**IMPROVING ACCESS TO PALLIATIVE CARE**

**WHAT IS PALLIATIVE CARE?**
- It is care for patients with life-threatening illnesses and their families.
- It can be given in homes, health centres, hospitals and hospices.
- It improves quality of life.
- It benefits health systems by reducing unnecessary hospital admissions.
- It relieves physical, psychosocial & spiritual suffering.
- It can be done by many types of health professionals & volunteers.

**WHEN IS PALLIATIVE CARE NEEDED?**
- Diagnosis
- Disease progression
- Death
- Bereavement support

**WHO NEEDS IT?**
- Of the 40 million people who need palliative care each year:
  - 39% have Cardiovascular diseases
  - 34% have Cancer
  - 10% have Chronic lung diseases
  - 6% have HIV/AIDS
  - 5% have Diabetes

**WHAT ARE THE GAPS?**
- 86% of people who need palliative care do not receive it.
- 83% of the world’s population lack access to pain relief.
- 98% of children needing palliative care live in low and middle income countries.

**WHAT ARE THE BARRIERS?**
- Poor public awareness of how palliative care can help.
- Cultural & social barriers, such as beliefs about pain and dying.
- Insufficient skills and capacities of health workers.
- Overly restrictive regulations for opioid pain relief.

**WHAT CAN COUNTRIES DO?**
- Implement the 2014 World Health Assembly Resolution 67.19 on palliative care, by:
  - Integrating palliative care into national health policies.
  - Revise laws & processes to improve access to opioid pain relief.
  - Include palliative care in the training for health workers.
  - Provide palliative care services, including through primary health care centres and homes.