

The Role of the Epidemiologist in Palliative Care

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The epidemiologist is a member of the palliative care team and has an important role in medical activity. The year 2020 brought in the importance of epidemiologists at the level of a palliative care institution, but also at national and international level.

The Covid 19 epidemic makes us realize that we need palliative care epidemiologists to benefit from training and recognition courses, to be more involved in writing protocols, procedures, projects and epidemiology curricula in palliative care.

How to prevent and treat infections is important in a modern society, in a world with experience in palliative care.

The correct identification of epidemiological aspects for patients, relatives and employees working in palliative care is a necessity.

After this year's experience with the pandemic, I think it would be good to invite epidemiologists internationally and discuss the problems identified during this period, the existing needs, to talk about what we should do as a strategic plan in the future in epidemiology to protect health nationally and internationally.

The epidemiologist can no longer remain in a shadow cone, his role is vital and must be supported in medical activity.

We can organize international conferences with epidemiologists in the form of a webinar in which to discuss at the level of each country what type of problems have been identified, we have similar needs at the international level, there are specific problems in certain regions.

What are the identified risk factors, what measures are needed, are there projects that should be implemented internationally in the epidemiological field?

In this period of the pandemic due to Covid 19, several medical staff with this specialization are needed to work full time in a medical institution.

I would say that the importance of this noble profession somehow stood out during this period.

For institutions that provide palliative care services, epidemiologists provide protocols for surveillance of nosocomial infections, methodology for surveillance of difficult clostridium infection, protocols for disinfection of medical equipment, disinfection methods depending on the space where it is applied: medical office, treatment room, patient salon, food office, dining room and staff offices.

Protocols with the types of nosocomial infections in patients with chronic hospitalization are drawn up by epidemiologists, who ensure the training of staff and their implementation in the hospital.

The field of epidemiology aims at preventing nosocomial infections in the field of health in order to ensure a good medical care of the patients and does not give rise to infections, respectively complications of the patients' health condition.

For a patient who needs palliative care, it is desirable that they do not suffer from nosocomial infections, but in practice it happens that in patients who require a lot of surgery and treatments for chronic diseases to appear an infection that causes certain symptoms and in certain situations worsening the patient's health.

The epidemiologist is a member of the care team together with the specialists and he is part of the medical council, of the team that ensures the quality management documents in a hospital.

The development of this field represents a necessity for the year 2020, in the conditions in which communicable diseases / infections appear that can seriously affect the health condition of a patient and endanger the life itself.

Life is a unique gift on earth, for which we must fight to be able to have it safely and new treatments / work procedures are required that need to be applied to prevent the risk of infection with Covid 19 of patients, but also for other communicable diseases that cause an increased patient death rate.

Hygiene protocols prepared by epidemiologists contain basic hygiene rules for a health institution, but also for each person. Hygiene courses taught in grades I - IV are a basis from which we should start.

Education in the first primary classes is the starting point for preventing infections and maintaining hygiene rules.

An important part is the detection of nosocomial infections, the way they are reported to the authorities and the treatment of infections.

Starting from the basic rules of hand hygiene, it was found that medical practice does not give due importance to this procedure and in many cases it is the starting point for contacting nosocomial infections.

The supervision of the medical staff from the medical institutions but also the controls performed show that they are not 100% results in terms of hand washing technique, hand washing rhythm, changing medical protective gloves, which certainly represents a risk for medical activity and in patient care.

During the pandemic with Covid 19, all protection and hygiene products had high prices, putting medical activity in difficulty or leading to very high costs from a financial point of view.

Disinfection in the food elevator, passenger elevators, cleaning and disinfection in the sterilization room, sterilization protocol, disinfection of surfaces, medical equipment, patient linen, disinfection of sinks, disinfection of toilets, decontamination of bedding materials, cleaning and disinfection the protocol regarding the handling of hospital linen, the storage / handling of clean and dirty linen, the collection of infectious waste at the place of production, the collection of stinging / cutting waste at the place of production, the cleaning / disinfection of landfills and waste storage are important in every institution and these must be performed based on work procedures / protocols prepared by the epidemiologist.

The year 2020 is the starting point in the development of specialists working in this field, in their support and implementation of a national and international plan that will contribute to the quality of life of patients.

Epidemiologists from all over the world involved in the fight against Covid 19 this year can tell us about the problems encountered, about the existing needs for the application of protection measures and can contribute to increasing the quality of life of patients. Through their contribution we can identify new solutions in preventing a new wave of covid infections 19 internationally and apply the most effective methods to fight infections.