

ANNOTATION
for the dissertation work of ABDIROVA TAMARA MYTALIMOVNA
on the topic «Integrated palliative care in geriatrics at the family and
community level» for the degree of Doctor of Philosophy PhD in the specialty
6D110200 – Public Health

The seriousness of the problem is linked to changes in Kazakhstan's demographic situation, which, according to scientists' predictions, will see the population continue to expand [1].

According to the analytical report of the Ministry of Economy and Budget Planning of the Republic of Kazakhstan and the Institute of Economic Research of the Republic of Kazakhstan, the proportion of people of retirement age will increase to 14% of the total population in 2030, therefore, an increase in the dependency ratio will require adjustments in social policy [2].

In the Concept of Social Development of the Republic of Kazakhstan until 2030, the aging of the population is considered a demographic challenge that must be taken into account when «determining one's social course» [3], since an increase in the proportion of the elderly population will lead to an increase in the need for palliative care and long-term care for the elderly. patients with severe chronic diseases, cognitive and other impairments [4].

According to World Bank analytical materials, an increase in the need for PC is expected to be 20% in the next 15 years, and the need for inpatient PC for patients will grow to 100 beds per 1 million population and an increase in the need for home PC [5] as the majority of the elderly population prefer to receive this help at home.

Despite the constitutional guarantees of access to social and medical assistance [6], they are not accessible to the entire elderly population and do not meet their needs, there is no effective system for providing home-based long-term care [7]; insufficient development of the network of PC institutions in Kazakhstan, and their material and technical base does not meet international standards; lack of mobile PC teams and the fact of their work being focused mainly on patients with oncopathology [8]; insufficient integration of the social system and health care, the principle of the complexity and availability of PC is not ensured [9-10].

Palliative care in geriatric practice is a significant part of medical and social care, which comprises medical, social, and psychological components, according to international experience [11].

According to the recommendations of the European Association for Palliative Care, palliative care should be provided as needs arise, before symptoms become uncontrollable, it should not be the exclusive priority of specialized mobile teams or hospices, since the specificity of palliative care in geriatric practice is associated with a progressive chronic polymorbid condition with periods of exacerbation and decompensation, due to which patients often need palliative care, not only in the terminal period of the disease. Therefore, the provision of palliative care in geriatric practice should be based on the needs of the patient and his relatives, rather than on the prognosis of diseases, as is customary in oncological

practice [12-13].

Successful scientific and practical experience of economically developed countries has shown various models of organizing efficiently working complex PC in geriatric practice for patients with somatic non-oncological diseases, based on the interaction of various institutions, both private and public, which are regulated by regulatory documents providing legal protection to both recipients of services, and service providers. At the same time, long-term patient care is carried out by an individual entrepreneur or an employee [11, 14-22].

In Kazakhstan, palliative care is just beginning to be recognized as an important part of medical and social assistance to the population, and in the context of demographic aging of the population, there is a need to improve measures in the field of geriatric palliative care with the effective integration of home-based PC into the social security and health care systems to ensure accessibility and complexity, which will allow improve the quality of life of the patient and his family [23].

The research work is aimed at scientific substantiation and development of a model for organizing palliative care in geriatric practice, taking into account the peculiarities of the needs of elderly people using the example of residents of Almaty.

Goal of the study: scientific substantiation of the model of integrated palliative care for chronic non-communicable diseases in geriatric practice on the example of the Almaty city.

Objectives:

- analysis of international experience in geriatric palliative care for chronic non-communicable diseases and the current situation on the problem under study in the Republic of Kazakhstan;
- Research of medical and social problems and the need for palliative care for chronic non-infectious diseases among the elderly living in Almaty;
- Isolation of the most significant conditions in geriatric patients with chronic noncommunicable diseases requiring medical and psychosocial care;
- Development of a modern model of integrated geriatric palliative care for chronic non-communicable diseases among the elderly living in Almaty.

The scientific novelty of the research is presented in the fact that for the first time:

- a comprehensive analysis of elderly people living in the Republic of Kazakhstan with chronic non-infectious diseases and their needs for palliative care was carried out;
- the analysis of medical and social problems of elderly people with chronic non-infectious diseases was carried out;
- A model “Integrated palliative care in geriatrics at the family and community level” was developed for the provision of geriatric palliative care at the outpatient level. The model differs from the traditional inpatient substitute approach by the complexity of the organization of palliative care based on an assessment of the individual needs of the patient and a multidisciplinary team

form of assistance in the interaction of social services and health care with the participation of nongovernmental organizations;

□ For the first time, the model “Integrated palliative care in geriatrics at the family and community level” was introduced and tested on the basis of PHC (City Polyclinic of the World War) and LSG (Day Care Center for persons of retirement age of the Social Welfare Department of Almaty;

□ the principles are shown and an algorithm is developed for integrated work on the provision of geriatric palliative care to people with non-oncological diseases between health and social services with the participation of a nongovernmental organization.

□ for the developed model received "Certificate of state registration of rights to the object of copyright" No. 2888 dated September 17, 2018.

Provisions for defense:

□ The provision of palliative care for chronic non-communicable diseases in geriatric practice is based on a comprehensive assessment of the individual needs of the patient in medico-social and palliative care.

□ Medical and social difficulties, as well as the requirement for palliative care for chronic noncommunicable diseases, are long-term and complex in geriatric practice, necessitating the integration of palliative care across health and social care services.

□ The NGO is the link between the patient and the various services to ensure continuity in the provision of palliative care at the outpatient level.

Approbation of the thesis: The main provisions and results of the work were reported and discussed at the following scientific conferences:

a) International scientific conference «Elderly people in the Eurasian space: interests, problems and prospects» (Almaty, 2018);

b) I International Conference on Nursing (Nur-Sultan, 2018);

c) CXVI International Scientific and Practical Conference «Young Researcher: Challenges and Prospects» (Russian Federation, Moscow, 2019);

d) IV International Scientific and Practical Conference (RF, Moscow, 2019);

e) III National Congress on Palliative and Hospice Care (online format) (Ukraine, Kiev, 2020).

f) VII National Congress of Gerontologists and Geriatricians of Ukraine (Kiev, 2021).

Publications on the topic of the thesis:

On the topic of the dissertation work, 9 works were published, of which 4 articles in journals recommended by the Committee for Control in Education and Science of the Ministry of Education and Science of the Republic of Kazakhstan, 2 articles in journals included in the international database Scopus («Journal of Pharmaceutical Sciences and Research» and «Advances of gerontology»), 3 publications in collections of international scientific conferences, 1 certificate of state registration of rights to the copyright object «Integrated palliative care in geriatrics at the family and community level» was received.

Implementation of research results:

- Received the Certificate of state registration of rights to the copyright object «Integrated palliative care in geriatrics at the family and community level» No. 2888 dated September 17, 2018.

- The results of the study were introduced into the work of the City Polyclinic of WWII Veterans of the city of Almaty. An act of implementation of the results of research work «Model «Integrated palliative care in geriatrics at the family and community level» dated 16.10.2019 was issued.

- The results of the study were introduced into the work of the City Polyclinic of WWII Veterans of the city of Almaty. An act of implementation of the results of research work «Training seminar on topical issues of training a multidisciplinary team in geriatric practice» dated 16.10.2019 was issued.

- The results of the research were introduced into the work of the Public Fund «Kumis Khasyr». An act of implementation of the results of research work «Training seminar on topical issues of training a multidisciplinary team in geriatric practice» dated 01.11.2018 was issued.

- The results of the study were introduced into the work of the Public Organization «Association of Young Physicians of Almaty». An act of implementation of the results of research work «Training seminar on topical issues of training a multidisciplinary team in geriatric practice» dated 21.10.2019 was issued.

- Research materials were used in the implementation of the Roadmap to support the older generation «Active Longevity» in Almaty.

Personal contribution of the author:

Research program for solving problems, material analysis, scientific assessment, formulation and formation of the main provisions of the dissertation, conclusions and practical recommendations, development of a model, implementation of some research results into practice.

Relationship with scientific research:

The work was carried out as part of the research work «Development of technology for creating a model of comprehensive medical and social assistance to elderly people at home» Asfendiyarov Kazakh National Medical University, 2016, state registration number 0116RK00204.

The volume and structure of the thesis:

The work is presented on 111 pages, consists of an introduction, a review on the problem under study, 3 sections, conclusions, practical recommendations, a list of used literature and applications. The work is illustrated with 23 tables, 16 figures. The list of literature contains 163 domestic and foreign sources.

The study design was a single-sample cross-sectional randomized study (Figure 3), which involved 1898 people from the elderly population of Almaty over 60 years of both sexes, to study their basic needs for palliative and medical and social care using specially developed questionnaires (Appendix A).

The research is based on a sociological survey, which was conducted without the authorization of the respondent, with anonymous filling out of the questionnaire and voluntary informed consent to participate in the research. Ethics committee approval for the study received.