

CONFERENCE ABSTRACT

Ten years of experience of mobile palliative care teams of the Community Health Center of the Primorje-Gorski Kotar County - Successes and challenges

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The first mobile palliative care teams of the Community Health Center of the Primorje-Gorski kotar County were established in September 2008. The goal of the teams is to provide patients with adequate health care and emotional support for the patient and family.

A study on the quality of provided palliative care was conducted on a random sample of 100 deceased patients in 2018. The call for a home visit was made in 54% of cases by family, while in 36% by general practitioners. Most calls were made by GP (14%) due to the need to apply intravenous infusion. The family most often called (16%) because the patient doesn't drink or eat. In 61% of cases, the first home visit was made within 24 hours of the call. Over 50% of patients lived longer than 15 days from the first call to the coordinator. 61% of patients had more than 4 contacts with the team until death. On average, each patient received an intravenous infusion 3 times. Among the other parenteral drugs, diuretics were the most commonly used, and narcotic drugs were used 57 times during pain therapy. The most commonly used continuous therapy drugs were narcotic drugs. Of the 100 patients observed, 55 were enrolled in the palliative patient registry. Most of them were enrolled by the Clinical Hospital Center Rijeka staff (54%). 57 of the observed patients were in the care of a patronage nurse, while 37 of them had home health care. 17 patients in care died at Hospice "Marija Krucifiksa Kozulić" in Rijeka.

From the obtained data it is evident that it is necessary to conduct continuous education of health workers on the recognition and care of the palliative patient, and the family on the needs of the palliative patient. It is necessary to reduce polypharmacy and to involve nursing activities more in care.