



Enhanced Psychosocial Service in Palliative Care

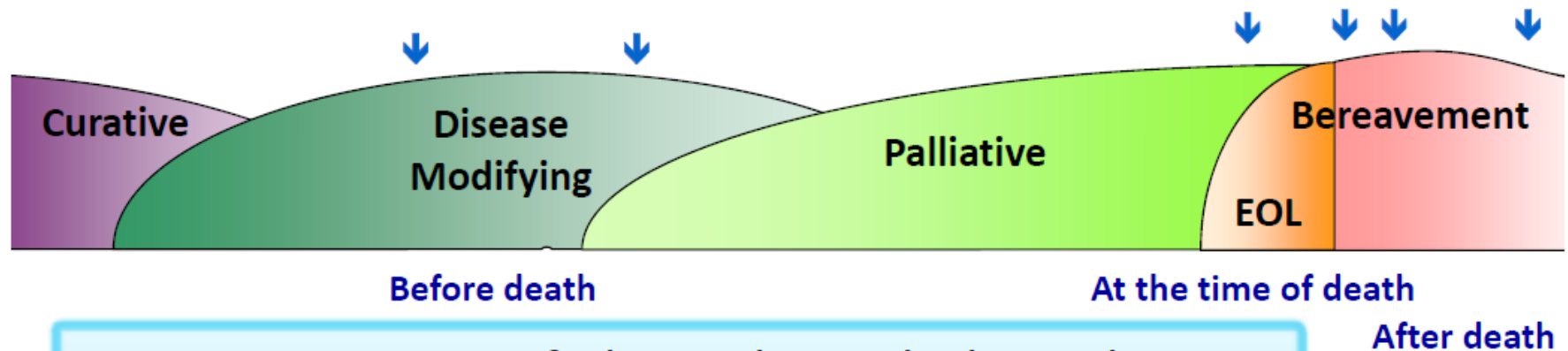
HA Convention
7 May 2014

WHO Definition of Palliative Care

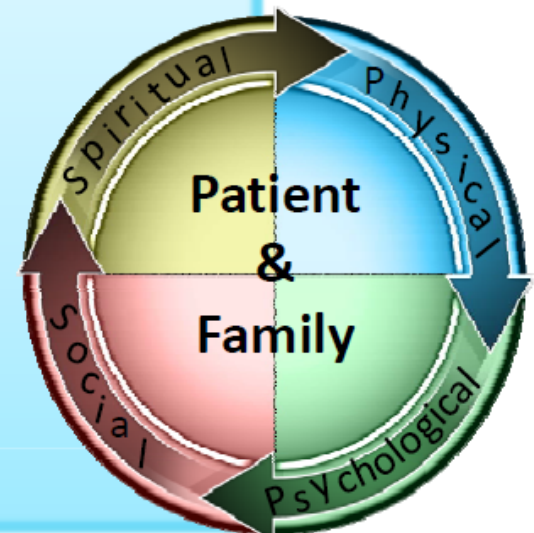
- relief from pain and other symptoms;
- affirms life;
- neither to hasten or postpone death;
- integrates the psychological and spiritual aspects of patient care;
- offers a support system to help patients live as actively as possible
- offers a support system to help the family cope
- team approach
- enhance quality of life
- is applicable early in the course of illness



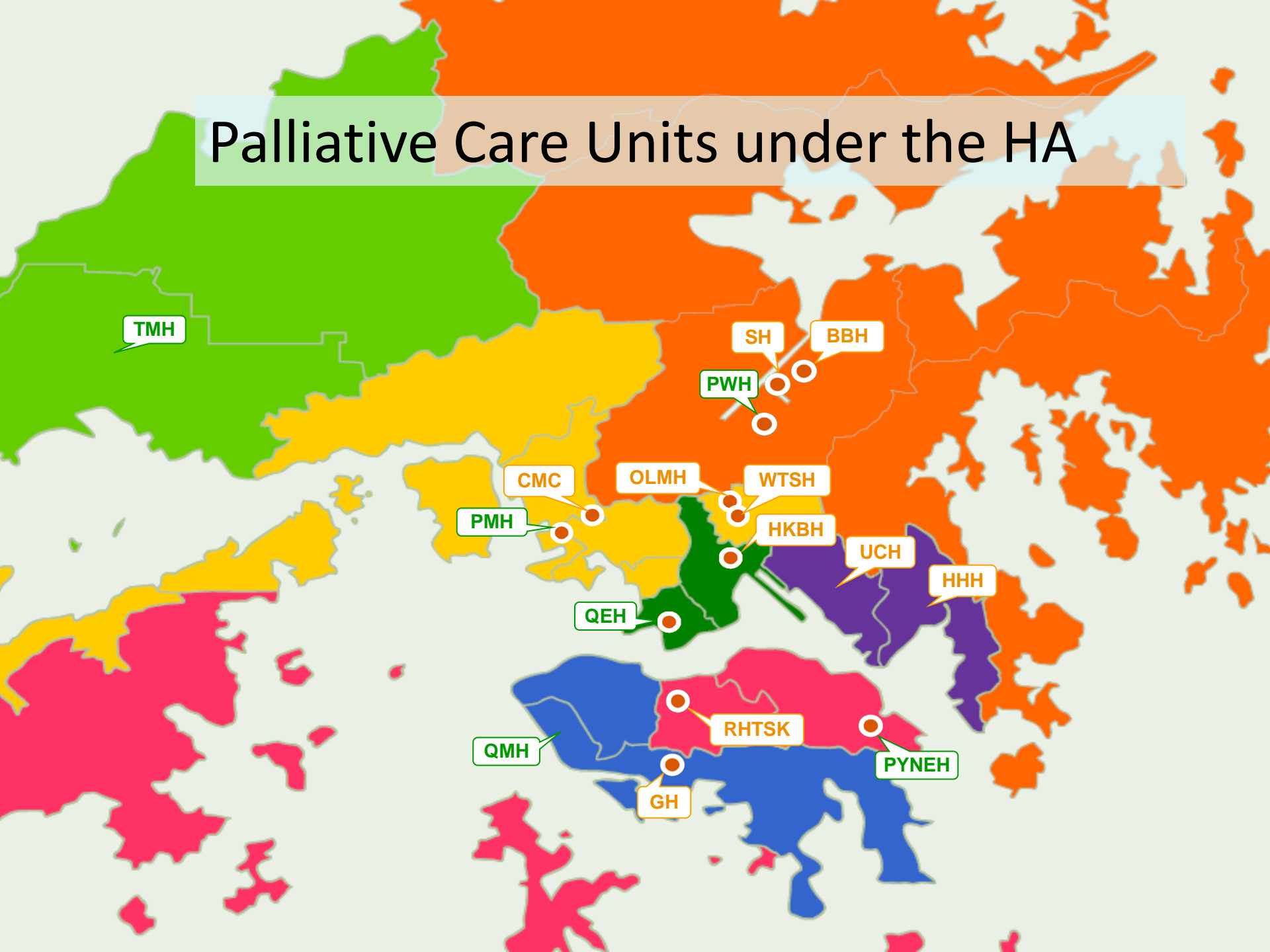
Characteristics of Psychosocial Care



- Interconnection of physical, psychological, social & spiritual aspects
- Need-based
- Key time points of psychological stress
- Targeting patients and family caregivers
- Multidisciplinary involvement
- Collaboration with community service providers and volunteers



Palliative Care Units under the HA





Background

- 2009: Trent Bereavement Audit identified service gaps
- 2010: Multidisciplinary working group (doctors, nurses, MSWs, CPs) under CCPC - Structured Psychosocial Care Model
- 2011: Presentation of an annual plan & service framework at SMM
- 2012: Enhanced Psychosocial Service with additional manpower in MSW, CP and PCA



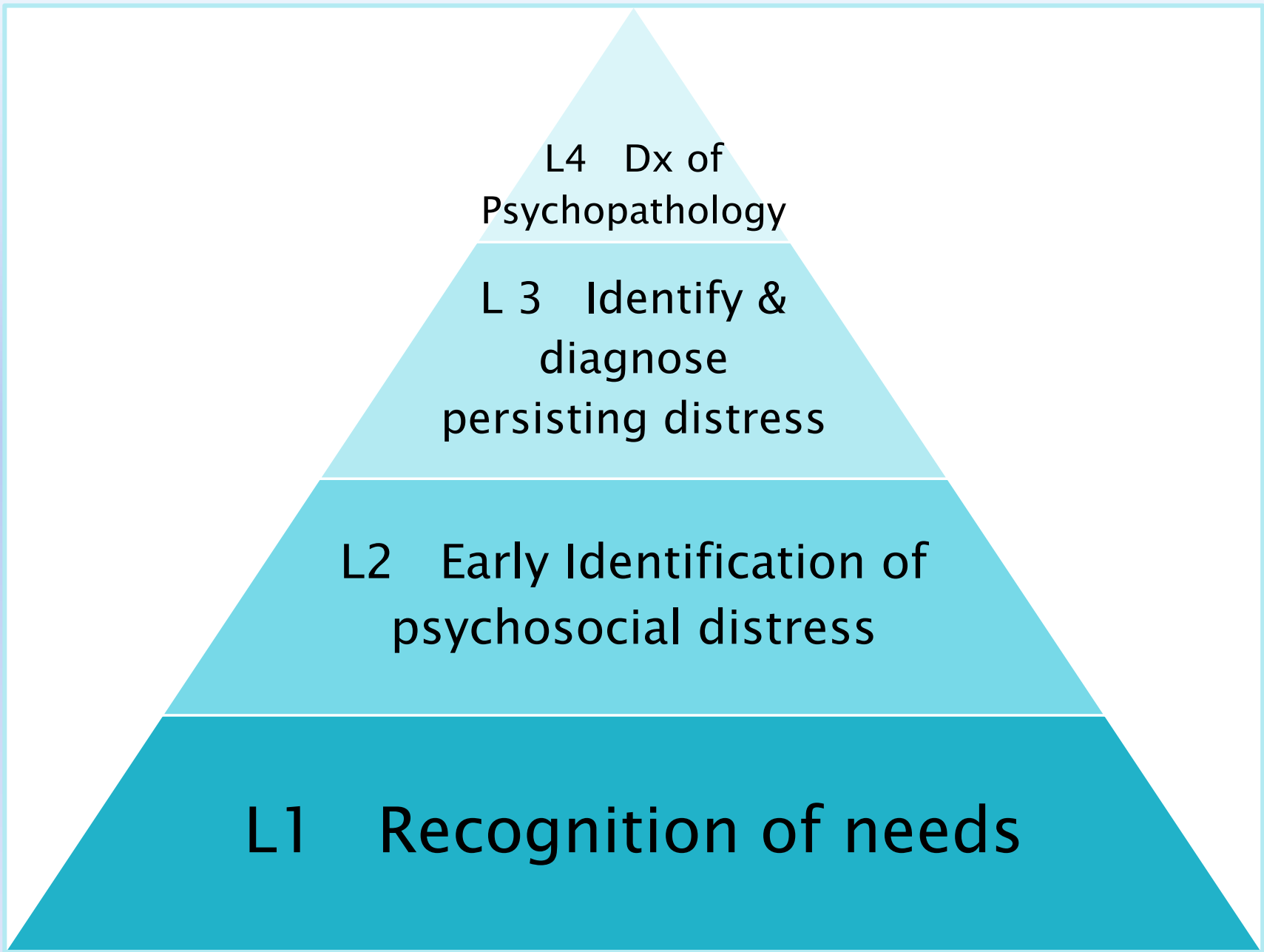
Structured Psychosocial Service

- Strengthening of psychosocial team in PC
- Risk identification and engagement of patients and main caregivers
- Intensified intervention for high risk group

(SBPC Meeting 2012)

STEPPED CARE MODEL

(Modified fr NICE Guidance 2004)





Stepped Care Model

- Level of care
 - matched to patients' needs
 - stepped up or down according to needs
- More efficient use of resources



Improved access to psychosocial care

Psychology Assistants

- Based on IAPT model, UK
- Pioneer model – download low-intensity work
- systematic training organized by COC(CP); HOHR(T&D) Team
- Regular supervision by CPs in local palliative care setting

Improved access to psychosocial care

Roles of Psychology Assistants:

- psychosocial needs/risks identification
- Basic psycho-education e.g. coping with illness
- Low intensity psychological work
- Documentation of outcomes



Manpower

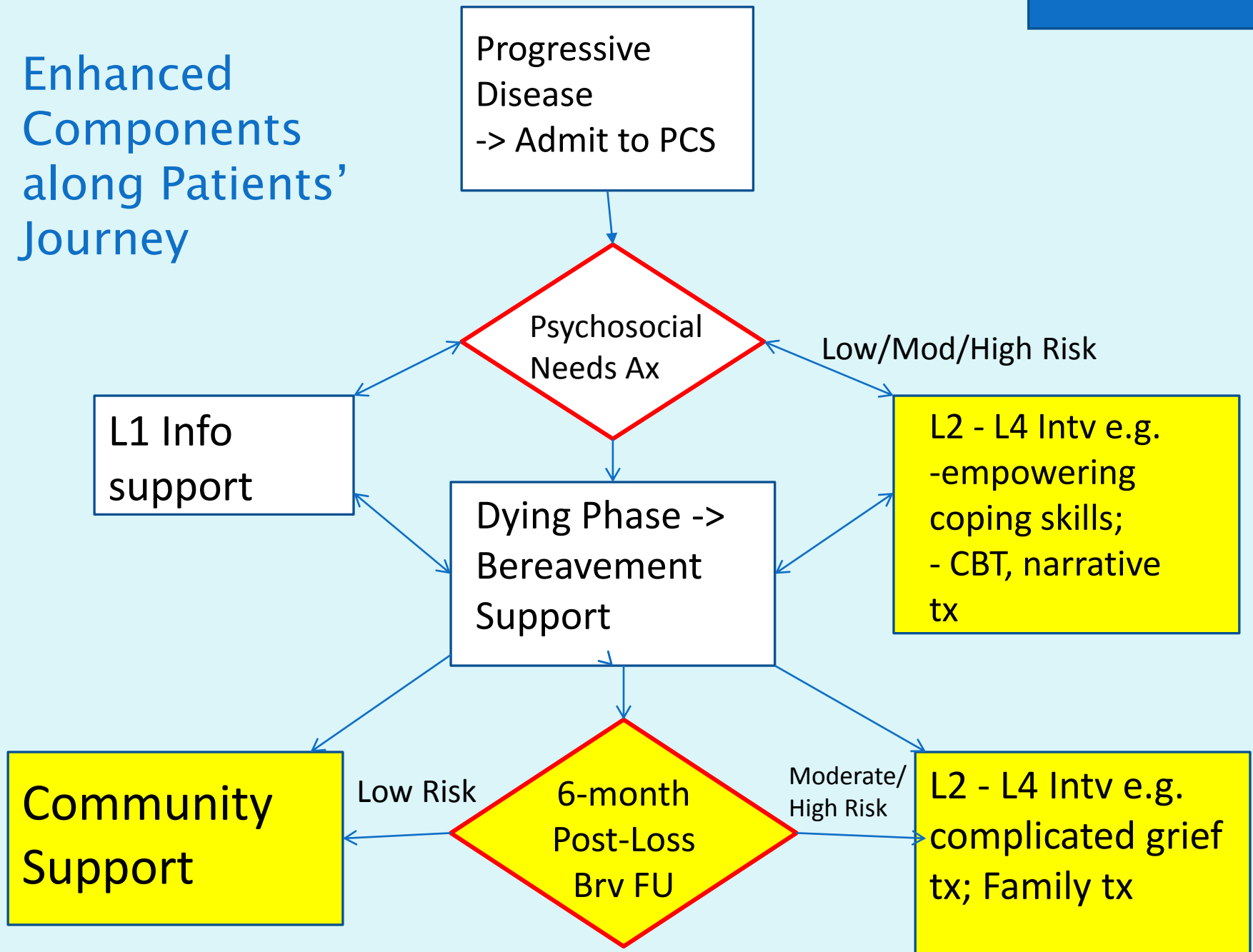
In 7 clusters,

- 8 MSWs
- 5 CPs
- 8 PCAs



Outcome

Enhanced Components along Patients' Journey

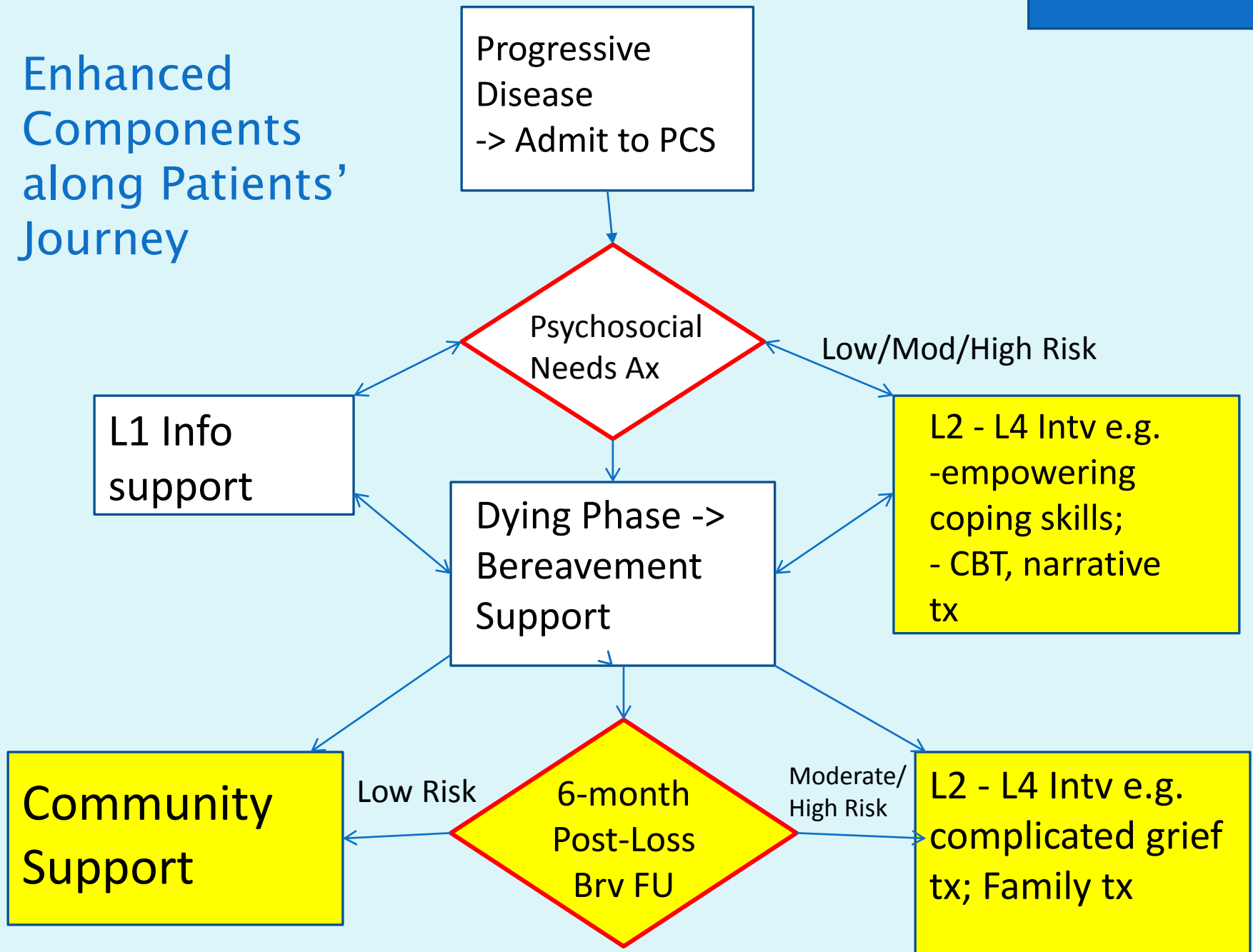




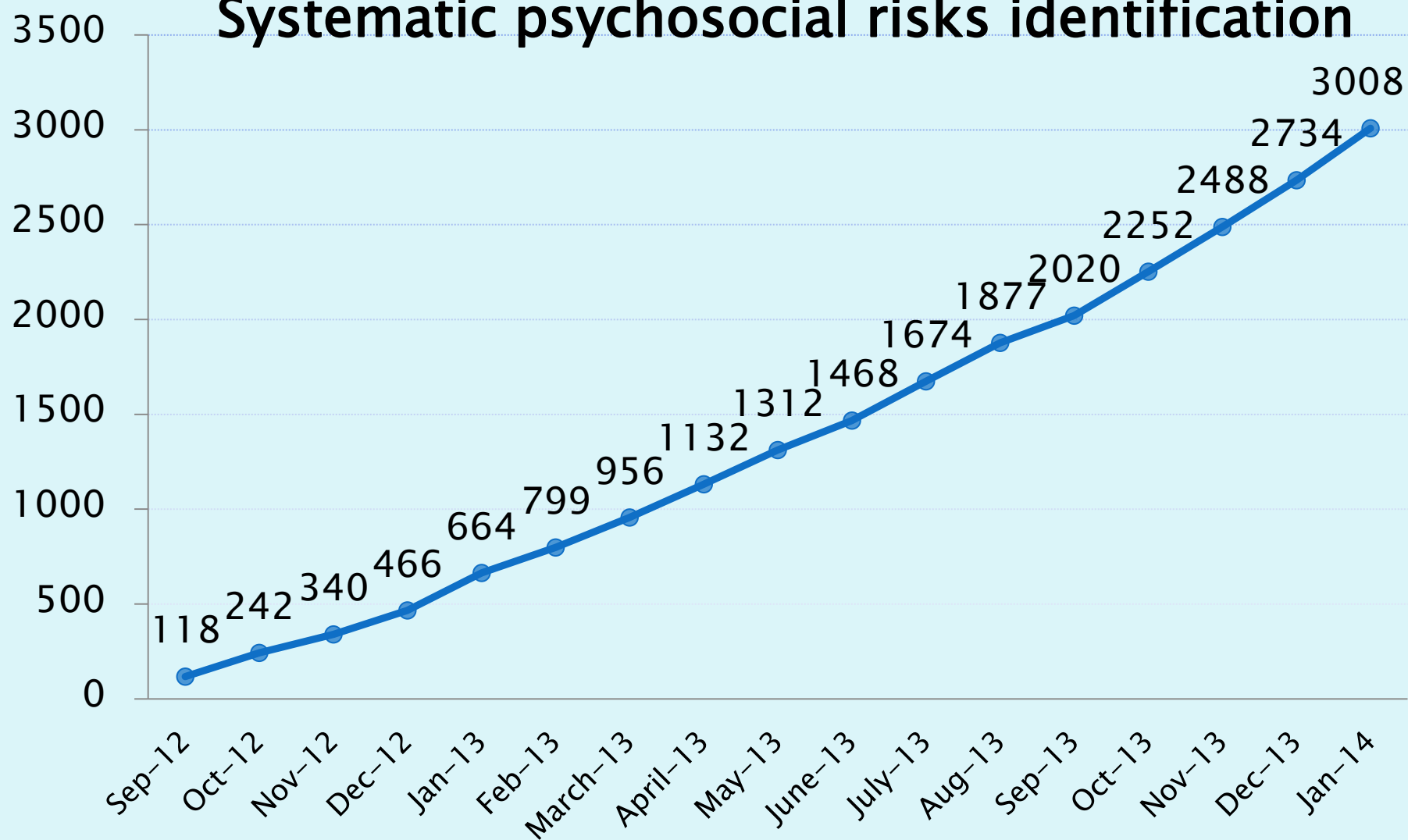
ALIGNED AX BY MSWs

- Living condition
- Financial condition
- Caring agent
- Family relationship
- Patient perceived social support
- Community support
- Reaction towards illness
- Bereavement risk factors
- Problem identification
- Needs for FU action

Enhanced Components along Patients' Journey



Systematic psychosocial risks identification

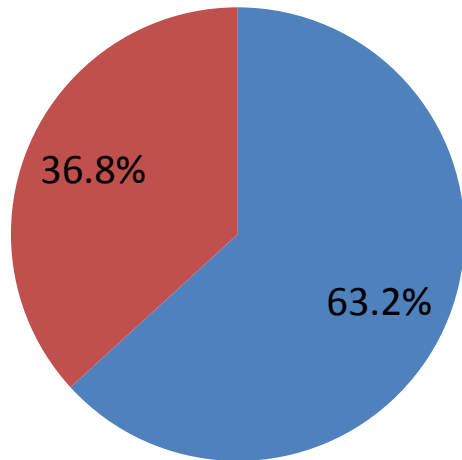


% of Patients & Carers At Risk

% passing cutoff on any 1 of the subscales of standardized questionnaires

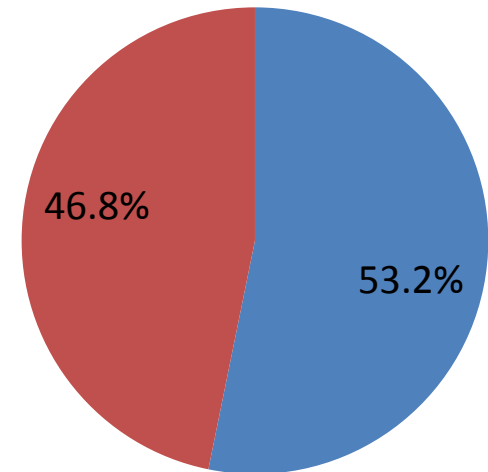
Patients (n=1319)

■ % below cutoff ■ % passing cutoff



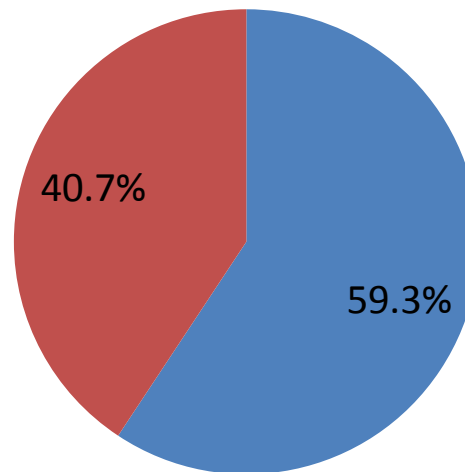
Carers (n=851)

■ % below cutoff ■ % passing cutoff



All (n=2170)

■ % below cutoff ■ % passing cutoff



Low-intensity psychological intervention

— PsychoEdu

— HW

— Tx Outcome

— Bereaved Care

Bereaved Care,

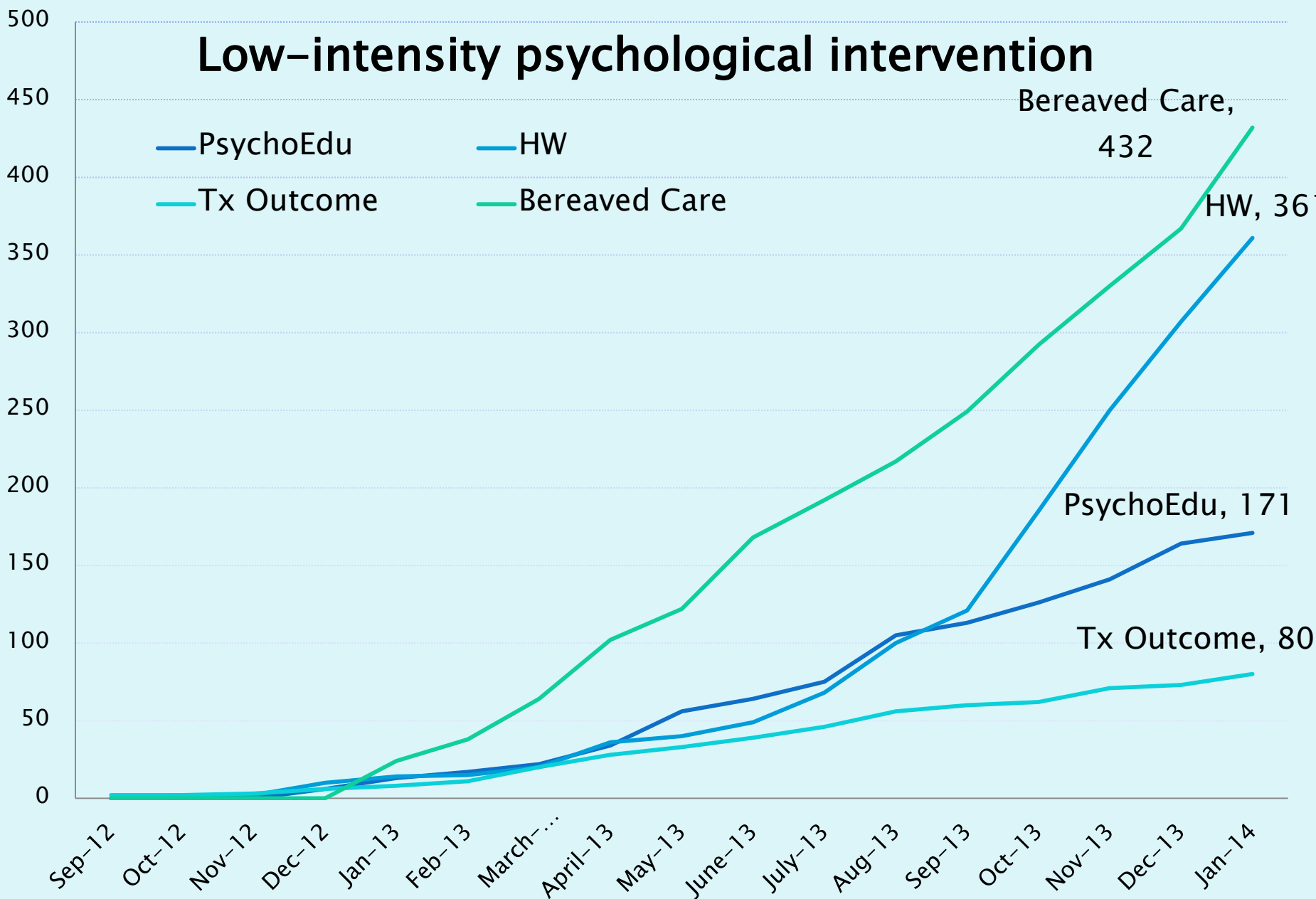
432

HW, 361

PsychoEdu, 171

Tx Outcome, 80

Sep-12 Oct-12 Nov-12 Dec-12 Jan-13 Feb-13 March-... April-13 May-13 June-13 July-13 Aug-13 Sep-13 Oct-13 Nov-13 Dec-13 Jan-14





Enhanced Service Intensity

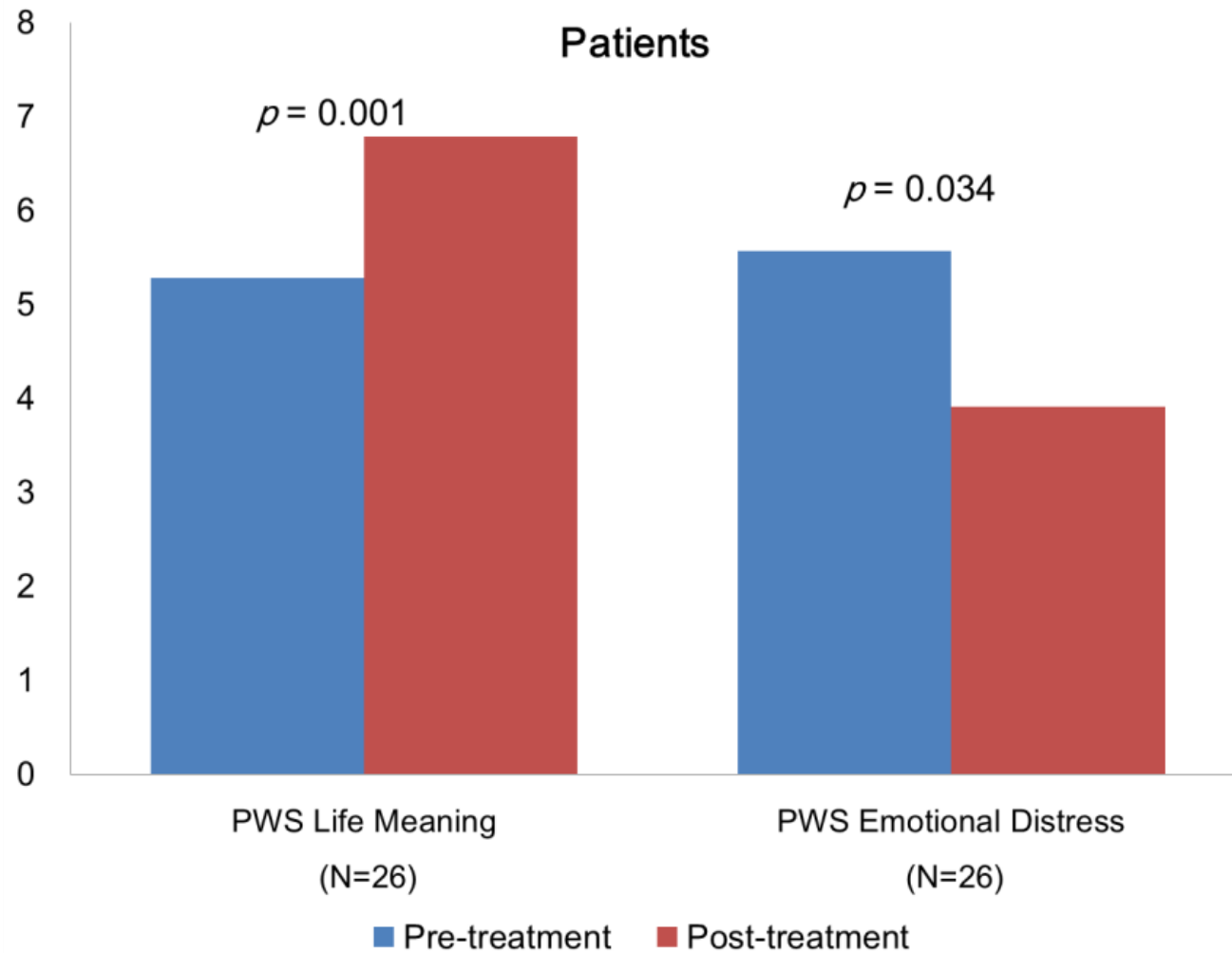
MSW:

Baseline attendance (2009): 2

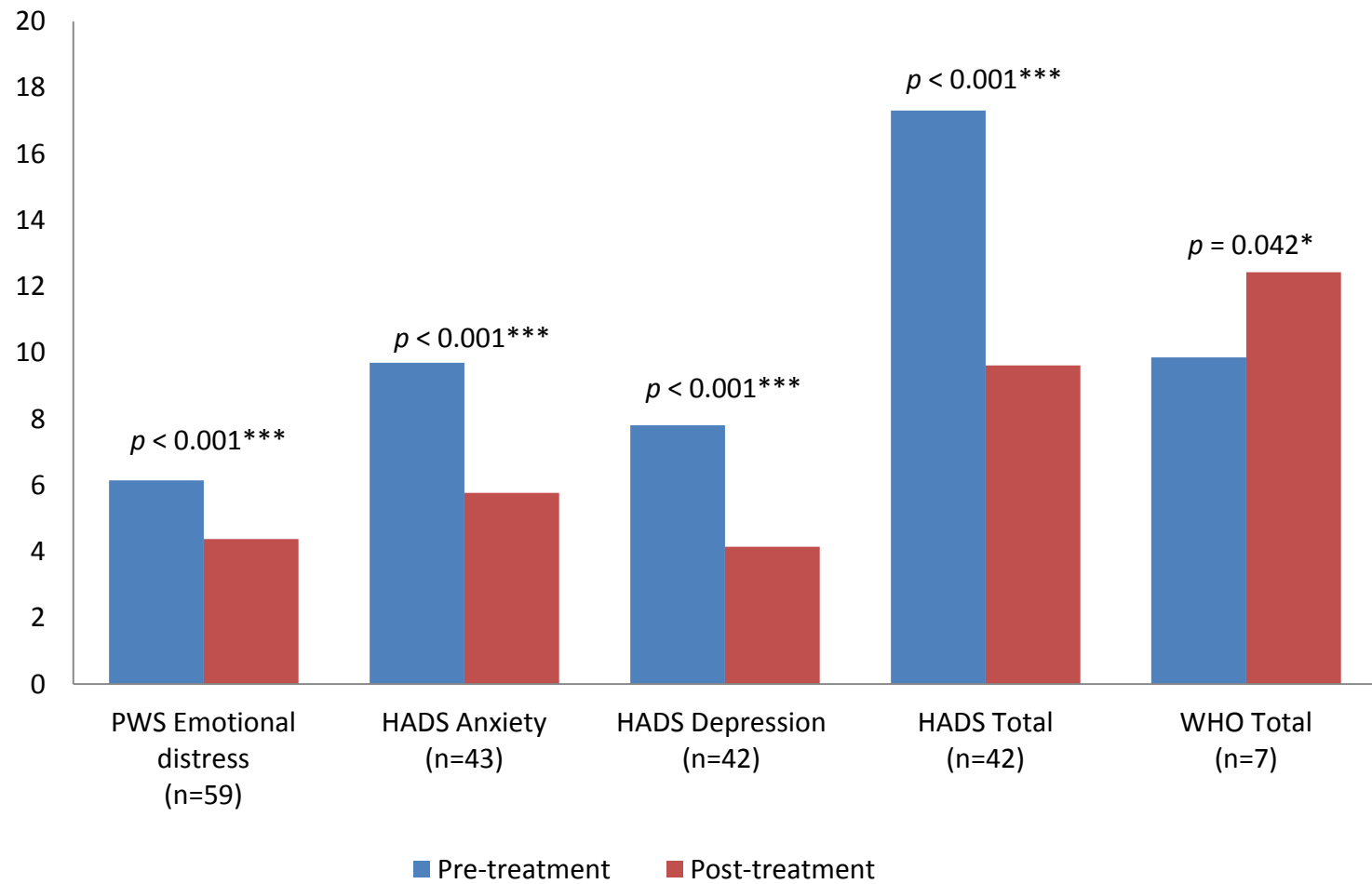
Program target: 6

Actual attendance: 9

Pre- & Post-treatment Scores (CP)



Carer





Conclusion



Benefits of the program

- Systematic detection of psychosocial risk at critical time points (entry to service, time of death, 6 months post-loss)
- Improved access and early engagement of patients and main caregivers
- Interdisciplinary collaboration through protocol driven referral to specialist care
- Intensified intervention for patients and families with elevated risk
- Reduced distress and improved well being of patients and caregivers

The background of the slide is a monochromatic blue image of a mountainous landscape. In the foreground, there are dark, silhouetted hills covered in dense evergreen trees. Beyond these, several layers of lighter blue mountain ranges recede into the distance, creating a sense of depth and vastness. The sky is a pale, clear blue, blending into the distant peaks.

“Do not protect yourself from grief by a fence,
but rather by your friends.” – Czech proverb

THANK YOU.