Developing a Model Palliative Care Service: The Korle-Bu Experience

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Korle Bu Palliative Care Team

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Objectives

• Brief introduction to Ghana
• Overview of Palliative Care efforts in Ghana
• Korle-Bu’s Palliative Care (Pallicare) Clinic
2010 Population
24,233,431
National FR: 4.0%

Male: 48.7%
Female: 51.3%

Per Capita Income
$2,500 (est. 2010)

Dr/P = 1 : 11,494
N/P = 1 : 1,510
M/P = 1 : 6,599

HIV/AIDS Adult Prev. Rate (2012) = 1.37%
New Cancer Cases (2008) = 16,600
Need for palliative care in Ghana

High incidence and prevalence of Acute and Chronic infections

Upsurge in Non-communicable diseases
Advanced disease at initial presentation

Increased life expectancy
Poor accessibility to specialized care
Top Cancers in Ghana (2008)*

**Men**
1. Liver Cancer
2. Prostate Cancer
3. Non-Hodgkin Lymphoma
4. Stomach Cancer
5. Colorectal Cancer

**Women**
1. Cervical Cancer
2. Breast Cancer
3. Liver Cancer
4. Ovarian Cancer
5. Non-Hodgkin’s Lymphoma

*GLOBOCAN 2008*
Cancer deaths in Ghana

Both sexes
1. Cervical Cancer
2. Liver cancer
3. Prostate cancer
4. Breast Cancer
5. Stomach Cancer
6. Colorectal cancer
7. Non-Hodgkin’s Lymphoma

Other facts
• ~12 700 deaths in 2008
  – Men 5 800, women 6900
  – Age standardized death rate (both sexes) 87.3 per 100 000
• Deaths in children KBTH
  – Haematopoietic malignancies
  – Brain cancer
  – Kidney cancer
  – Eye cancer
  – Liver and bone tumours

GLOBOCAN 2008
Palliative Care in Ghana

1970s: Sickle cell clinics

1998: Catholic clinical pastoral care
1 physician started training

2003: Ripples Health Care

1990s: HIV clinics

2004: Cancer Society of Ghana

1st National PC workshop, trade fair

2002: NRNMC

2006: GPCA

2010 PC in Nursing degree program

2011: Fam Med GCPS proposal for PM
GCPS accepts Fellowship proposal, with Korle Bu as training centre

2012 Palliative Medicine Fellowship program started

2012 August: first PC clinic started

2015: launch of National cancer control strategy. Training of more PC teams

2014 PC stakeholders’ forum, POS training; PC Initiators’ course in Hospice Africa Uganda
The Korle Bu Palliative Care Team at Birth
End of year meeting!
Korle Bu Palliatric Care Team: Our modus operandi

- Hospital-based team
- Out-patient clinic (Thursdays)
- In-patient consults (Mondays)
- Home visits to patients in Accra-Tema Metropolis (Tuesdays)

- Team members: Physicians, psychologist/Ethicist, nurses, pharmacists, social worker, chaplains.
- Common interventions: pain and symptom management, Patient and Family conferences
Korle Bu Pallicare Clinic

• Our patients:
• 250 patients to date
• 60% female
• Peak age: 45-74 years
• 5% Non-cancer diagnosis:
  • Osteoarthritis
  • Neuroglycopenia
  • Quadriplegia
  • CVAs
  • Obstructive hydrocephalus
  • Chronic kidney disease
Korle-Bu Palliative Care Clinic

Strengths

- Hospital administration goodwill and support
- Dedicated team members
- Support from Collaborators eg. IPM, AFROX, Crossroads Hospice Society, UICC for training
- Relatively consistent morphine supply
- Increasing awareness

Challenges

- Lack of policy
- Funding
- Cost of morphine
- Transportation
- No bed-space
- Late referrals
- Home health care support
- Few PC teams elsewhere
- Support for patients outside Accra-Tema metropolis
Home visit
The Team at Work
Our impact so far

What patients and their families have said:

- “Thank you for helping us understand”
- “I never knew there were people like you!”
- “I’ve seen this done in movies, but thought it was only done abroad!”
- “You must create a support group for patients like me and their caregivers!”
- “Thank you for helping us say goodbye. It made the funeral so much easier!”
Looking Ahead

- Strengthen unit to be able to provide round the clock services to the hospital, and increase home visits
- Train palliative link nurses/doctors for each clinical team in the hospital
- In-patient unit with a few beds for acute interventions
- Help train PC teams for other hospitals
- Integrate PC into curricula of health training institutions
Our Goal!
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• Hospice Africa Uganda/ Institute for Palliative Care in Africa
• Korle-Bu Teaching Hospital
Thank you! Danke! Nyɛ yi wala donn!
Questions and Comments?