



EU PACE project

Comparing and improving palliative care in long term care facilities



prof Lieve Van den Block

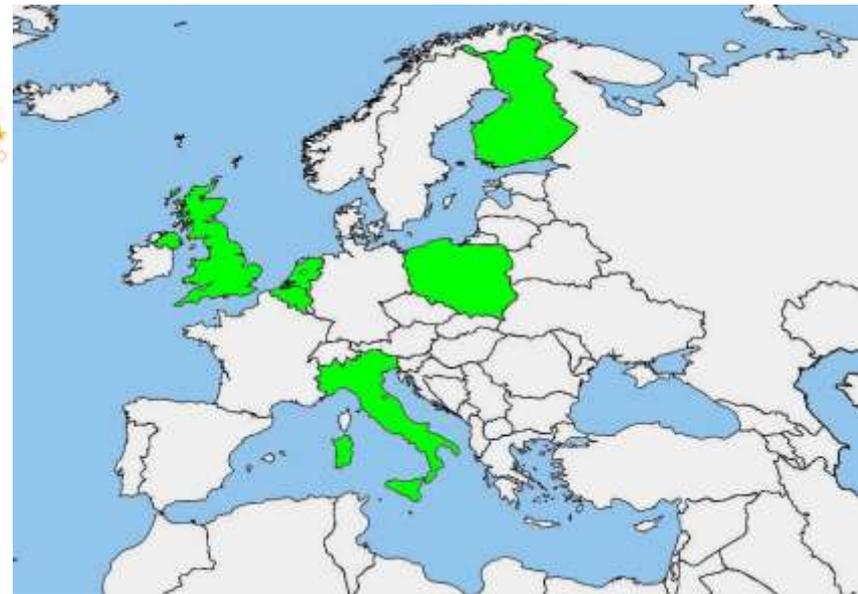
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Aging and Palliative Care Research Programme



EU funded project 2014-2019
Describe and improve palliative care in
long-term care facilities
i.e. nursing or care homes



www.eupace.eu

Current state of the art

Large variations in long-term care facilities across 29 EU countries



Large variations in long-term care facilities across 29 EU countries

- Financial and regulatory mechanisms
 - Public, private, profit
- Staffing
- Populations and length of stay
- Palliative care development

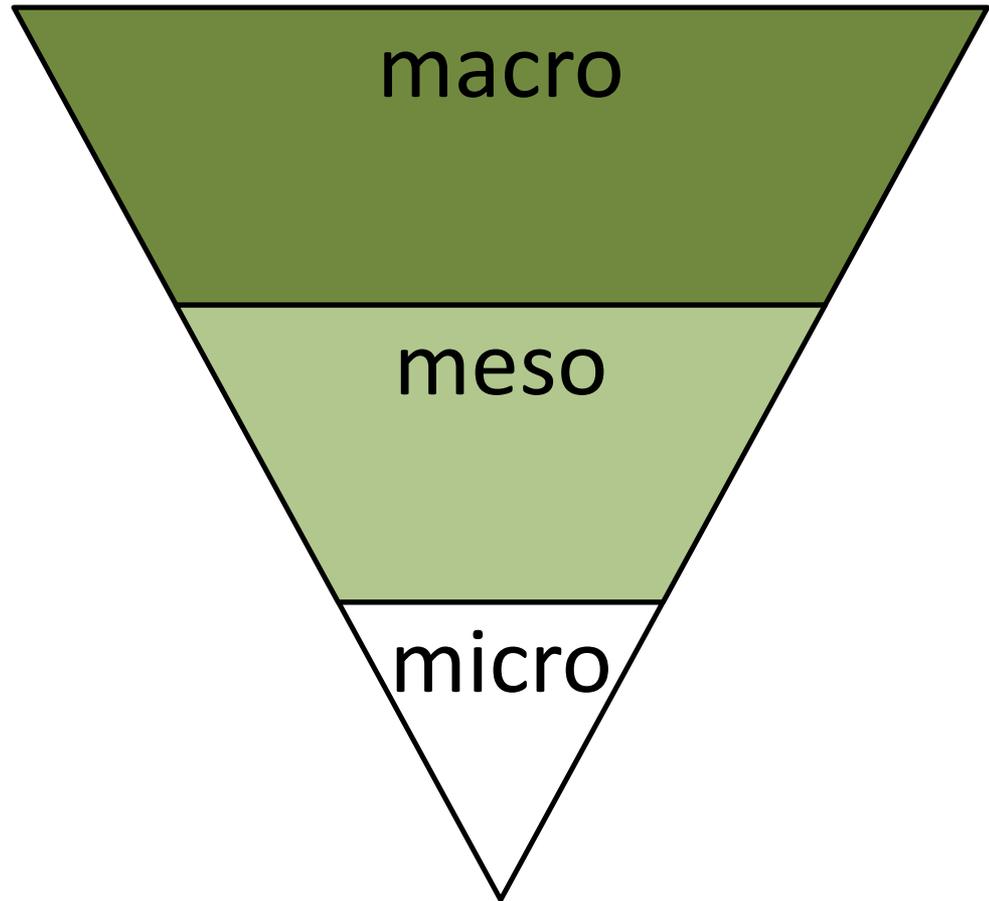


Variations in PC activity on three levels

national/regional policy,
legislation, ...

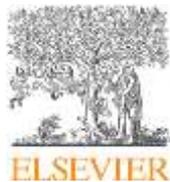
implementation
activities (education,
service models,
frameworks, ...)

proportion of LTCFs
where there is evidence
of PC delivery



Variety of approaches

Inspirational for each other



JAMDA

journal homepage: www.jamda.com

Original Study

Palliative Care Development in European Care Homes and Nursing Homes: Application of a Typology of Implementation

Katherine Froggatt PhD^{a,*}, Sheila Payne PhD^a, Hazel Morbey PhD^b,
Michaela Edwards PhD^b, Harriet Finne-Soveri PhD^c, Giovanni Gambassi PhD^d,
H. Roeline Pasman PhD^e, Katarzyna Szczerbińska MD, PhD^f, Lieve Van den Block PhD^g
on behalf of PACE

Palliative care systems and current practices in long term care facilities in Europe

Report of the

European Association of Palliative Care Taskforce on
Mapping Palliative Care Systems in Long Term Care Facilities in Europe

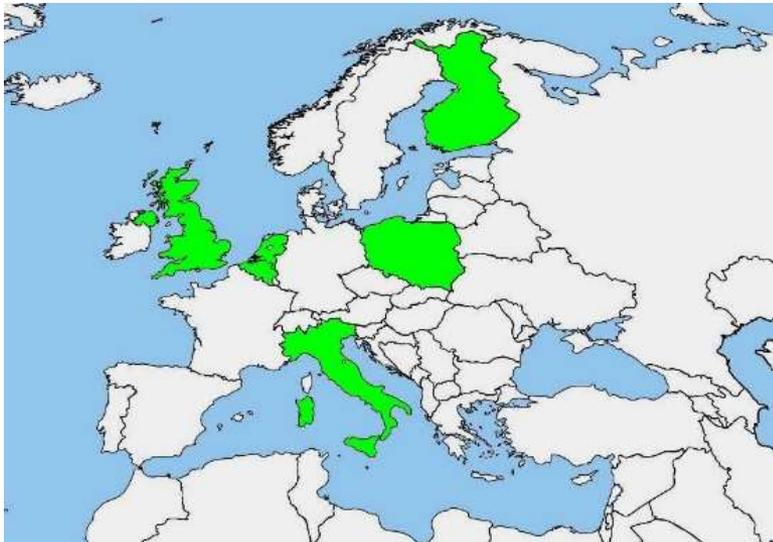
January 2017 (amended March 2017)



PACE - comparing the effectiveness of Palliative Care for older people in long-term care facilities in Europe

Variations but same challenges

PACE study in 6 countries



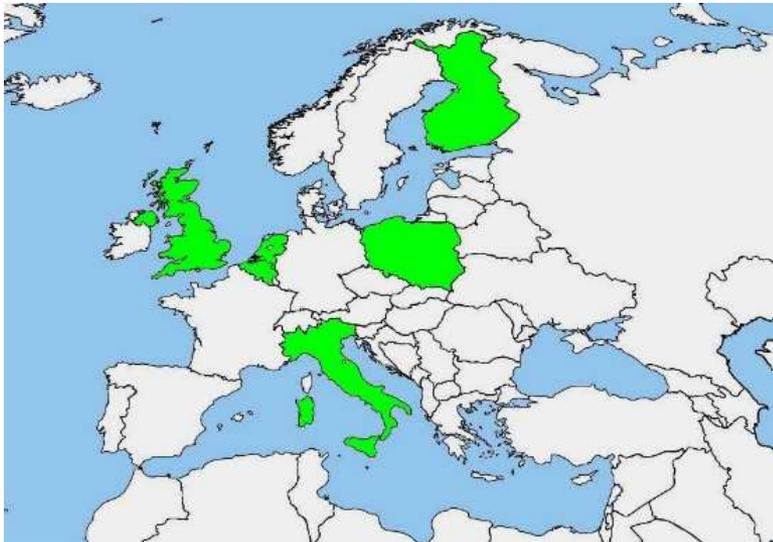
Complex populations

Room for improvement

- staff PC competences
- quality of end-of-life care and quality of dying

Variations but same challenges

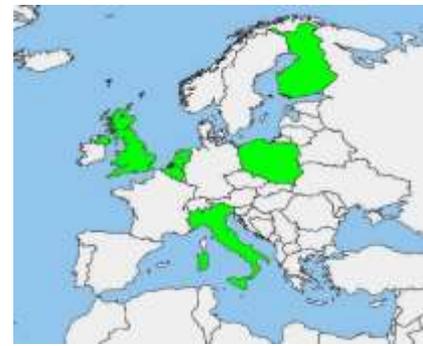
PACE study in 6 countries



Complex populations

- Room for improvement
- staff PC competences
 - quality of end-of-life care and quality of dying

PACE descriptive studies 2015



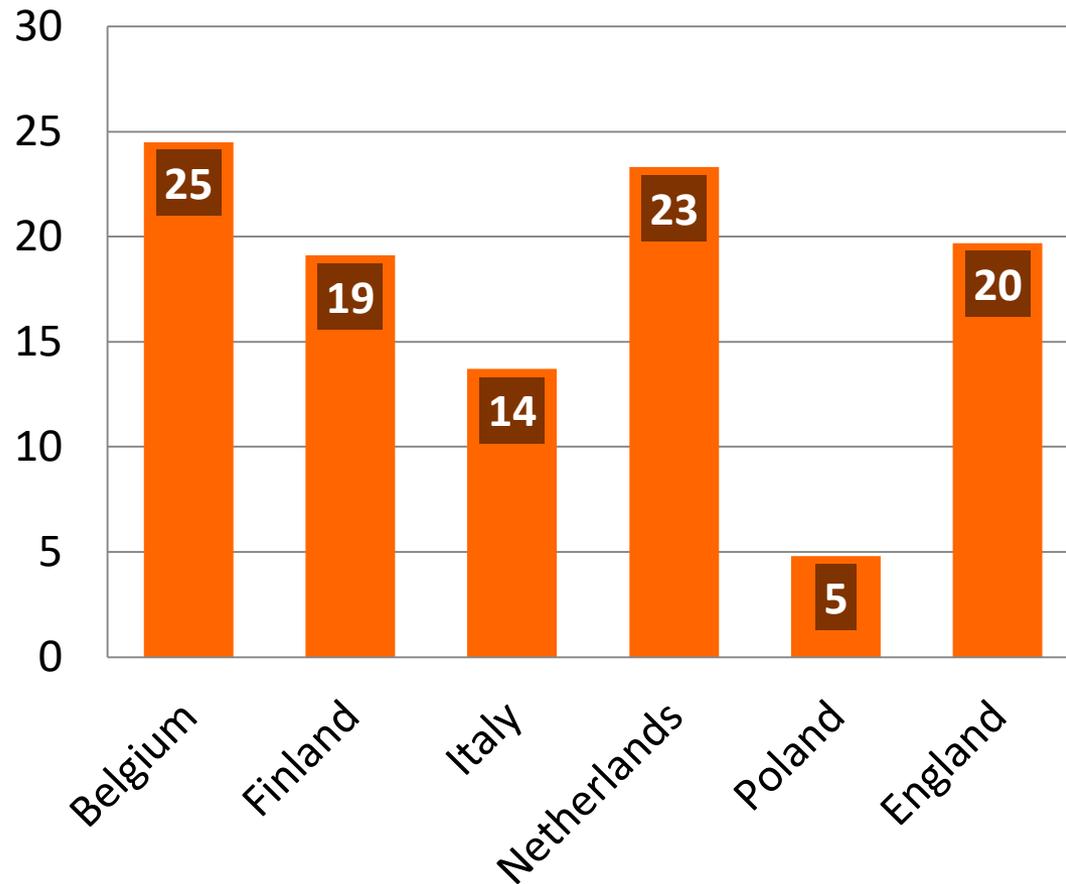
representative samples of facilities
in 6 countries: **322 facilities** covering all types
and regions

1701 deceased residents

2275 staff members: nurse, care/nurse assistant

structured surveys from staff, relatives, GPs,
management: response rates from 58% to 95%

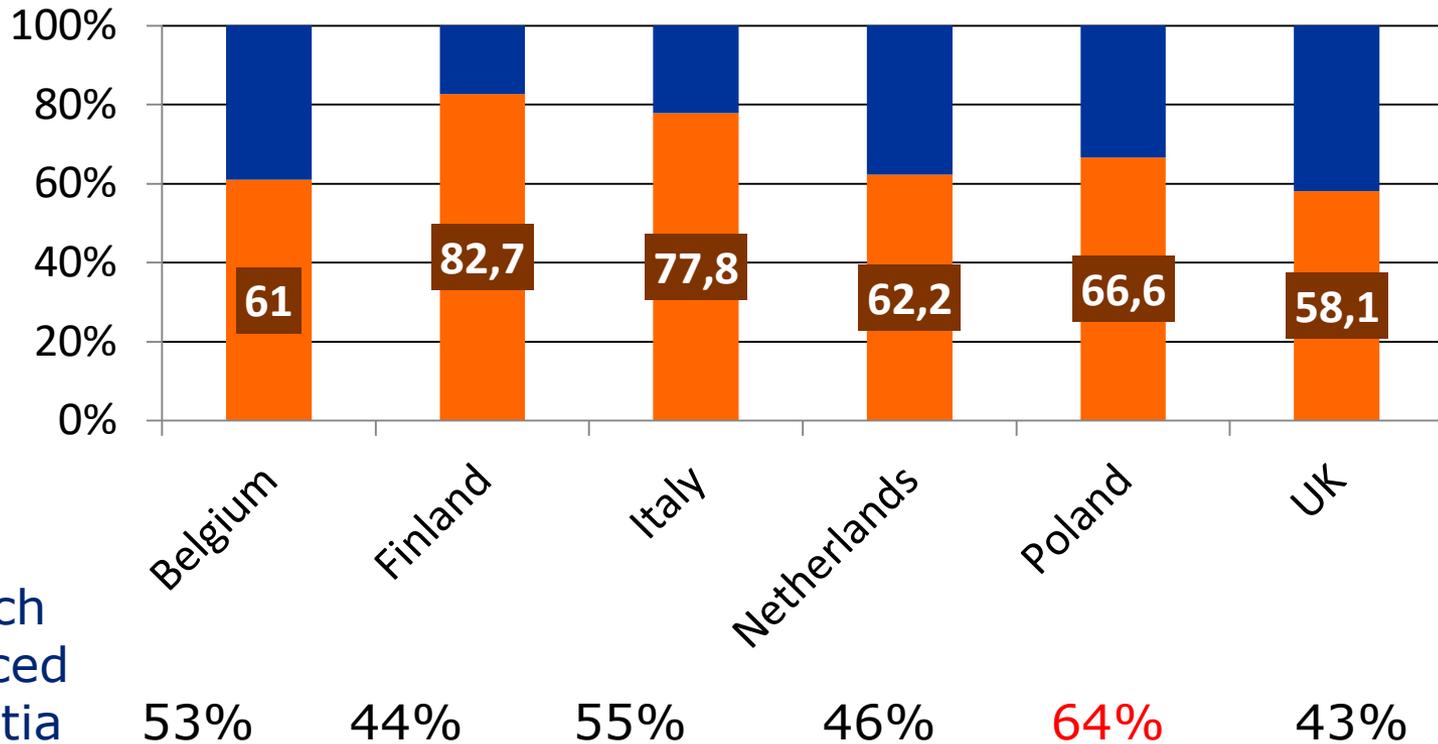
Median length of staf in months: overall short



Averages across different types of LTCFs

Dementia?

yes no



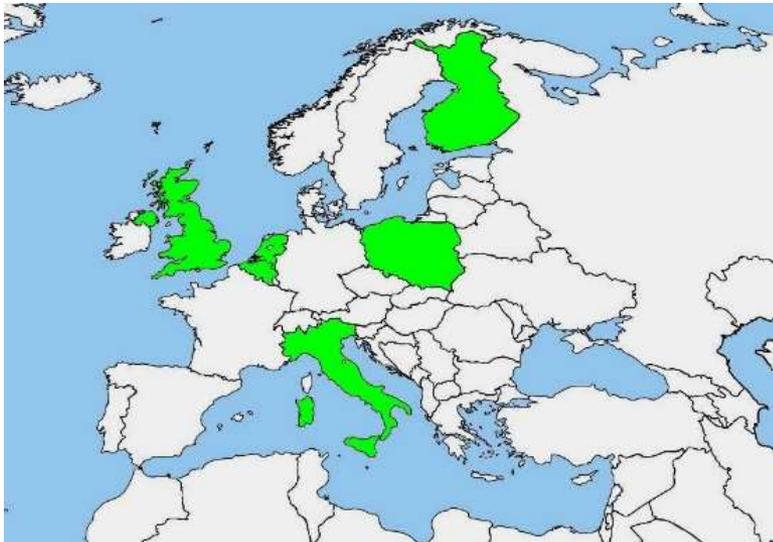
Of which
Advanced
dementia

Averages across different types of LTCFs

Clinical judgment of GP or nurse

Variations but same challenges

PACE study in 6 countries



Complex populations

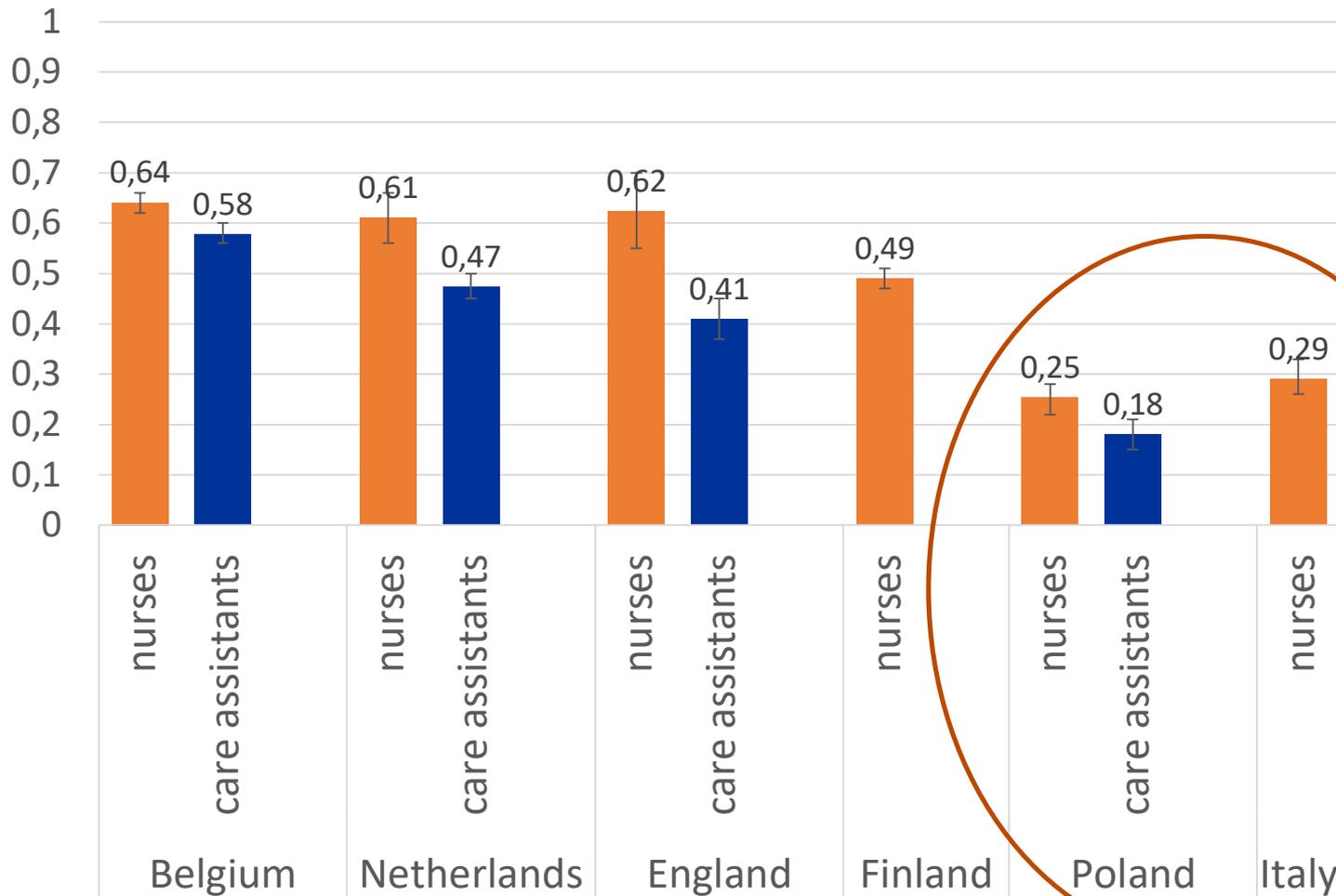
Room for improvement

- staff PC competences
- quality of end-of-life care and quality of dying

Staff knowledge of palliative care

Palliative Care Survey

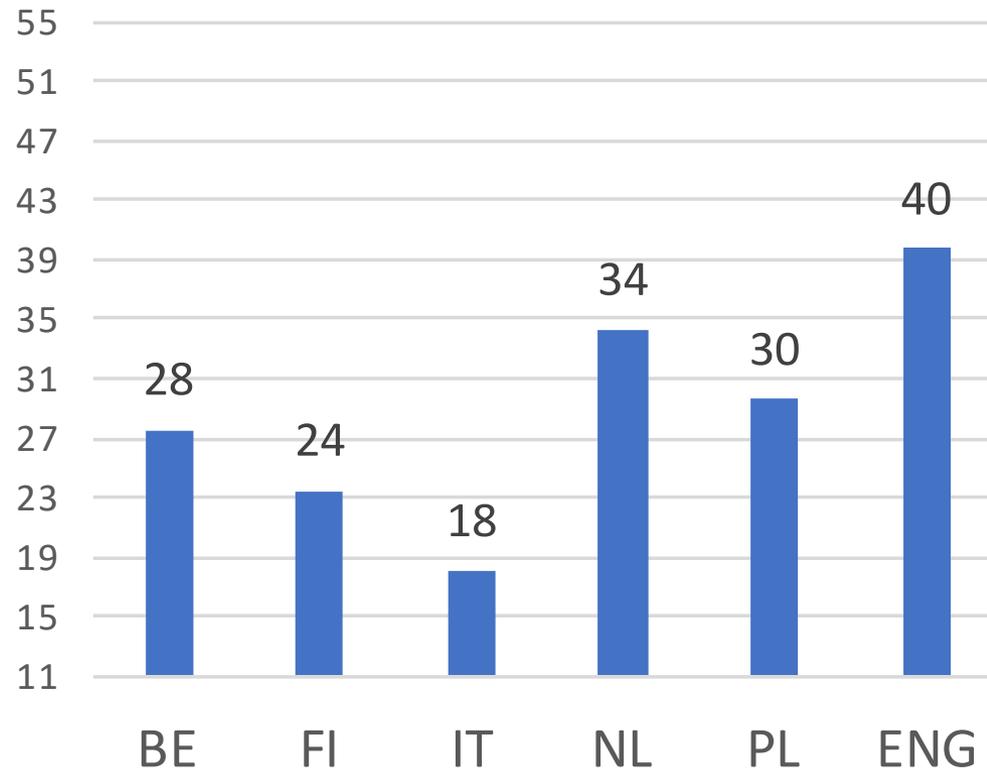
higher mean scores (0 to 1) = better knowledge



Quality of care in **last month of life** as judged by **staff** (QOD-LTC)

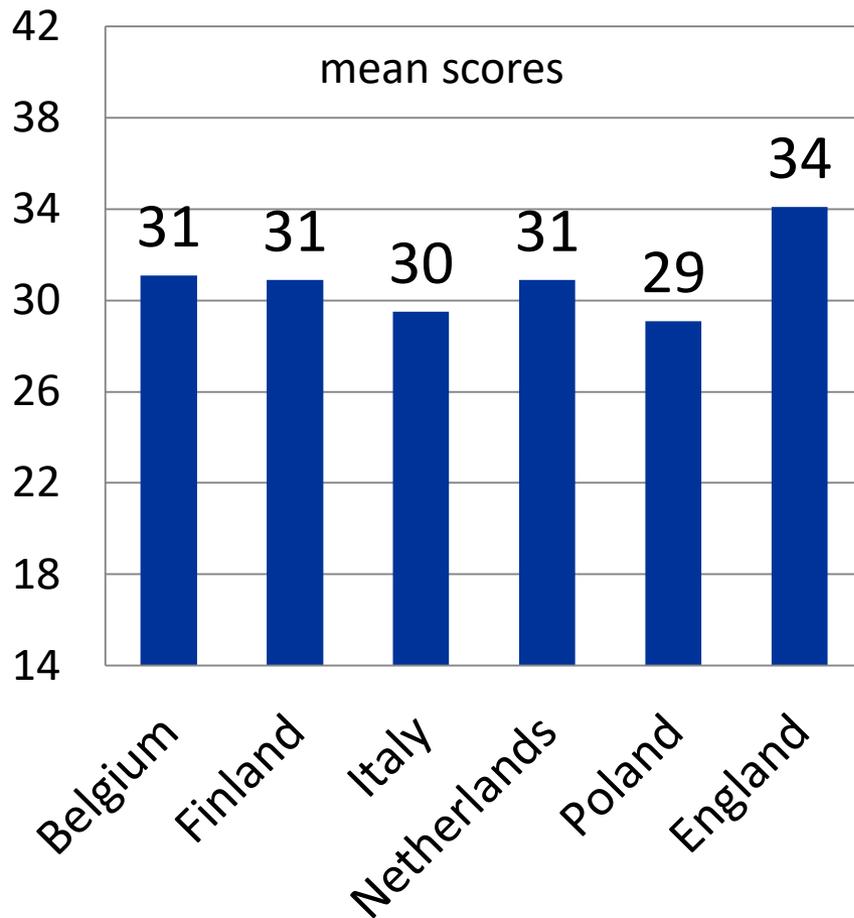
subscale: **preparatory tasks**

Higher mean scores = better quality



Symptoms of residents in the **last week of life** as judged by **staff**

CAD-EOLD

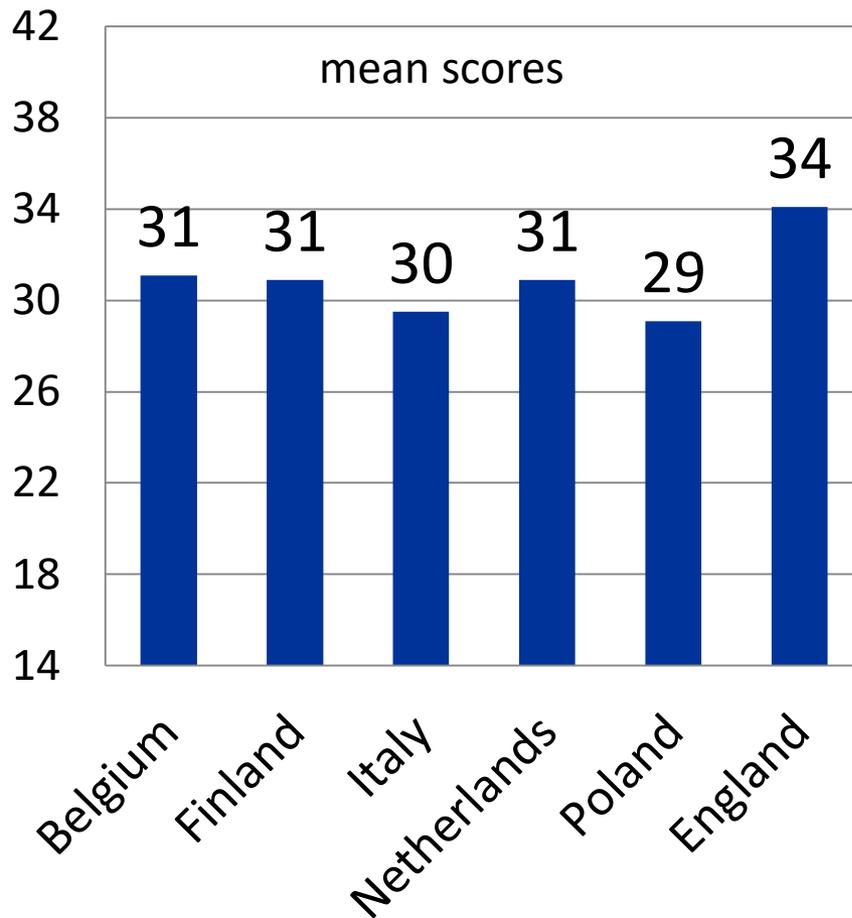


scale items:
discomfort, pain,
shortness of breath,
choking, difficulty
swallowing, anxiety,
crying, calm etc

higher scores
=
better quality of dying

Symptoms of residents in the **last week of life** as judged by **staff**

CAD-EOLD



scale items:

discomfort, pain,
shortness of breath,
choking, **difficulty**
swallowing, anxiety,
crying, **calm,** etc

higher scores

=

better quality of dying



Smets et al, 2018
Pivodic et al,
2018, accepted



Wichman et al,
2018, accepted



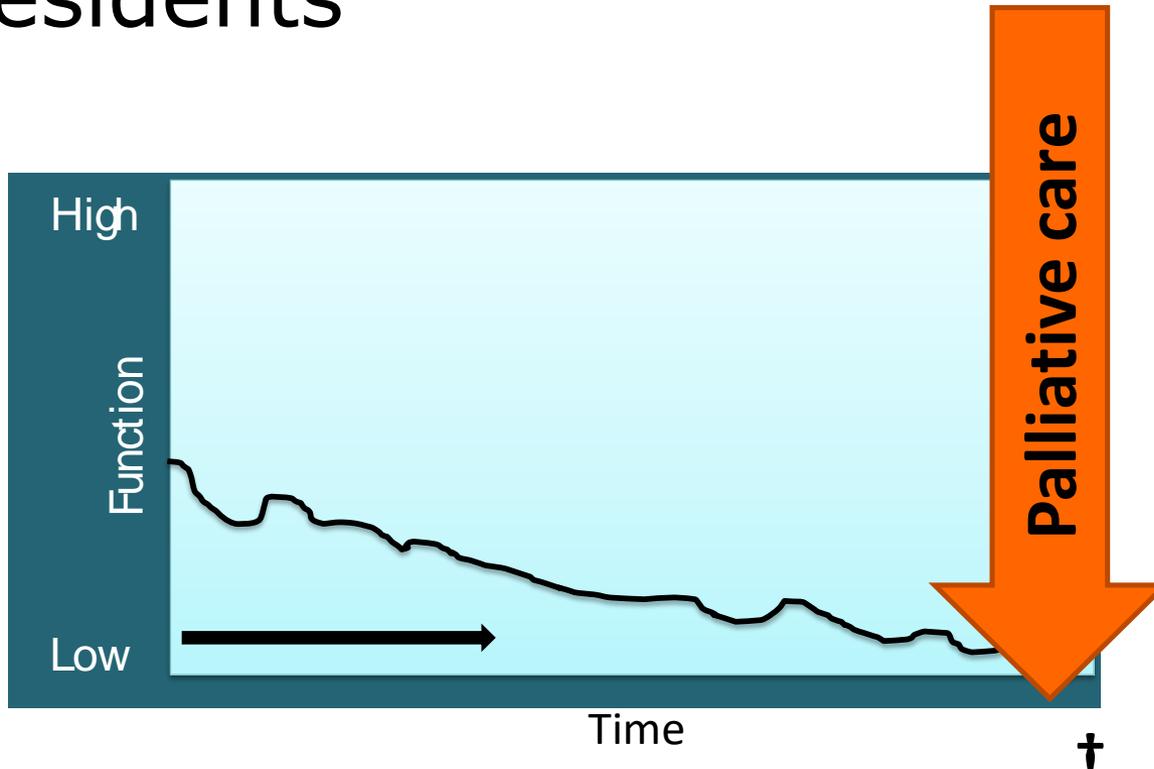
Oosterveld et al,
2018, accepted

on behalf of PACE

How to improve? PACE Steps to Success

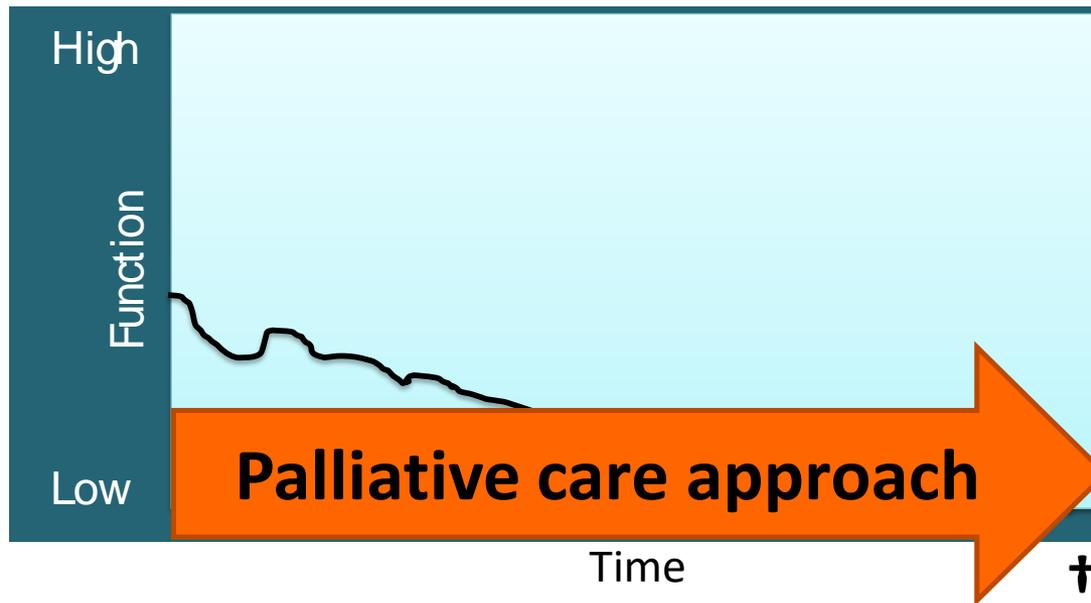
Palliative care is an approach to improve quality of life of all people with life-threatening illness and of their families

Old model of palliative care not suitable for population of LTCF residents



Frailty and dementia trajectory

New model of palliative care:
Early integration, alongside
life-prolonging treatments
Preferred culture in LTCFs



6 steps train-the-trainer programme



External trainers

PACE coordinators in the facilities

One year implementation: 6 steps with tools

Involving the whole setting

Preparation

2 months

Introduction of programme to LTCF (staff, family, GPs)
Provide training for PACE Coordinator(s)

Led by:
Country trainer

Implementation

6 months

Introduce 6 steps

Led by:
Country Trainer
with PACE
Coordinator(s)

Consolidation

4 months

Ongoing support

Led by:
PACE Coordinator(s)
supported by Country
trainer

General palliative care in PACE Steps to success programme

1. Advance care planning
2. Mapping changes in physical condition to anticipate dying better
3. Palliative care register to be used during monthly multidisciplinary meeting, involving staff and GPs
4. Screening of pain and depression (PAIN-AD, Geriatric Depression Scale, Cornell for dementia)
5. Checklist last days of life
6. Reflective debriefing after death

Cluster RCT in 7 countries 2016-2017

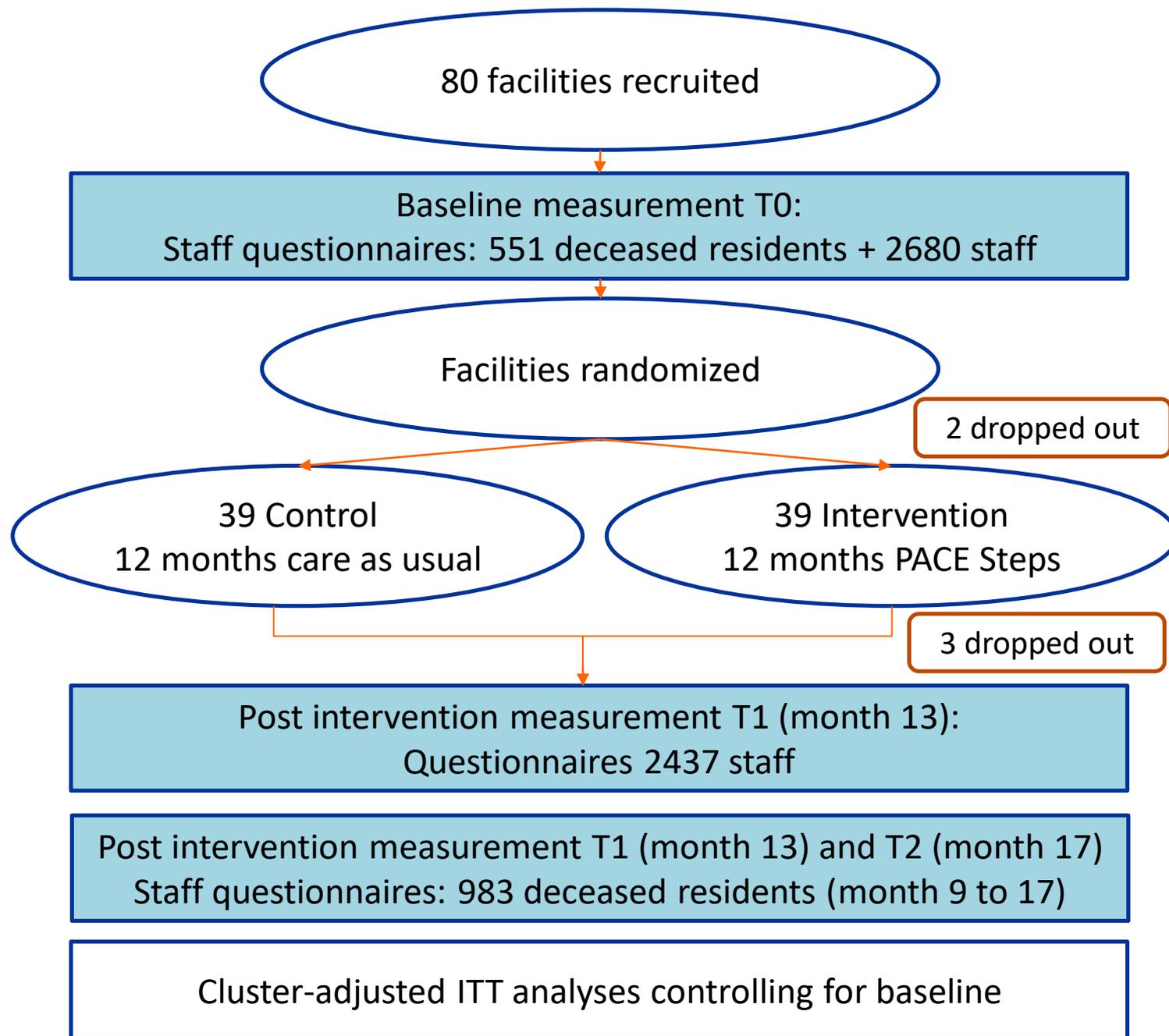
BE, NL, ENG, PL, FI, IT, Switzerland

80 facilities randomized

Outcome, process, cost evaluation

By implementing PACE Steps to Success:

- is quality of dying and quality of end-of-life care of **residents** improved?
- is **staff** knowledge of palliative care improved? compared to a control group

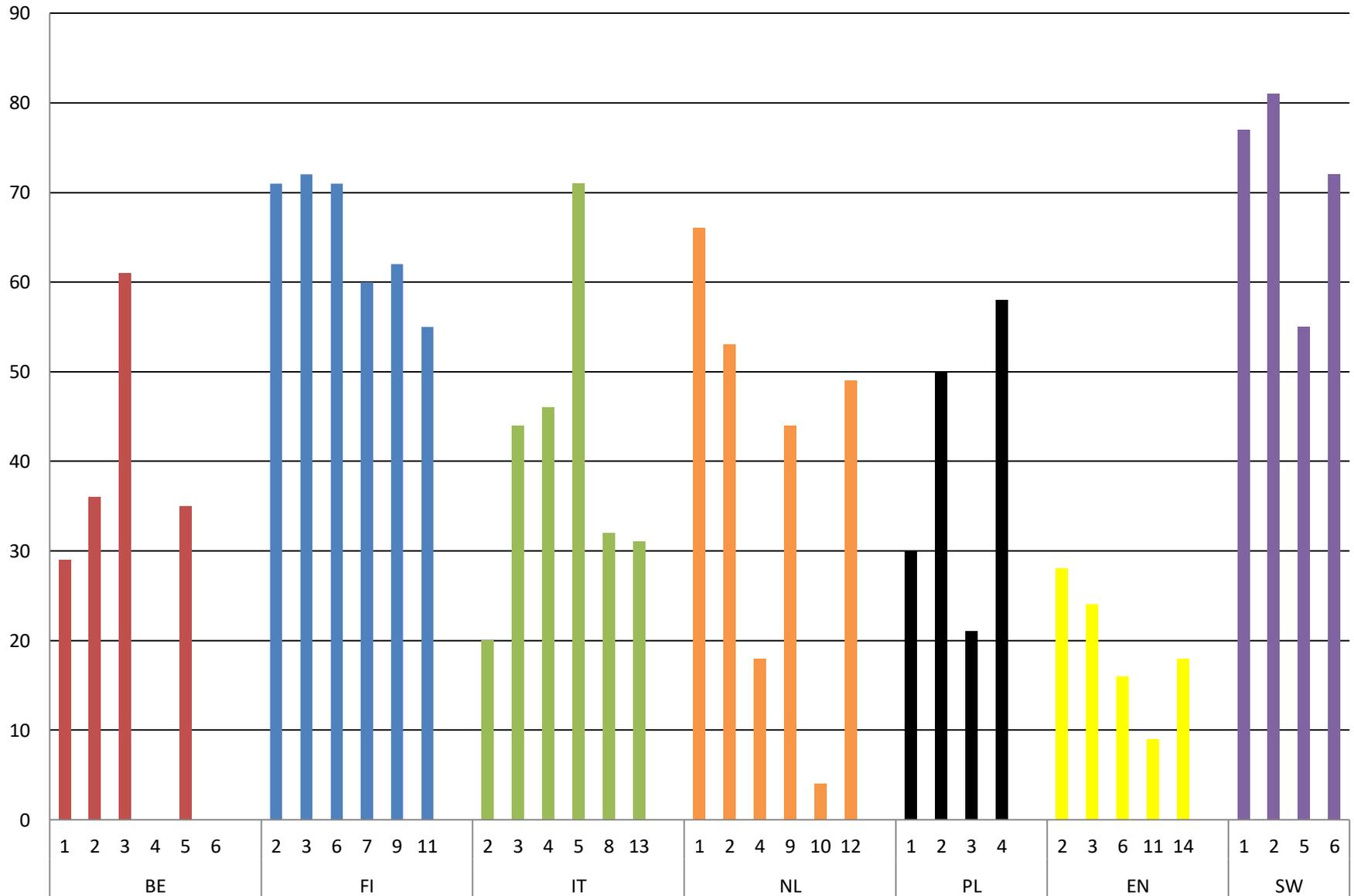


Trial ended

Results effectiveness and process evaluation
forthcoming

7 country implementation of
PACE Steps to Success in 80 LTCFs
was very challenging

Mean % of staff present at the trainings



Key recommendations

Trainer's expertise

Active **management** support

Selection of key **PACE coordinator**
within the facility

Continuous training and monitoring

Tailoring intervention to local context

Flexibility to adapt (timing/content of)
intervention to changes in context

English, Dutch, Polish, Finnish, Italian, French

<http://www.eapcnet.eu/>



PACE Steps to Success Programme

**Steps towards achieving high quality palliative care
in your care home**

Information Pack

www.eupace.eu

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Acknowledged



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