Palliative and Supportive Care In Turkey: Literature Review and Current Status of Research

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Outline

• Palliative Care Definition
• Palliative Care Literature Review-Turkey
• Current Status of Research
Palliative Care

- Latin `Palliat (Palliare)`
  - Cloaked

- English `Palliative`
  - Relief, alleviation
Palliative Care

- Focuses to improve quality of life of patients and caregivers of advance life threatening disease
- Relieves physical, psychosocial, spiritual symptoms of diseases regardless of diagnosis
- Given as an extra layer of support by specialized team members concurrent to treatment
Dichotomous Model

Curative, Life-prolonging treatment

Palliative Care

Diagnosis —> Death

Concurrent Model

Treatment

Palliative Care —> Bereavement

Diagnosis —> Death

World Health Organization recommends concurrent palliative care model.
Palliative Care

Key Elements

- Population
- Patient-Family Centered Care
- Timing
- Relief of Suffering
- Bereavement Care
- End-of-Life Care
- Communication skills
- Interdisciplinary Team
- Accessibility
- Continuity of Care across Settings
- Quality Assessment
- Performance Improvement
Palliative Care

- Structure and Process of Care
- Physical Aspects of Care
- Psychological and Psychiatric Aspects of Care
- Social Aspects of Care
- Cultural Aspects of Care
- Care of the Imminently Dying Patient
- Ethical and Legal Aspects of Care
Palliative Care
World Milestones

1842
1st Palliative care unit, France

1967
1st hospice, England

1974
1st hospice & unit in USA, Canada

1980s
Transition to non-hospice palliative care

1990s
End-of-Life Care Discussion
SUPPORT

2002
WHO Palliative Care definition

2000-2010
JCI Accreditation Guidelines

2000-2010
Training opportunities

2010-....
Improvement in Care
Palliative Care
Turkey Milestones

1990
Awareness
Focus on Cancer

2005
Palyatif care units

2006
Palyatif care association

2008
National Palliative Care Program Action Plan

2009
National Cancer Action Plan Palliative Care Services

2010
Pallia Turk Project

2014
ELNEC 2014
MECC Regulations

2015-....
Regulations and widened services
Aim & Methodology

- To examine the current literature on palliative and supportive care in Turkey, discuss current status and future research areas

- Conducted as a literature review (October 12-16, 2015) - focused on palliative and supportive care studies done in Turkey

- Databases
  - PubMed, Turkish National and Dissertation databases through Turkish Academic Network and Information Center
Aim & Methodology

- **Keywords**
  - “Turkey/Turkish”, “palliative care”, “supportive care”

- **Inclusion and Exclusion**
  - Palliative and supportive care papers from Turkey, English or Turkish language included
  - Letters to the editor, commentaries, conference abstracts excluded
Aim & Methodology

224 hits

Review of title and abstracts

38 selected

Satisfied inclusion criteria

Total 38 included

18 research  14 review  6 dissertation
Results

- First publication in 1996 – review focus on cancer and palliative care
- Scarce pubs between 1996-2005
- 18 research pubs
- 14 review pubs
- 6 dissertation
Results
Research Pubs

Years of Pubs

<table>
<thead>
<tr>
<th>Year</th>
<th>Pubs</th>
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<tbody>
<tr>
<td>2008</td>
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<td>2012</td>
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<td>2013</td>
<td>2</td>
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<tr>
<td>2014</td>
<td>7</td>
</tr>
<tr>
<td>2015</td>
<td>6</td>
</tr>
<tr>
<td>Views and knowledge about pall care</td>
<td>Pub</td>
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</tbody>
</table>
| Students' views about doctor-patient communication, chronic diseases and death.  
Ozcakir A et al, 2008 | | Palliative care is a need  
Communication skills |
| Fifth-year medical students' knowledge of palliative care and  
their views on the subject.  
Eyigor S, 2013 | | Curriculum development |
| The Perspective of Non-oncologist Physicians on Patients with  
Metastatic Cancer and Palliative Care (ALONE Study): A Study of  
Turkish Oncology Group (TOG).  
Tanriverdi O, et al, 2015 | | Half don’t aware of palliative care approach |
| Turkish healthcare professionals' views on palliative care.  
Turgay G, Kav S, 2012 | | Personnel education, raising awareness |
| Knowledge about palliative care in the families of patients  
Kahveci K, Gokcinar D, 2014 | | Raise awareness |
| Attitudes and experiences of nurses toward death and caring  
for dying patients in Turkey.  
Cevik B, Kav S, 2013 | | Strain in death and dying conversation |
| Evaluation of Managerial Needs for Palliative Care Centers:  
Perspectives of Medical Directors.  
Kafadar D, et al, 2015 | | Increase the knowledge,  
improvement working environment |
<table>
<thead>
<tr>
<th>Use and effect of pall care end of life care</th>
<th>Pub</th>
<th>Conclusion</th>
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<tbody>
<tr>
<td>Use of blood transfusion at the end of life: does it have any effects on survival of cancer patients? Goksu SS, et al, 2014</td>
<td>Continuum of transfusion improves survival</td>
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</tr>
<tr>
<td>Investigational tests and treatments performed in terminal stage cancer patients in two weeks before death: Turkish oncology group (TOG) study. Türker İ, et al, 2014</td>
<td>National palliative care program development and improve access</td>
<td></td>
</tr>
<tr>
<td>Educating medical students about the personal meaning of terminal illness using the film, &quot;Wit&quot;. Ozcakir A, Bilgel N, 2014</td>
<td>Focus on biopsychosocial care approach</td>
<td></td>
</tr>
<tr>
<td>Examining the effect of the case management model on patient results in the palliative care of patients with cancer. Ozcelik H, et al, 2014</td>
<td>Case management improved satisfaction and QoL</td>
<td></td>
</tr>
<tr>
<td>Survival effect of supportive care services for Turkish patients with metastatic gastric cancer. Namal E, et L, 2015</td>
<td>Supportive care improved survival</td>
<td></td>
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</tbody>
</table>
## Research Pubs

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Pub</th>
<th>Conclusion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Comparison of the symptoms reported by post-operative patients with cancer and nurses' perception of patient symptoms</td>
<td>Guner CK, et al, 2014</td>
<td>Standardized symptom assessment</td>
</tr>
<tr>
<td>Hopelessness, depression and social support with end of life Turkish cancer patients</td>
<td>Şahin ZA, et al 2013</td>
<td>Depression levels higher in Metastatic, radiotherapy patients</td>
</tr>
<tr>
<td>Symptoms seen in inpatient palliative care and impact of palliative care unit on symptom control</td>
<td>Uysal N, et al 2015</td>
<td>Pain, well being, insomnia and anorexia improved</td>
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<th>Caregivers</th>
<th>Pub</th>
<th>Conclusion</th>
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<tr>
<td>Determining the satisfaction levels of the family members of patients with advanced-stage cancer</td>
<td>Ozcelik H, et al, 2015</td>
<td>Satisfied with information sharing, access to care, physical care</td>
</tr>
<tr>
<td>Depression and socio-economical burden are more common in primary caregivers of patients who are not aware of their cancer: TURQUOISE Study by the Palliative Care Working Committee (TOG)</td>
<td>Tanriverdi O, et al, 2015</td>
<td>Being not aware of cancer diagnosis is a risk factor for depression</td>
</tr>
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Reviews

- Pediatric PC
- PC concept
- Terminal PC
- Cancer PC
- CAM
- Death, dying
- Home PC

2004 | 2006 | 2007-8 | 2009 | 2010
Dissertations

<table>
<thead>
<tr>
<th>Dissertation</th>
<th>Conclusion</th>
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<tbody>
<tr>
<td>Care placement preference of pall care patients Aksakal H, 2014</td>
<td>Home care</td>
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<tr>
<td>Pall care for cancer patients Akyüz S, 2014</td>
<td>Pall care unit pts satisfied</td>
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<tr>
<td>GYN-ONC nurses pall care knowledge levels and practices Uslu F, 2013</td>
<td>Clinical care guidelines needed</td>
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<tr>
<td>Nurses and physicians care and practices for cancer childs Çakıcı IN, 2010</td>
<td>Need for end of life care</td>
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<td>Healthcare professionals' views on palliative care. Turgay G, 2010</td>
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<td>Effect of the case management model on patient results in the palliative care of patients with cancer. Ozcelik H, 2012 PhD</td>
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Conclusion

- Palliative care in Turkey is still on development phase
  - as generalized palliative care provision
- Research focus
  - Cancer patients and symptom management
  - Descriptive
- NEED
  - Community based action and intervention research
  - Research for chronic conditions
  - Care model development
  - Focus on caregivers
  - Improve education of health care professionals
  - Widen and improve system infrastructure for country
TESEKKURLER ...

Looking forward to see you in Turkey 😊