Beginnings

- Personal Journey
- GP supporting Helderberg Hospice
- Matron – Pat Pigeon
- APCC – Penang, Malaysia
- Prof Ilora Finlay, University of Cardiff
- Diploma in Palliative Medicine
- 2000, MSc Pall Med – Dr Anthony Byrne
The need for palliative medicine education in South Africa as perceived by hospice doctors

Focus group discussion: hospice doctors

Individual interviews: 10 hospice doctors in W Cape

2003

2000 – discussion with FHS UCT

Dean’s letter of Nov 2000

Twenty-one PG students enrolled Feb 2001 in MPhil Palliative Medicine (2 yr course)
Continual review and evolution of course

- 2yr MPhil Pall Med – 4 students requested exit with PG Diploma – without research component
- Initial students – research training depended on research topic and skill/time of supervisor
- Expectation of completing research degree while full time employment
- UCT regulations changed
- Now offer PG Diploma – entrance requirement to enrol in MPhil Pall med
Family Medicine specialty

- Include Palliative medicine training in MFamMed
- Elective in palliative medicine
- St Luke’s Hospice practical training
- MPhil Pall med
  - Research methods – semester 1
  - Assessment research ethics, research proposal accepted by UCT FHS HREC
  - Advanced palliative care (including advocacy & policy development) semester 2
  - Assessment – advocacy project
  - Research dissertation (year 2) – outcome dissertation & draft article for publication
Statistics

- 61 PG students enrolled in MPhil Pall Med
- 46 completed dissertations
- 5 completing dissertations
- 10 enrolled in 2010 and will complete in 2011
- 11 from other countries in Africa
  - Uganda
  - Nigeria
  - Botswana
  - Tanzania
  - Zimbabwe
  - Malawi
  - Rwanda
Research topics

- Interest in topic
- Related to work (start local)
- Support form workplace
- Supervisors – local, UCT
- Distance-learning challenge
- Peer support
- Web-based learning platform
Evidence–case base for Palliative Care in Africa

- Dissertation
- Publication
- 3% of dissertation result in publication
- Draft article required as outcome of Mphil
- Conference presentations – oral & poster presentations
Paediatric palliative care

- Mary Bunn: Exploring the barriers to disclosure of life-threatening illness to children in Blantyre, Malawi
- Danielle Lincoln: A descriptive analysis of the patients admitted to the pilot paediatric palliative care unit at Witwatersrand Hospice, Johannesburg
- Lizette Pieterse: An evaluation of pain management in children with cancer
- Henry Seruyange: Psychological impact of pain on adolescents suffering from HIV/AIDS at Mildmay Centre, Kampala, Uganda
- Stephanie Hinrich: Assessment of health related quality of life in HIV positive children
Diagnosis

- Rafiq Abbas: The use of liquid morphine for symptom palliation in participants with moderate to severe heart failure
- Natalya Dinat: The meanings of death and dying in Soweto in the era of HIV/AIDS
- *Sonia Hithcock: Prevalence and characteristics of neuropathic pain in patients with AIDS in Kalafong ARV clinic
- Rene Krause: A qualitative study to explore tuberculosis management in palliative care patients in the Western Cape
- Chang Liu: Effectiveness of palliative measures in treatment of dysphagia of cancer of the oesophagus
Place of care

- Norman Alderton: A quantitative and qualitative evaluation of a provincial hospital service for hospice patients
- Greta van Heerden: Are the needs of dying patients in private sector hospitals being met?
- *Judy Kirk: To assess the effect of the Hospital Palliative Care Team intervention on Quality of Life as perceived by hospital patients
- Therese Maarschalk: Palliative Care: needs and expectations in a terminal HIV/AIDS care centre for the homeless in Hillbrow, JHB
Early in the trajectory of the illness

- Sasje Venter: Investigation of the factors that impact on outcomes of HAART in patients with CD4<50 at Tshwane District Hospital
- Theresa Swart: An evaluation of factors that contribute to late referral of cancer patients by oncologists to Hospice services in the Western Cape
Holistic care...

- Charmaine Blanchard: A multi-centre study to validate a spiritual assessment tool for terminally ill patients in South Africa.
- Mandlenkosi Mkabela: Sexuality issues in patients attending ARV clinic at Embhuleni Hospital and Barberton Hospital in Mpumalanga.
- Krish Nair: Psychological wellbeing and health-related quality of life among low-income women living with HIV/AIDS in the province of KwaZulu-Natal, South Africa.
....Holistic care...

- Nicola Graham: Exploring the cultural needs of Xhosa patients at the end of life, through the lens of traditional healers in the Eastern Cape
- Trish Lück: To Evaluate the Effects of an Eight Week MBSR (Mindfulness Base Stress Reduction) Programme on Quality of Life in Palliative Care Cancer Patients
.....Holistic care

- *David Cameron: Palliative sedation therapy: A descriptive study of the use of sedation for intractable symptoms in dying patients at Sungardens Hospice, Pretoria*
- Rene Els: A retrospective review of strong opioid use in the last 5 days of life of patients with HIV/AIDS or cancer at St Francis Hospice
- Janet Stanford: To determine the availability of palliative care drugs to public sector health facilities and patients within the Knysna health district
- Sarah Fakroodeen: Pain management for advance cancer patients amongst doctors in the greater Durban area: a KAPB survey
International settings

- Patrick Akhiwu: Home based (HBC) providers knowledge, attitude and perception of identification, treatment and referrals of common symptoms of acquired immune deficiency syndrome (AIDS) in Botswana
- Folaju Oyebola: A perception and needs assessment survey of home based care among patients with life-threatening illness attending the Federal Medical Centre Abeokuta, Nigeria
Prevalence, community studies

- Laura Campbell: A review of the demographic profile, symptomatology and management of patients suffering with HIV/AIDS at Port Shepstone Hospital, Kwazulu-Natal, South Africa
- Margie Hardman: Common medical problems seen in late stage HIV/AIDS in adult patients living in the Northern Nzikazi area of rural Mpumalanga
- *Celia Jameson: Investigation of the Symptoms, Signs and Disease Profile of Patients Terminally Ill with AIDS to see how the Application of Palliative Care Principles can Improve Quality of Life.
Prevalence, community studies

- *Debbie Norval: Identification of the most prevalent symptoms experienced by AIDS patients at Hospice Soweto.
- Lize Hellstrom: The cost in dying with AIDS
Challenges

- Distance–learning
- Becoming familiar with new methods
- Strong research capacity within School of Public Health & Family Medicine – epidemiology, quantitative research, biostatistician
- Research Training
- Supervision (30)
- Palliative medicine staff
  - Building research skills and capacity
International collaboration

- King’s College London
- ENCOMPASS – palliative care outcomes in Africa – Cape Town, KZN, Gauteng Centre for Excellence in Palliative Care (WPC), Uganda
- Dr Richard Harding & Lucy Selman
- Validation of APCA African Patient Outcome Scale
- Comparing APCA APOS with Fact–Pal QoL scale
Palliative medicine staff

- Undergraduate teaching
- Diploma in Palliative Medicine with elective in paediatric palliative care
- MPhil Pall Med
- Staff research projects
- Collaboration with Division of Family Medicine, Public Health, Primary Health Care, Oncology, Paediatrics, Neurosurgery (ComaCare), (Surgery)
Thank you