

## **Development of a palliative care research and create the premises for palliative care center at The Institute of Oncology Bucharest.**

**Dr. Alexandru -Călin Grigorescu**  
**Institute of Oncology Bucharest, Romania**

My activity in the cantonal hospital St. Gallen had three main goals:

1. An observational study to understand the organization of the center and how the 13 criteria for validation of a center of integration of Medical Oncology with Palliative Care are realized. I was in the inpatient unit to see how physical, psychological and social needs of patients are resolved and how many doctors and nurses are needed for this service.

An other activity was represented by co-participation to the ambulatory consultation and to the consulting group in palliative care work.

I participated to the home visit of a patient to understand how the nurses work and how these kinds of activities are reimbursed.

2. The second goal was to improve knowledge of research in palliative care. I have read the protocol of E- MOSAIC and I observed how doctors and nurses work in this study in order to consider implementing an adapted version of in the Institute of Oncology Bucharest. I have prepared a protocol draft for an E –MOSAIC study because in Bucharest we have little experience in electronic monitorisation of symptoms.

Another scientific activity where I was integrated in St. Gallen was the study of cachexia. In this respect I have participated in the systematic review of literature of secondary causes of impairs of nutritional intake.

3. For educational activities I participated in the implementation and the planning of a course in palliative care for oncologists from the Cantonal Hospital St. Gallen and surroundings.

I participated in a Good Clinical Practice course, organized in St. Gallen. The course was useful for updating the principles of GCP and joins my former activity to write with international participation of the first book for GCP in clinical research for oncology in Romania.

I participated to the Biannual Conference of the clinical cancer research Switzerland. Here I participated to the presentation of clinical trials in gastrointestinal cancer, lung cancer and palliative care.

Taking into consideration the realization of a center of integrated Oncology and Palliative Care in the Institute of Oncology Bucharest I consider that the new experience gained will be very useful in bringing forward the next steps towards such a center, including research and new courses in palliative care. Hopefully because I was supported to go in St. Gallen by the manager of my institution and by the Ministry of Health I think that I will have cooperation from these institutions in my wish to create a Center of Excellence.

The future collaboration with the specialists in palliative cancer care from the Cantonal hospital St. Gallen will be as well essential for my research activity.

In conclusion I think that the ESMO Grant for palliative care offered was very useful for me to improve my activity and generally the activity in palliative care at my institution in Romania.

For this reasons I express my gratitude to ESMO which awarded me this Grant. Also I thank very much the specialist in Medical Oncology and Palliative Care, Dr Florian Strasser for his efforts to integrate me in their activities and to help me to gain more experience in palliative care organization, education and research.