From communities of volunteers to hospice-palliative care in Poland - social education towards compassionate communities

Slovenia 2017

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DEVELOPMENT OF HOSPICE-PALLIATIVE CARE IN POLAND

1978: Visit and Lectures of Dr Cicely Saunders in Poland (Cracow, Warsaw and Gdansk)

1980… Spring of Solidarity Movement in Poland

1981: Cracow – First Hospice project - NGO

1983: Gdansk – First Home Care Hospice team

1984: Poznan – First University Department of palliative care in Poland & Eastern E.

1994: Warsaw – First Child Hospice in Poland

1998: Warsaw – Hospice-Palliative care (with religious-spiritual care) fully implemented in health care system and subsidized in Poland
Volunteers play an important role in caring process. They can be the part of care only if it is accepted by professionals and adequately coordinated by the volunteer coordinators.

In Poland volunteering in hospice care have very strong tradition. Hospices were one of the first voluntary based organizations in 1980’s:


Over 70 hospices have been created until 1989 with all-voluntary work activities of physicians, nurses, and others (100% volunteering). The first hospices have been created with great support of the Catholic Church and based fully on voluntary service of medical and non-medical staff.
Nationwide campaigns since 2004 prepared by HP care in Poland

2004: First Nationwide Campaign “Hospice is life, too”: new way of talking about hospice service and volunteering through co-operation with the media.
Since 2004 - the promotion of teamwork palliative care and hospice volunteer and with the participation of the local community - including kindergartens, schools and universities. A series of activities and manuals for volunteer coordinators and volunteers in health-social care.

www.hospicja.pl, www.fundacjahospicyjna.pl
120 hospices has been engaged in this program. Most of them wanted to improve the level of their service through the involvement of trained volunteer coordinators. 150 people finished trainings for coordinators.

Trained, well-coordinated volunteers help patients but also their families, especially when they are old, and need additional support as a careers.
I Like Helping Program: 2007-2010

3 years:

I. Trainings for volunteer coordinators – 2007/2008
   - trainings, integration
   - building/ developing volunteering in hospices

II. Education about the hospice volunteering in schools – 2008/2009
   - trainings for coordinators (How to cooperate with schools)
   - trainings for teachers (How to talk with pupils about the end of life and hospice volunteering)

III. Involvement to the volunteering of adults and older people – 2009/10
   - lectures in universities of the third age
   - trainings for volunteers 50+

And: Nationwide campaigns, conferences, publications, educational movies, special website, equipment, empowerment of volunteers
Publications and multimedia tools for social education and training of hospice volunteers: pupils, students, adults, elderly
The effects of the nationwide project – research in 2010-2012

Questionnaire survey carried out by the research company:
- 120 heads of hospices (including 67 participants of the program)
- 20 minutes interviews with volunteer’s coordinators and managers

Managers participating in the project noticed
- better cooperation with the media, sponsors, local organizations, schools and financial change,
- better care for bereaved family members,
- better quality of care for patients through volunteers training, involvement and coordination.
Some of the effects of the 2007-2010 project

**Improving the quality of care**

- We have more non medical volunteers
- We have more medical volunteers
- Volunteers spend more time in hospice
- Volunteers cooperate with hospice longer

**What has changed for 3 years?**

- Other hospices: 39, Participants of the project: 66
- Other hospices: 6, Participants of the project: 39
- Other hospices: 16, Participants of the project: 58
- Other hospices: 8, Participants of the project: 57
Possible forms of future cooperation in End-of-life Care in Poland

Shared goals in hospice care and educational projects has united Catholics, Protestants and Orthodox, who have jointly issued a handbook on end-of-life care for home care patients, entitled *Home care for seriously ill patients (Gdansk, 2011),*

*Russian version has been translated in 2015 – but it can be now used also in Poland – growth of informal home care careers.*

*It is based on practical experience and written in an approachable way. The intention to involve parishes and other faith communities to join in the care-providing process.*
2017 – Why we need to talk again about recruitment of volunteers for HP care in Poland

Demographic changes in Poland – one of the fastest ageing societies in Europe

Wyk. 71. Prognoza a ludności Polski w wieku 80 lat i więcej (w %)

Chart. 71. Projection a of population aged 80 and more (in %)

*2013 r. – dane rzeczywiste, 2013 – actual data
2017 – Why we need to talk again about recruitment of volunteers for HP care in Poland

Migration of Polish People to European Countries since 2004

The stock of the Polish population in the UK in 2004–2013

* Źródło: GUS, dane z dn. 5.10.2015
2017 – Why we need to talk again about recruitment of volunteers for HP care in Poland

Change in the number of immigrants to Poland from the most represented countries (2005-2014)

(Data: Polish Office for Foreigners, 2015)
IN SOLIDARITY. HOSPICE-PALLIATIVE CARE IN POLAND, E-BOOK, 2015

The editors’ intention is to present the history of the establishment of palliative and hospice care in Poland as broadly as possible: by identifying its sources and inspirations, through the personal experiences of people involved in end-of-life care and the stories of particular palliative and hospice centres and the organisations supporting them.

http://hospicefoundation.pl/
In June 2009 Poland was awarded a prestigious prize ‘The Crystal Scales of Justice’ by The European Commission and The Council of Europe for a project called Voluntary service of the convicted in Poland implementing an innovative form of cooperation among prisons, hospices and social welfare homes.

A distinguishing feature of this awarded project was a nationwide programme called WHAT (hospice voluntary work as a tool of acceptance and tolerance for people leaving penal institutions).
PRISONERS AS HOSPICE VOLUNTEERS


Convicts as HPC volunteers

Prisoners cannot be trusted
Volunteers are needed to the patients, their families, care teams, society and medicine as „the guarantee” of selflessness in the service of the sick and supplement of professional care.
BUILDING THE FUTURE OF PALLIATIVE CARE IN EUROPE

www.eupca.eu
2016 and future - The Polish population, one of the fastest ageing societies in the European Union, needs a wise strategy modeled on the actions regarding integrated End-Of-Life Care already taken in Europe by various countries, such as England, Scotland or Ireland.

Through the education of professionals and volunteers, international co-operation, research and exchange of good practices, one would like to continue the mission to serve the terminally ill and their relatives, without losing the hospice spirit but sharing it with professionals and family care assistants in institutional and home care.

FROM HOSPICE-PALLIATIVE CARE TOWARDS END-OF-LIFE-CARE
NEW INITIATIVES INVOLVING SOCIAL WORK IN POLAND

Promotion of comprehensive end-of-life care is needed with special emphasis on the spiritual needs of patients and their relatives. Hospice-palliative care experience could be replicated and transferred to other areas of healthcare and social work in Poland, especially home care for the elderly and long-term patients.

The involvement of faith communities could help remedy the growing demographical problem in Poland, one of the fastest ageing countries in Europe. 10,000 parishes!

Resources for the educational project which we have launched with the main Christian Charities in Poland: Caritas, Diakonia, Eleos.
In Solidarity
Hospice-Palliative Care in Poland

More than 400 palliative and hospice centers, thousands of employees and volunteers forming interdisciplinary teams caring for the terminally ill and their families, and many thousands of people who have benefited from this care - such is the outcome of the over 30 years' existence of the hospice movement and palliative medicine in Poland. Those years were filled with endeavors to give people approaching the end of their lives the possibility of dying with dignity, without pain, surrounded by their closest ones, with no regard for their age, sex, religion or wealth. These were years of cooperation, combining professional medical and non-medical assistance with the commitment of volunteers, while preserving the common goal of interdisciplinary teams.

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We encourage you to read the content of this unique publication.

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