

Characteristics of palliative care in a rural European region

T. Sternfeld^{1,2}, M. Flieser-Hartl^{1,3}, U. Vehling-Kaiser^{1,2}

¹The Landshut Network for Oncology and Palliative Care, ²Onkologische & Hämatologische Schwerpunktpraxis Landshut, ³Landshuter Kommunalunternehmen für Medizinische Versorgung (La.KUMed)

BACKGROUND

- The palliative care unit Landshut is part of the *Network for Oncology and Palliative Care Medicine Landshut* which has been accredited by the ESMO (Designated Centre of Integrated Oncology and Palliative Care) in 2010 and the DGHO in 2011.
- The network's aim is to improve the palliative care service according to the special needs of the rural cancer population.
- In December 2010, a continuous data acquisition was started to better characterize the patient population admitted to the palliative care unit (Hospital Landshut-Achdorf) in a rural region of Lower Bavaria.

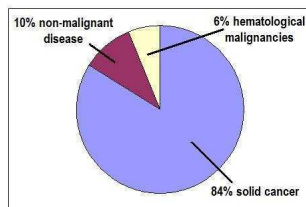


INVESTIGATIONS

- Continuous data acquisition for all admitted patients with first admission since 12/2010 using a standardized data sheet filled by nursing staff and units doctor
- Cross sectional analysis 12/2010-06/2012

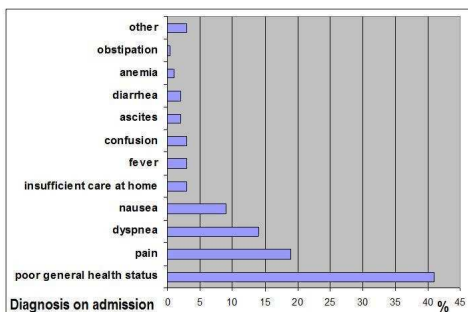
RESULTS

• Number of patients (12/2010-06/2012)	576
• Sex	f: 51%, m: 49%
• Age	69±14
• Karnofsky Score day 0	42±19
• Duration of admission (discharged patients only)	13±8
• Distance home - palliative care unit	30±36
• Patients from outside town boundaries	63%

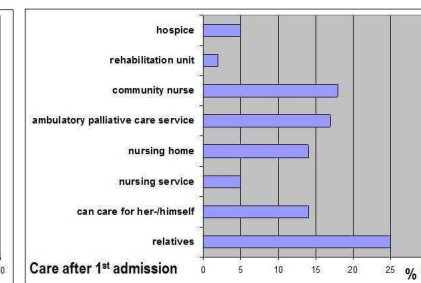
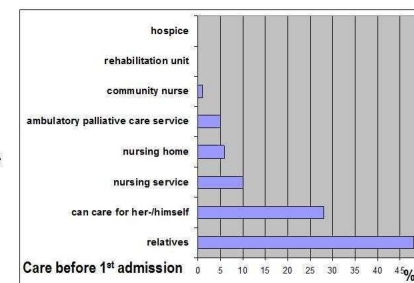


	Before 1 st admission:
• Opioids	47%
• Portacath	43%
• Gastrostomy tube	4%
• Parenteral nutrition	8%

• Deceased during first admission	48%
• Patients readmitted within observational period	23%
• Time between first and second admission	47±55 days



	Diagnosis on admission	Poor general health status	Pain	Dyspnea	Nausea
Patients' subjective visual score (1-10, mean)	pain	2	6	2	3
	nausea	1	2	1	5
	dyspnea	2	2	6	2
	poor general health status	7	6	6	6
	depression	2	3	3	2
	anxiety	2	2	4	2



CONCLUSIONS

- Data focusing on palliative care in rural areas in Germany is lacking.
- This is a first attempt to characterize the patient population on a palliative care unit with a mainly rural catchment area.
- Routine data acquisition for use in health services research can also be established outside academic centers.
- We propose the foundation of a scientific european working force group on „rural cancer and palliative care“