



Interdisciplinary End of Life Symposium

International Perspectives on End-of-Life Care – Greece

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Disclosures

- I do not have any relevant financial relationships.

This presentation and/or comments will provide a balanced, non-promotional, and evidence-based approach to all diagnostic, therapeutic and/or research related content.

Cultural Linguistic Competency (CLC) & Implicit Bias (IB)

STATE LAW:

The California legislature has passed [Assembly Bill \(AB\) 1195](#), which states that as of July 1, 2006, all Category 1 CME activities that relate to patient care must include a cultural diversity/linguistics component. It has also passed [AB 241](#), which states that as of January 1, 2022, all continuing education courses for a physician and surgeon **must** contain curriculum that includes specified instruction in the understanding of implicit bias in medical treatment.

The cultural and linguistic competency (CLC) and implicit bias (IB) definitions reiterate how patients' diverse backgrounds may impact their access to care.

EXEMPTION:

Business and Professions Code 2190.1 exempts activities which are dedicated solely to research or other issues that do not contain a direct patient care component.

This presentation is dedicated solely to research or other issues that do not contain a direct patient care component.

International Perspectives on End-of-Life Care – Greece

Overview

- Palliative Care (PC) needs and available specialized services in Greece
- Facilitators and Barriers for the development of PC
- Galilee Palliative Care Center (PCC): clinical service characteristics
- Galilee PCC: daily practice and outcome measures
- Galilee PCC overview of non-clinical activities

GREECE

Number of new cases

65 703

Number of deaths

32 385

Number of prevalent cases (5-year)

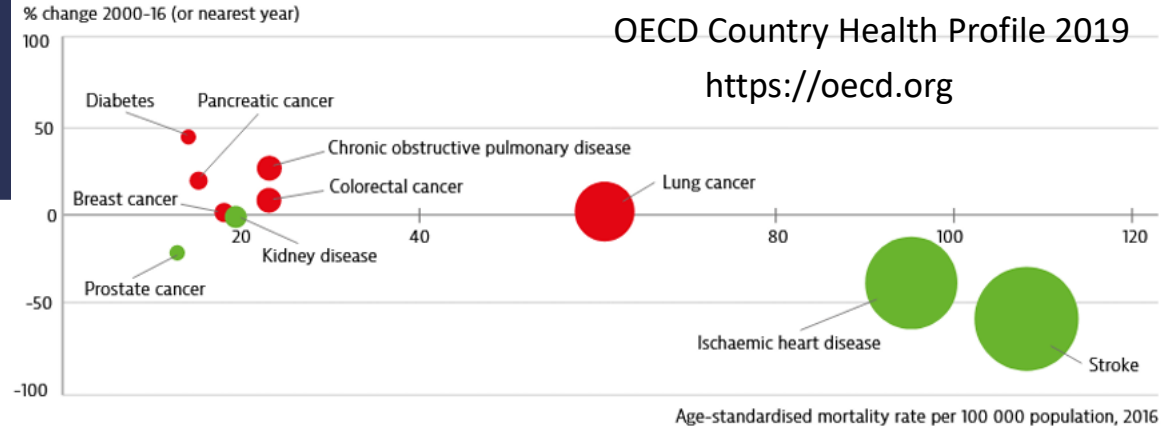
190 598

Statistics at a glance, 2022

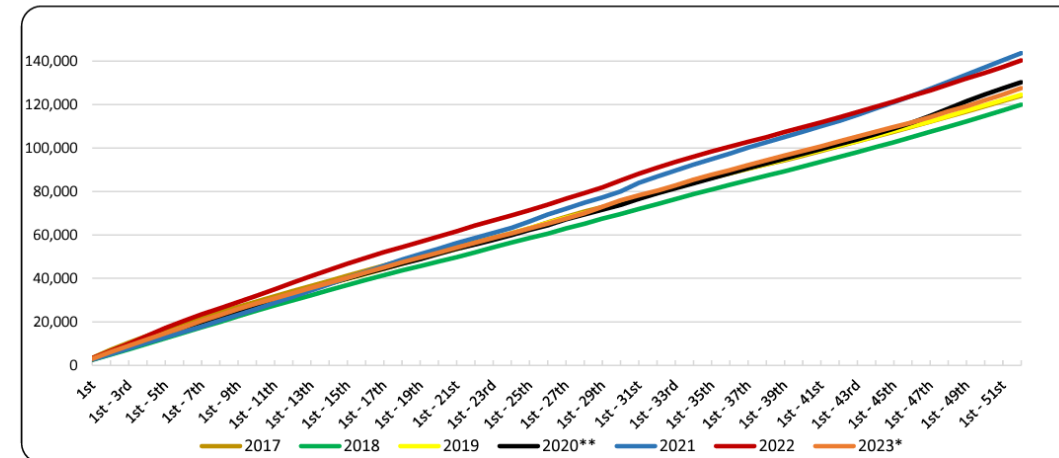
	Males	Females	Both sexes
Population	5 064 410	5 252 231	10 316 641
Incidence*			
Number of new cancer cases	36 564	29 139	65 703
Age-standardized incidence rate	295.0	231.3	258.7
Risk of developing cancer before the age of 75 years (cum. risk %)	30.2	22.5	26.1
Top 3 leading cancers (ranked by cases)**	Prostate Lung Colorectum	Breast Colorectum Lung	Breast Lung Colorectum
Mortality*			
Number of cancer deaths	19 120	13 265	32 385
Age-standardized mortality rate	129.7	76.4	100.6
Risk of dying from cancer before the age of 75 years (cum. risk %)	13.6	7.9	10.6
Top 3 leading cancers (ranked by deaths)**	Lung Colorectum Prostate	Breast Lung Colorectum	Lung Colorectum Breast
Prevalence*			
5-year prevalent cases	98 961	91 637	190 598



Mortality



Graph 2. Deaths for the weeks 1st – 52nd, 2017 - 2023 (cumulative)



<https://www.statistics.gr/en/statistics/-/publication/SPO09/-/>

Ministry of Health
NATIONAL COMMITTEE FOR THE DEVELOPMENT & IMPLEMENTATION
OF A PALLIATIVE CARE STRATEGY IN GREECE

Palliative Care Feasibility Study for Greece

FUNDED BY THE STAVROS NIARCHOS FOUNDATION
New York, Athens, February 2019

ΙΕΝ/ΣΝΦ
ΙΔΡΥΜΑ ΣΤΑΥΡΟΣ ΝΙΑΡΧΟΣ
STAVROS NIARCHOS
FOUNDATION



Estimated Palliative Care needs in Greece

120,000 to 135,000 patients and their families need palliative care services annually in Greece, 50,625 of them specialized

In other words: 15,000 patients per day

More than 95% of those need home care

Estimated need for 300 teams x 50 patients/day & 500 beds for inpatient care

<https://www.thewhpc.org/resources/item/greek-palliative-care-feasibility-study>

Table 5
Countries with isolated provision of palliative care (Level 3a)

Category 3a: Isolated palliative care provision	
65 countries (33%); 3,597 million people (47.7% of world population)	
Africa	Algeria, Benin, Botswana, Cameroon, Congo (DR), Ethiopia, Ghana, Guinea, Madagascar, Mauritania, Mauritius, Mozambique, Namibia, Niger, Nigeria, Rwanda, Senegal, Sierra Leone, Tanzania, Togo
Americas	Bolivia, Dominican Republic, Ecuador, Guatemala, Honduras, Jamaica, Nicaragua, Paraguay, Peru, Trinidad & Tobago, Venezuela
Eastern Mediterranean	Afghanistan, Bahrain, Egypt, Iran, Kuwait, Lebanon, Libya, Morocco, Pakistan, Palestine, Sudan, Tunisia
Europe	Armenia, Azerbaijan, Bosnia & Herzegovina, Croatia, Estonia, Greece, Kyrgyzstan, Moldova, Tajikistan, Turkey
South-East Asia	Bangladesh, India, Indonesia, Myanmar, Nepal, Sri Lanka
Western Pacific	Cambodia, Fiji, Malaysia, Papua New Guinea, Philippines, Vietnam

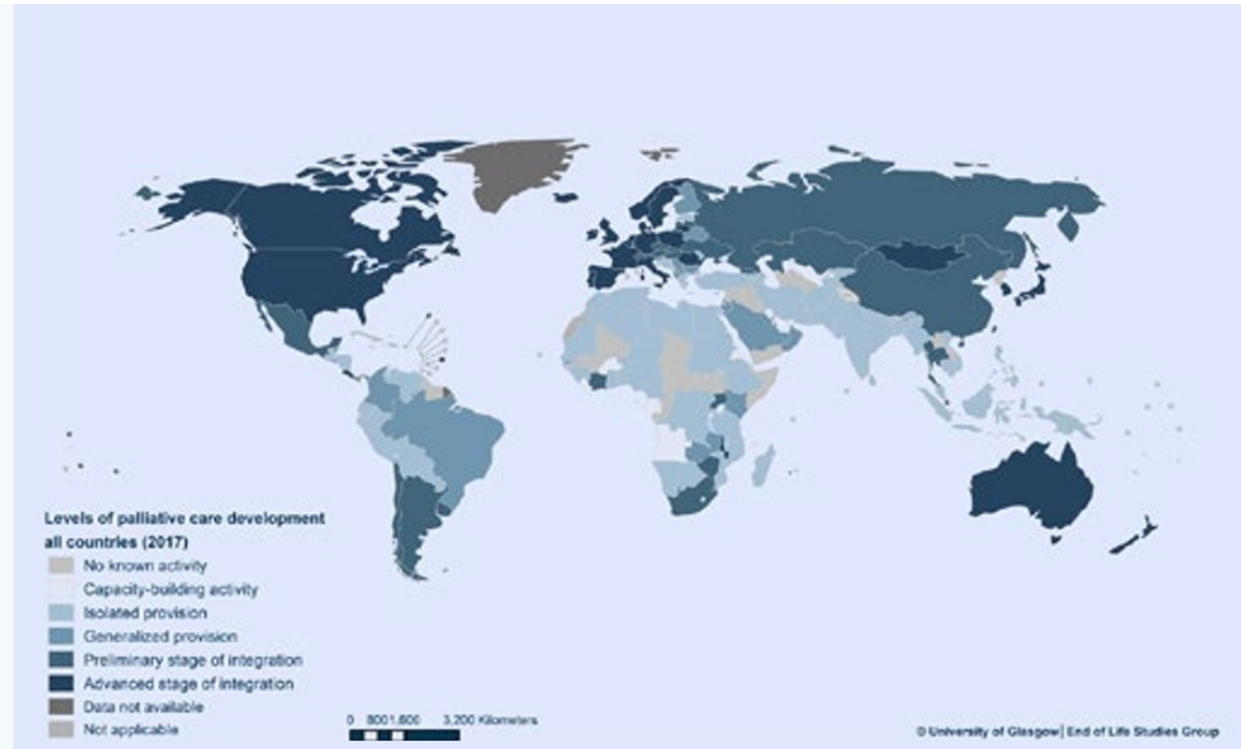


Global Atlas of Palliative Care 2nd Edition



London, UK 2020 Global Atlas of Palliative Care 2nd Edition www.thewhpc.org

Figure 38
Levels of palliative care development – all countries (2017)



<https://thewhpc.org/resources/global-atlas-of-palliative-care-2nd-ed-2020>

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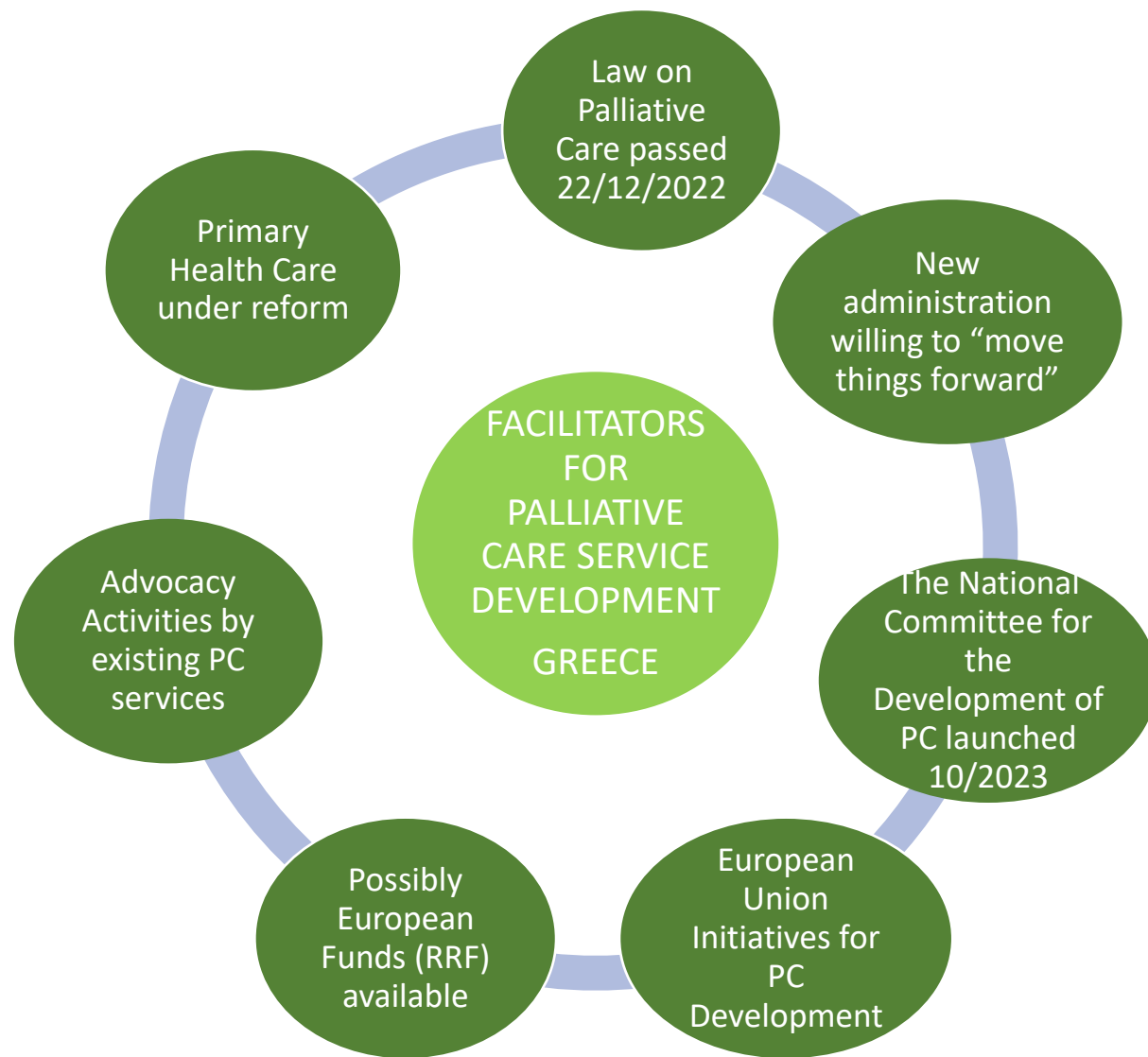
Specialized Palliative Care Units in Greece

Only 1% of
the need is
covered



<https://www.thewhpc.org/resources/item/greek-palliative-care-feasibility-study>





Palliative Care (PC) Education & Medications in Greece

- Undergraduate PC Education : Medical School, not available, Nursing School, compulsory
- Postgraduate interdisciplinary courses are available (<https://thewhpc.org/resources/greek-palliative-care-feasibility-study>)
- WHO PC essential medications are available
- Morphine powder morphine under government monopoly- central distribution. Tablets not available. Injectable morphine commercially available
- Fentanyl patches, sublingual tablets and spray commercially available (<https://hospicecare.com/what-we-do/projects/palliative-care-essentials/iahpc-essential-medicines-for-palliative-care/>)

Place & Procedures for End-of-Life Care in Greece

- Primary Health Care is underdeveloped
- End of Life Care is usually provided in hospital settings
- Euthanasia is forbidden by law
- Palliative sedation is being practiced in Galilee PCC, according to the European Guidelines (*Surges SM et al, J Palliat. Med 2022:25 (11); 1721-1731 & <https://www.palliativesedation.eu/palliative-sedation-ebook/>*)

Galilee Palliative Care Center : The Settings



Home Care



2010

Day Center



2011

Bereavement

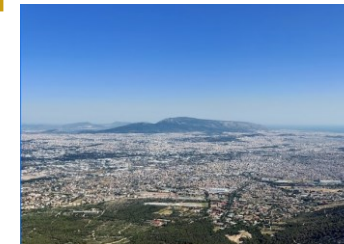


2015

Inpatient Unit



2018



Area of Home Care Services
300,000 inhabitants in the winter
800,000 inhabitants in the summer
50km max distance radius

Services are Free of Charge
Cancer and ALS patients
24/7

Area of Inpatient Unit Services
3,800,000 inhabitants

Human Resources – The Interdisciplinary Team

Interdisciplinary team of: 4 doctors, 16 nurses, 2 aid nurses, 3 social workers, 1 psychologist, 1 occupational therapist, 3 priests (30)
9 members in the administration and 5 in the supportive team (44 on salary)



Seven Member Senior Management Team

More than 100 trained volunteers offer time in various activities. Their contribution equals to having another 8,5 full time staff members on board!

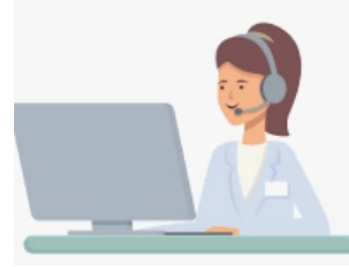
Galilee Palliative Care Center

Organizing and Providing Palliative Care in Greece

- Standards of Care & Clinical Pathways: identified & adapted from international guidelines & good practice
- Clinical Tools: most had to be translated in Greek & validated
- Electronic interdisciplinary Patient Health Record: developed & continuously updated
- The model for service organization & procedures had to be developed (legislative gap)
- Staff had to be trained & retrained, developing from 6 in 2010 to 44 in 2020 (+ staff turnover)
- Administrative & clinical quality indicators were identified and applied

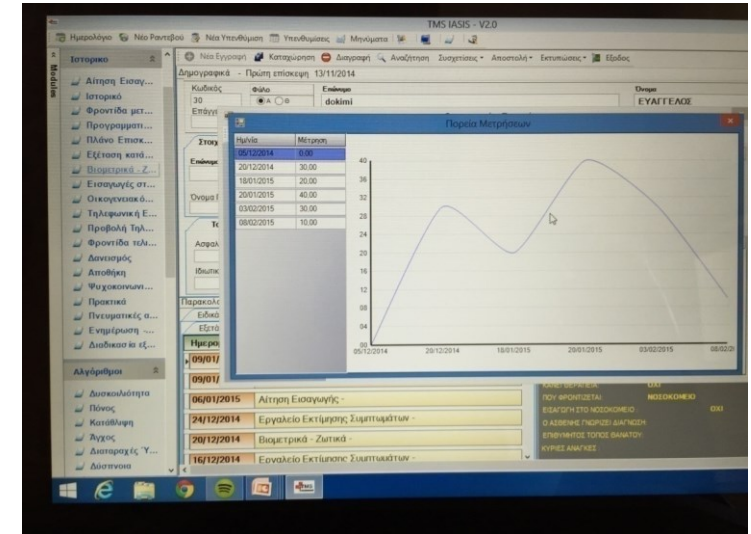
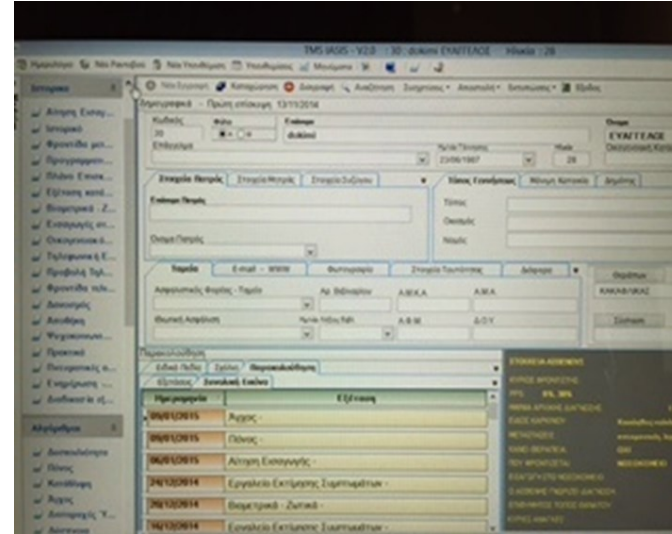
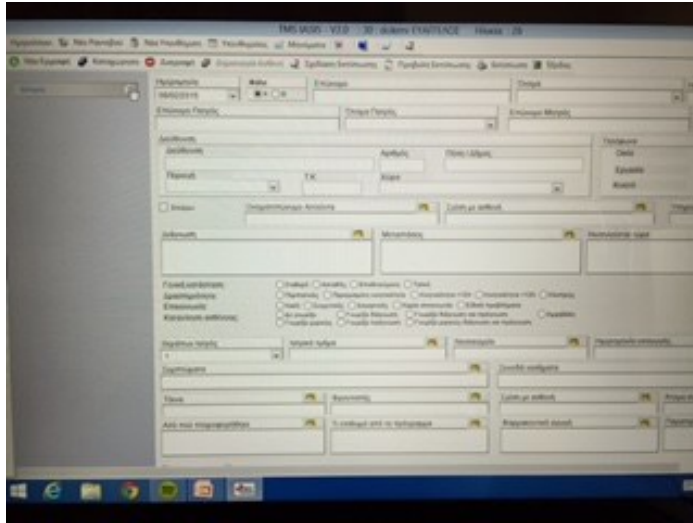
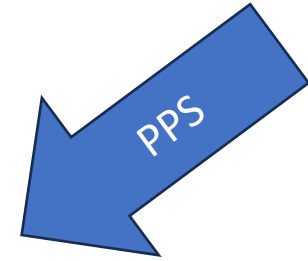
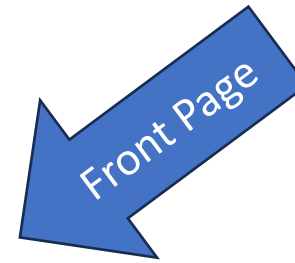
Galilee Palliative Care Center

Daily Practice



- Patients are usually self referred or introduced by other patients, rarely by their treating physician
- An extended admission form is filled in by telephone
- Admission requests are discussed in the daily morning interdisciplinary team meeting
- A home visits: within 3 working days. Inpatient admissions: according to needs/ availability
- All patients are evaluated by a core team (doctor, nurse, social worker). Other professionals are available
- Frequency of home visits are arranged according to patients' needs, ranging from daily to biweekly at the most

Galilee Palliative Care Center Documentation of Data



PPS: **30%** Γενική Κατάσταση: **Σταθερή** ΦΡΟΝΤΙΔΑ: **Μέτρια**

ΗΜ/ΝΙΑ ΑΡΧΙΚΗΣ ΕΚΤΙΜΗΣΗΣ: **7/14/2023 12:22:32 μμ**

ΕΙΔΟΣ ΚΑΡΚΙΝΟΥ: **CA ΧΟΛΗΦΟΡΩΝ (02ος/2023)**

ΜΕΤΑΣΤΑΣΕΙΣ :

ΚΑΝΕΙ ΘΕΡΑΠΕΙΑ: **ΟΧΙ**

ΠΟΥ ΦΡΟΝΤΙΖΕΤΑΙ: **ΚΟΕ**

ΕΙΣΑΓΩΓΗ ΣΤΟ ΝΟΣΟΚΟΜΕΙΟ : **ΟΧΙ**

Ο ΑΣΘΕΝΗΣ ΓΝΩΡΙΖΕΙ ΔΙΑΓΝΩΣΗ: **ΝΑΙ**

ΕΠΙΘΥΜΗΤΟΣ ΤΟΠΟΣ ΘΑΝΑΤΟΥ: **ΣΠΠ**

ΚΥΡΙΕΣ ΑΝΑΓΚΕΣ :

ΕΙΔΙΚΑ ΘΕΜΑΤΑ:

ΑΝΟΙΚΤΟΙ ΑΛΓΟΡΙΘΜΟΙ: **Δείλιση, Πόνος, Έλλειμμα αυτοφροντίδας, Δύσπνοια, Άλλο ΓΑΣΤΡΟΕΙΣΟΦΑΓΙΚΗ ΠΑΛΙΝΑΡΜΟΔΙΑ, Άλλο ΑΔΥΝΑΜΙΑ/ΕΛΛΕΙΨΗ ΕΝΕΡΓ**

Outcome Measures in Daily Clinical Practice

Palliative Phase of Illness (<https://www.uow.edu.au/ahsri/pcoc/palliative-care/assessment-forms>)

Integrated Palliative Outcome Score – IPOS (<https://pos-pal.org/maix/ipos-translations.php>)

Palliative Performance Scale - PPS (Anderson F et al J Palliat Med 1996)

Βιομετρικά - Ζωτικά

The screenshot shows a web-based interface for entering patient data. At the top, there are navigation buttons: Νέα Εγγραφή, Καταχώρηση, Διαγραφή, Σχεδίαση Εκτύπωσης, Προβολή Εκτύπωσης, Εκτύπωση, and Εξοδος. Below these are input fields for:

- Ημερομηνία: 02/10/2022
- Βάρος (kg): [input field]
- Υψος (cm): [input field]
- BMI: [input field]
- Θερμοκρασία: [input field]
- Οδηγίες: [button]
- A.Π. Συστολική (mmHg): [input field]
- A.Π. Διαστολική (mmHg): [input field]
- Σφύξεις (ανά mi): [input field]
- SPO2(%): [input field]
- Σάκχαρο: [input field]
- Αναπνοές (ανά min): [input field]
- PPS (%): [input field]
- Φροντίδα: Radio buttons for Χαμηλή, Μέτρια, Αυξημένη
- Κατάσταση Πορείας Νόσου: Radio buttons for Σταθερή, Ασταθής, Επιδεινούμενη, Τελική, Φροντίδα μετά θάνατον
- Σχόλια: [text area]

 A blue arrow labeled "Phase of Illness" points from the PPS section towards a circular diagram below.



Παρακαλώ απαντήστε με καθαρά γράμματα. Τοποθετείτε ένα γράμμα ή νούμερο σε κάθε κουτί.
 Το Ονοματεπώνυμο ασθενούς:.....
 Τον αριθμό μητρώου του ασθενούς: [input field]
 Ημερομηνία (ΗΗΜΜΧΧΧΧ): [input field]

IPOS-Για το προσωπικό



Τις τελευταίες 3 ημέρες:

E1. Ποια ήταν τα κύρια προβλήματα του ασθενούς τις τελευταίες 3 ημέρες:
 1. _____
 2. _____
 3. _____

E2. Παρακαλώ επιλέξτε το **κουτί** που περιγράφει καλύτερα πόσο κάθε ένα από τα συμπτώματα **επείσασε** τον ασθενή, τις τελευταίες 3 ημέρες.

	Καθόλου	Ήλια	Μέτρια	Σοβαρά	Ανυπόφορα συνείδηση
Πόνος	0	1	2	3	4
Ασκολία στην αναπνοή	0	1	2	3	4
Αδυναμία ή έλλειψη ενέργειας	0	1	2	3	4
Ναυτία (τόση για έμετο)	0	1	2	3	4
Έμετος	0	1	2	3	4
Μειωμένη όρεξη για φαγητό	0	1	2	3	4
Ασκολιότητα	0	1	2	3	4
Ερεθισμένο ή ξηρό στόμα	0	1	2	3	4
Υγερσία	0	1	2	3	4
Παρορμητική κινητικότητα	0	1	2	3	4

Παρακαλώ καταγράψτε οποιοδήποτε επιπλέον σύμπτωμα και επιλέξτε ένα κουτί για να δείξετε πόσο θεωρείτε ότι καθένα από αυτά **επείσασε** τον ασθενή τις τελευταίες 3 ημέρες.

1. _____ 0 1 2 3 4
 2. _____ 0 1 2 3 4
 3. _____ 0 1 2 3 4

	Καθόλου	Μέτρια	Αρκετά	Ποσοστό	Σοβαρά
E3. Έννοια άγχος ή ανησυχία σχετικά με τη νόσο ή τη θεραπεία του/της:	0	1	2	3	4
E4. Έννοια άγχος ή ανησυχία κάποιο μέρος της οικογένειας ή φίλοι του/της ασθενούς, για εκτύπωση:	0	1	2	3	4
E5. Νοιώσατε ότι έσπασε οση ασθενής θλίψη:	0	1	2	3	4

	Καθόλου	Μέτρια	Αρκετά	Ποσοστό	Σοβαρά
E6. Νοιώσατε έντονη ψυχική ηρεμία:	0	1	2	3	4
E7. Είχε τη δυνατότητα να μοιραστεί τα συναισθήματα του με την οικογένεια ή τους φίλους του/της, τόσο όσο θα ήθελε:	0	1	2	3	4
E8. Είχε ολη ασθενής τόση εναρμόνιση, όση θα ήθελε:	0	1	2	3	4

	Καθόλου	Μέτρια	Αρκετά	Ποσοστό	Σοβαρά
E9. Αντιμετώπισατε πρακτικά προβλήματα, (όπως οικονομικά ή προσωπικά) τα οποία προέκυψαν από τη νόσο του/της:	0	1	2	3	4

PPS Level	Ambulation	Activity & Evidence of Disease	Self-Care	Intake	Conscious Level
100%	Full	Normal activity & work No evidence of disease	Full	Normal	Full
90%	Full	Normal activity & work Some evidence of disease	Full	Normal	Full
80%	Full	Normal activity <i>with</i> Effort Some evidence of disease	Full	Normal or reduced	Full
70%	Reduced	Unable Normal Job/Work Significant disease	Full	Normal or reduced	Full
60%	Reduced	Unable hobby/house work Significant disease	Occasional assistance necessary	Normal or reduced	Full or Confusion
50%	Mainly Sit/Lie	Unable to do any work Extensive disease	Considerable assistance required	Normal or reduced	Full or Confusion
40%	Mainly in Bed	Unable to do most activity Extensive disease	Mainly assistance	Normal or reduced	Full or Drowsy +/- Confusion
30%	Totally Bed Bound	Unable to do any activity Extensive disease	Total Care	Normal or reduced	Full or Drowsy +/- Confusion
20%	Totally Bed Bound	Unable to do any activity Extensive disease	Total Care	Minimal to sips	Full or Drowsy +/- Confusion
10%	Totally Bed Bound	Unable to do any activity Extensive disease	Total Care	Mouth care only	Drowsy or Coma +/- Confusion
0%	Death	-	-	-	-

IPOS Translation and Implementation Strategy (8 years +...)

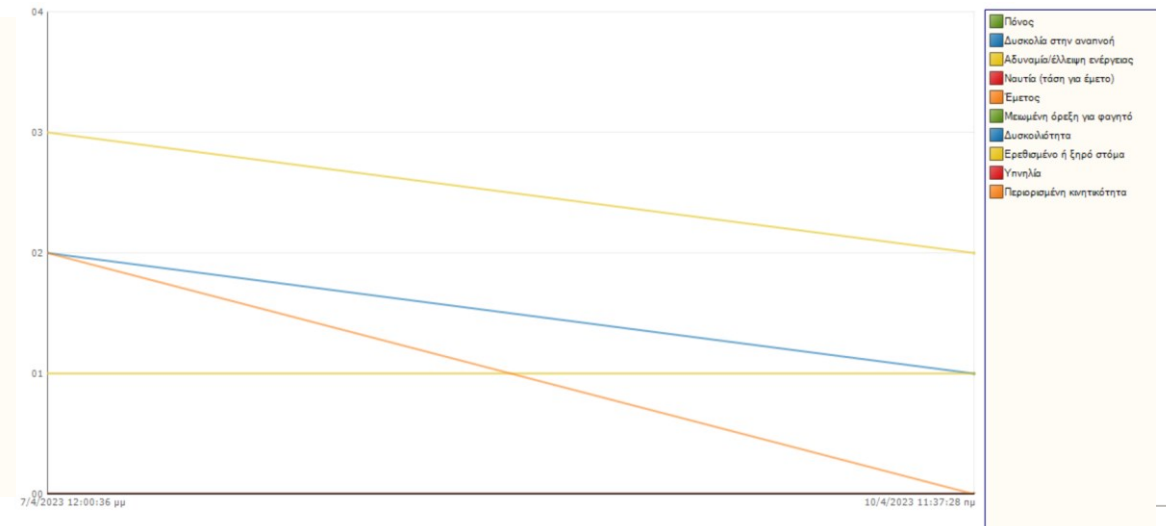
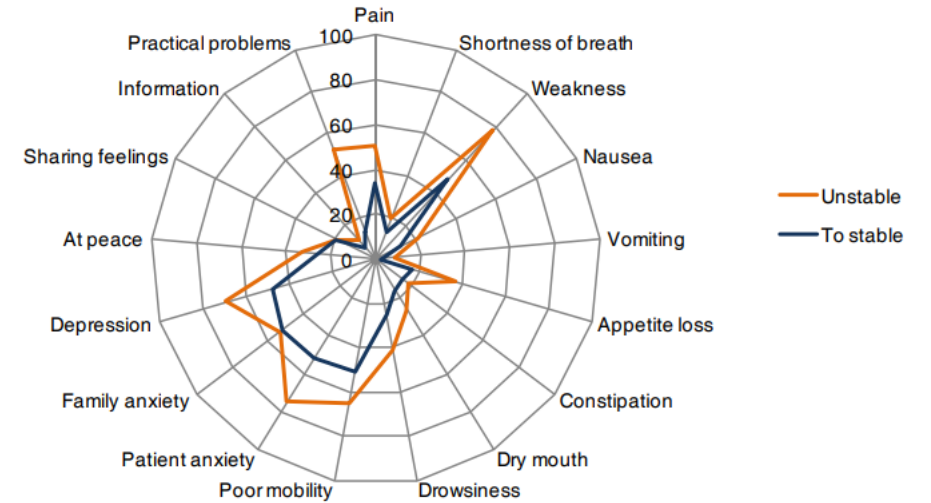
- Translation, cultural adaptation & validation of the Greek version of the IPOS
- Preparation of a “user’s manual” in Greek
- Translation of the Clinical Decision Tool for the interpretation of and response to POS scores for 4 items (https://pos-pal.org/doc15/CDST_booklet_FINAL_15102015_compressed.pdf)
- Integration of the outcome measures in the Electronic Patient Record
- Training of the staff/ appointment of “champions”. Aiming at : coherence, cognitive participation, collective action, reflexive monitoring . (*Bradshaw et al Palliat Med 2021; 35(2):397-407*)
- Monitoring of the outcome measures (audit)
- Measuring staff satisfaction & burden

IPOS Implementation Strategy (3 years & ongoing)

Champions
&
Digital visualization
of IPOS items



Prevalence of IPOS symptoms and problems, Change from unstable to stable phase (n=71)



IPOS Implementation Strategy (3 years & ongoing)

Training and Monitoring



ΜΗΝΑΣ	6ος 2020		7ος 2020		8ος 2020		9ος 2020		10ος 2020		11ος 2020		
ΣΥΜΠΛΗΡΩΜΕΝΑ ΕΡΩΤΗΜΑΤΟΛΟΓΙΑ	30	21	108	58	90	25	103	40	138	35	30	8	0,0-9,9%
ΚΕΝΩΝ	ΑΣΘΕΝΩΝ	ΠΡΟΣΩΠΙΚΟΥ	ΑΣΘΕΝΩΝ	ΠΡΟΣΩΠΙΚΟΥ	ΑΣΘΕΝΩΝ	ΠΡΟΣΩΠΙΚΟΥ	ΑΣΘΕΝΩΝ	ΠΡΟΣΩΠΙΚΟΥ	ΑΣΘΕΝΩΝ	ΠΡΟΣΩΠΙΚΟΥ	ΑΣΘΕΝΩΝ	ΠΡΟΣΩΠΙΚΟΥ	10,0-19,9%
E2_Πόνος	3,33	14,29	0,00	13,79	0,00	4,00	2,91	12,50	2,17	2,86	0,00	12,50	20,0-29,9%
E2_Δυσκολία Αναπνοή	0,00	4,76	0,00	10,34	0,00	0,00	5,83	5,00	4,35	2,86	0,00	0,00	30,0-39,9%
E2_Αδυναμία	0,00	23,81	1,85	29,31	2,22	12,00	1,94	32,50	3,62	14,29	0,00	37,50	40,0-49,9%
E2_Ναυτία	3,33	14,29	0,00	22,41	0,00	8,00	6,80	25,00	3,62	8,57	0,00	12,50	50,0-59,9%
E2_Έμετος	3,33	0,00	0,00	10,34	0,00	0,00	5,83	17,50	4,35	2,86	3,33	0,00	60,0-69,9%
E2_Όρεξη για φαγητό	6,67	14,29	0,00	29,31	1,11	16,00	1,94	37,50	2,90	11,43	0,00	0,00	70,0-79,9%
E2_Δυσκοιλιότητα	3,33	4,76	0,00	8,62	1,11	0,00	3,88	10,00	2,17	0,00	0,00	0,00	80,0-89,9%
E2_Ερεθισμένο Στόμα	10,00	4,76	2,78	8,62	2,22	0,00	4,85	7,50	4,35	5,71	0,00	0,00	90,0-99,9%
E2_Υπνηλία	3,33	9,52	0,93	17,24	0,00	4,00	5,83	7,50	3,62	11,43	0,00	0,00	100%
E2_Κινητικότητα	10,00	14,29	1,85	17,24	2,22	4,00	2,91	12,50	1,45	17,14	0,00	37,50	
E3_Άγχος	10,00	42,86	3,70	36,21	5,56	52,00	0,97	42,50	2,17	40,00	6,67	37,50	
E4_Άγχος για Οικογένεια	10,00	23,81	12,96	27,59	10,00	36,00	1,94	15,00	4,35	5,71	10,00	0,00	
E5_Ολίψη	10,00	38,10	8,33	31,03	5,56	48,00	3,88	37,50	2,90	40,00	3,33	25,00	
E6_Ειρηνικά	13,33	38,10	11,11	32,76	8,89	40,00	5,83	35,00	2,17	48,57	6,67	25,00	
E7_Αισθήματα	10,00	42,86	12,04	41,38	8,89	56,00	5,83	42,50	2,90	42,86	6,67	25,00	
E8_Ενημέρωση	23,33	47,62	17,59	39,66	13,33	52,00	4,85	37,50	3,62	31,43	6,67	12,50	
E9_Πρακτικά προβλήματα	10,00	28,57	21,30	29,31	20,00	48,00	10,68	30,00	12,32	20,00	6,67	12,50	
E10_Συμπλήρωση	10,00	100,00	10,19	100,00	2,22	92,00	3,88	97,50	2,90	100,00	3,33	100,00	

IPOS What have we achieved

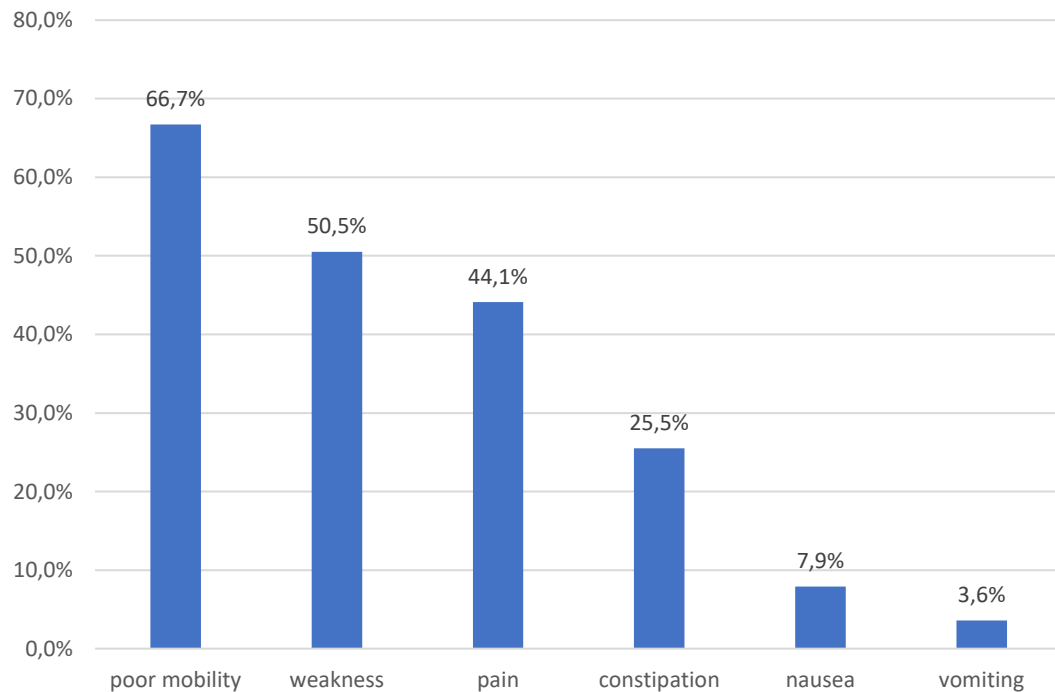
EAPC2024: 612

Symptom Burden and Concerns: Integrated Palliative Care Outcome Scale upon Admission to a Palliative Care Centre

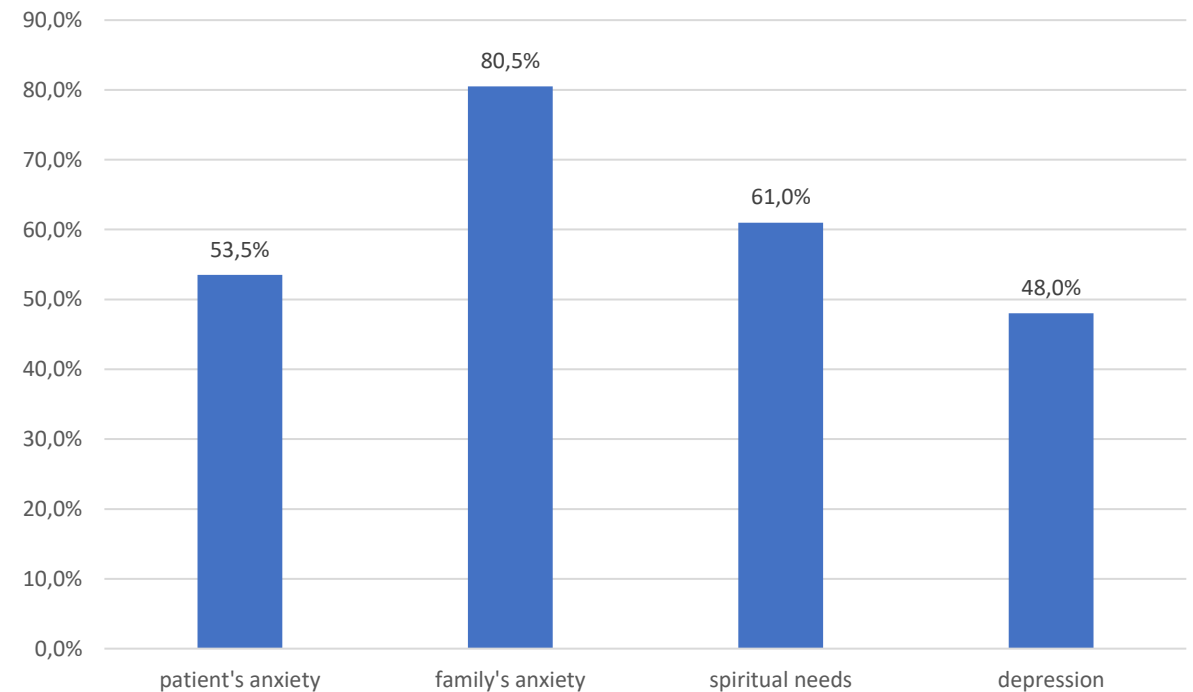
H.A. Mullalli¹, M.F. Xenikou¹, T. Arnaouti¹, M. Parara¹, A. Tserkezoglou¹
¹"Galilee" Palliative Care Centre, Athens, Greece



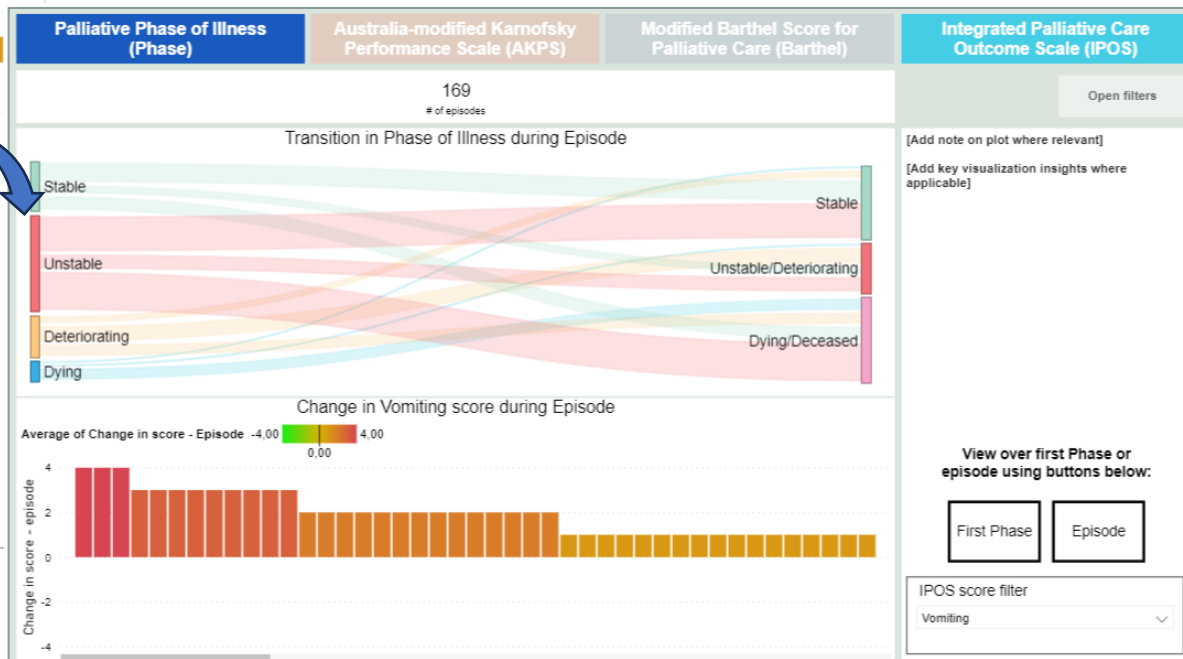
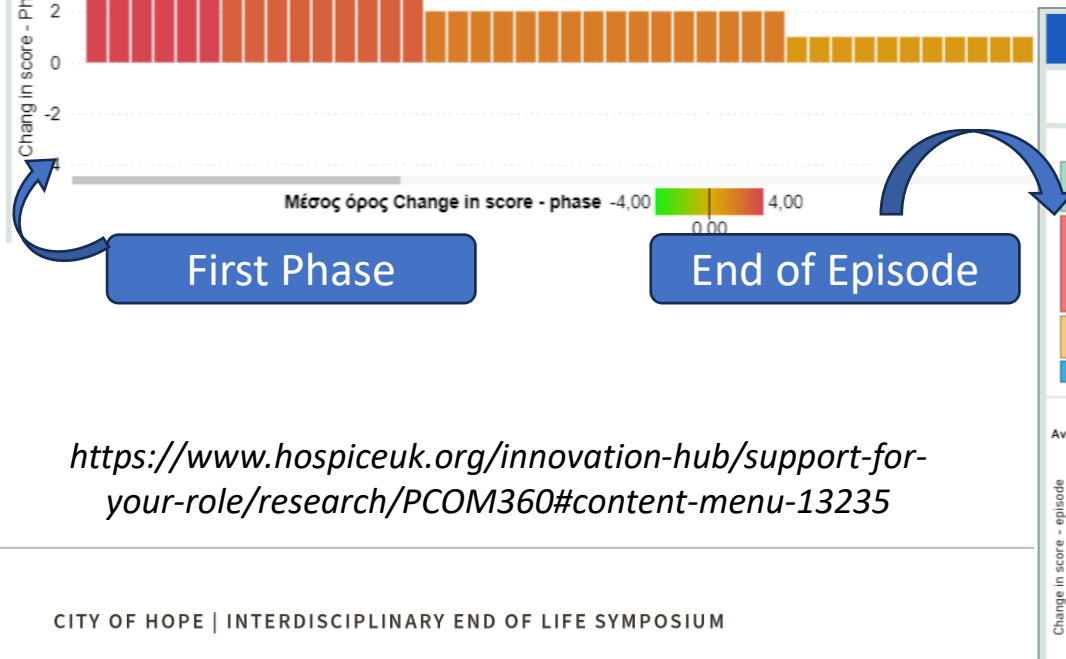
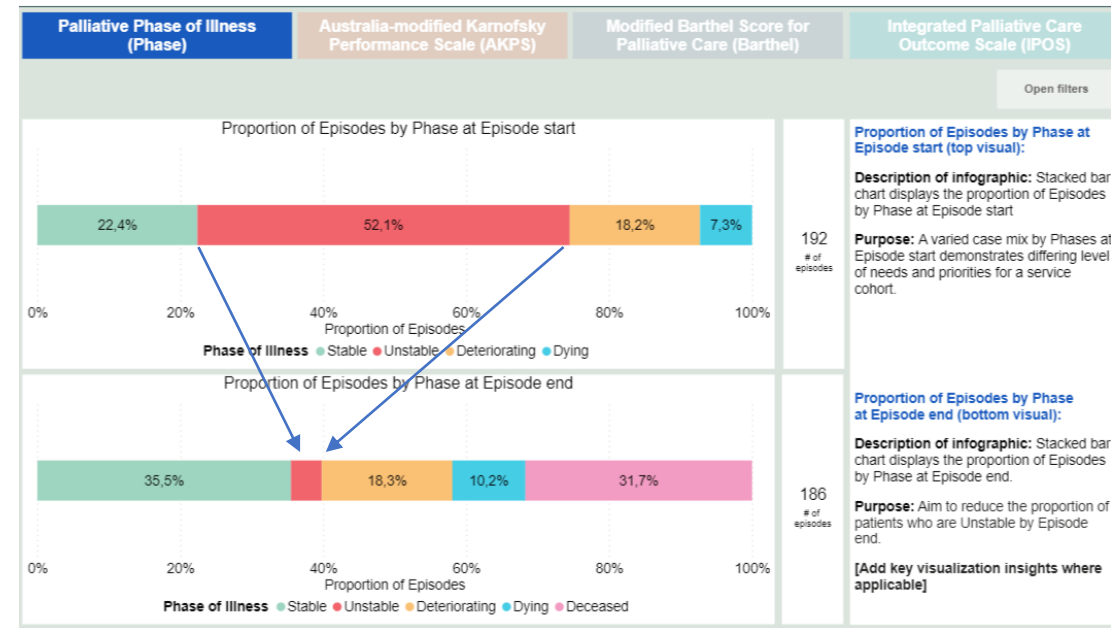
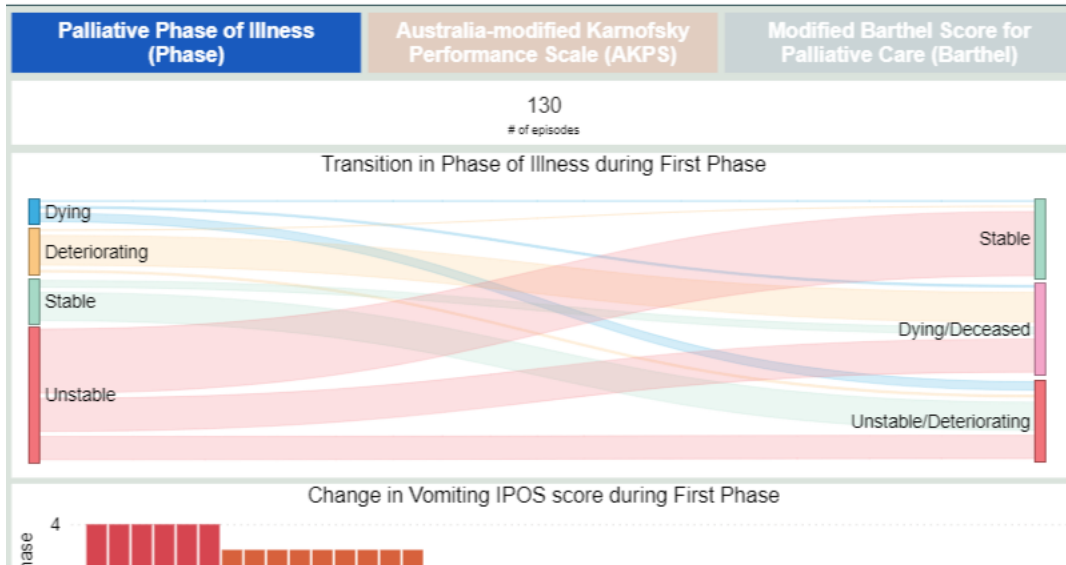
Clinically relevant symptoms



Emotional concerns



IPOS Data Analysis, what are we aiming at

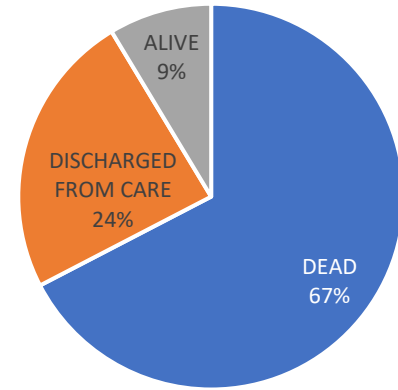
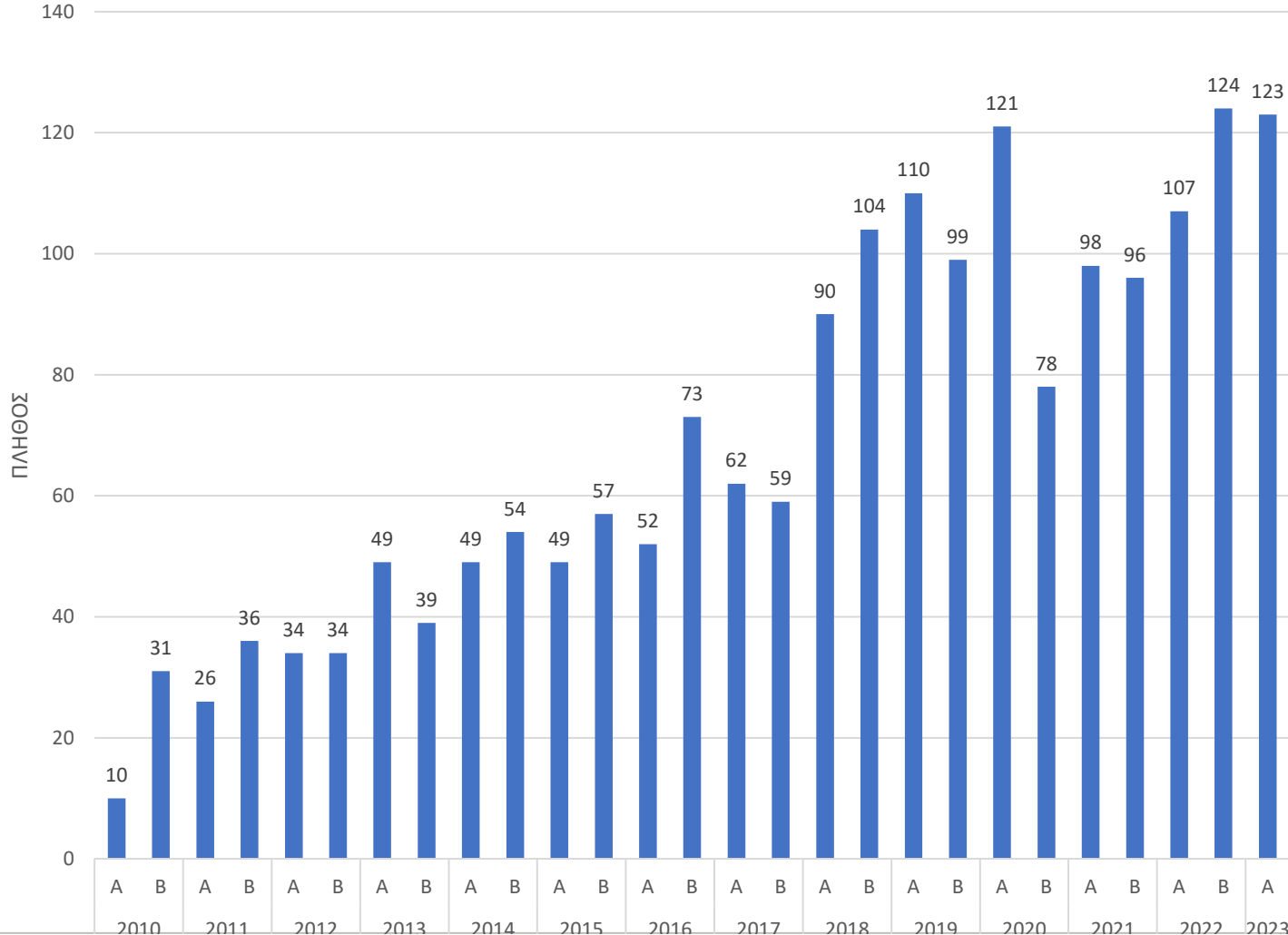


<https://www.hospiceuk.org/innovation-hub/support-for-your-role/research/PCOM360#content-menu-13235>

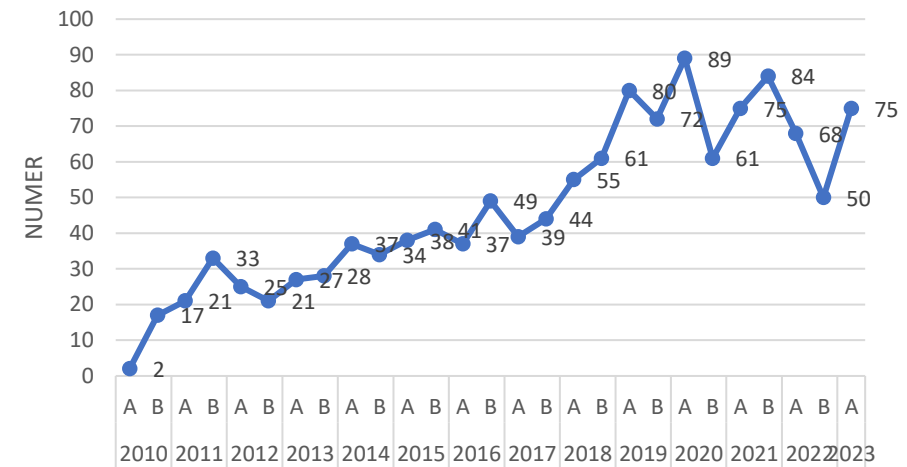
Galilee's Data Analysis – admissions/discharges



ADMISSIONS

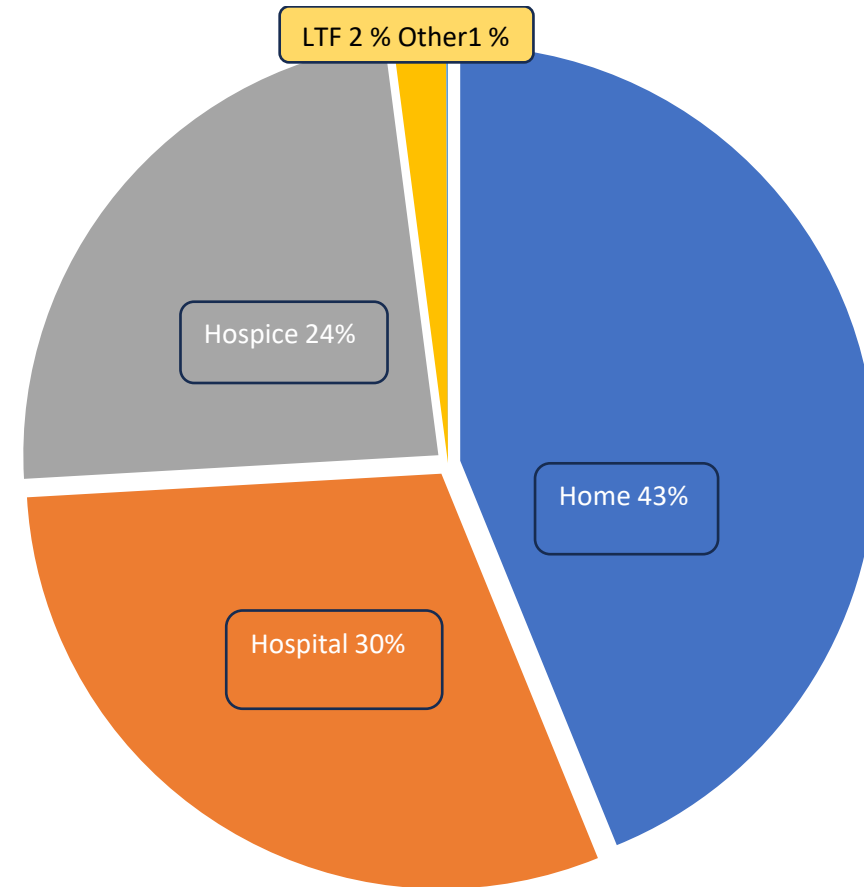
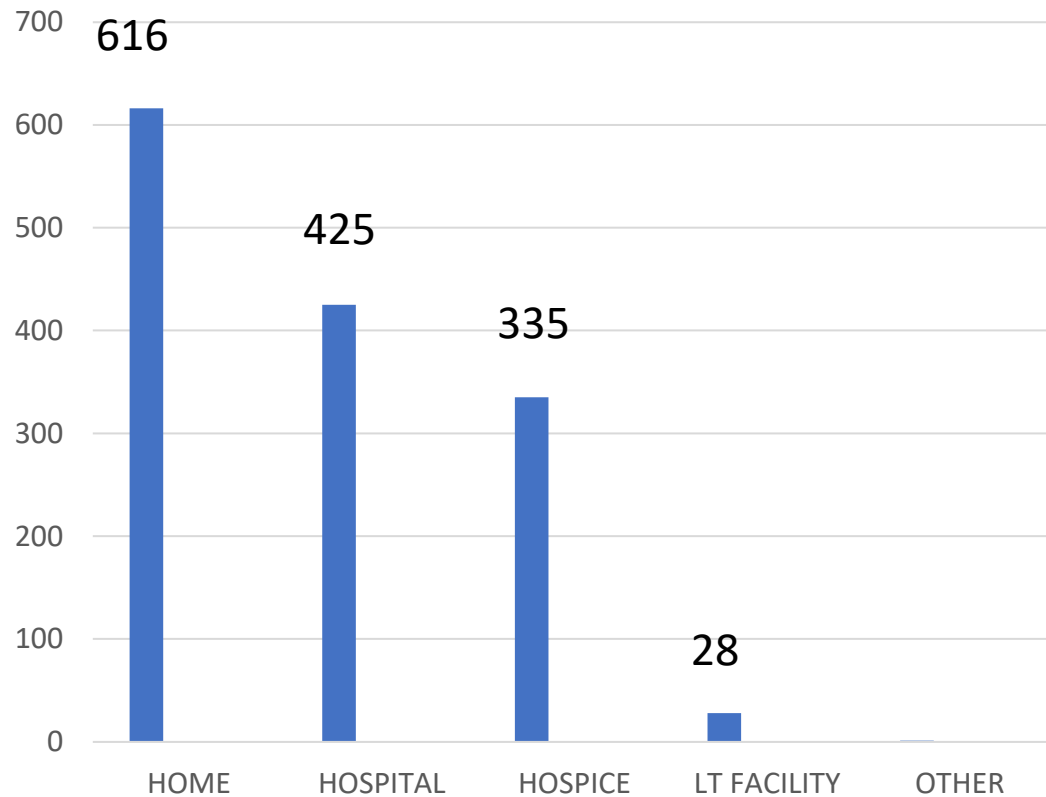


DEATHS



Galilee's Data Analysis – admissions/discharges

PLACE OF DEATH



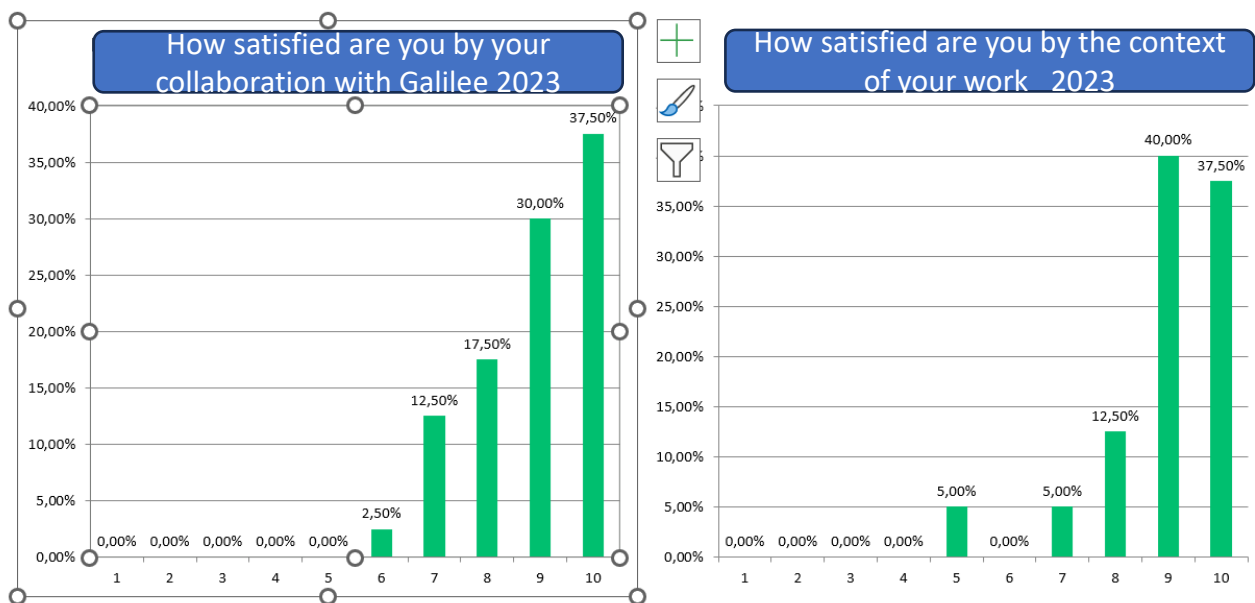
Galilee's non-clinical activities



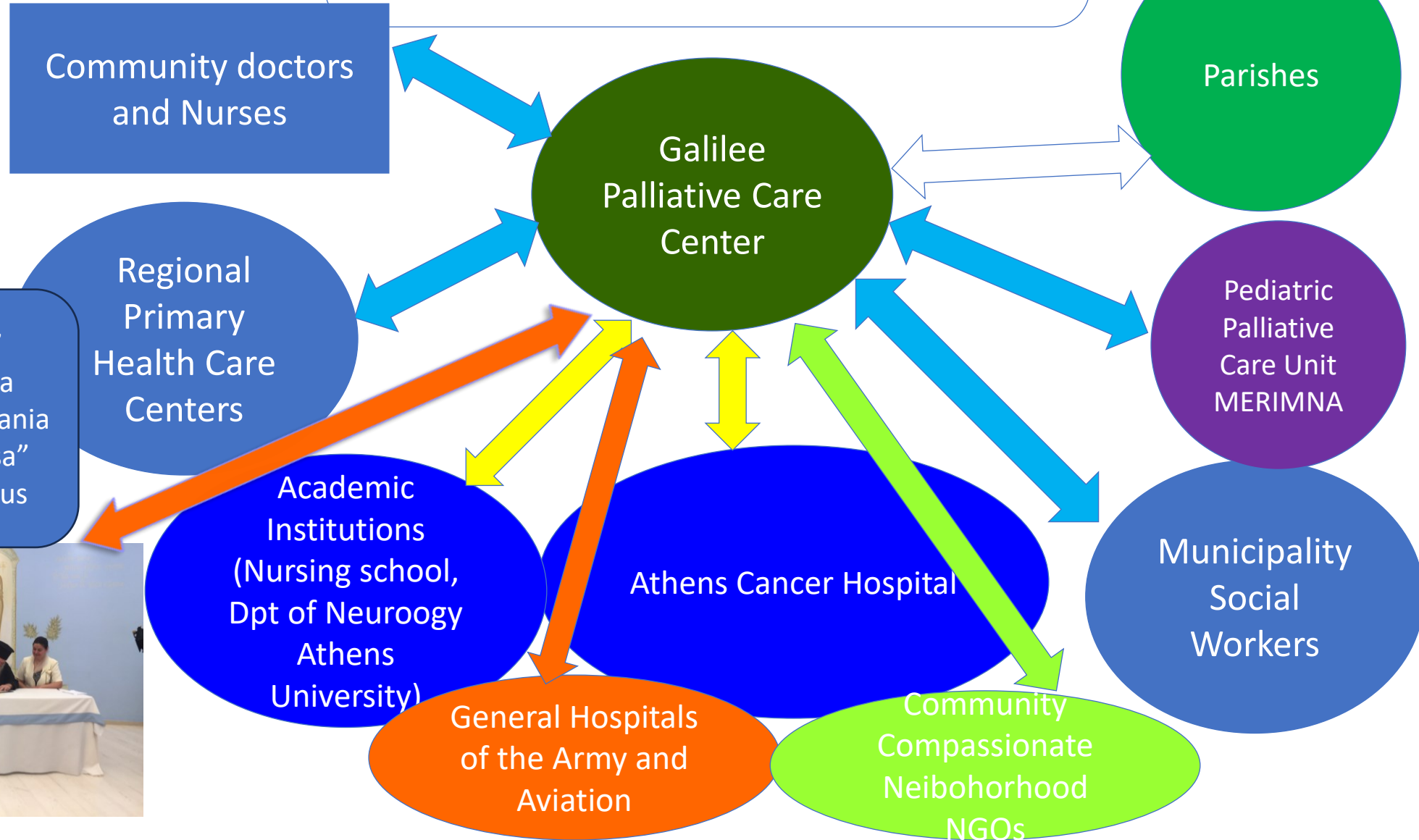
- Theoretical training of 450 HC professionals in Basic Principles of PC (2010-2023)
- Clinical placement 68 HC professionals (2015-2022)
- Clinical Research
- Art Therapy (music, acting, drawing..)
- Community raising awareness
- School raising awareness
- Media & social activities
- Internet site
- Fundraising events
- Advocacy

Galilee's Staff Satisfaction and Support

- Teambuilding activities
- Team Sessions for staff support by external psychologist



Galilee's National and International Networking

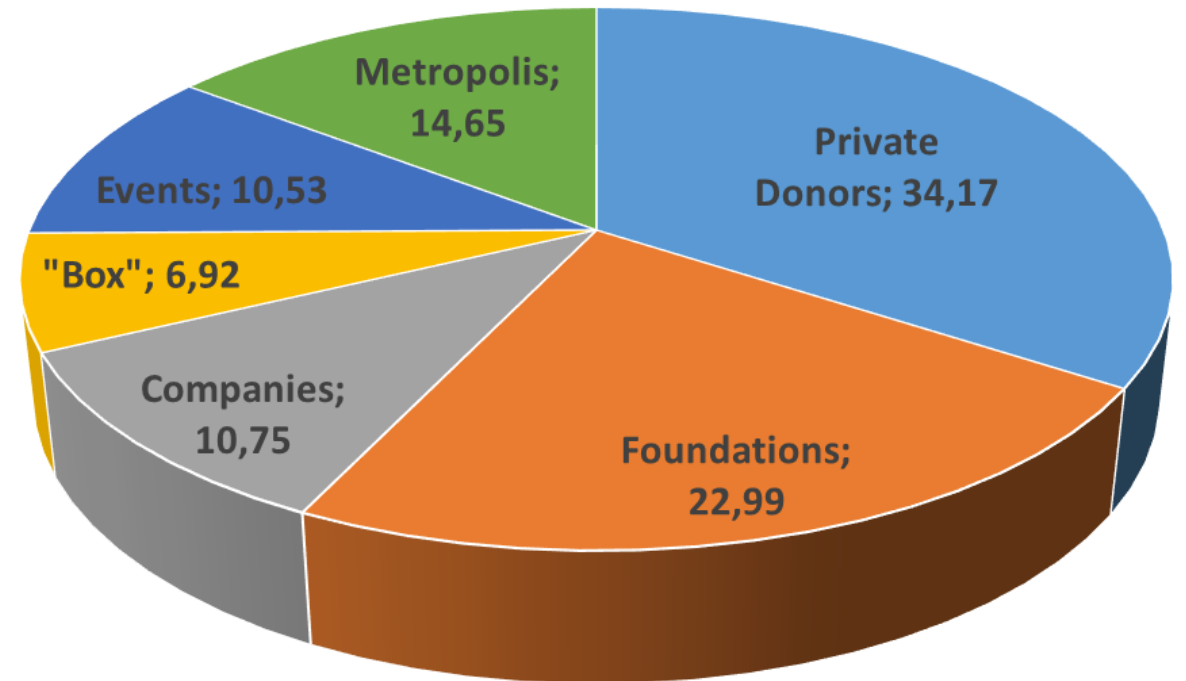


"Twinning"
Hospice Casa
Sperantei Romania
"Arodafnoussa"
Hospice Cyprus



Galilee's Sponsors

- Foundations
- Private Donors
- The Diocese of Mesogaia and Lavreotiki
- Companies
- Fundraising events
- "The Funeral Box"



ΙΔΡΥΜΑ ΑΘΑΝΑΣΙΟΥ & ΜΑΡΙΝΑΣ ΜΑΡΤΙΝΟΥ



CHANDRIS ANTONY RANIA FOUNDATIO



THE
HELLENIC
INITIATIVE



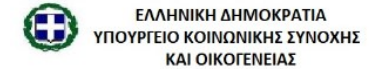
ATHENS
INTERNATIONAL AIRPORT
ELEFTHERIOS VENIZELOS

Quality Assurance- Galilee

Quality Insurance ISO 9001



Accreditation from the National center of Social Solidarity EKKA



Assurance, Financial Compliance & Reporting



Galilee's Inpatient Unit



THE INPATIENT UNIT 5 SINGLE - 2 DOUBLE BEDROOMS



What is Palliative Care?

I am a Patient
Can Palliative Care and GALILEE help me?

Donors - Supporters
How can I support GALILEE and its patients?

I am a Professional
What professional and educational opportunities are there in GALILEE?

www.galilee.gr

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Galilee PCU

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Thank You 

