

Palliative Care in Mongolia

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Palliative care

Palliative care (PC) improves the quality of life of patients and their families who are facing problems associated with life-threatening illness, whether physical, psychosocial or spiritual (WHO)

It is care for patients with life-threatening illnesses & their families

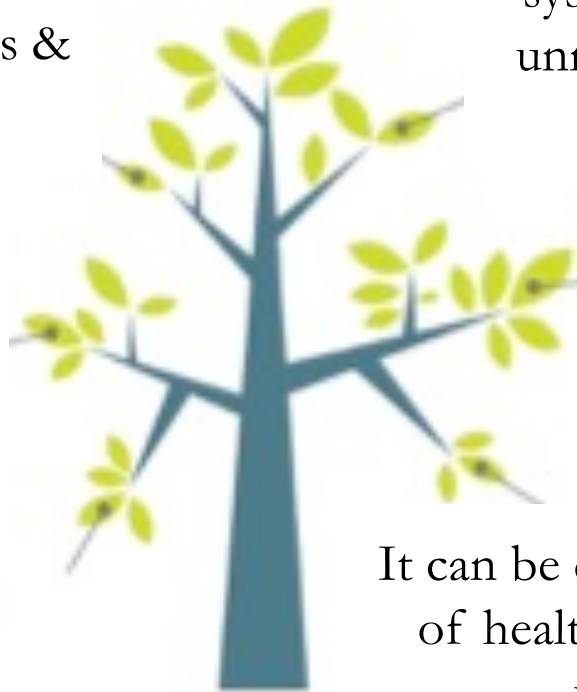
It benefits health systems by reducing unnecessary hospital admissions

It can be given in homes, health centers, hospitals and hospices

It relieves physical, psychosocial & spiritual suffering

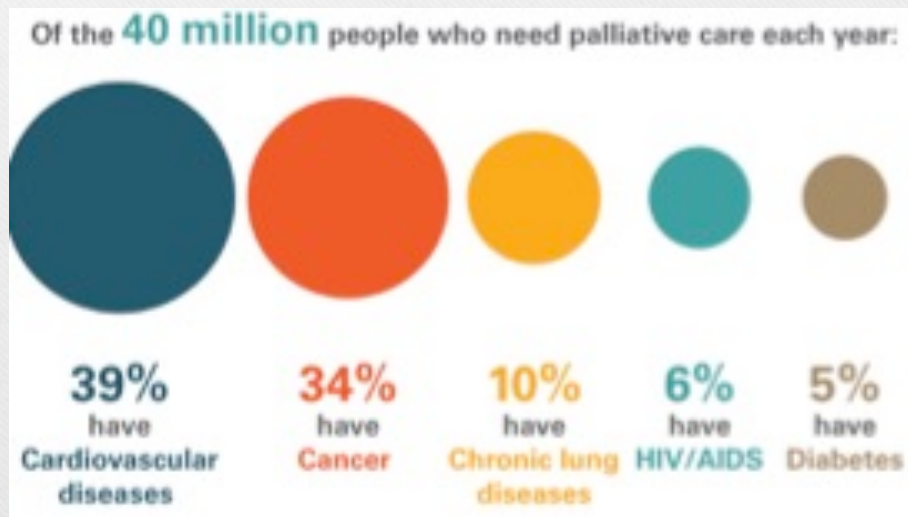
It improves quality of life

It can be done by many types of health professionals & volunteers



Necessity

- Palliative care is required for a wide range of diseases
- Each year, an estimated 40 million people are in need of palliative care, 78% of them people live in low- and middle-income countries.
- Worldwide, only about 14% of people who need palliative care currently receive it.



Poor access

- Of 234 countries, palliative care services were only well integrated in 20 countries
- Restrictive regulations for morphine and other essential controlled palliative medicines
- Lack of training and awareness of palliative care among health professionals is a major barrier to improving access.
- Early palliative care reduces unnecessary hospital admissions and the use of health services.



Country profile

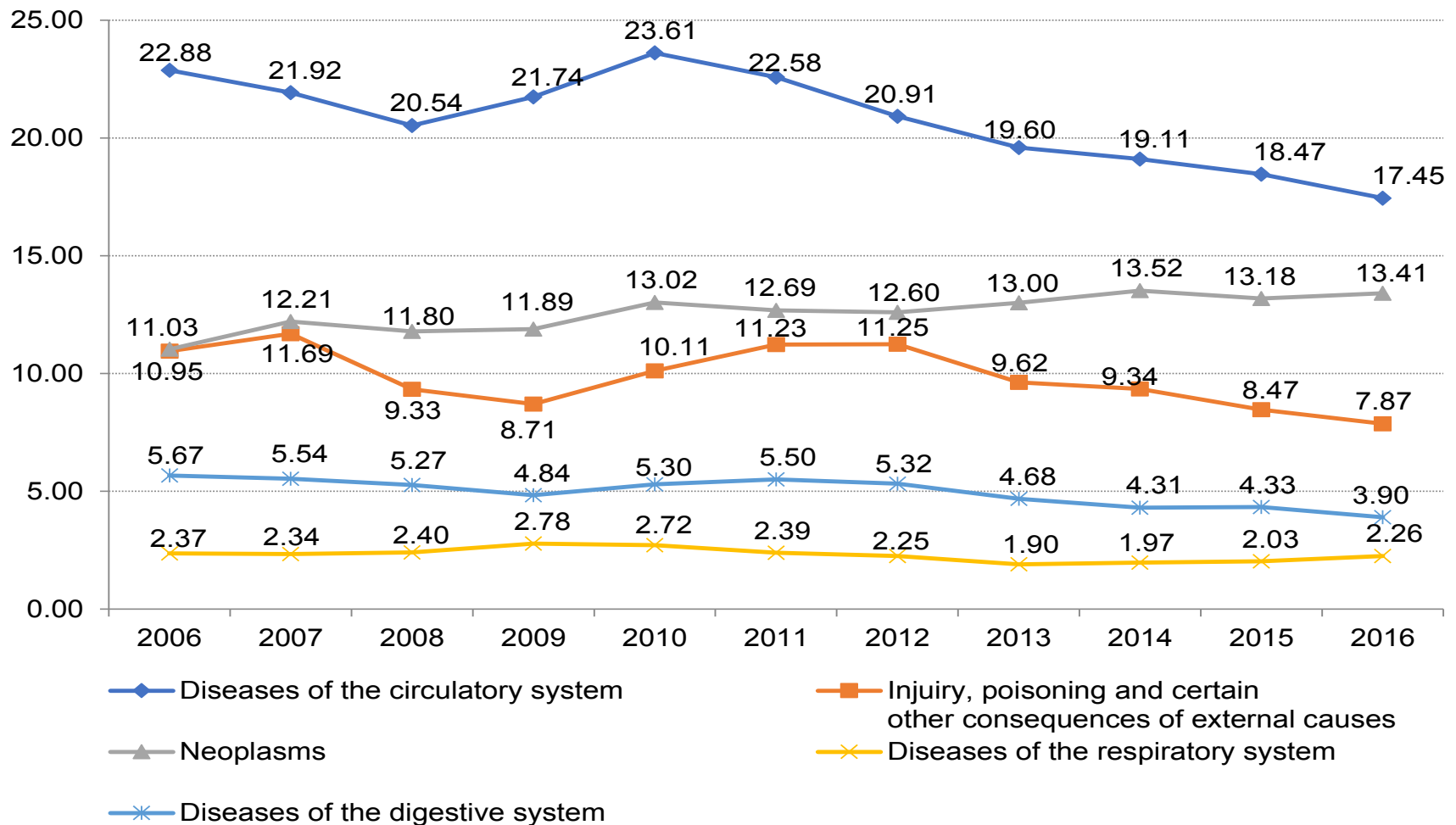


Mongolia has 1,564,116 km² 21 provinces

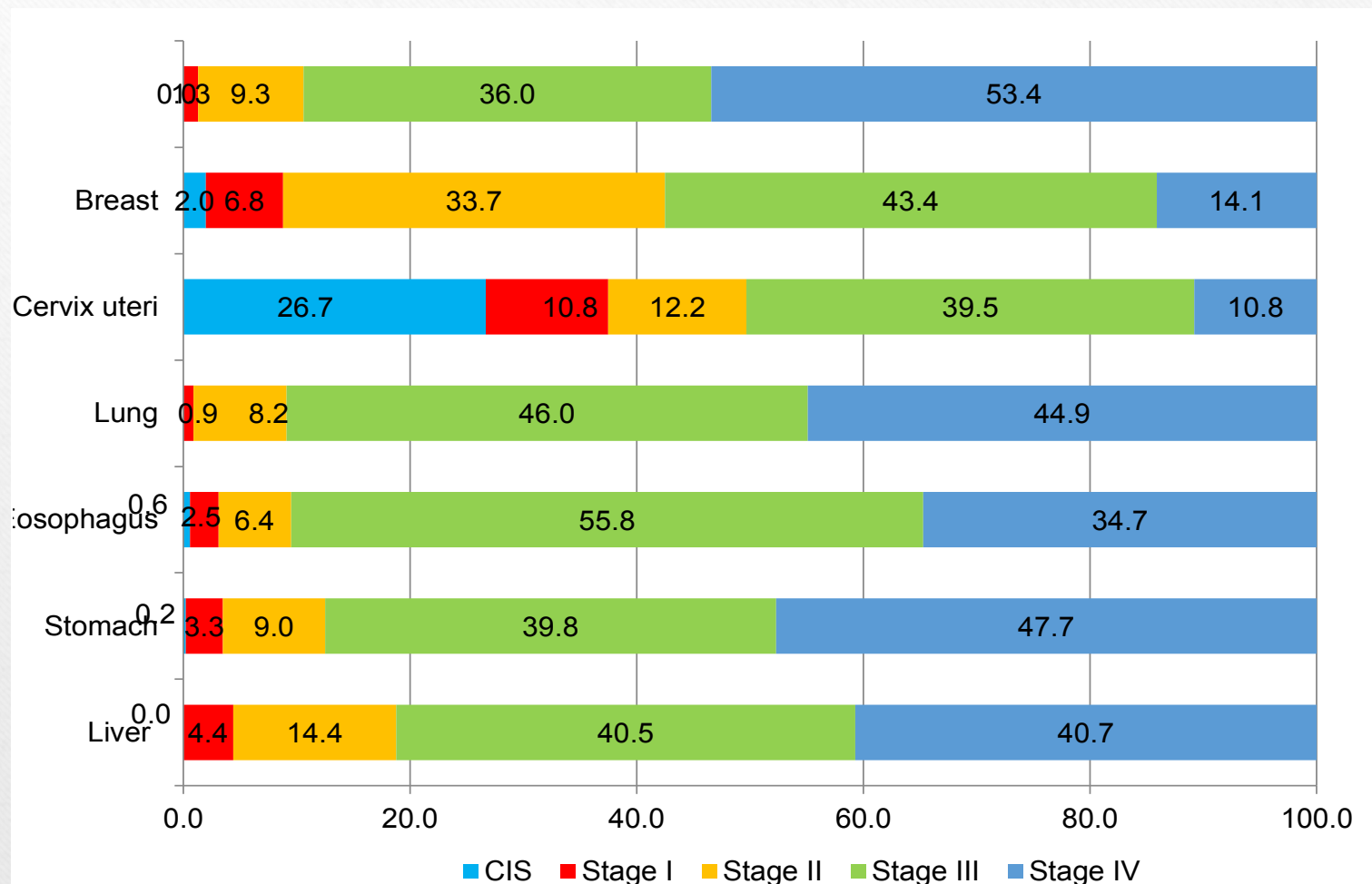
The Capital is Ulaanbaatar

Indicator	Baseline (2016)
Total population	3 119 900 ^a
Population under 15 years (%)	30 ^a
Population over 60 years (%)	3.8 ^a
Life expectancy at birth	69.57 (Total) ^a ; 75.10 (Female) 65.58 (Male)
Neonatal mortality rate (per 1000 live births)	9.2 ^a
Ratio of health personnel per 1000 population	316 ^a

Leading causes of mortality per 10 000 population, 2006-2016



Leading causes of cancer morbidity by the stage diagnosis, 2016



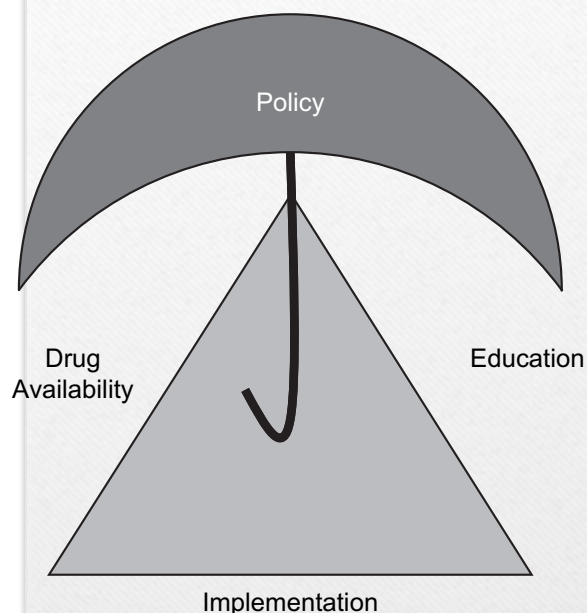
Palliative care in Mongolia



The woman helping Mongolians die with dignity (21 June 2017)

Odontuya Davaasuren MD, PhD

National Palliative Care Program



WHO foundation measures for National Palliative care program established in Mongolia between 2002 and 2006.

The program included

- ✓ Policy changes
- ✓ Essential drug availability
- ✓ Education of health care professionals
- ✓ Integration of palliative care into the national health care system

Policies

2005 The National Pro-gram on Prevention and Control of Non-Communicable Diseases

2005 The Social Welfare Law care givers in low income families can receive social support

2006 Health Law of Mongolia

2007-2017 The National Cancer Control Program for 2007-2017
the plan to develop palliative care in 21 provinces

2012 Pain Management Guidelines were approved by the MoH

2012 The Health Insurance Law of Mongolia - insurance for palliative care patients

Drug Availability/Access to Opioids

In 2004, the MoH approved the National Standards for Prescribing Practices and changed the prescribing regulations to allow prescribing a seven-day supply of the amount of opioids required to treat the patient's pain.

Education and Training

- In 2004, the Mongolian Palliative Care Society (MPCS) established a Palliative Care Resource Training Center.
- It began providing short term (one to five days) palliative courses. More than 3000 medical professionals participated.
- In 2005, palliative care was included in the curricula of medical, social work, and nursing schools.
- In 2010, palliative care was included in the core curriculum of general practitioners

Education and Training

- Since 2010, palliative care questions have been included in the licensing examination for general practitioners.
- in 2011, Palliative care was recognized as a medical subspecialty and six months training course to be certified in palliative care
- In 2006 and 2010, training the trainers workshops were held for physician and nurse leaders from all 21 provinces and the nine districts of Ulaanbaatar.

ДАВААСҮРЭНГИЙН ОДОНТУУЯ



**ӨВЧТӨН АСАРЧ БҮЙ
ХҮНД ЗОРИУЛСАН
ГАРЫН АВЛАГА**

Гэр бүл, хамт олонд суурилсан
хөгжөөчлэх тусламж үйлчилгээний удирдамж



Улаанбаатар
2007

Trained Specialized Palliative care Doctors and Nurses

Date	Number of Graduated Doctors by Three Months Course on Palliative Care	Number of Graduated Nurses by Three Months Course on Palliative Care	Number of Specialized Doctors and Nurses
2004	3	3	6
2005	14	6	20
2006	13		13
2007	26	11	37
2008	60	11	71
2009	57	2	59
2010	20	3	23

	Number of Graduated Doctors by Six Months Course on Palliative Care	Number of Graduated Nurses by Three Months Course on Palliative Care	Number of Specialized Doctors and Nurses
2011	5	5	10
2012	2	1	3
2013	5		5
2014	6		6
2015	5		5
Total	216	42	258

Clinical Service Availability

Palliative care department, The National Cancer Center Mongolia

The screenshot shows the website for the Palliative Care Department. At the top, there is a header with the department's name in Mongolian, contact information (phone: 70162529, 11-451143; fax: 11-458189), and location (13370, Nam Yan Ju Gudamj). Below the header is a navigation bar with links: НҮҮР, БИДНИЙ ТУХАЙ, ҮЙЛЧИЛГЭЭ, ШИЛЭН ДАНС, ИЛ ТОД БАЙДАЛ, МЭДЭЭЛЭЛ, ХОЛБОО БАРИХ, НЭВТРЭХ. The main content area has a blue banner with the text "Мэс заслын бус клиник" and "ХӨНГӨВЧЛӨХ ЭМЧИЛГЭЭНИЙ ТАСАГ". Below the banner are four images with captions: 1. Хөнгөвчлөх эмчилгээний тасаг ЗОРИЛГО (1 төвөөс үйлчлүүлэгчид үзүүлэх); 2. Тасгийн ТАНИЛЦУУЛГА (Манай тасаг нь 21 ор, 4 эмч, 1 эм эүйч); 3. Манай ҮЙЛ АЖИЛЛАГАА (Нийт 21 аймаг, 9 дүүргийн); 4. ХӨНГӨВЧЛӨХ ТУСЛАМЖ ҮЙЛЧИЛГЭЭ.

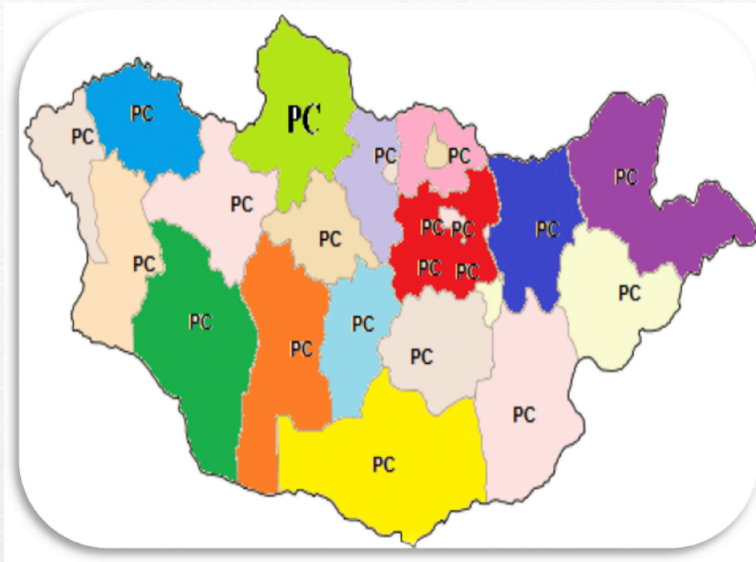
Established in 1999 with 2 doctors 5 nurses and 10 beds

Since 2015 expanded as department with 21 beds, 4 doctors, 11 nurses, 1 pharmacist, 1 social worker, 2 assistant staff, psychologist

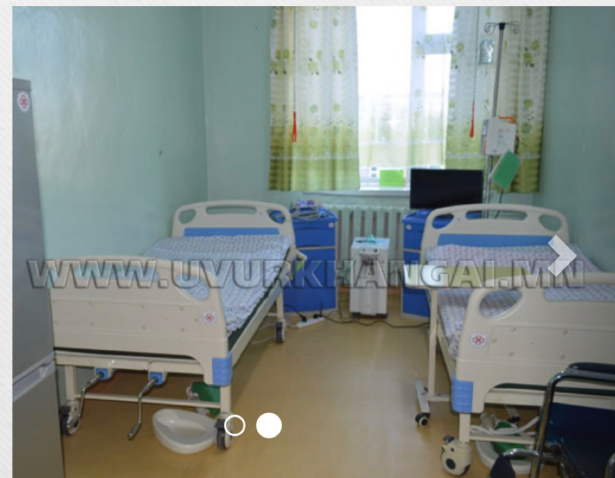
Number of patients -1103
Average inpatient day -7,3
New patients-1115
Number of deaths -30

Clinical Service Availability

Up to 5 palliative care beds in all 21 provinces and 9 districts in Ulaanbaatar



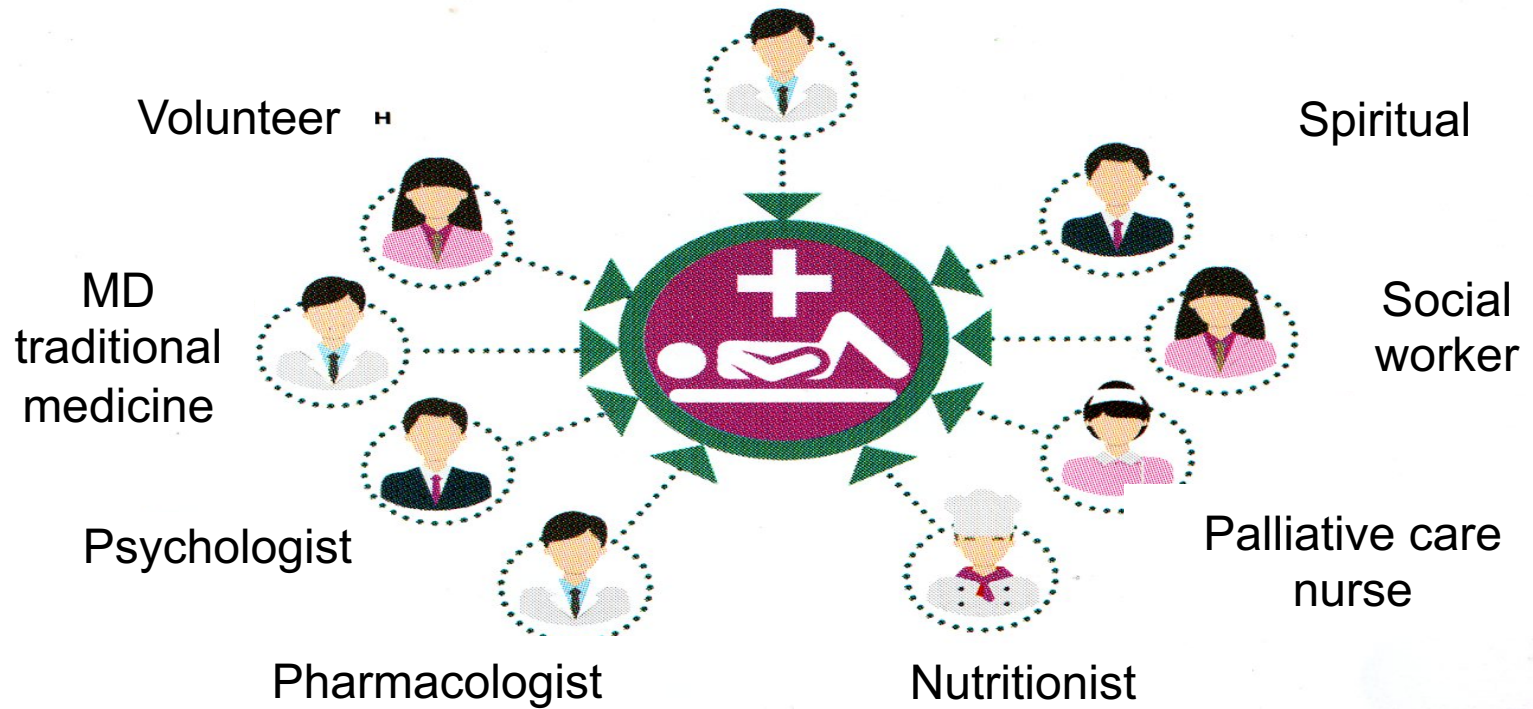
A pediatric palliative care at Pediatric Oncology Hematology Center in the National Center for Child and Mother Health
10 hospices



Palliative care team



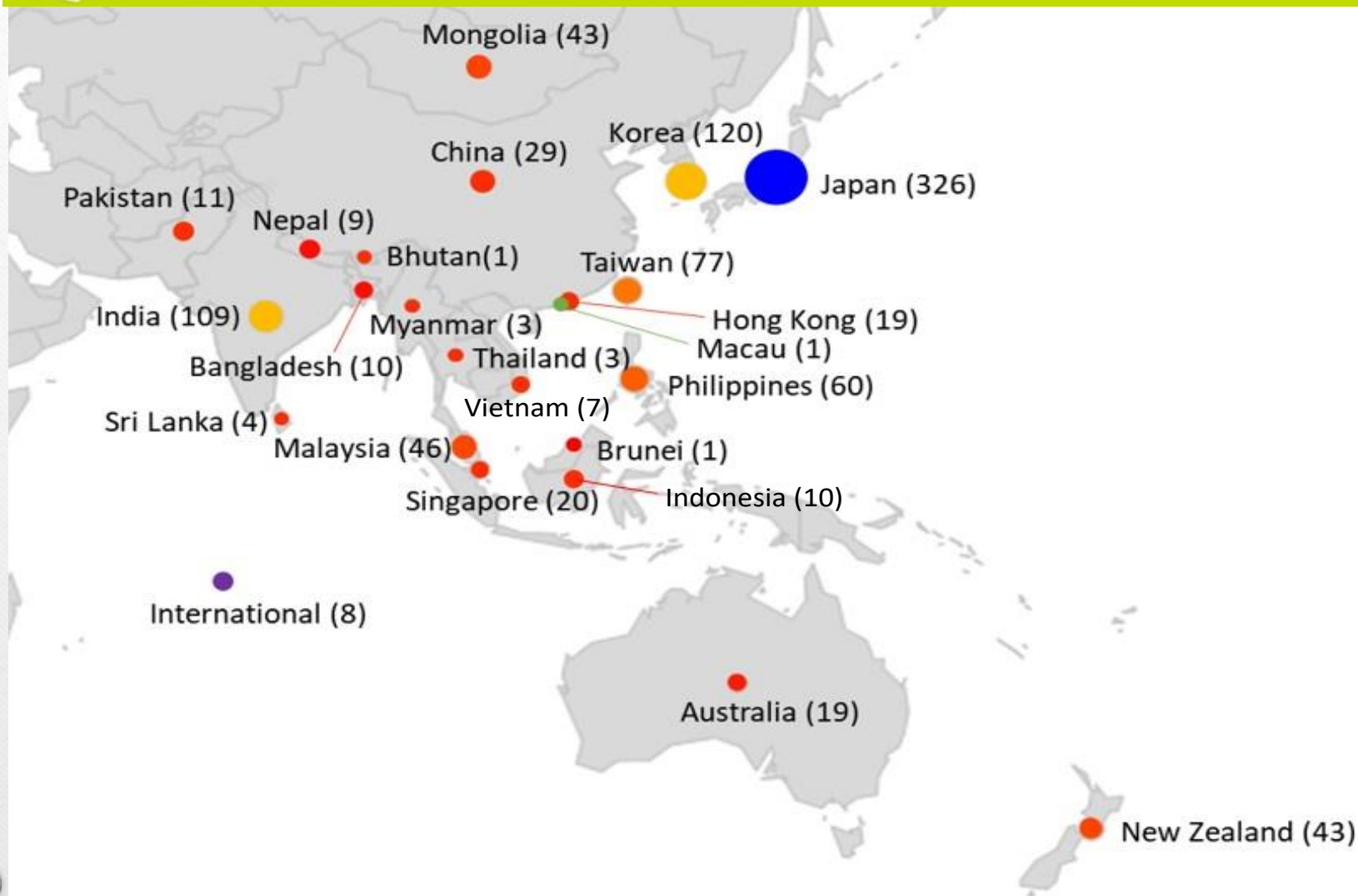
Medical doctor (PC)





Asia Pacific Hospice Palliative Care Network

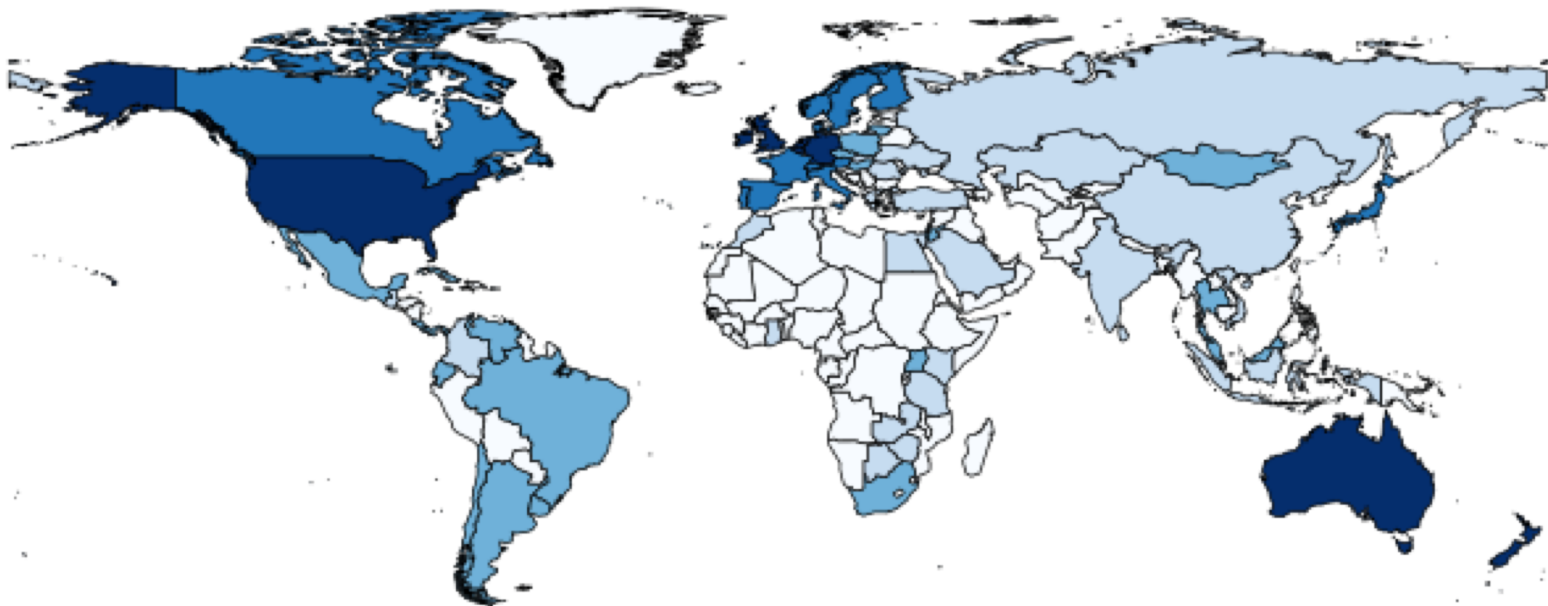
Linking palliative care in Asia and the Pacific



Quality of death index 2015

Which countries are doing palliative care best? Overall score

0-20 20-40 40-60 60-80 80-100



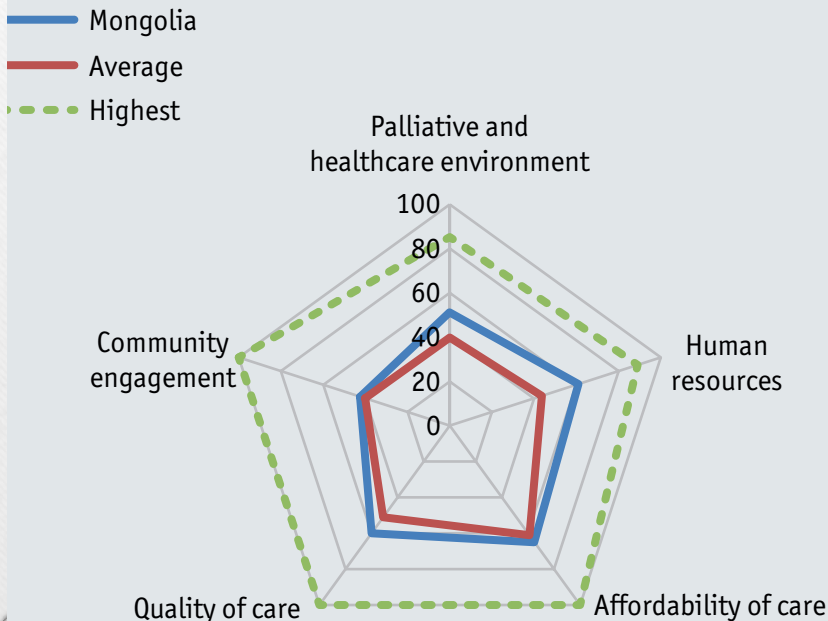
Source: Economist Quality of Death Index

BBC

Quality of death index, Mongolia

	Rank/80	Score/100
Quality of Death overall score (supply)	28	57.7
Palliative and healthcare environment	24	51.3
Human resources	21	61.1
Affordability of care	=36	65.0
Quality of care	=32	60.0
Community engagement	=27	42.5

Mongolia was ranked as the 28th country on the quality of death index out of 80 countries



Challenges and Future Direction

Challenges

- Unstable health policy
- The production of injectable forms of opioids can decrease use of oral

Future goal is to develop

- Palliative care for non-cancer patients;
- Palliative and nursing care for the elderly and children;
- Home care services;
- Educate all medical professionals and social workers;
- Develop a volunteer program from the society.

Thank you for your attention

Баярлалаа