

Rethinking Palliative Care from a sustainable perspective

This practical project is part of the need to rethink Palliative Care (PC) from a sustainable perspective. Our foundation currently offers specialist palliative care (SPC) in hospital and is recognized as a center of expertise: it receives patients, their families and relatives.

Established in the heart of a small town, our foundation is characterized for its close links with the local population, making it easier to understand the specific needs of the context. It is currently engaged in a process aimed at expanding its range of support services.

The project, which has a human dimension, promotes a community care approach, emphasizing collaboration with community health organizations and local health institutions to provide care centered on the specific needs of each patient. In this region, there is no access to first line specialized palliative care at home or in nursing home. The introduction of a new model aims to provide 1st line primary care directly at home and in nursing home by offering a 24/7 telephone hotline (for patients and staff) to respond concretely with field interventions in case of palliative emergency needs. The service will provide a full assessment, personalized medical treatment, coordination with existing teams and advanced technical care, all under the supervision of a medical and nursing team.

For several years, health professionals and hospital management have been making clinical observations, which is supported by research into scientific and political findings. In order to adapt the project to the context, an analysis of resources was necessary. At the same time an assessment of barriers and facilitators was undertaken. Careful planning, proactive risk management and taking advantage of opportunities can ensure the success of such a pivotal initiative for the community. It remains essential to be agile and resilient in the face of challenges throughout the project.

The sustainability of the Swiss healthcare system is being significantly challenged, highlighting the fact that medicine is based on a model of infinite progress, raising expectations that are often unrealistic, while the financial and human resources required are limited. This project to improve access to PC is designed to be implemented in the context of the evolution of the healthcare environment and the needs to support societal changes aimed at ensuring its sustainability.