Disclosure of Interests

Astra Zeneca: Company: Scientific Advisory Board Member
Adcock Ingram: sponsored education
Fresenius: sponsored education
Astellas: sponsored education
Batswadi: sponsored education
Renal Palliative/Supportive Care in Developing Countries South Africa Perspective

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Palliative Care Needs in Africa

- Poverty
- Poor health infrastructure
- High disease burden
- Patients present late in their illness
- Need for improved prevention, promotion, treatment and palliative services
World map: level of palliative care development

http://dx.doi.org/10.1016/j.jpainsymman.2009.03.003
First palliative care services in South Africa

• Hospices in South Africa - Durban and Cape Town, 1980
  – Hospice Association of Witwatersrand, Johannesburg
  – Highway Hospice, Durban
  – St Luke’s Hospice, Cape Town
• HPCA formed in 1987
• Over 50 hospices, many with satellite branches, affiliated to the Hospice Palliative Care Association of South Africa (HPCA)
Palliative Care Services in South Africa

• NGOs
  – 189 hospice services in 48 of the 54 health districts
    • Mainly home care service
    • Few in-patient units
• Government hospitals
  – Western Cape
  – Gauteng
  – KwaZulu Natal
  – Mpumulanga
  – Northern Cape
Hospices

- Holistic care
- Palliative Care Nurses
- Social workers
- Medical support
- Pastoral care
- Home care – 98% of care provided in patients’ homes
- Most effective advocacy for palliative care
Hospice Palliative Care Association (HPCA)

• Projects
  – Tender NDoH ICHC project
  – Mentorship project
  – UCT – PG medical training (Diana Fund)
  – Palliative care objective of WC DoH Global Fund project
  – FNB – data management system (HDMS)

Liz Gwyther, HPCA
HPCA PEPFAR project

- Palliative Care – 9yrs
- Direct patient care - Home Based Care, incl children’s care
- TB services – incl DR TB
- Hospice Capacity Building
- Counselling and Testing Services
- Advocacy and government liaison
- Accreditation and Quality Improvement
- Health System Strengthening
- HDMS

Liz Gwyther, HPCA
Training in Palliative care

- UCT- PG program- distance learning
  - Post graduate Diploma; MPhil degree
- UG program: approx 2-40 hours (8 medical schools)
- Nursing- HPCA postgraduate nursing courses in palliative care, approved by the Nursing Council
- Community Care Givers
  - HPCA outreach programmes to people in rural settings
- Courses in paediatric palliative care
Regional Distribution in South Africa

Liz Gwyther, APCA/HPCA Conference, 2013
Patient spectrum

• Cancer: priority for palliative care
• HIV/AIDS: priority for palliative care
  – 2002/2003: 52% of the patients cared for had AIDS, more than double compared with 1998/1999.
  • 2000 HIV/AIDS was responsible for almost 40% of premature mortality; expected to increase to 75% by 2010
  • Pain in AIDS is highly prevalent — 98% in study by Norval et al
• CKD: not on radar in most of SA
Figure 79-3. Global Distribution of Dialysis Patients in 2011

a. Global total 2,164,000; b. SSA numbers 19,550 = < 1% global total)

RRT in South Africa

• SA Renal Registry: unaudited data for 2012
  – Total RRT 8000 i.e. 153.8 pmp
    • HD 65%
    • PD 14%
    • Tx 21%

Courtesy of Razeen Davids, SA Renal Registry chair
Western Cape: RRT Demand & Costs

- Numbers with ESKD: 1000 new patients pa
- Able to accommodate: 125 pa
  - Tygerberg Hospital
- Permitted no. of patients on HD: 100
- Haemodialysis: R 49 037.48 pa
  (no staff costs, no re-use)
- CAPD: R 77 155.20 pa
- Expenditure: R6.3m pa (HD + PD)

Courtesy of Rafique Moosa
Acceptance rates

Moosa, KI 2006;70:1107-1114
Cost of dialysis treatment

Lysaght et al, JASN 2002;13:S37-S40
Total Medicare dollars spent on ESRD, by type of service

Figure 11.5 (Volume 2) USRDS 2013

Total Medicare costs from claims data; include all Medicare as primary payer claims as well as amounts paid by Medicare as secondary payer.
Palliative Care Service for Advanced Organ Failure

- Hospital-based service in Cape Town
- Objective: to determine whether service reduced admissions and increased home deaths
- Patient population
  - Advanced neurological disease
  - Pulmonary disease
  - Cardiac disease
  - End stage liver disease
  - ESRD

DesRosiers et al. J Pain Symptom Manage. 2013
http://dx.doi.org/10.1016/j.jpainsymman.2013.05.021
End-Stage Renal Disease: Admission Criteria

1. Stage 5 Chronic Kidney Disease (GFR <15)
2. Evidence of advanced illness
   (i) Not appropriate candidate for dialysis or transplant
   (ii) Confusion and uremic states (pericarditis, gastritis, anasarca)
## Palliative Care Service for Advanced Organ Failure: Outcomes

<table>
<thead>
<tr>
<th></th>
<th>Intervention</th>
<th>Control</th>
</tr>
</thead>
<tbody>
<tr>
<td>Numbers</td>
<td>56</td>
<td>48</td>
</tr>
<tr>
<td>Admissions*</td>
<td>71.4%</td>
<td>97.9%</td>
</tr>
<tr>
<td>Mean age (years)</td>
<td>65.3±13.4</td>
<td>68.7±11.0</td>
</tr>
<tr>
<td>Mean number of admissions*</td>
<td>1.39</td>
<td>1.98</td>
</tr>
<tr>
<td>Mean total days of admission*</td>
<td>4.52</td>
<td>9.3</td>
</tr>
<tr>
<td>Total admission days</td>
<td>253</td>
<td>447</td>
</tr>
<tr>
<td>Cost</td>
<td>$587</td>
<td>$1209</td>
</tr>
<tr>
<td>Home death*</td>
<td>58.9%</td>
<td>18.8%</td>
</tr>
</tbody>
</table>

DesRosiers et al. J Pain Symptom Manage. 2013
http://dx.doi.org/10.1016/j.jpainsymman.2013.05.021
Palliative care needs in public hospitals in Cape Town

- 11 public sector hospitals
- 1443 hospital case notes reviewed
- 16% life limiting disease
  - Cancer 50.8%
  - Organ failure 32.5%; young age, high ESRD prevalence
  - HIV/TB 9.6%

van Niekerk and Raubenheimer; SAMJ in press Feb 2014
Hospices and ESRD

- Skills: counselling, discussions on advance care planning, EOL decisions
- Concerns:
  - clinical care
  - Symptom management
  - Drug safety
## Proposals for Palliative Care in South Africa

<table>
<thead>
<tr>
<th>Problems</th>
<th>Recommendations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Late referrals - days or weeks before death</td>
<td>Increase awareness of value of earlier referral: improve QOL for patients and provide support for families/care-givers</td>
</tr>
<tr>
<td>Shortage of specialist palliative care practitioners or teams</td>
<td>Physicians and other specialists to become skilled in providing a basic palliative care approach: facilitate shared decision making, advanced care planning, effective symptom management</td>
</tr>
<tr>
<td>Training in palliative care</td>
<td>More structured programs at undergraduate and postgraduate levels</td>
</tr>
<tr>
<td>Barriers</td>
<td>Lack of HCW understanding of role of palliative care - hence very late referrals Inadequate/ no funding by medical insurance for private patients</td>
</tr>
</tbody>
</table>
Acknowledgements

• Thank you- to
  • Charmaine Blanchard, Wits Palliative Care Centre
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  • Rafique Moosa
  • Razeen Davids