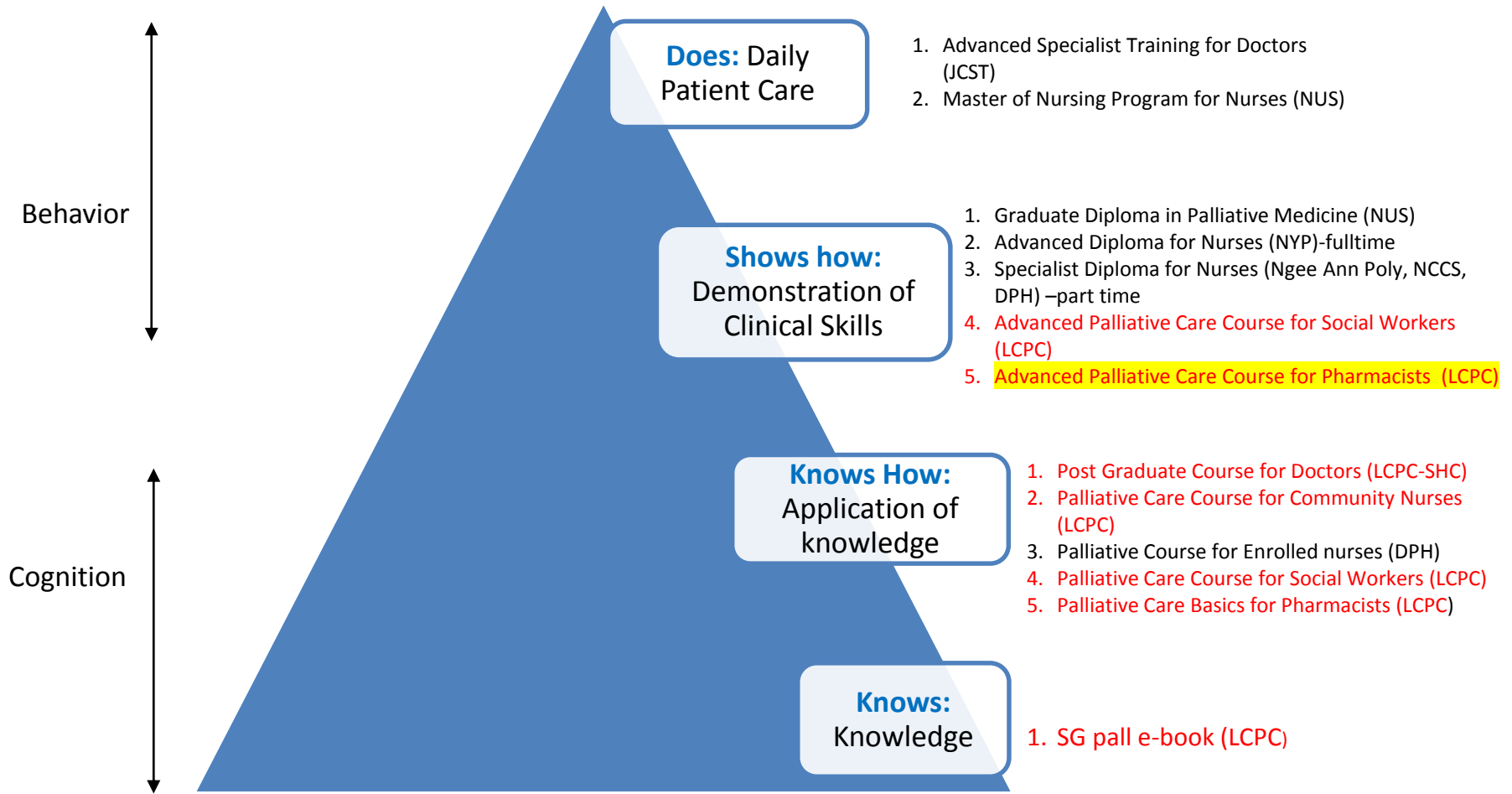
Palliative Care can be delivered at 2 levels



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	Generalist Palliative Care	Specialist Palliative Care
Skill Sets	<p>Basic management of pain and symptoms</p> <p>Basic management of depression and anxiety</p> <p>Basic discussion about prognosis, goals of care, suffering, resuscitations status</p>	<p>Management of refractory/complex pain and symptoms</p> <p>Management for more complex depression, anxiety, grief, existential distress</p> <p>Assistance with conflict resolution regarding goals or methods of treatment within families, between staff & families, and among treatment teams.</p> <p>Assistance in addressing cases of near futility</p>
Providers	<p>In community : GPs, nursing , allied health staff</p> <p>In hospitals: General medical & surgical teams, specialist teams (e.g. cardiac, renal, neurology, respiratory, oncology, ICU)</p>	<p>Specialist palliative care teams (multidisciplinary)</p> <p>Can be based in hospital, inpatient hospices, palliative care wards in community hospitals, home hospice services</p>

Palliative Care courses in Singapore mapped to Miller's Pyramid of Clinical Competence



Pharmacist course

- 1st local certificate course in palliative care for in-service pharmacists.
- Part 1 : foundational principles and practice of palliative care
- Part 2 : more advanced-level topics
- Blended learning format : online, 3 face to face sessions, clinical attachments
- Taught by experienced pharmacists, doctors and social workers
- Assessments built in
- Community of Practice



Video

THANK YOU