

7<sup>th</sup> International Conference on

# GERIATRICS GERONTOLOGY & PALLIATIVE NURSING

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## THE STANDING ALONE PALLIATIVE CARE CENTER IN MIDDLE EAST “KUWAIT IS COMPETING WITH TIME”

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This project is the first of its kind in the gulf region and in the Middle East, at a cost of construction amounted to about 5 million KDs over an area of 6600 square meters. Since its official opening in May 2011, the center offers its services through multidisciplinary team achieving a high rate of satisfaction among the patients and their families who have received these services.

**Facts and Figures:** PCC received the first patient on Wednesday 22/12/2010. Successively, influx of patients to the center continued as showed in Figure 1 either as inpatient admissions or as outpatients follow up in our OPD. The most frequent reported symptoms in our patients were pain in 77% followed by fatigue at 54%. Besides the clinical services introduced in the center, there are many educational activities running since opening of the center such as International Palliative Care Conferences, WHO workshops. In addition, many workshops which were held in cooperation with Princess Margaret hospital, Toronto University, Canada and King Faisal Specialized Hospital in KSA. To enhance the research activity, many research methodology workshops were done with already ongoing 6 research projects beside monthly journal clubs. Integration between medical oncology and palliative medicine departments was started successfully in the beginning of October 2016 with the frequent influx of cancer patients from day one diagnosis to control their symptoms in the Kuwait cancer control center.

### Future plan

- In spite of all this, we still lack of some essential services in palliative care and we plan to:
  - Start home palliative care program.
  - Start a palliative care fellowship program in Kuwait.
  - Introduce palliative care curriculum in the Faculty of Medicine and Nursing.
  - Open palliative care unit in each general hospital in Kuwait.

### Biography

Ameena Alansari studied Palliative Medicine in King Faisal Specialized Hospital in Riyadh and proceeded to work in a fast upscale environment ensuring patient comfort and relieve of suffering. When she came back to Kuwait, there were many challenges waiting for her. She was full of power and passion to start palliative care in Kuwait. Great team supported her, She inspired them and to encourage them to learn, to give, to help and to believe in themselves. She started the first department of Palliative Medicine at Kuwait and organized a new setup in Palliative Care Center. She started doing research in palliative care during her fellowship program and continued her researches in the palliative care center. In the first year after her fellowship, she raised up in opioid consumption and other basic medication used in palliative care in Kuwait. She is also interested in community awareness about palliative care so she was voted to be the head of the palliative medicine Society in Kuwait medical Society she is an expert in Palliative care and willing to teach and share her experience with those interested in palliative care.

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### Notes: