

Embracing the End with **LOVE**

– Palliative Care and an Ageing China

"A loving heart is a hospice for the world."



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Embracing the End with LOVE

- ♥ *“You matter because you are. You matter until the very last moment of your life. And we will do all we can. Not only to help you die peacefully. But to live until you die.”* ☆
- ♥ — Dame Cicely Saunders *“Founder of the Modern Day Hospice Movement”*

Palliative Care and an Ageing China

- ♥ Introduction of Palliative Care
- ♥ Development in China
- ♥ Challenges China Faces
- ♥ Solutions to the Problems
- ♥ A Prospect for the Future
- ♥ How Can We Help?



I Introduction of Palliative Care

- 1. WHO Definition
- 2. Goal of Palliative Care
- 3. How the Care Is Provided —by a Team
- 4. What Care Is Provided
- 5. Palliative Care & Hospice
- 6. History of Palliative Care



WHO Definition

♥ **Palliative Care** is an approach that improves the **quality** of life of patients and their families facing the problem associated with life-threatening illness, through the prevention and **relief** of suffering by means of early identification and impeccable assessment and treatment of pain and other problems, **physical, psychosocial and spiritual.** *

Goal of Palliative Care

- ♥ not to cure
- ♥ to relieve suffering
- ♥ to provide the best possible quality of life
- ♥ mental health and spiritual needs satisfaction



How the Care Is Provided —by a Team

- ♥ Palliative care doctors, nurses and social workers.
- ♥ Chaplains, massage therapists, pharmacists, nutritionists and others.



What Care Is Provided

- ♥ **Physical:** Pain and symptom control (relief from symptoms such as pain, shortness of breath, fatigue, constipation, nausea, loss of appetite and difficulty sleeping.)
- ♥ **Emotional and Spiritual:** religion in the west (a comfortable atmosphere that reduces anxiety and stress, fear to death.)

Palliative Care & Hospice

- ♥ Palliative care: { any time during illness.
 { may be combined with curative treatment
- ♥ Hospice: { terminally ill patients (expected to live \leq 6 months)
 { people who no longer seek treatments
- ♥ Palliative Care =? Hospice



History of Palliative Care

- ♥ Beginning: hospice movement in Britain
- ♥ 1967: Dr. Cicely Saunders & *St. Christopher's Hospice*
- ♥ Since then, palliative care has rapidly expanded over the world.
esp. well delivered in developed countries (USA, UK, Australia)
- ♥ Today: > 60 countries and regions worldwide
- ♥ Global network:
 - International Association for Hospice & Palliative Care (IAHPC)
 - Aim: promote H&P worldwide

II Palliative Care Development for Elders in China

1. Social Background

2. Palliative Care Development in Mainland China

- Forms of Palliative Care in China
- Progress and Achievements



Social Background In China

♥ China: an ageing society since 2000
people > 65 years old: 7%

| Year | Population over 60 years old (million) ↗ | Percentage of the total Population (%) | Population over 65 years old (million) ↗ | Percentage of the total Population (%) | Number of death (million) ↗ | Death rate (%) ↗ |
|------|--|--|--|--|-----------------------------|------------------|
| 2006 | 149.0 | 11.3 | 104.2 | 7.9 | 8.92 | 6.8 |
| 2007 | 153.4 | 11.6 | 106.4 | 8.1 | 9.13 | 6.9 |
| 2008 | 159.9 | 12.0 | 109.6 | 8.3 | 9.35 | 7.1 |
| 2010 | | | 112 | | | |
| 2020 | 248.0 | | | 11.9 | | |
| 2035 | | | | 20 | | |
| 2050 | 437.0 | | | 25 (1/4) | | |

Social Background In China

- ♥ Physical & psychological suffering ↗
↓
- ♥ Demands ↗: psychological consultation, health promotion and disease control
↓
- ♥ Need ↗: develop palliative care for the aged in China



Palliative Care Development in Mainland China

- ♥ Term: Lin Zhong Guan Huai (临终关怀)
—Caring for a Person Approaching Death

Forms of Palliative Care in China

- ♥ A small number of palliative care hospitals
- ♥ About 200 end-of-life wards in medical institutions
-- the main form of service
- ♥ Home-based hospice service
e.g. the 30 hospice “Ning Yang Yuan”(“宁养院”)
established by the Li Ka Shing Foundation (LKSF)



Progress and Achievements

- ♥ 1987 the first hospice in China — Beijing Song Tang Hospice

Mission statement: “To love everyone from the bottom of our hearts.”

- ♥ 1988 the first Hospice Research Center in Tianjin Medical College
— marking the start of hospice research

- clinical ward established there in 1990
- training, publicizing, lectures and seminars



- strong social reaction
- hospice programs appeared in big cities



- ♥ 1992 the First Eastern and Western International Hospice Conference

Ministry of Public Health: bring hospice care into the national medical and health development plans. — blossom of hospice programs later

- ♥ 1993 Palliative Care Committee was set up in Chinese Association of Mental Health

Progress and Achievements

- ♥ 1994 The Committee of Rehabilitation and Palliative Care (CRPC, China) focus: academic and theoretical research
- ♥ 1996 Chinese Journal of Hospice
- ♥ 1998 China's first free hospice “Ning Yang Yuan” (“宁养院”) set up by Li Ka Shing Foundation (LKSF)
 - home-based and free service for impoverished cancer patients
- ♥ 2001 The National Hospice Service Program by LKSF
 - annual funding: 25 million RMB (US\$ 3,676,500)
 - each hospice unit receives: 1.2 million RMB annually (US\$176,500)
- Now {
 - 30 hospices, 30 cities, 24 provinces, > 86,000 patients.
 - 8,000 volunteers, 78% university students
- ♥ 2006 the Chinese Association for Life Care
 - a nationwide regulatory organization



Progress and Achievements

- ♥ Today: more than 200 multiform hospices
- ♥ courses and textbooks on palliative care
- ♥ a mass of academic papers and literature published.

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III The Challenges China Faces in Promoting Palliative Care

1. Insufficient Economic Input & Underdeveloped Health Care System
2. Traditional Knowledge about Life and Death
3. Lack of Professionalism



Insufficient Economic Input & Underdeveloped Health Care System

- ♥ **Lack of funding** (government funding & private contribution)
 - Lowers the quality and quantity of palliative care service
- ♥ Hospice **included** in the insurance system:
 - treatment and medicine costs covered (√)
 - pay much for related care expense (×)
- ♥ Hospice **not included** in the insurance system
 - no expense covered, pay all
- ♥ **Root** of the insufficient fund
 - underdeveloped Health Care System



Traditional Knowledge about Life and Death

The term Palliative Care still not been widely accepted:

♥ China: a **death-denying** society (taboo) *

pursuit of **longevity**

♥ **Filial piety** tradition: die in homes

hospice— lacking in filial piety



Lack of Professionalism

♥ Lack of knowledge and skills

- incompetent on emotional & psychological problems like depression, anorexia, etc.
- communication problem

♥ Lack of registered nurses and specialists unprofessional nursing workers



IV Solutions to the Problems

1. Policy and Financial Support from the Government

2. Public Education

- Mind Revolution on Ideas of Death
- Education to Respect Elders

3. Professional Training
& Academic Communication



Policy and Financial Support from the Government

— The **ultimate solution** for palliative care development

♥ Legal foundation for standardizing and regulating PC

- (PC as a systemic project → a part of Social Security System)

- Learn from the American model:

- { Hospice – a significant part of the **health care system**.

- { Covered by **Medicare, Medicaid**, most private insurance plans, and charity donation

- Hospice service should be **included in** the present upgrade of the **medical care system** in China

♥ Government fund & calling for social donation



Public Education

♥ Mind Revolution on Ideas of Death

- Life & death: **a full cycle**

Facing death: embracing life.

- Death **inspires** → meaning of our lives

Confucius: “未知生，焉知死？”→“未知死，焉知生？”

- **Real filial piety**—highest possible quality of life

× Over-treat the terminal patients meaninglessly
to extend their tortured time

√ Respect & satisfy the individual emotional
needs



Public Education



♥ Education to Respect Elders

—to the society, esp. **the youth**

- **Elder respect:** the notable Chinese tradition
“Honor the aged of other family as we honor our own”

“market economics”

“one child policy”

Youth celebration → elders: more silent & neglected

- **Real respect:** inner appreciation and esteem
humanistic consciousness ← education

- **Family, school and self-education**

- An invaluable lesson for young volunteers *

(↓ rich social resources)

Professional Training and Academic Communication

♥ Specialization training

- not only: physicians, nurses, and nursing workers
- but also: psychiatrists, psychologists, pharmacists, and nutritionists — usually neglected in China

♥ Local, national & international academic exchange

(publications, workshop, seminars, forums and international conferences, etc.)



V A Prospect for the Future

1. A New Practical Mode
2. The Research on the Regulations and Rules of Palliative Care



A New Practical Mode

- ♥ **Home Care Service** (incl. palliative care)
 - Family care — the **base**
 - **Community care** — the **support**
 - ~ an irreplaceable role
(e.g. Community Health Service Center)
 - Welfare institutions — the **supplements**



The Research on the Regulations and Rules of Palliative Care

♥ “The Research for Admittance Criteria and Standardization of Palliative Care Service in Urban China”

-- The Diseases Control and Prevention Department in the Ministry of Health of China

Regulations and rules concerning PC sectors:

- Community Health Service Center
- Home-based palliative care
- The institutional palliative care



VI How Can We Help in Promoting Elder Palliative Care?

- Be there with our family members at the end of their life.
- Be a volunteer in a hospice near your place.



“A loving heart is a hospice for the world.”

♥ Be there with our family members at the end of their life.

- Consider: “What means most to someone who is lingering for the departure?”

 - “To be with one’s family.”

- Love from one’s family

 - the **best** spiritual care *

- hold both of their hands: *

 - reassurance and peace & power and courage

- share part of the burden of the society



♥ Be a volunteer in a hospice near our place.

- listen to them, talk to them and help them achieve their uncompleted hopes



“it is more blessed to give than to receive.”



♥ How we treat the aged today is how we will be * treated tomorrow, and is also the nation's destiny

♥ With a loving heart to the aged people, let's help them embrace the end of life surrounded

with **LOVE** !



**Thank You
for Your Attention!**



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♥ Song Tang Hospice





♥ A Nursing Worker Is telling a Joke to Grandma.



♥ The grandma is feeding an orange to Li Wei, the president of the hospice



年初五松堂医院看望老人—老人抚摸着小兔子

♥ An elder is gently touching a small rabbit



年初五松堂医院看望老人一达达握着老人的手

♥ Hand in Hand, Heart to Heart



全国宁养院分布地图 National Hospice Service Program



汕头
汕头大学医学院第一附属医院
全国宁养医疗服务计划办公室



Volunteers in Song Tang Hospice

