

Palliative Care Setup in Cyprus.

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Palliative care in Cyprus is provided by the two cancer charities; The Cyprus Association of Cancer patients and friends and The Cyprus Anticancer Society. These organizations are NON-government funded. All services are FREE of charge to cancer patients, at any stage of their disease.

There are 2200 new Ca diagnoses/year. Limited number of inpatient beds; in Nicosia and Limassol total of 62 beds for whole island. The Bank of Cyprus Oncology Centre in Nicosia is a specialist centre, providing chemo/radiotherapy, as daycare or inpatient. Radiotherapy is only available in Nicosia. Apart from Limassol all other towns only have visiting oncologist once/week for outpatient apts. The Anticancer Society Homecare Nursing Service was setup in 1993. Providing an oncall service 365days/year. Seeing 600 patients in 2004. Performing nursing care, symptom control, advice and education to patients and carers. Individually planned holistic care approach. Lymphoedema therapists both nurses and physios in all towns. Comprehensive stock of nursing aids and equipment are available free for loan to homecare patients. Nurses liaise closely with oncologists, attend outpatient clinics to discuss pt progress, symptom control and receive new referrals. Early referrals from surgeons are still few and far between!

-OPIOIDS AVAILABLE IN CYPRUS;

MORPHINE SULPHATE:normal release,10,20mg tab. Oral solution 10/5ml,Sustained release 10 30 60 100mg tab. injectable10,30mg amps. FENTANYL TRANSDERMAL PATCH;25,50,75,100mcg/hr.

PSYCHOSOCIAL SUPPORT;

-Psychologists see pts and carers at home.

-Social workers liaise with relevant depts re:benefits and social support.

Cyprus has a multicultural society and healthcare professionals speaking a variety of languages is of great comfort to foreigners living here.

-DAYCARE: Held weekly in all towns. A social gettogether for pts, giving mutual support,nursing care/advice, physio and psych support.

Activities include;hairdressing, art/music therapy, cookery/baking, dressmaking,reflexology/reiki/massage/aromatherapy(by qualified therapist

volunteers) Daytrips and guest speakers.

-FREE TRANSPORT.

>From all towns daily to Limassol and Nicosia for chemo/radiotherapy and

outpt apts.Some pts travelling over 300km round trip for up to six weeks.

-HOSPICE CARE- ARODAFNOUSA (Anticancer Society).

Only 1 hospice on the island.Is a palliative care centre.18 beds,caters for 200 pts/year.

Provides,respice care, symptom/pain control, rehab/continuing care,CPT for l/oedema,hospitality beds for pts unable to travel daily to Nicosia for treatment.

No charge for services provided, relies on voluntary donations and fund raising events.The main one being anual 'Christodoula march' held in

memory of a ca pt who died under an orange tree in 1974 as she had nowhere else to go.

The charity is dedicated to public health awareness and continual professional development for the MDTs.

'SLOWLY I REALISE THE MEANING OF POWERLESSNESS,I EXPERIENCE IT IN MY OWN LIFE AND IN MY WORK,THE DYING KNOW WE ARE NOT GOD, ALL THEY ASK IS WE DO NOT DESERT THEM.' CASSIDY.