

Annex 12A. The Essential Package of Palliative Care: Interventions, Medicines, Equipment, Human Resources, and Intersectoral Supports

Supplemental material for: Krakauer, E.L, X. Kwete, S. Verguet, H Arreola-Ornelas, A. Bhadelia and others. 2018. "Palliative Care and Pain Control." In *Disease Control Priorities* (third edition). Volume 9, *Disease Control Priorities: Improving Health and Reducing Poverty*, edited by D.T. Jamison, H. Gelband, S. Horton, P. Jha, R. Laxminarayan, C.N. Mock, and R. Nugent. Washington, DC: World Bank.

Table 12A.1 The Essential Package (EP) of Palliative Care: Interventions, Medicines, Equipment, Human Resources, and Intersectoral Supports

Inputs			
Intervention	Intersectoral	Medicines ^a	Equipment
Control of chronic pain related to serious, complex, or life-limiting health problems	Income and in-kind support ^c	<ul style="list-style-type: none"> • Amitriptyline, oral • Bisacodyl, oral • Dexamethasone, oral and injectable • Diazepam, oral and injectable • Diphenhydramine, oral and injectable • Fluoxetine, oral • Furosemide, oral and injectable • Haloperidol, oral and injectable • Hyoscine butylbromide, oral and injectable • Ibuprofen, oral • Lactulose, oral • Metaclopramide, oral and injectable • Morphine, oral immediate release and injectable • Naloxone, injectable • Omeprazole, oral • Paracetamol, oral 	<ul style="list-style-type: none"> • Pressure-reducing mattresses • Nasogastric drainage and feeding tubes • Urinary catheters • Opioid lock boxes • Flashlights with rechargeable batteries (if no access to electricity)
			<ul style="list-style-type: none"> • Doctors (general practitioners or clinical officers with basic palliative care training) • Nurses (with at least basic palliative care training) • Social workers, psychologists, or counselors • Pharmacists • Community health workers
Control of other types of physical and psychological suffering ^d related to serious, complex, or life-limiting health problems	Income and in-kind support ^c	<ul style="list-style-type: none"> • Amitriptyline, oral • Bisacodyl, oral • Dexamethasone, oral and injectable • Diazepam, oral and injectable • Diphenhydramine, oral and injectable • Fluconazole, oral • Fluoxetine, oral • Furosemide, oral and injectable • Haloperidol, oral and injectable • Hyoscine butylbromide, oral and injectable 	<ul style="list-style-type: none"> • Pressure-reducing mattresses • Nasogastric drainage and feeding tubes • Urinary catheters • Opioid lock boxes • Flashlights with rechargeable batteries (if no access to electricity) • Adult diapers or cotton and plastic
			<ul style="list-style-type: none"> • Doctors (general practitioners or clinical officers with basic palliative care training) • Nurses (with at least basic palliative care training) • Social workers, psychologists, or counselors • Pharmacists • Community health workers

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Table 12A.1 The Essential Package (EP) of Palliative Care: Interventions, Medicines, Equipment, Human Resources, and Intersectoral Supports (continued)

Intervention	Inputs		
	Intersectoral	Medicines ^a	Equipment
		<ul style="list-style-type: none"> • Ibuprofen, oral • Lactulose, oral • Loperamide, oral • Metaclopramide, oral and injectable • Metronidazole, oral, to be crushed for topical use • Morphine, oral immediate release and injectable • Naloxone, injectable • Omeprazole, oral • Ondansetron, oral and injectable^e • Oxygen • Paracetamol, oral • Petroleum jelly 	
Control of refractory suffering (chronic pain, other types of physical or psychological suffering ^d that has not or cannot be controlled at lower level)	Income and in-kind support ^c	<ul style="list-style-type: none"> • Amitriptyline, oral • Bisacodyl, oral • Dexamethasone, oral and injectable • Diazepam, oral and injectable • Diphenhydramine, oral and injectable • Fluconazole, oral • Fluoxetine, oral • Furosemide, oral and injectable • Haloperidol, oral and injectable • Hyoscine butylbromide, oral and injectable • Ibuprofen, oral • Lactulose, oral • Loperamide, oral • Metaclopramide, oral and injectable 	<ul style="list-style-type: none"> • Nasogastric drainage and feeding tubes • Urinary catheters • Opioid lock boxes • Adult diapers or cotton and plastic
			<ul style="list-style-type: none"> • Doctors (general practitioners or specialists with basic or intermediate palliative care training) • Nurses (with at least basic palliative care training) • Social workers, psychologists, or counselors • Pharmacists

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Table 12A.1 The Essential Package (EP) of Palliative Care: Interventions, Medicines, Equipment, Human Resources, and Intersectoral Supports (continued)

Intervention	Inputs		
	Intersectoral	Medicines ^a	Equipment
		<ul style="list-style-type: none"> • Metronidazole, oral, to be crushed for topical use • Morphine, oral immediate release and injectable • Naloxone, injectable • Omeprazole, oral • Ondansetron, oral and injectable^e • Oxygen • Paracetamol, oral • Petroleum jelly 	
Acute pain related to surgery or serious injury	Income and in-kind support ^c	<ul style="list-style-type: none"> • Bisacodyl, oral • Dexamethasone, oral and injectable • Diazepam, oral and injectable • Diphenhydramine, oral and injectable • Haloperidol, oral and injectable • Hyoscine butylbromide, oral and injectable • Ibuprofen, oral • Lactulose, oral • Metaclopramide, oral and injectable • Morphine, oral immediate release and injectable • Naloxone, injectable • Omeprazole, oral • Paracetamol, oral 	<ul style="list-style-type: none"> • Nasogastric drainage and feeding tubes • Urinary catheters • Opioid lock boxes • Adult diapers or cotton and plastic
			<ul style="list-style-type: none"> • Doctors (general practitioners or specialists with basic or intermediate palliative care training) • Nurses (with at least basic palliative care training) • Social workers, psychologists, or counselors • Pharmacists

a. Based on WHO 2015a.

b. Staffing will vary depending on availability of doctors (general practitioners and specialists) and on the level of the health care system (home: health center; or first-, second-, or third-level hospital).

c. Only for patients living in extreme poverty and for one caregiver per patient. Includes cash transfers to cover housing, children's school tuition, transportation to health care facilities, or funeral costs; food packages; and other in-kind support (blankets, sleeping mats, shoes, soap, toothbrushes, and toothpaste).

d. Physical suffering includes breathlessness, fatigue, weakness, nausea, vomiting, diarrhea, constipation, pruritus, bleeding, and wounds. Psychological suffering includes anxiety or worry, depressed mood, confusion or delirium, and dementia.

e. Only at hospitals that provide cancer chemotherapy or radiotherapy.