

## **EAPC-East Newsletter**

### **NR 15– October 2003**

#### **Dear Friends,**

Voices for Hospices is over and I know that many of you organised an event for palliative care that same evening. I hope you had a successful evening as we did here in Stockholm. We will all have to send a report to “Voices initiator” in the UK and we will be happy if you send us a copy of that report so that it can be shared. The Stockholms report can be downloaded from the web site

[www.eapceast.org](http://www.eapceast.org)

In Stockholm we had several aims for that evening. Both to give information about palliative care and then to have a nice evening with voices of different kinds. We also launched the exhibition with photos from 10 countries – Bulgaria, Croatia, Hungary, Lithuania, Moldova, Romania, Russia, Poland, Slovenia and Sweden. We invited the ambassadors from the participating countries and some of them attended the evening. We brought the exhibition in an English version to Budapest for the OSI meeting last week. You can read more about the OSI meeting further in the Newsletter.

From the contributions made the evening of Voices for Hospices we are going to offer a grant for a two week training visit at Stockholms Sjukhems' palliative care unit. This grant will be announced in more detail in the November issue of the Newsletter.

#### **Call for information on Organisations and or associations for palliative care**

I know that there are some new Palliative Care national and regional organisations and or associations being started.

EAPC is of course interested to know that you are around and can be contacted. Please send contact details and other information about your organisation; Contact person, e-mail address, fax and telephone numbers etc. to [sylvia.sauter@stockholmssjukhem.se](mailto:sylvia.sauter@stockholmssjukhem.se)

We would appreciate **information before November 10<sup>th</sup> 2003.**

#### **Travelling fellowships for Eastern Europe**

IAHPC - International Association for Hospice and Palliative Care – are announcing 4 travelling fellowships for teachers/experts invited to teach in Eastern European countries in the next 5 months. If you are in collaboration with somebody or you would like to approach someone to make a joint application for a travelling fellowship this is the time. You can apply to have a lecturer in your hospice/palliative care unit/medical faculty etc.

Fill out a Travelling Fellowship Application which can be found at [http://www.hospicecare.com/SecureAccess/tfapplicant\\_application.htm](http://www.hospicecare.com/SecureAccess/tfapplicant_application.htm)

There is an application fee of \$50.00.

Second, send an email with a copy of the CV and a summary of the travelling costs: airline ticket (coach fare is paid for); lodging, food and other expenses.

Third, send an application from the host institution as well – this would be your institution

[http://www.hospicecare.com/SecureAccess/tfhost\\_application.htm](http://www.hospicecare.com/SecureAccess/tfhost_application.htm)

The program requires a staff member of the host institution to be an IAHPC member; it is possible that the host IAHPC membership fee will be paid for. For IAHPC to consider such a sponsored membership, they will need host contact information.

Good luck and let us know about your projects!

#### **Summary of the OSI policy meeting in Budapest, Hungary 15-18 Oct 2003**

Delegates from 12 countries consisting of clinicians and health care politicians and administrators were invited from countries in various stages of palliative care development.

WHO, OSI and EAPC has as main priorities for the development of palliative care, education, drug availability/legislation and policy. This meeting on the initiative of OSI hosted by the Hungarian hospice foundation focused on change of policy.

The goal for the meeting was to establish an action plan for each country for the change of policy for palliative care.

Attending countries: Bulgaria, Croatia, Czech Republic, Georgia, Hungary, Lithuania, Moldova, Mongolia, Poland, Romania, Slovakia, Slovenia

In the next issue of the EAPC-east Newsletter you will get more information as well as possibilities to download all the different countries action plans as well as pictures from the meeting. You will also get a list of participants so that you can make contact with representatives from your own country to get more and keep yourselves updated.

All the EAPC-east Newsletters now online

Newsletters from number 1, March 2002 can now be downloaded from the web site [www.eapceast.org](http://www.eapceast.org)

### **Free CD's –Cancer and the puzzle of pain – an interactive educational programme**

We have now the possibility to distribute more CD's on the puzzle of pain. It is the interactive CD that EAPC produced year 2000, with the faculty and co-editors Franco de Conno, Carl Johan Fürst and Friedeman Nauck.

The contents: Cancer-pain myths and facts, Pain assessment, WHO analgesic ladder, Sideeffects and their control, Routes of administration, Dose equivalence, Non-pharmacological methods of pain relief.

Let me know if you would like a copy and I will send it to you as long as I have copies left.

### **ABC of Palliative Medicine**

BMJ- British Medical Journal has published a series of clinically oriented articles on different aspects of palliative care. We will provide you with these beginning with the article on: *Principles of palliative care and pain control* by Bill O'Neill and Marie Fallon

The article can be found on the website [www.eapceast.org](http://www.eapceast.org) and click under download.

### **Continue the Newsletter distribution**

To be able to continue our work we need to apply for grants (yes we also have the same situation as many of you!) In order to get grants we have to prove ourselves useful. One example is if this Newsletter is of use to you? We get some scarce information how it is used.

Do you know if the Newsletter is translated to your language: Tell us if you know and to which language

Do you forward the Newsletter to others by email or printed?: Tell us!

Do anyone else read the newsletter on your computer: Tell us yes or no and how many

Tell us what you think of the Newsletter: Is it valuable/to long/to short/ what more would you like included etc

The information is very valuable to us so please write a few lines on how you use the EAPC-east Newsletter [sylvia.sauter@stockholmssjukhem.se](mailto:sylvia.sauter@stockholmssjukhem.se)

Looking forward to be in touch!

Until next time - Be well!

Sylvia Sauter

Carl Johan Fürst