The Centre of Palliative Care of Bjørnstjerne Bjørnson

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Background...

- considerable number of patients requiring palliative care
- specific clinical facility missing at regional level
- insufficient implementation of evidence based practice

- experiences with education and research in palliative care at the Institute of Nursing JF MED CU
  - since academic year 2005/2006 – MSc. study programme in Nursing (specifically oriented on palliative care)
  - research studies in this field
Background...

- cooperation with Prof. Kjell Erik Strømskag
  (visiting professor of palliative medicine at JF MED CU since academic year 2009/2010)

- since November 23rd 2009 → initiatives, meetings, discussions

  - Prof. Kjell Erik Strømskag, MD, PhD.
  - Marta Kulichová, MD, CSc.
  - Stanislav Fabuš, MD
  - PhDr. Jana Nemcová, MSc., RN, PhD.
  - Martina Lepiešová, MSc., RN, PhD.

- joint efforts to support research, education, training and clinical palliative care in Slovak – Norwegian context
The centre of palliative care of Bjørnstjerne Bjørnson

- support of the management of JF MED CU

- official establishment of the Centre at JF MED CU in Martin – instrument of foundation from April 23rd 2012
Bjørstjerne Bjørnson (1832 – 1910)

- Norwegian writer and fighter for the weaker and oppressed
- strong relation to Slovak nation (fighting for the freedom and justice, for rights of Slovaks to self-determination and the Slovak language)
- his last years' experience and attitude at the deathbed in confrontation with death and dying

→ symbol of developing cooperation between Slovakia and Norway in the field of palliative care
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- May 9th 2012 opening ceremonial
- Norwegian Ambassador in Slovakia Ms. Trine Skymoen
- Norwegian writer Mr. Edward Hoem (the life and work of Bjørstjerne Bjørnson)
Norwegian model of palliative care

• 4 regional palliative centres → 2 basic divisions:
  • clinical
  • educational-research (the centre of excellence)

• close proximity and formal ties to university hospitals and medical faculties (incl. Institutes of Nursing)
Institute of Nursing at JF MED CU

= educational-research division of the centre

- the basis for education and research to promote clinical nursing practice in the field

RESEARCH

- research in the field of palliative care (in the conditions of home / community / institutionalised palliative care)
- research in the field of education
- dissemination of the research outcomes and results
- application in the clinical practice / professional preparation of nurses

→ to incorporate the centre to international network concerning research and expertise in palliative care
Research studies

• analysis of **the quality of life** of **patients** with advanced, incurable, life threatening disease
• **the quality of life** of **families** caring for dying relatives in home care
• assessment and analysis of **overload of nurses** and **relatives** (caregivers) caring for dying patients
• **managing nursing care**
• **symptom management** in patients receiving palliative care (including documentation and record keeping)
• testing **assessment / evaluation techniques, measurements and instruments**
Education and training

• educational programmes for nurses
  • MSc. study programme oriented on nursing in palliative care
  • specialized study trainings for nurses (certified interventions)

• educational programmes for caregivers and volunteers caring for dying patients
Educational and training programmes

• for **patients** with advanced, incurable, life threatening disease / **relatives**:
  • symptom management
  • somatic, psychological, social and spiritual care
  • issues concerning end of life care
  • principles of common everyday care
  • communication of family members with dying relative

• for **nurses** and **other health care professionals**:
  • caregiver's roles
  • communication with patient's relatives and significant others
  • problems and needs of families within home care
  • psycho-social changes in family life
  • ethical issues
  • availability of support and strategies to cope with burden

• for **volunteers**:
  • principles of communication with dying patients and their relatives
  • ethical issues and aspects of end of life care
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→ initiation of cooperation:
  • Molde University College, the Faculty of Health Sciences, Norway
    • Assist. Prof. Aud Jorunn Orøy MN, RN
    • Prof. Kjell Erik Strømskag MD, PhD
  • the Faculty of Medicine, Norwegian University of Science and Technology, Trondheim (NTNU), Norway
  • the European Palliative Care Research Centre (PRC) in Trondheim, Norway
    • Prof. Stein Kaasa MD, PhD
  • Centre for Palliative Care, c/o St Vincent's Hospital & Collaborative Centre of The University of Melbourne, Australia
    • Prof. Peter Hudson RN, PhD
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- web page


4. BIENÁLE HOSPICOVEJ STAROSTLIVOSTI, Martin, 7. 9. 2012
Thank you for your attention...

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