

Value-Based Healthcare:

A Model to apply in Palliative Care in Portugal?

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BACKGROUND

Value-Based Healthcare (VBH): Model that is patient-centred; its goal is to **deliver value in the outcomes**, based on actual **science and cost-effectivity**.^{1,2}

AND

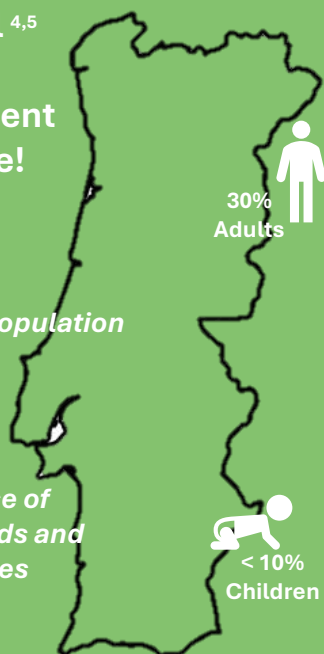
Palliative Care (PC): “improves the quality of life of patients (...) prevents and **relieves suffering** through the early identification, correct assessment and treatment of pain and other problems, whether physical, psychosocial or spiritual.”³

PC in Portugal^{4,5}

Insufficient coverage!

Aging population

Increase of PC needs and expenses



THEORY

PC and VBH

converge as a

patient-centred care

strategy that's

cost-effective!^{6,7}

RESULTS

Outcome Measurement Tools

Key Performance Indicators (KPI):^{8,9}

- % Deaths on the patients' preferential place;
- % Reduction of Emergency Room (ER) episodes;
- % Decrease of hospital admissions following ER episodes;
- % Deaths on the first 4 days of hospital admission;
- Number of patients with advanced care plan defined or discussed.

Patient Reported Outcome Measures (PROM) with impact in:¹⁰⁻¹³

- Facilitation of communication/support in decision-making;
- Perception of quality of life and of symptom control;
- Inclusion, respect and equity;
- Grief support;
- Improvement of PC policies;
- Promotion of good practice.

CONCLUSION

PC and VBH aim the delivery of value, in an approach that is centred on the patients' values and needs, promoting their active role during all the pathway of a life-threatening disease, with the best possible outcomes, in a perspective of cost-effectivity.

KPI and PROM are fundamental tools in the assessment and monitoring of results, according to the goals set.

The implementation of VBH in Portugal seems favourable.

REFERENCES

