

Palliative care in the Eastern Mediterranean Region: from challenges to solutions

EM/RC72/8

Dr Lamia Mahmoud

Regional Advisor

Noncommunicable Diseases Prevention

WHO Regional Office for the Eastern

Mediterranean



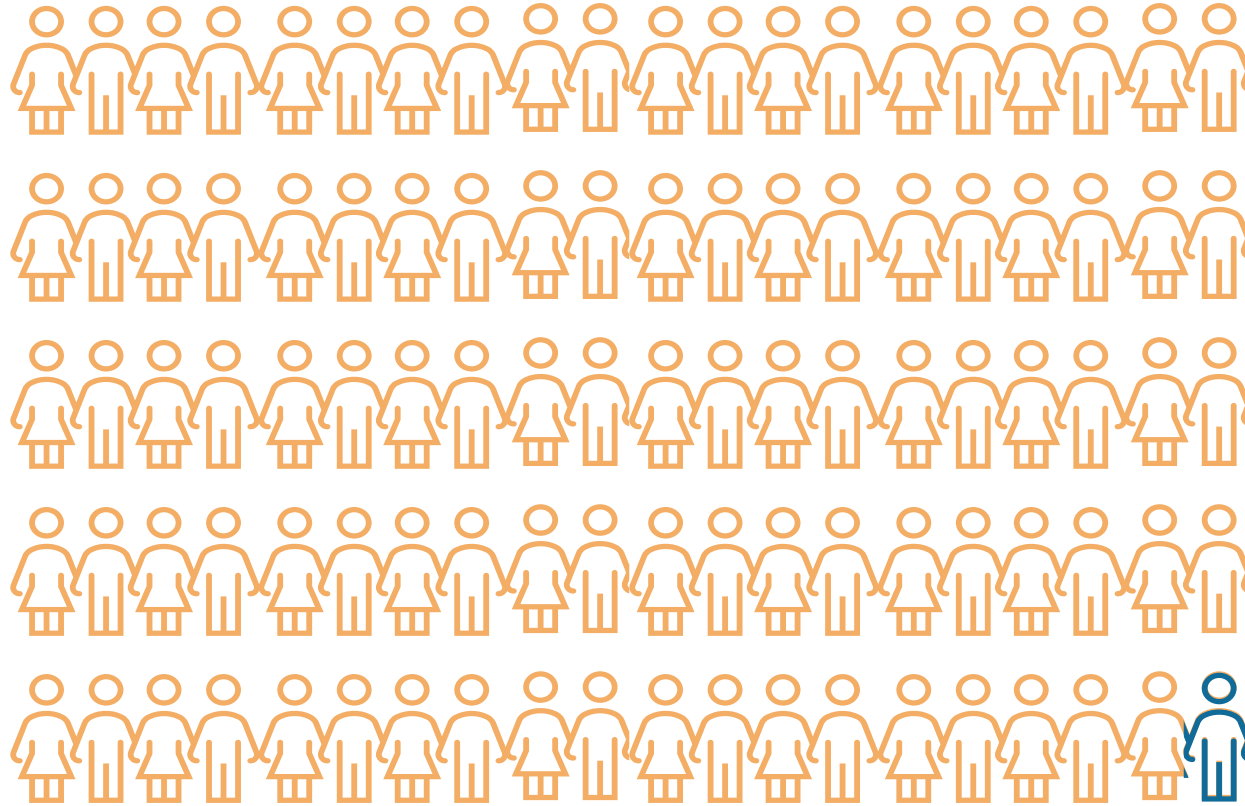
Eastern Mediterranean Region





**56
million**
people in need of
palliative care
globally

Millions in the Eastern Mediterranean Region living and dying in pain



**~2.4 million people
need palliative care
each year**

< 1% receive it

Global atlas of palliative care, 2nd Ed. London: World Health Organization, Worldwide Hospice Palliative Care Alliance; 2020.

Why it matters



Improves

quality of life,
dignity and
patient/family
satisfaction



Alleviates

pain and distress,
a human rights
imperative



Reduces

aggressive
interventions and
unnecessary costs



Aligns care

with patient
values, supporting
the goals of
universal health
coverage

Each dollar invested in palliative care yields multiple returns (> 30% savings)



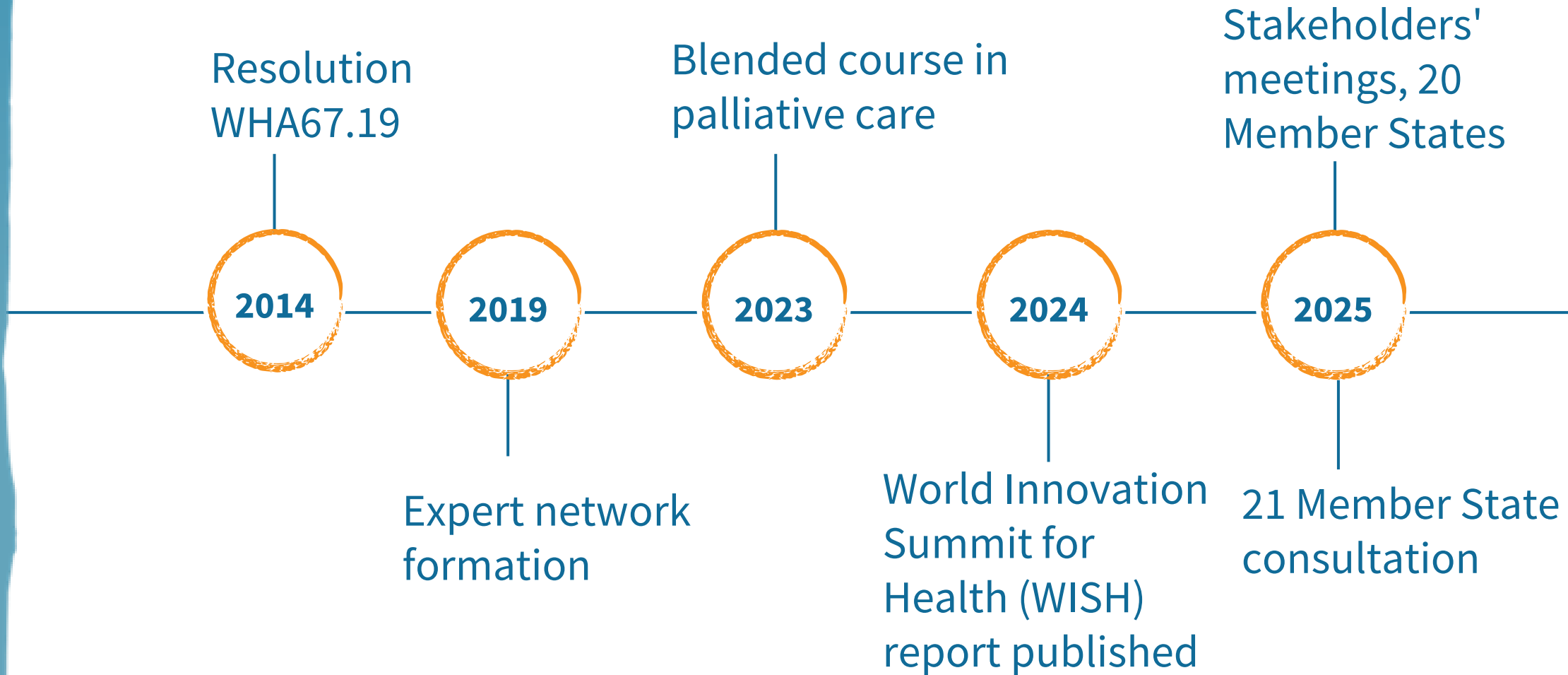
Untreated pain and
other symptoms

Emergency visit
Admissions

Health care
costs

Boni-Saenz AA, Dranove D, Emanuel LL et al. The price of palliative care: toward a complete accounting of costs and benefits. Clin Geriatr Med. 2005 Feb;21(1):147-63, ix.; Morrison RS, Penrod JD, Cassel JB et al. Cost savings associated with US hospital palliative care consultation programs. Arch Intern Med. 2008 Sep 8;168(16):1783-90; Smith S, Brick A, O'Hara S et al. Evidence on the cost and cost-effectiveness of palliative care: a literature review. Palliat Med. 2014 Feb;28(2):130-50.

Timeline



Member States consultation

Key feedback and outcomes



Governance

Integrating palliative care into national policies, with dedicated funding and palliative care taskforce at ministry of health



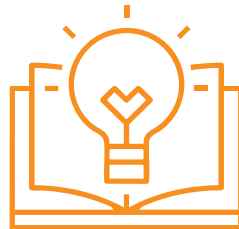
Medicines

Ensuring continuous access to, and availability of, oral opioids



Service delivery

Paediatric palliative care emphasized and palliative care at all hospitals



Education

Importance of recognition of palliative care specialty and expertise



Communities

Prioritizing home-based care



Monitoring and accountability

Importance of key performance indicators and research

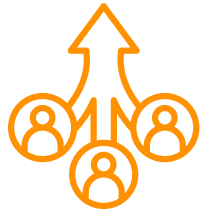
Proposed resolution EM/RC72/R.4

URGES the Regional Director to:



support

national policies
that help develop
palliative care



enhance

regional and
country level
capacity-building
in palliative care



establish

pooled procurement
for essential
medications
where needed



generate

evidence on the
cost-effectiveness of
integrated models

Proposed resolution EM/RC72/R.4

URGES Member States to:



prioritize

palliative care
within existing
governance
mechanisms



integrate

palliative care into
primary health care
and hospital-based
care



mandate

basic education
and recognize
advanced training



reform

opioid regulations
and ensure access
to essential
medications