



Service Priorities and Programmes Electronic Presentations

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Last Wish Programme in End of Life Care - Bring People Together to Bring Positive Changes

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Introduction

Death and dying affect each and every one of us. Although it is natural, it can be challenging for all of us. The death of a loved one is very traumatic and not anticipated in many Hong Kong families. According to the WHO, the number of new cancer cases is expected to rise by about 70% over the next 2 decades. In Tuen Mun Hospital, End-Of-Life (EOL) team is committed to fulfill physical, psychosocial and spiritual needs of patients with advanced cancer. Many patients leave this world with regrets due to their unfulfilled wishes and relatives regret as they were unable to help their loved one. The "Last Wish Programme" has been launched in order to provide patient-centered care.

Objectives

To improve the quality of life of patients facing difficulties associated with terminal cancer

To create positive externalities for the community

Methodology

The Last Wish Programme aims at fulfilling patient's wish including alleviating suffering, family reunion, self-actualization and so on, which involves patients themselves. The clinical team provided both physical and psychological care to patients. In this programme, patients were our core team members to make decisions. Apart from patients, families and friends were invited to take part in it. The team was required to break through the taboo on discussing death. To change the perception of death, the program promoted living out life's meaning and living happily the rest of lives. Patients were encouraged to achieve a meaningful goal before death. The

health care team had limited manpower. Donors and volunteers are one of our teammates enriching our services. Fulfilled wishes like holding a wedding party in a hospital and meeting the son in a prison relied on the supports from the community. The programme created a very inspiring moment and experience to patients, families and the community. Families and the community increased understanding in life and life planning through taking part in this programme.

Result

Life and death education to patients, families and the community had been achieved through this programme. Community participation created positive externalities. In 2016, 752 patients spent their last days in our service systems. 107 special wishes were fulfilled and 103 appreciations were received. In the Satisfaction Survey, the mean score for wish fulfillment was 91/100 (SD=9.94, n=101). The programme changed the patient's life and changed their families.