

Annual report 2022



**Regional Centre of Excellence for Palliative Care,
Western Norway**





The Regional Centre of Excellence for Palliative Care, Western Norway, provides support for healthcare professionals working in palliative care and end-of-life care in Western Norway. The centre covers a population of 1.1 million.

Our aim is to promote holistic, high quality palliative care in all care settings in Western Norway through research, education, and service development.

Education, dissemination, and advisory work

The Regional Centre provides education and dissemination through Regional Networks for Cancer Care and Palliative Care, at universities and university colleges, and by contributing to teaching sessions, courses and conferences. In 2022 the centre staff gave 445 teaching sessions.

Staff members continuously respond to inquiries about all aspects of palliative care, with 915 registered items in 2022.

Centre staff has played an active role in following up the Report on Palliative Care to the Norwegian Parliament (2019-2020) and participated in work groups established by the Norwegian Directorate of Health to develop recommendations for advance care planning and a program for the new Speciality of Palliative Medicine.

Our tasks:

- Education
- Research
- Service development
- Networking

The Last Days of Life—integrated care plan for the dying phase

The centre has a facilitator for The Last Days of Life, and integrated care plan for care of the dying and their close ones. This plan is used in 473 services across the country. The facilitator provides education, training, and support for those using the plan.

Website and written materials

Our web pages are frequently visited, with a total of 84,500 pageviews in 2022. Information material for bereaved family members is very much used and distributed free of charge in Western Norway.

World Hospice and Palliative Care Day

Together with the Norwegian Cancer Society and other palliative care services we celebrated the World Day in all four districts of Western Norway.

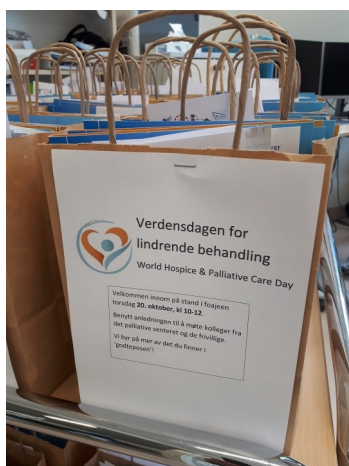
Networks and cooperation

The Regional Networks in Cancer Care and Palliative Care included in December 2022 461 resource nurses and 120 physiotherapists and occupational therapists, divided between 24 local network groups.

The aims of the networks are to strengthen expertise and cooperation to secure safety and high quality care for patients and next-of-kin. The networks are a joint effort between hospitals, municipalities, university colleges, and cancer societies.

The Centre is closely linked to the specialist palliative care services in the hospitals of the region. In cooperation with the County Governor we evaluate applications for community palliative care projects, and we follow several of the projects. We also keep contact with the new children's palliative care teams.

A specialist palliative care inpatient unit was established at Haukeland University Hospital in March 2022, which means that the hospital now has a fully equipped Regional Palliative Care Centre, with comprehensive clinical services and a Centre of Excellence.



Research and development

The Centre contributes to the development of plans and guidelines. In 2022, centre staff took part in several national and international work groups. Three coworkers participated in the revision of the National Action Program for Palliative Care. The 'just in case' box of essential drugs for the dying phase is evaluated every year.

We participate in regional, national, and international research projects. In 2022, our main efforts were concentrated on the Horizon 2020 project iLIVE: «Live well - die well. A research program to support living until the end». We have included close to 200 participants to this clinical study. iLIVE is a collaboration between 13 countries. As part of the project, a volunteer service for patients at the end of life has been established at Haukeland University Hospital.

In June 2022, consultant Nina Hjorth defended her dissertation on advance care planning. Her results have been used by the Directorate of Health in their work.

Topics for research and projects in 2022

- Care for the dying and their close ones
- Care for the dying under the COVID-19 pandemic
- Pain management
- Advance Care Planning
- Medical students' learning outcomes from a student-selected component in palliative medicine
- Volunteering in palliative care
- Occupational therapy in palliative care

The publication list for 2022 is included in the full annual report published on our website

Registries

PallReg.no: National, web-based registry of palliative care services. The registry is run by the four Regional Centres of Excellence for Palliative Care.

Pallnet.no: Registry over resource persons in hospitals and communities in the Networks for Cancer Care and Palliative Care in Western Norway.

Staff

The Centre had in 2022 8 FTE, divided between 20 multiprofessional staff members. Apart from the central unit at Haukeland University Hospital, the coworkers are part-time employees with their main position in community or hospital healthcare in Western Norway.



Our core values:

- Expertise
- Cooperation
- Respect
- Commitment



Utfordringer i palliativ behandling: Erfaringer fra helsepersonell i 10 land - iLIVE-prosjektet

The report cover features a photograph of a field of white flowers under a blue sky. The title is in bold, and there is a list of authors and editors. The cover also includes a small inset image of a person in a clinical setting.





Regional Centre of Excellence for Palliative Care, Western Norway

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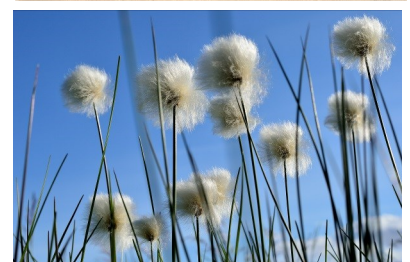
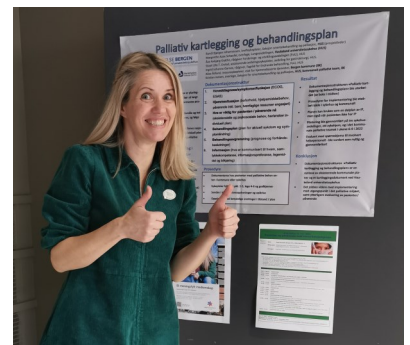
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www.helse-bergen.no/palliasjon

www.pallreg.no

www.pallnet.no



List of staff members is published on our website

How can our centre be of use?

By providing

- An overview of palliative care activities in Western Norway
- Information about services and measures
- Assistance in service planning
- An overview of courses and educational offers within palliative care
- Assistance in planning local courses and gatherings
- Information about research and development projects
- Informasjon about palliative care nationally and internationally
- Contacts in Western Norway, nationally and internationally