

Strengthening palliative care training of nurses in Kyrgyzstan



Ongoing Swiss - Kyrgyz partnership



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Background

In Kyrgyzstan, a rural and multiethnic country, the life expectancy is of 70,6 years. Bronchial cancer, BPCO, ischemic heart disease, hypertension and stroke are among the main causes of premature deaths, followed by infectious diseases (tuberculosis, hepatitis, HIV) favored by a difficult socioeconomic context.

The patients of cancer or chronic diseases have a quality of life altered in connection with multiple symptoms also affecting their relatives. In spite of the lack of strategy at the national level, there is a progressive interest in palliative care for which the Kyrgyz nurses look like pioneers, working at its development.

Challenge

- Promote the development of the palliative care in Kyrgyzstan
- Value the key role played by the nurses
- Strengthen the skills and provide tools
- Introduce palliative care into the training reform
- Inspire the doctors to get involved in palliative care



Pragmatic approach

2014

- Start of the project
- Translation of the HUG «Palliative care, memo guide for caregivers» into Russian with the support of the Kyrgyz State Medical Institute for Retraining and Continuing Medical Education in Bishkek. (KSMIRCME)

2015

- Visit health care structures and evaluate the needs
- Initial survey on the nurses' perception and image of palliative care
- Training seminars at the Institute for Continuing Medical Education (KSMIRCME)
- Collaboration with the nursing school of Naryn, which has included the education of the palliative care in the curriculum
- Development of a tool of evaluation and management of the symptoms
 - ✓ based on the brochure HUG adapted to the local needs and in Russian language
 - ✓ based on 9 items of Edmonton Symptom Assessment Scale

April 2016

- Conference at national level to introduce the memory aid
- Workshop on the practical aspects of the use of the tool by emphasizing the capital gain of the collaboration between doctors and nurses regarding palliative care

Perspectives 2017

- Follow-up of the evolution of the use of the memory aid and its impact to improve care
- Promotion of the ongoing involvement of doctors in this regard

This project is the first building block of the construction.

The development of a strategy and a program at the level National about palliative care, would be an asset to meet the needs of public health.

The collaboration between doctors and nurses will be essential in the promotion of palliative care, interdisciplinarity is a key concept of this approach.

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