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## **PROJECT ASSESSMENT REPORT**

### **I. Short data about the persons involved in the project.**

To the realization of the project the following persons have been participated: the Association of Nursing from Moldova, the group of experts in Palliative Care, 20 nurses, the local public Administration from Orhei, the Center of Family Doctors, the regional hospital Orhei.

The Project took place in the study hall of the Regional Hospital Orhei, well arranged and equipped with all the necessary equipment that was offered for free. A room for coffee brakes was also available. The lunch was served at the café “Valentina”, located next to the hospital.

The group of experts was well selected and introduced themselves at the highest level. The members of the team were:

- 1) Irina Baicalov – expert in palliative care, trained in England, USA, Poland, Brasov-Romania.
- 2) Silvia Stratulat – expert in palliative care, trained in Romania, Budapest, Germany.
- 3) Galina Buta - family doctor, specialized in oncology and palliative care
- 4) Ala Manolache – psychologist, trained in Sweden, France, Germany, Netherlands.
- 5) Elena Stempovscaia – expert in nursing, trained in USA, Netherlands, Budapest, Romania, China

The group of nurses was selected from several districts of Centers of Family Doctors, with a high professional experience and a high qualification grade.

The implementation process of the palliative care and of the knowledge acquired into practice, was coordinated by the chief nurses Ana Botnaru and Iulia Graur.

### **II. THE GOAL AND THE OBJECTIVES**

**The goal of the project.** The training of the medical assistants from the rural sector in palliative care and their development as trainer of trainers in order to provide palliative care to the patients with advanced diseases and short life expectancy, thus contributing to the improvement of the quality of life, pain release and providing psychological and moral support both to the patient and his/her family.

#### **The objectives:**

- 1) The elaboration of the Curriculum in palliative care, the discussion and the approval of the Ministry of Health and the implementation of the Curriculum into the teaching programs of the Medical College and the Medicine University.
- 2) The selection of the group of medical assistants from the rural sector for the training course.
- 3) The selection of the group of experts in palliative care and the preparation of the teaching supplies.

- 4) The involvement of the teachers from the medical college and from the school of continuous education into the teaching course in palliative care.
- 5) The selection of the patients for palliative care through the Centers of Family Doctors, the sections of social insurance, church and their provision with family doctors.
- 6) The formation of the multidisciplinary team with the involvement of the following specialists: doctor, nurse, volunteer, psychologist, a church representative.
- 7) The improvement of the quality of life of 40 patients and the offer of physical, psychological and moral support.
- 8) The elaboration of the brochure in palliative care, that would include necessary information for the nurses.

### **III. ACHIEVEMENTS**

The topic of the course was received with much interest, the majority of the participants mentioned the importance and the necessity of this knowledge and their implementation into practice. It was the first time when the medical assistants had the possibility to get information on palliative care. The participants had been involved in discussions, play roles, work in groups, case solving and demonstration of movies. The participants have received printed supplies.

To evaluate the knowledge received a pretest was made at the beginning of the course and at the end of it. During the pretest we figured out that the nurses had the lack of the knowledge in this field. Although the topic was sad, all of them showed a great interest and listened to the courses with a great attention. They were quite opened during the discussions, giving different examples from their work practice.

We've been surprised by the fact that a lot of volunteers wished to participate at this course. Instead of 20 assistants, 40 showed up and we had to give some explanations. The results from the post-test were much better, that proved that the assistants learned the lessons taught.

If we refer to the measured and unmeasured results we can mention the following:

1. A group of experts in palliative care has been created among the most competent in our republic at the moment, that could be trained in the future at other courses of this kind.
2. 20 nurses have been trained from different sectors that will pass the knowledge in palliative care to their colleagues.
3. A multidisciplinary team has been created of: doctors, medical assistants, volunteers, social assistants, psychologist, priests and other specialists if needed (nutritionist, physiotherapist and others)
4. Cooperation relations have been created between the members of the team, the patients and the members of the family.
5. 40 patients have been taken under palliative care service, who received a quality care and psychological and moral support.
6. A model of new care services has been created for the persons with advanced diseases and short life expectancy, with the emphasis on quality of life improvement.

7. A new Curriculum in palliative care has been elaborated and proposed to the medical colleges, the school of continuous education, the Medicine University.
8. The teachers of nursing from the colleges and the school of continuous education have been involved in this course and got a new experience.
9. 100 academic hours of palliative care course have been read with the organization of the practical process.
10. Certificates of attending the palliative care course have been issued.
11. The brochure “Nursing in palliative care” have been elaborated, that contains educational and informational supplies for the medical assistants.

#### **IV. UNANTICIPATED OUTCOMES**

As it was mentioned above, unexpected was the fact that a lot of medical assistants showed their interest to the participation of this course, their desire to learn something new. Doing the evaluation based on SWOT method, the majority proposed to organize more trainings of this kind. The most interesting topics and the best experts have been mentioned. The participants have showed a complete satisfaction and expressed that by words of gratitude.

#### **V. THE LESSONS**

On the process of teaching several problems have been approached at the medical assistants request like telling the truth to the patient regarding his/her health state and the incurable diagnostic, the development of the relationship between the patient, the multidisciplinary team and family, the confidentiality, the use of narcotics that are not enough and are limited by the doctors, the lack of legislation that could enable to use the Morphine orally and many others.

The explanations have been done by group discussions, examples from practice, by solving dilemma questions, play roles.

#### **VI. THE INFLUENCE**

It has been a benefic influence. New knowledge has been acquired and a new work practice. The program has allowed the medical assistants to improve and extend their knowledge in palliative care. The program has also influenced to the quality of care services provided to the patients with advanced diseases and a short life expectancy and to the improvement of their lives' quality. The relatives, the members of the family, those who take care of these patients also benefited of new knowledge in the field. It was very important for them to learn about the behavior with the terminally ill patients in the last period of life. The families had a psychological and moral support that helped them to easier go through this difficult period of life for them.

#### **VII. THE FINAL OUTCOMES**

A new curriculum has been elaborated for the medical assistants within the project. Educational supplies on palliative care have been selected for further

multiplication and distribution to the participants. Nursing plans in palliative care have been elaborated. The training was taped and pictures have been done. It was published the brochure “Nursing in palliative care”. Certificates of attending the training have been issued.

### **VIII. SUCCESS STORIES**

The project was a complete success, highly appreciated by all the participants. A new model of palliative care has been created, that is going to be promoted in primary health assistance as an alternate service that will enable to organize the Hospice services, the formation of mobile teams and some other kind of activities.

A teaching course of palliative care will be introduced in the educational institutions. An experience in organizing the training has been obtained and will be held in other regions of the republic.

**Project manager**

**Elena Stempovscaia**