

End-of-life Care in GP Surgeries in the Czech Republic

Introducing a programme to expand and improve end-of-life care among GPs

MUDr. Pavel Demo
MUDr. Tereza Pacíková
DEMOMED s.r.o.

Introduction

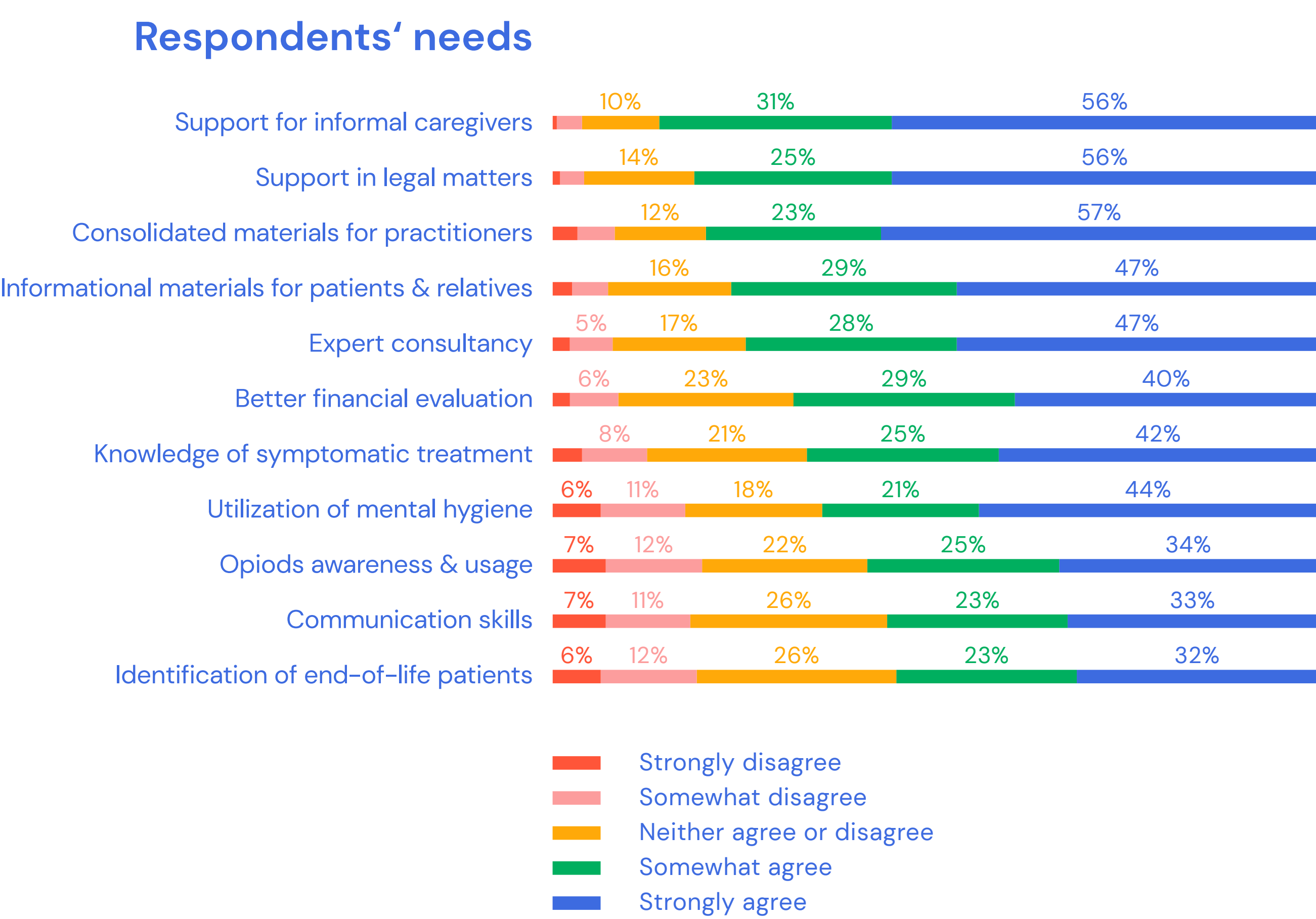
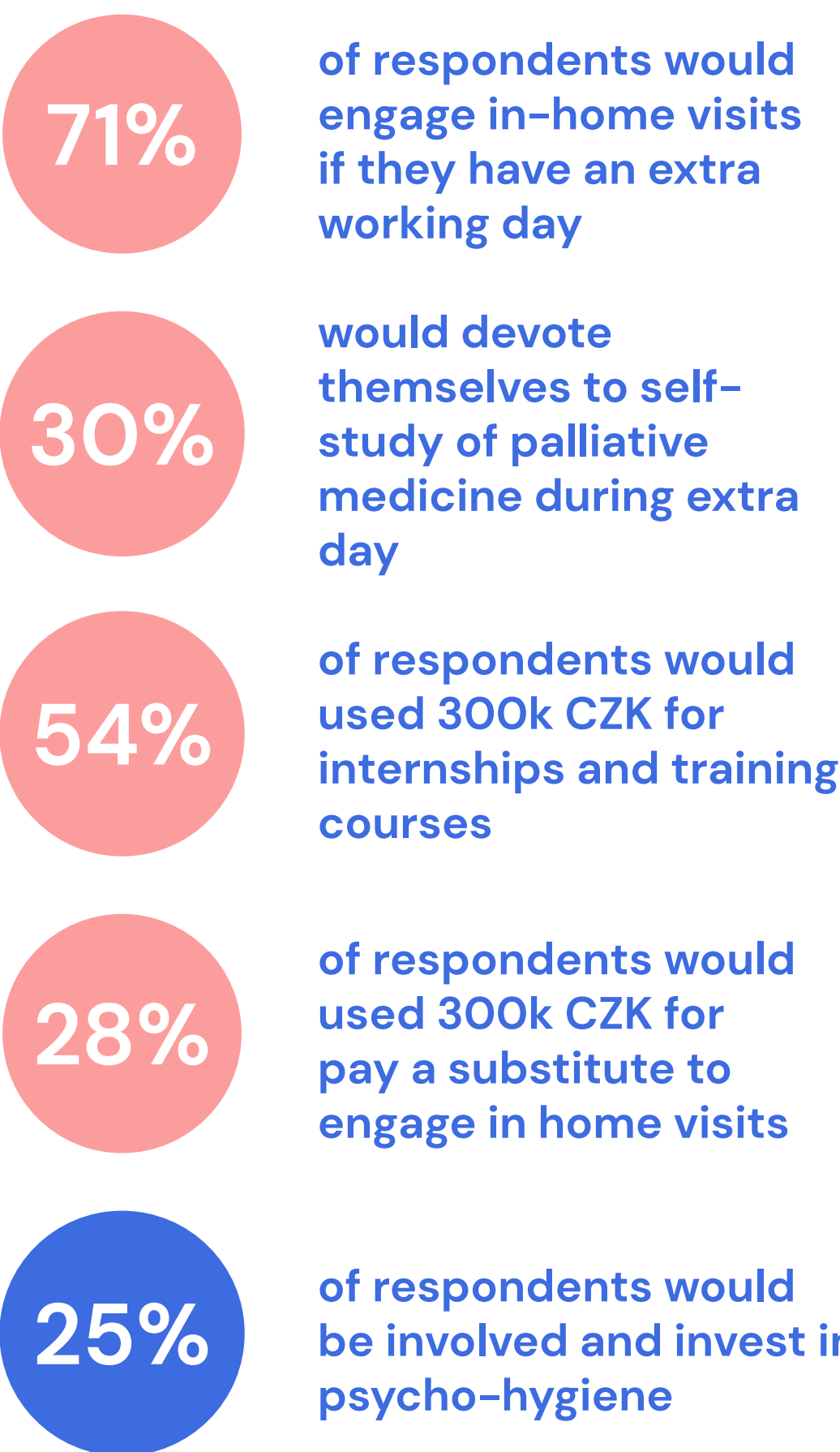
The now-launched multi-year programme of the **Abakus Foundation**, which is professionally guaranteed by the **Czech Society of Palliative Medicine**, aims to support and develop end-of-life care in GP surgeries for adults. It provides an opportunity to involve GPs more in the network of providers of this care, defining their **boundaries** and **competencies**, seeking a **common language** and **tools** for better cooperation and understanding. We will present the **tools, methods** and **outcomes** that will further shape the steps of the program for GPs in the coming years. We aim to **create a network** of palliative care practitioners and its organic growth through **regional leaders**. We want to **increase the quality** and **availability** of end-of-life care **in regions where it is not readily available** and ensure long-term systemic sustainability.

Timeline of the Programme

3Q 2023	4Q 2023	1-2Q 2024	3-4Q 2024	1-2Q 2025
<ul style="list-style-type: none">Online questionnaire survey to determine the GPs' needsApproaching GPs with an offer to become a regional leader	<ul style="list-style-type: none">Selection of regional leaders, use of structured interviewsOut of 345 respondents to the questionnaire, 98 applicants signed up	<ul style="list-style-type: none">Regional leaders will complete a tailor-made training programme consisting of theoretical and practical parts	<ul style="list-style-type: none">Leaders will create a database of end-of-life services in their regionThey will build a community of palliative care practitioners	<ul style="list-style-type: none">Introducing the goals-of-care document in the GP's surgery as a routine toolPatient trajectory tracking

Results of the Questionnaire Survey

- The questionnaire survey explored **the needs of GPs** to provide end-of-life care.
- The total number of **respondents was 345 physicians**; the demographics match the distribution of GPs across the Czech Republic.
- The questionnaire revealed that **55-87% of participating GPs** expressed an **interest in learning and development** across all areas surveyed.
- We anticipated the need for time and finances, so we looked at how GPs would specifically used an **extra working day** and **300k CZK (~12k EUR)**.
- The results of the questionnaire survey are helping to create the content of the **training programme for 2024** and shape the project for the **future**.



Programme Outcomes

- Educational programme**
A tailor-made training programme for GPs led by experts in each topic. The intensive, interactive 15-day course will consist of theoretical and practical components, including an internship in a hospice.
- Recommended guidelines**
Collaboration on updating recommended guidelines for GPs on end-of-life care.

- Website**
A website that will provide information for GPs' needs in one place; the possibility of online consultation.
- Brochure**
Contacts for end-of-life care providers in each region also in printed form.
- Palliative care plan and goal**
A structured record that will equip the patient when dealing with a specialist or in case of urgent treatment.

Conclusion

A multi-year programme to support and develop end-of-life care in GP surgeries in the Czech Republic is being launched. The results of the questionnaire survey conducted show that there is interest in this domain among GPs and a desire for further training across all areas surveyed.

What is essential in end-of-life care in our surgeries? Is this topic interesting for you? Can this kind of care be an art? Do you have any experience in this field?

Contact us: praktik@paliativnimedicina.cz