

Development and Modelling of a Supportive Palliative Care Intervention for Non-western Migrants with Palliative Care Needs and their Families Using the Medical Research Council Framework in Denmark

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BACKGROUND

Opportunities for the use of palliative care are missed among non-western migrants living in Denmark. This happens in spite of existing equal and free access to health care.

This study aims to develop a theoretically informed, evidence-based intervention to increase palliative care utilization among non-western migrants with a life-threatening disease and their families.

METHODS

Following the Medical Research Council’s framework for developing and testing complex interventions, stakeholders (public, patients, family caregivers, healthcare professionals, and

academics) were involved at different stages of the intervention development process to increase acceptance and ownership of the intervention.

The intervention was developed iteratively by synthesizing evidence from:

1. A systematic review
2. Semi-structured interviews and group discussions with patients (n=8), family caregivers (n=11), and healthcare professionals (n=10)
3. Three workshops with migrants (n=5) and healthcare professionals (n=6).

Participants from six different settings across two regions of Denmark participated in the study.

FIGURE 1. THE OVERALL PROCESS OF DEVELOPING THIS INTERVENTION



RESULTS

The final intervention components included the following three components:

1. Skill-based training for palliative care professionals.
2. Health consultations with the respective healthcare professional in the healthcare setting or at home.
3. Coordination of care between general practitioners, palliative care professionals at the hospital, and/or the municipality.

The mixed-methods design proved to be a suitable approach to identifying multiple

intervention components targeting different stakeholders to achieve the desired outcomes.

CONCLUSION

The comprehensive description of the development process of this intervention aims to increase transferability to other countries with similar healthcare systems as in Denmark. The research team will further test the intervention to assess acceptability, feasibility, and potential effect.

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