

Quantitative Investigation Report

Attitudes and Opinions on Palliative Care in Mexico City

August , 2019



TABLE OF CONTENTS

- Objectives of the Study
- Methodology
- Sample
- Main Results
- Concept / Displayed Definition
- Evaluation of the Expression
- Type of Patients / Persons it Must Cover
- Medicines or Drugs
- Conclusions and Recommendations

3	
4	
5	
6	
10	
13	
17	
20	
30	

To access directly any of the topics, put in presentation format and press the corresponding arrow on the right. To return to the index, click on the “home” icon.



THE STUDY

General Objective:

- To have in depth and quantitative information on the level of knowledge, perception, current status, main needs and future perspective of Palliative Care in Mexico.

METHODOLOGY

Universe

- Men and women, 18 years old and older, of different socio-economic levels, living in the Metropolitan Area of Mexico City

Samples

- The sample obtained was Probabilistically Stratified in several stages: Selection of Municipalities, Selection of Neighborhoods and Selection of Interviewees, and 400 final cases were made for a confidence level of 95% and 5% of error tolerated at total level.

Questionnaire

- Reviewed and approved by the customer.

Investigation Technique

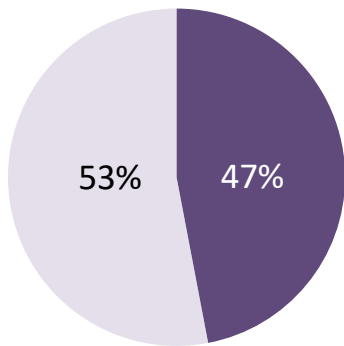
- Personal interviews at home

Scope

- August 12 to 26, 2019

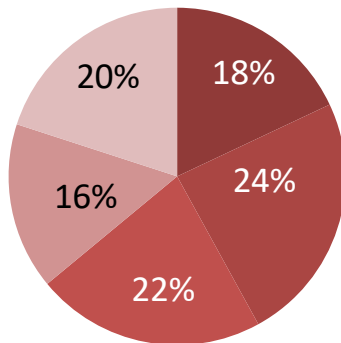
SAMPLE DISTRIBUTION

Gender



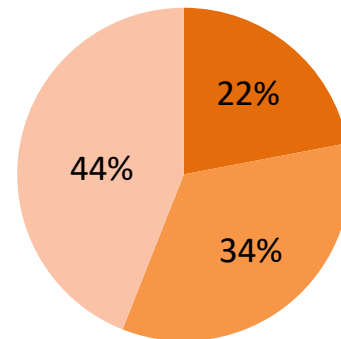
- Masculine
- Femenine

Age



- 18 to 24 years
- 25 to 34
- 35 to 44
- 45 to 54
- 55 or older

Socio-Economic Level



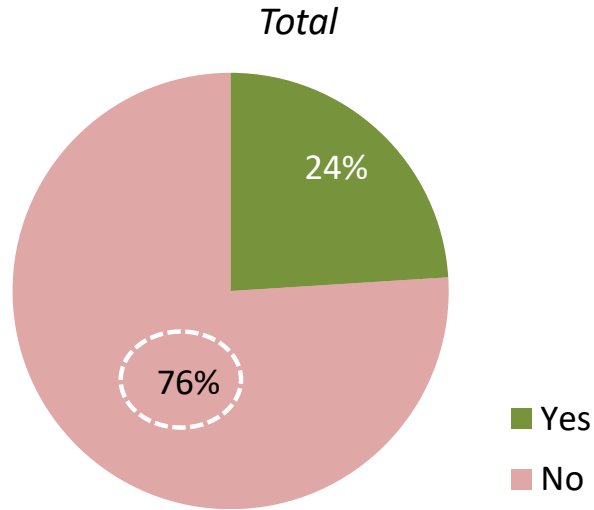
- A/B/C+
- C/C-
- D+/D

Self-weighted considering the real values of the INEGI and AMAI population for the socio-economic levels.

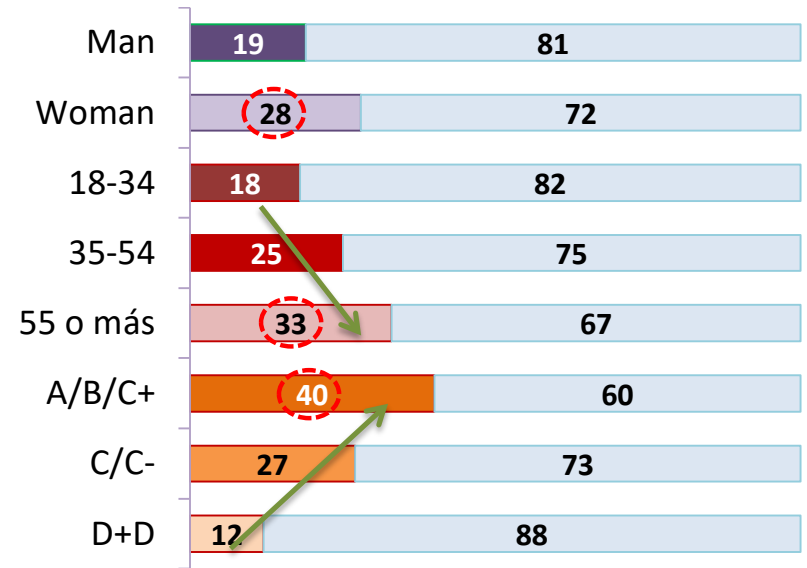
Main Results

The objective of palliative care is to improve the quality of life of patients and of their loved ones when they face the typical problems of a life-threatening diagnosis.

Do you know or have you heard of Palliative Care?



Yes: with colors; No: light blue %



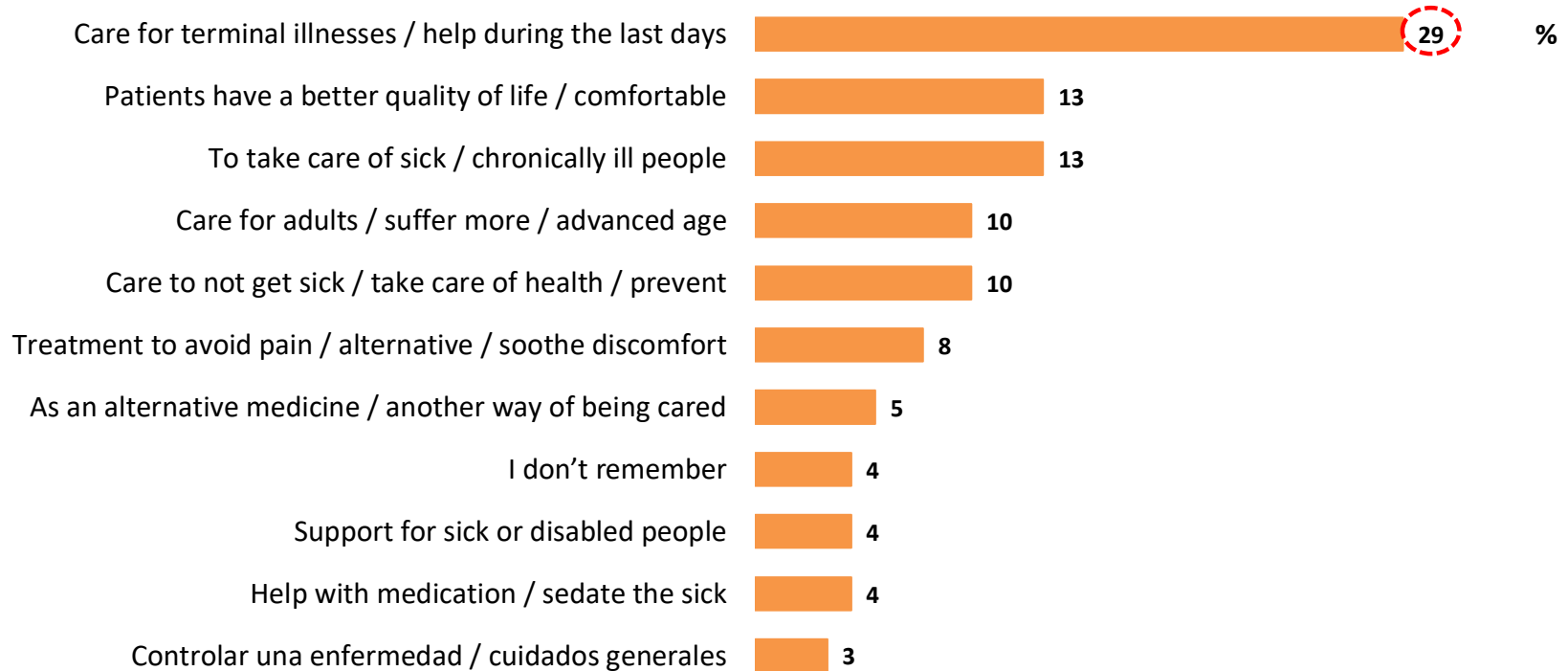
Base=400 cases

With what do you relate the expression Palliative Care?

Multiple Spontaneous Answers



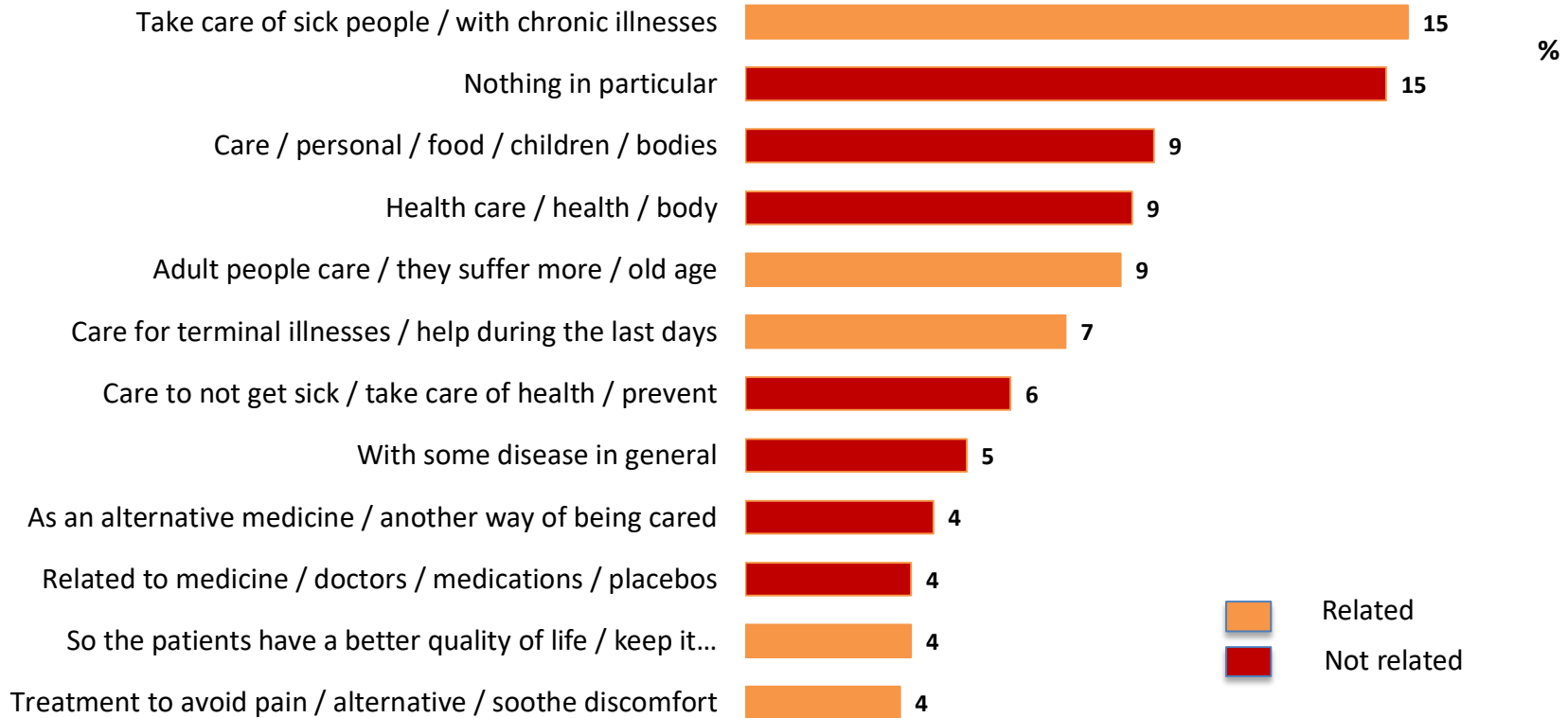
■ Persons who said they knew the expression:



Base= 93 persons who said they knew it.

What do you know or have you heard about Palliative Care?

All the interviewees / Multiple Spontaneous Answers



Base= 400 cases

PRESENTATION OF THE CONCEPT / DEFINITION

All the interviewees

This definition was read together with the interviewees to be able to proceed with the questions.

Palliative care is medical and pharmacological care and treatment useful to PREVENT and RELIEF pain and suffering, as well as providing better QUALITY OF LIFE to patients suffering from a serious or terminal illness, both for their well-being and that of their family.

Usually it is provided by doctors, nurses or other specialists such as psychologists, thanatologists, physiotherapists, etc.

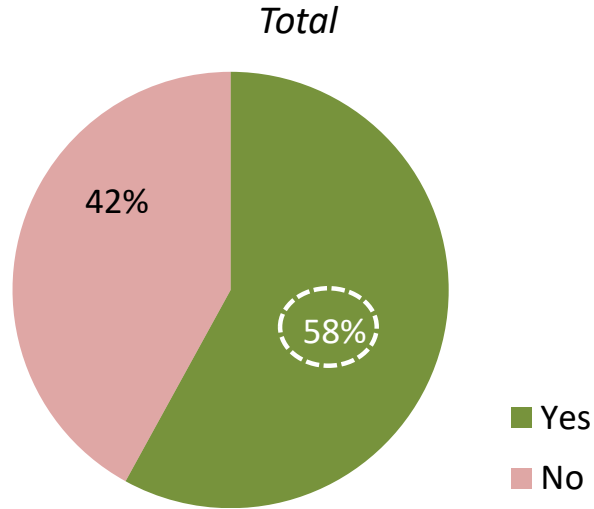
Sources: Instituto Nacional de Ciencias Médicas y Nutrición Salvador Zubirán and May Clinic

<http://www.innsz.mx/opencms/contenido/investigacion/comiteEtica/cuidadosPaliativos.html>

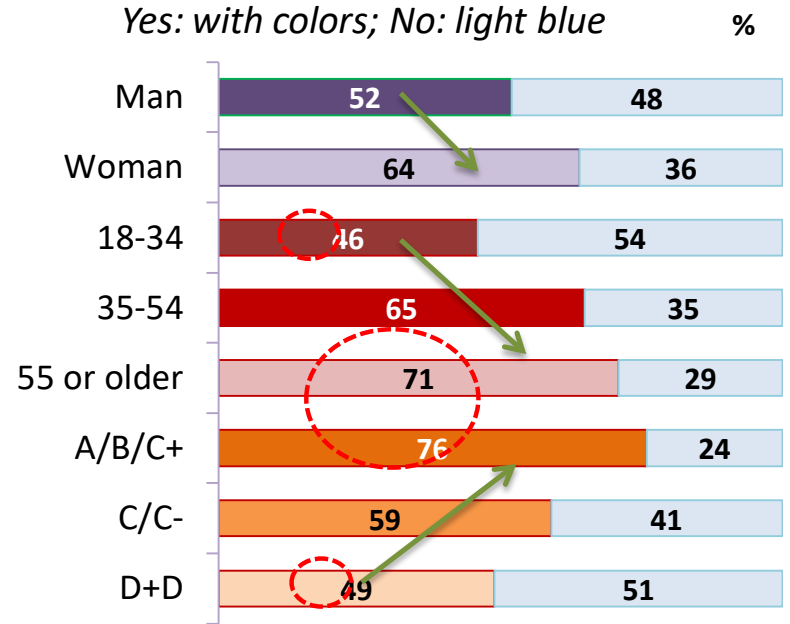
<https://www.mayoclinic.org/es-es/tests-procedures/palliative-care/in-depth/palliative-care/art-20047525>

Had you heard of Palliative Care before?

After reading the concept.



Base=400 cases

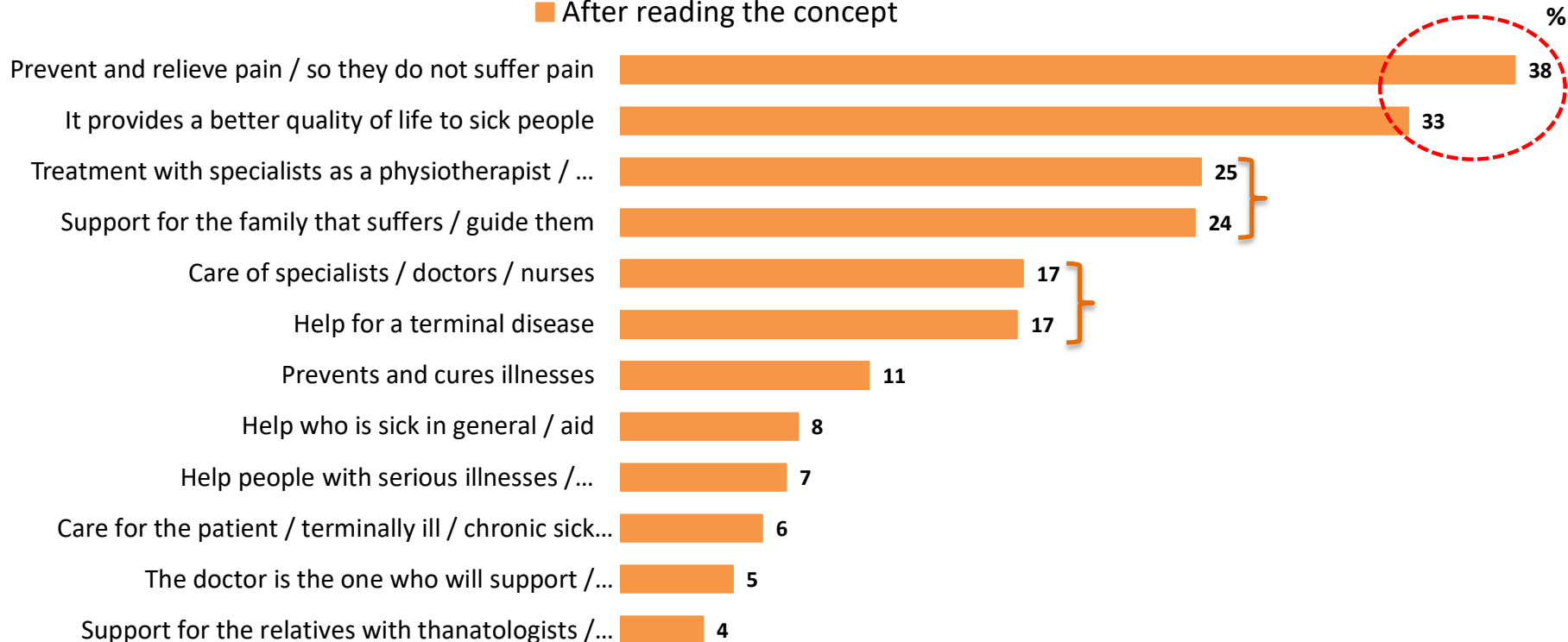


What catches your attention most about the definition of Palliative Care?

Multiple Spontaneous Answers / All the interviewees



■ After reading the concept



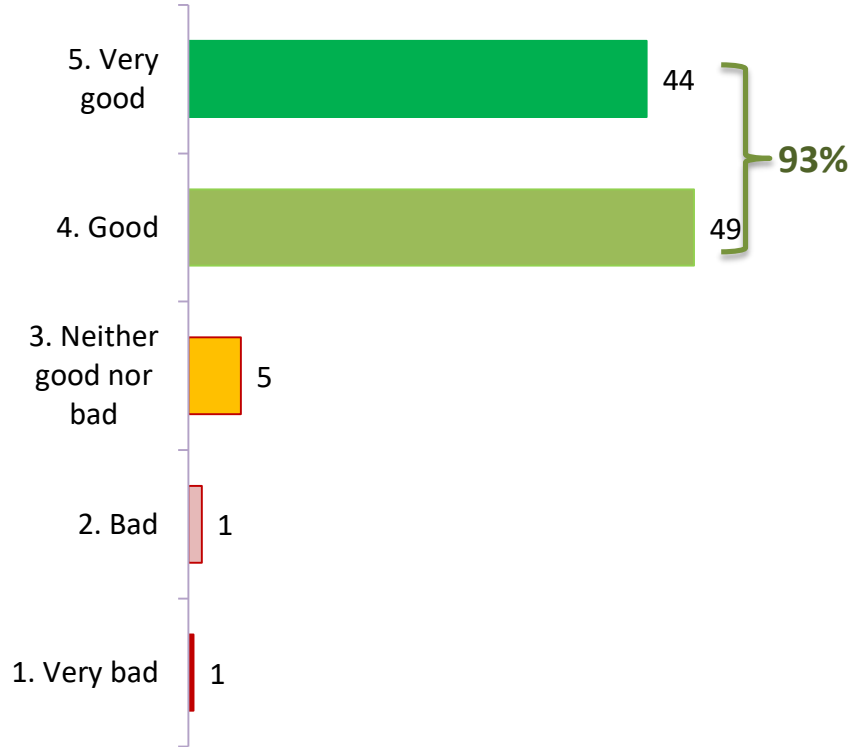
Base=400 cases

How good or bad do you think Palliative Care is?

Total and by key variables

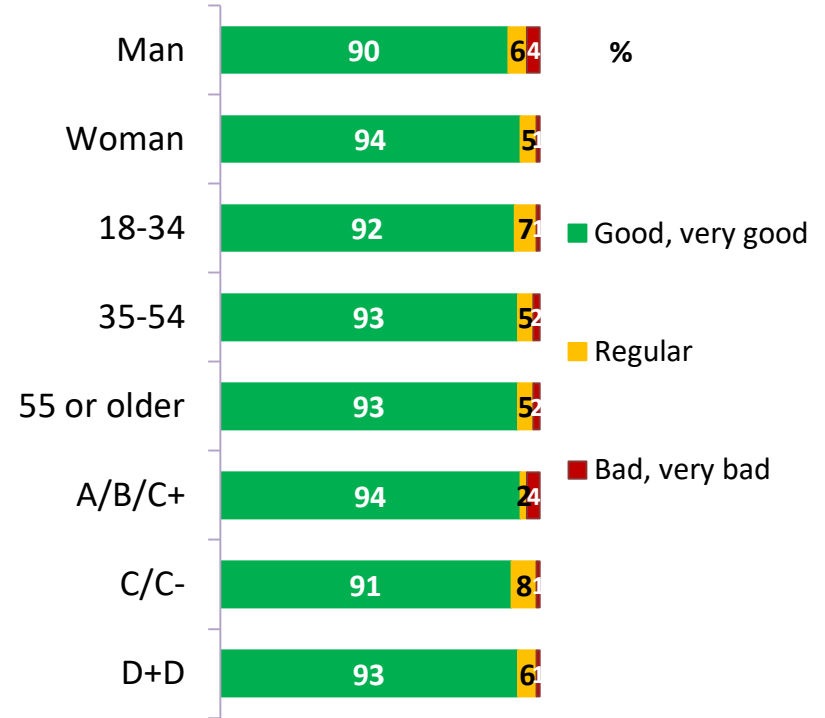


Total



Base=400 cases

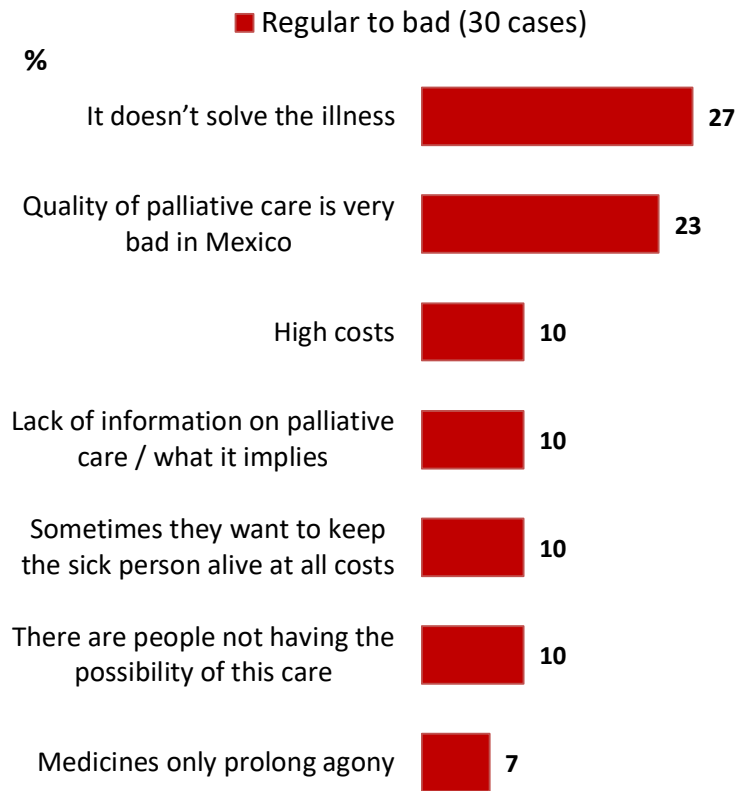
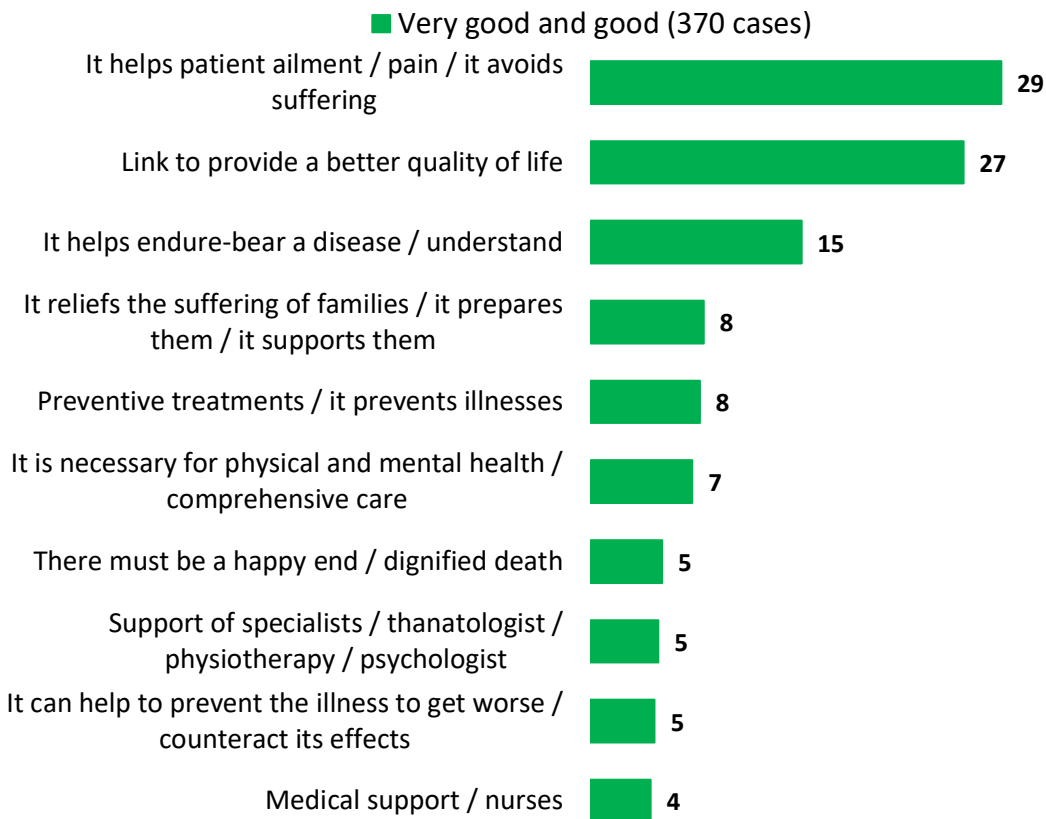
By segment



= significant difference

Why do you evaluate it that way?

Multiple Spontaneous Answers

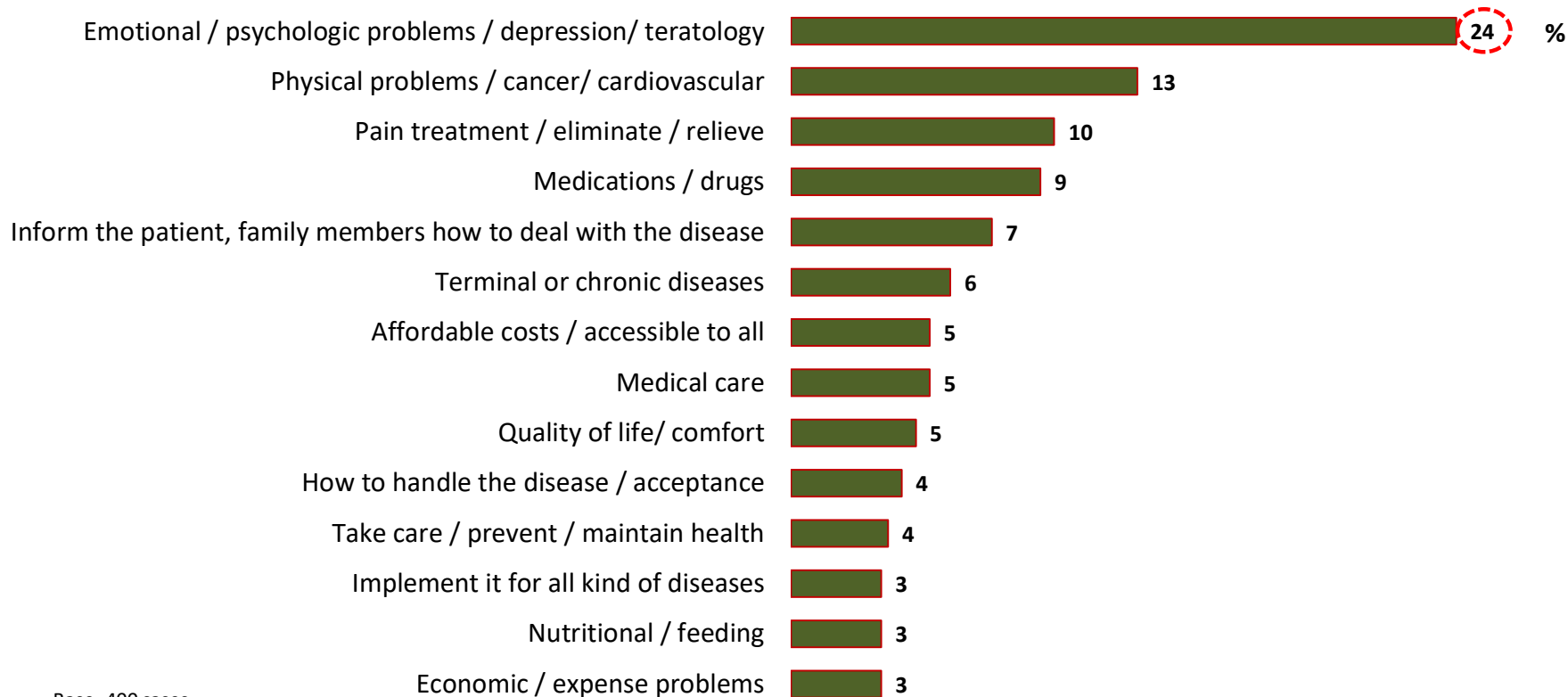


What elements or aspects do Palliative Care cover?

Spontaneous / All interviewees



■ Spontaneous



Base=400 cases

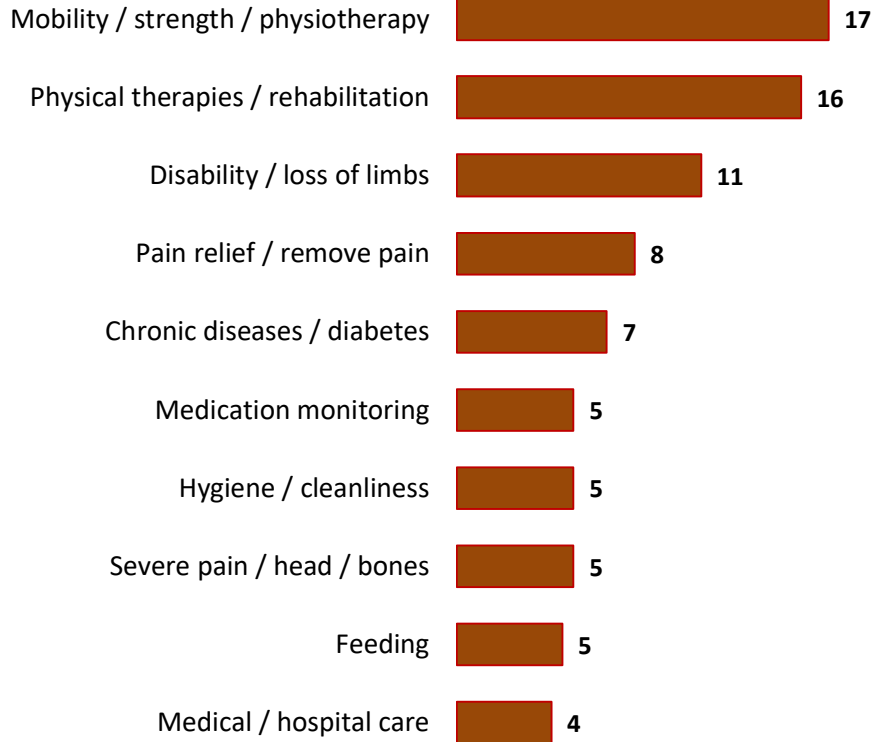
 = significant difference

What examples of physical or psychological aspects are included in Palliative Care?

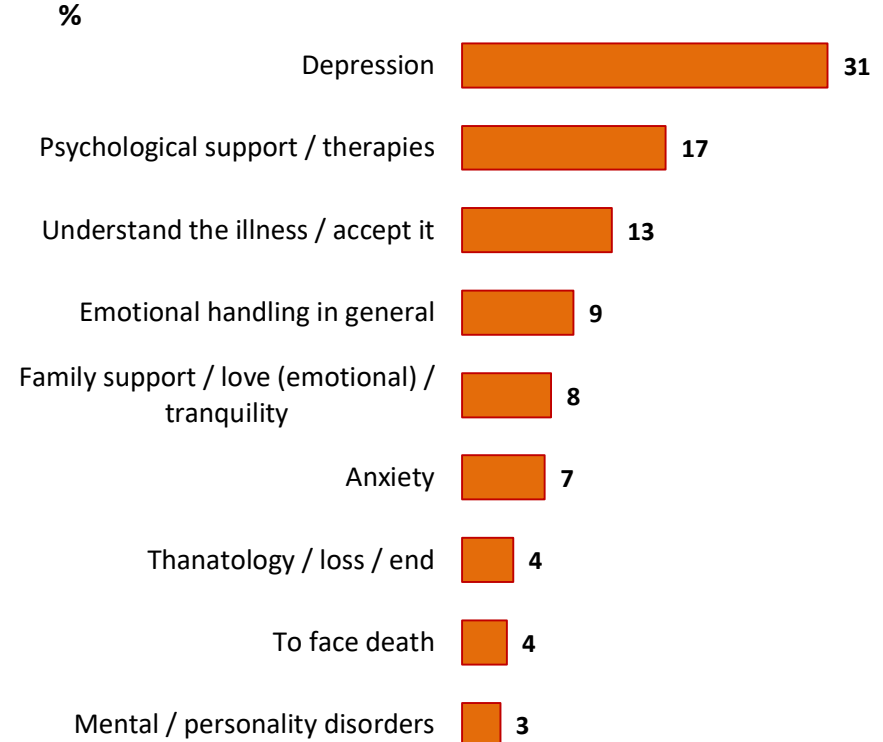


Spontaneous and aided

■ Physical Aspects



■ Psychological Aspects

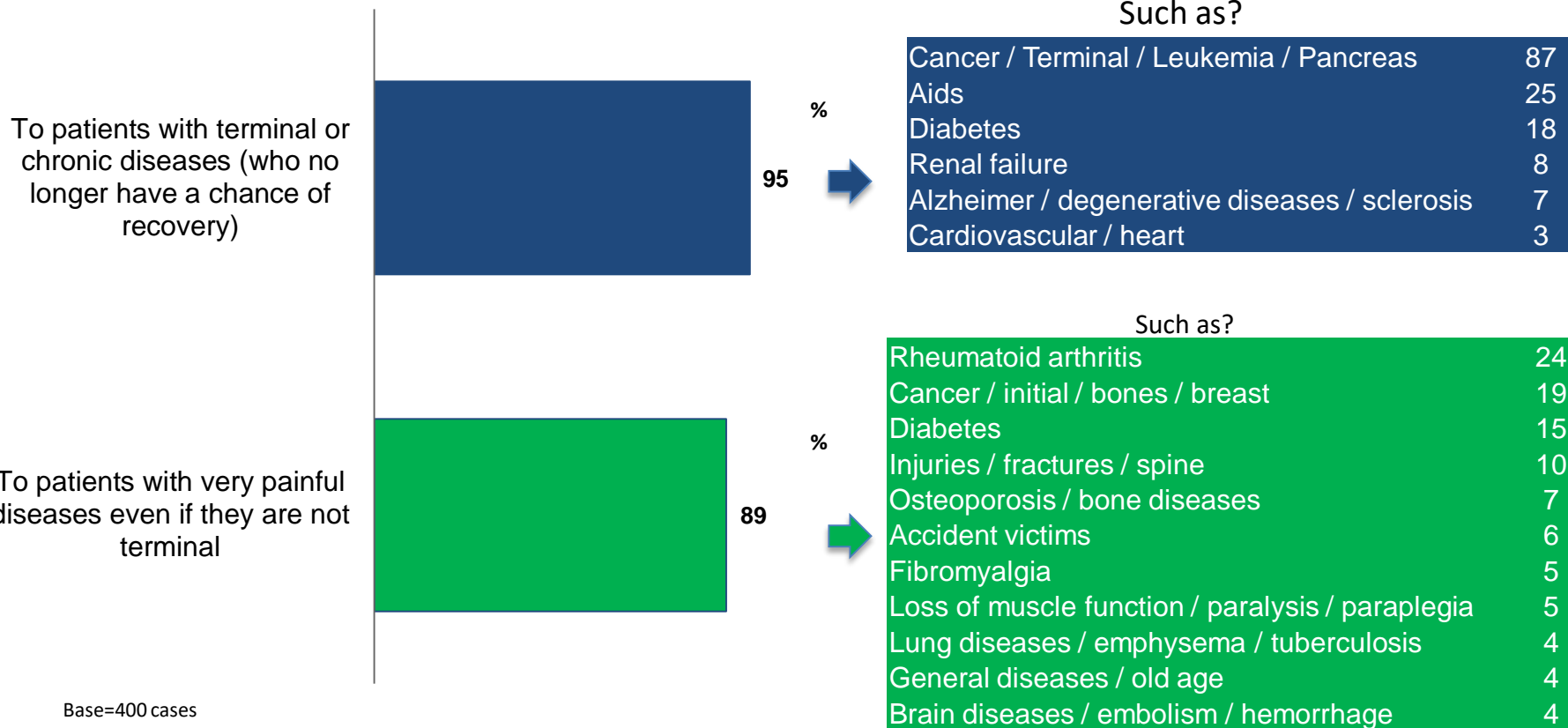


Base=389 cases or 97%

Base=369 cases or 92%

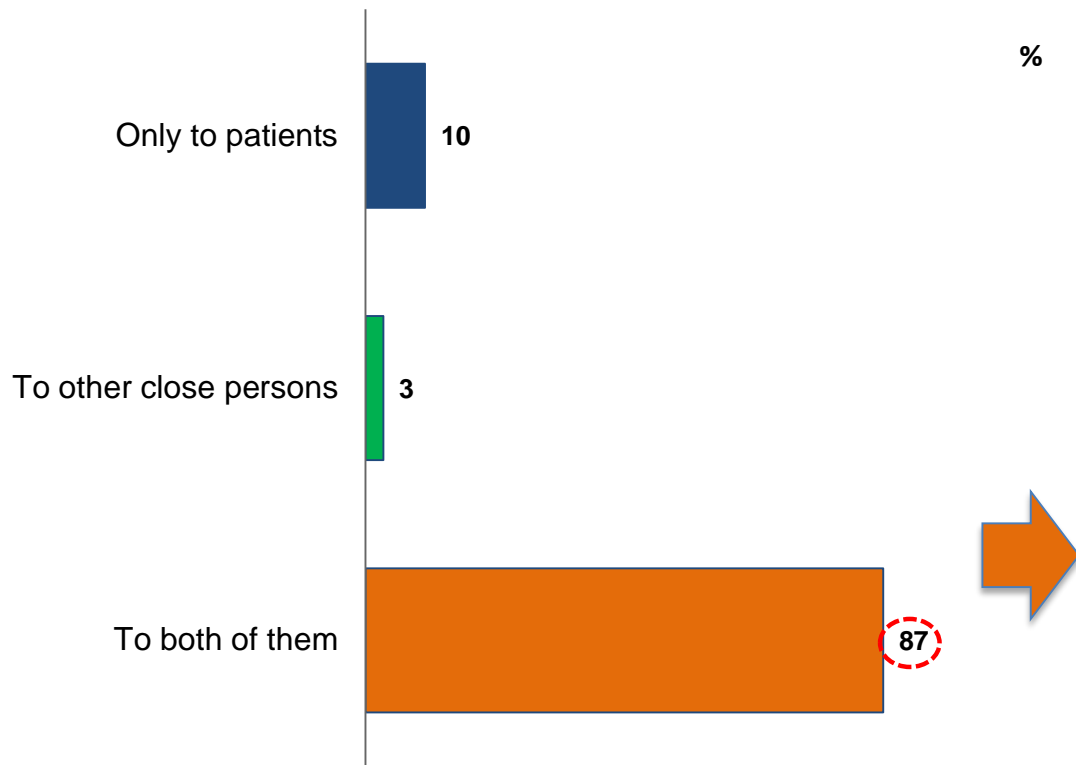
What kind of patients should be given Palliative Care?

Two aided options / multiple answers



Who should be given Palliative Care?

Three aided options



Base=400 cases

Base=348 cases

Such as?

Sons / daughters	65
Dad / mom	58
Brother / sister	36
Husband / wife	28
Close relatives	14
Friends	7
Grandparents	5
Uncles / aunts	5
Main caregiver / nurse	4

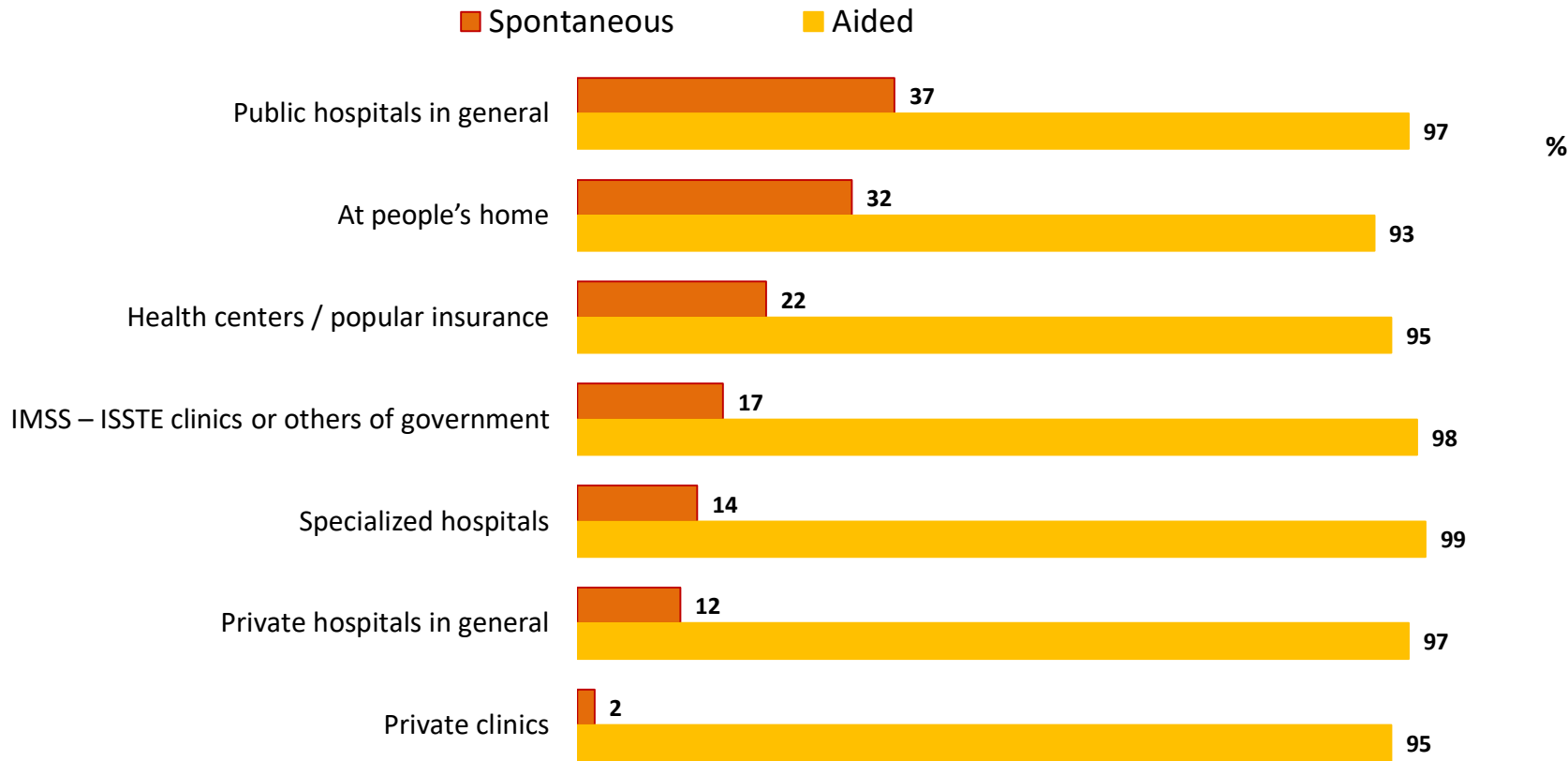
Why would I include

So they have knowledge of the disease / know how to manage it	35
To give them the right / correct care / attention	31
The illness affects the whole family	27
They look after the patient / they are more time with them	26
It causes them physical / emotional wear / they also get sick	22
They require emotional / psychological support	19
Prepare them to understand and cope with death / pain / thanatology	15

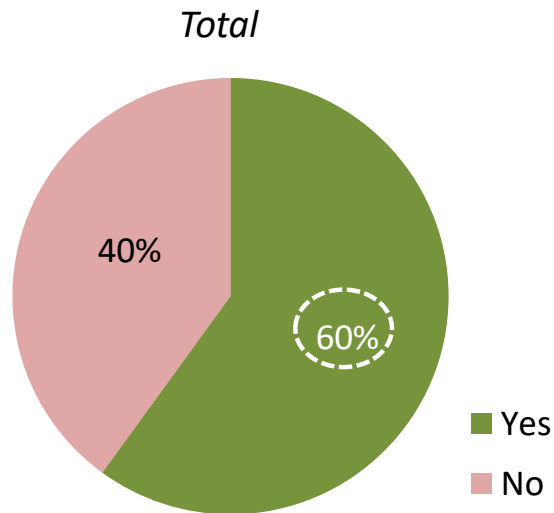
= significant difference

In what places do you think Palliative Care should be given?

Spontaneous and aided

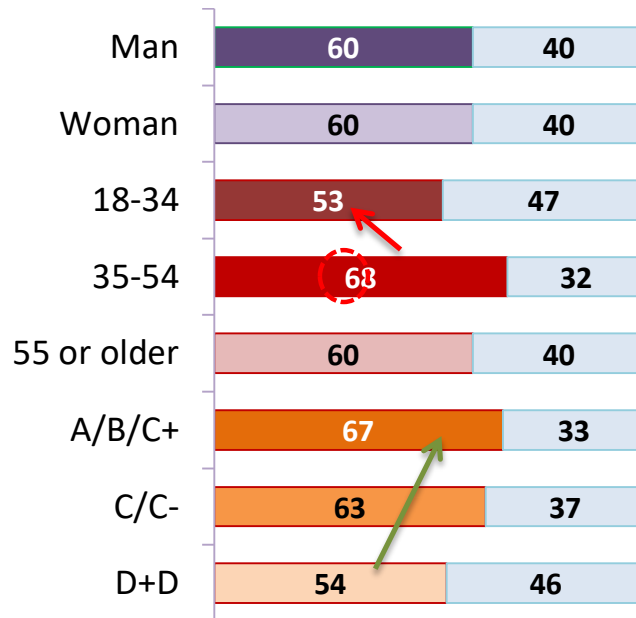


Do you know or have you heard of any type of medication based on some controlled drugs that is given to patients in case of pain?



Base=400 cases

Yes: with colors; No: light blue



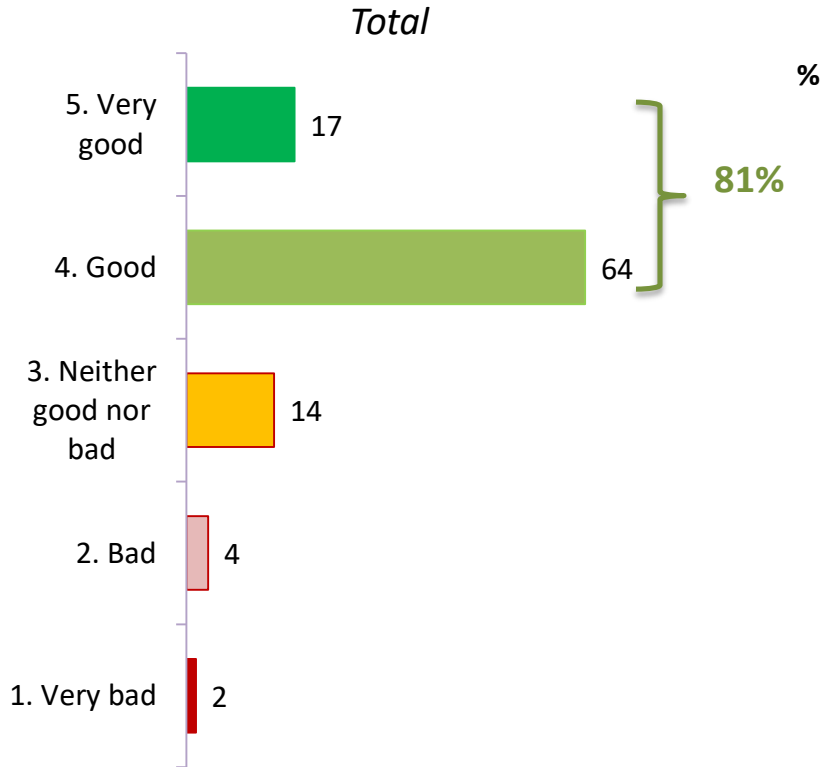
%

Such as?

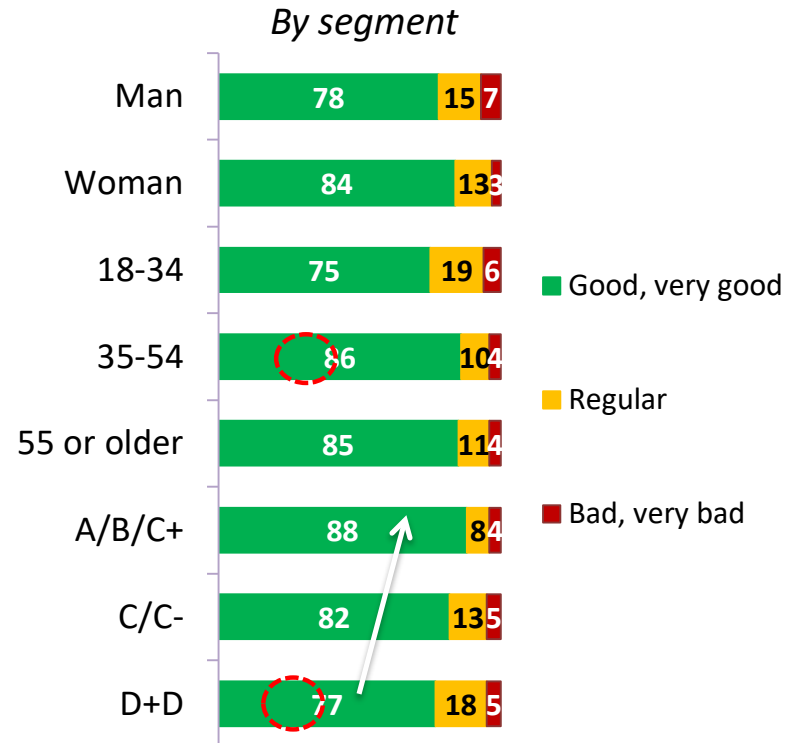
Marijuana / Cannabis	37
Morphine	26
Doesn't know / doesn't remember	18
Diazepam / Clonazepam	6
Heroin	3
Tramadol	2

Do you consider that giving these controlled drugs to patients is...?

Total and by key variables



Base=400 cases



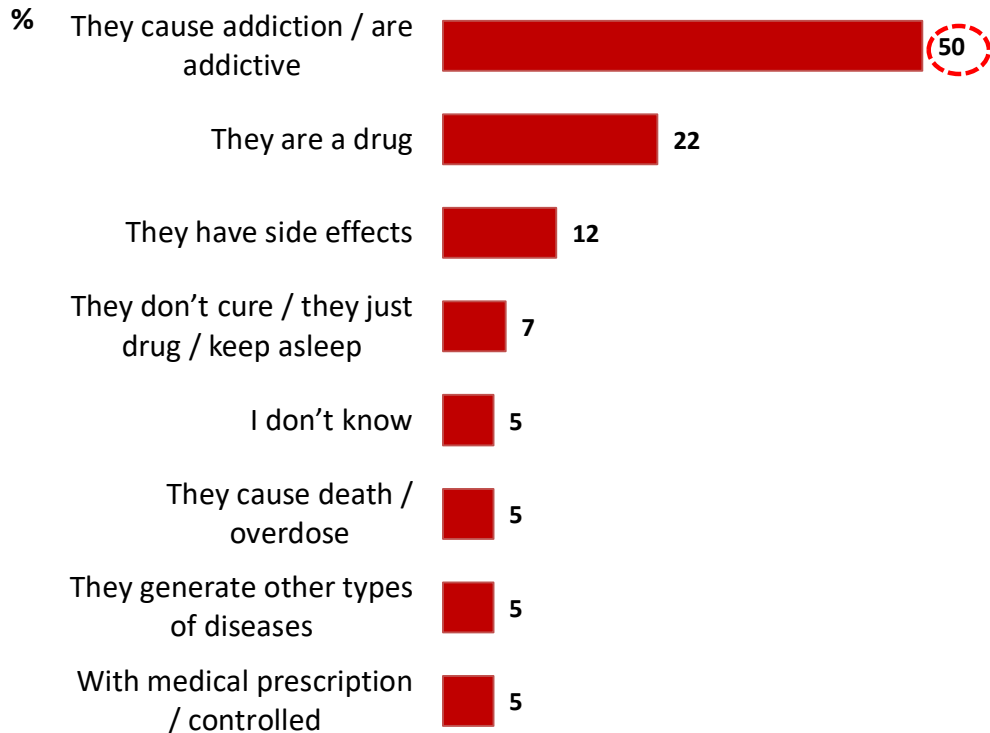
= significant difference

For what reasons you assess the medicines or controlled drugs this way?

Multiple Spontaneous Answers

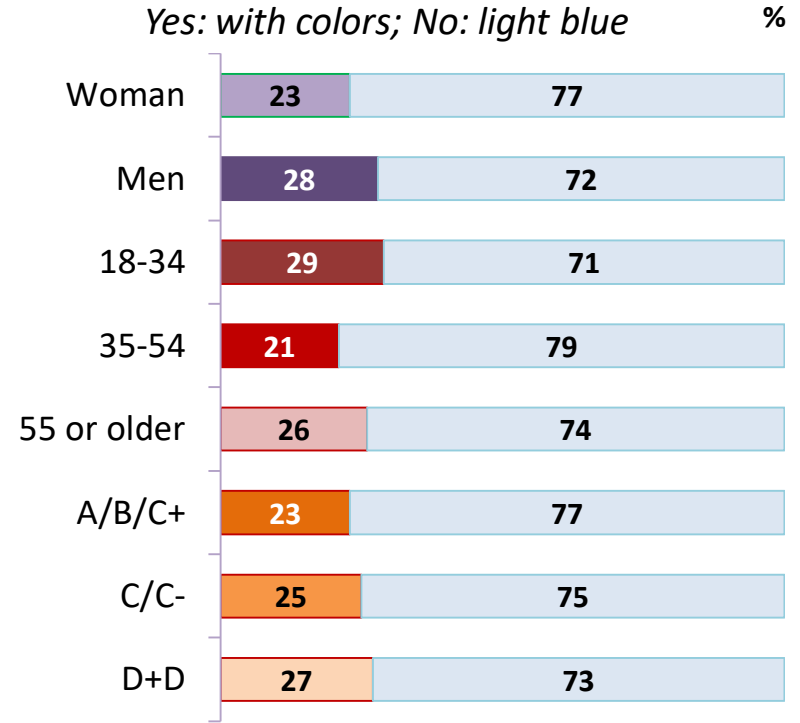
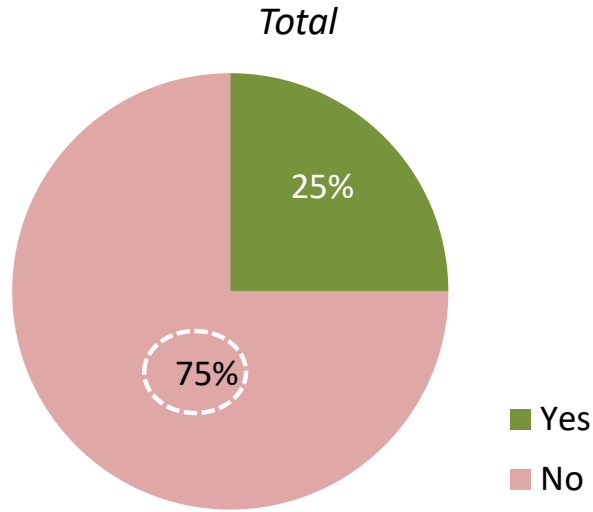
■ Very good or good (324 cases or 81%)

■ Regular to very bad (76 cases or 19%)



Would you have some kind of concern or fear on the use of these medications?

Concerns or fears generated



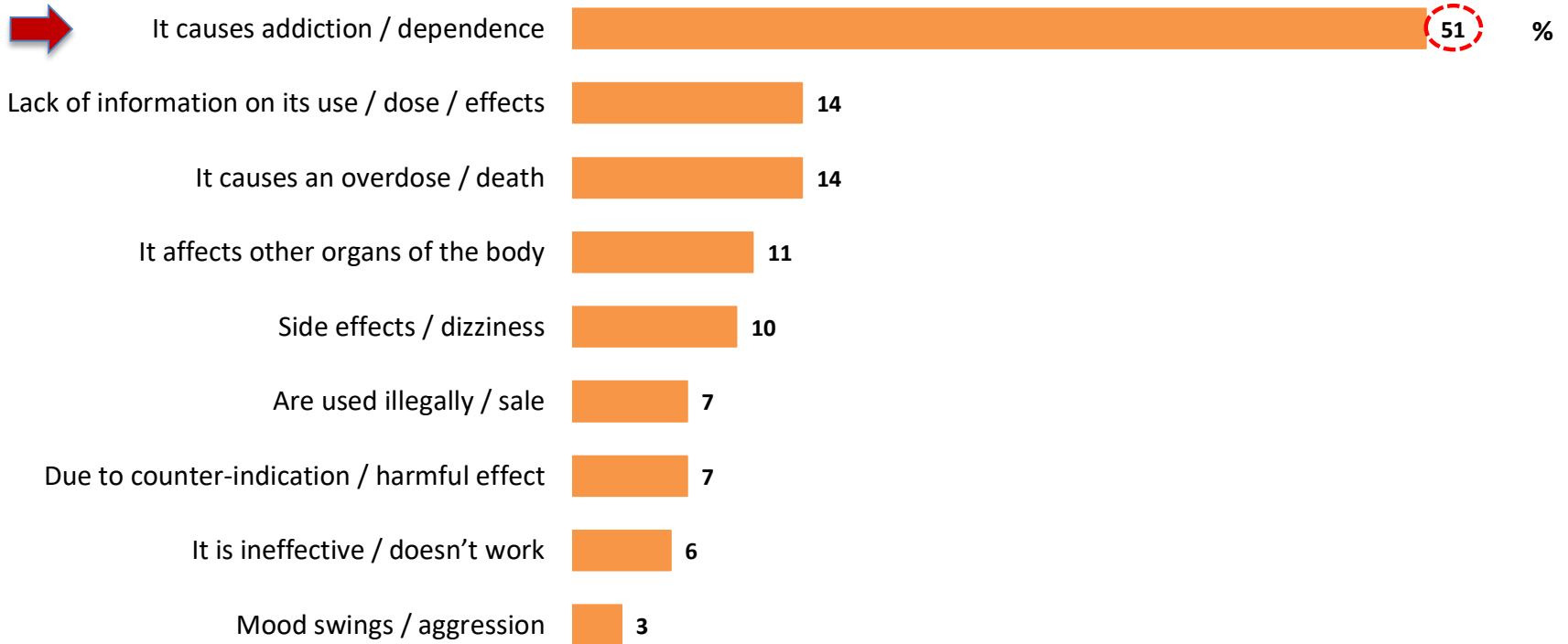
Base=400 casos

What concerns or fears it causes you?

Multiple Spontaneous Answers



■ Persons who said that they do have a concern or fear.

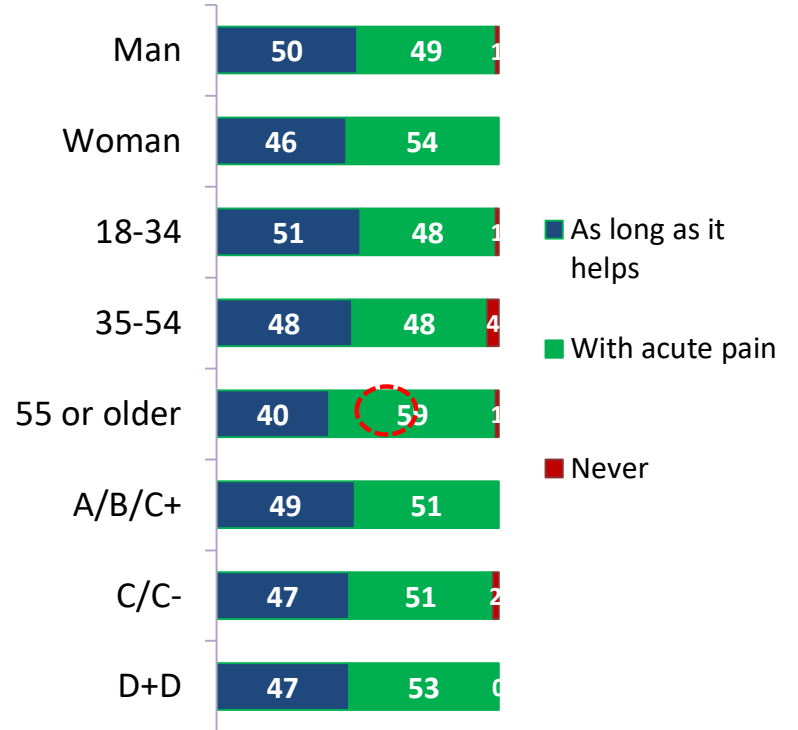
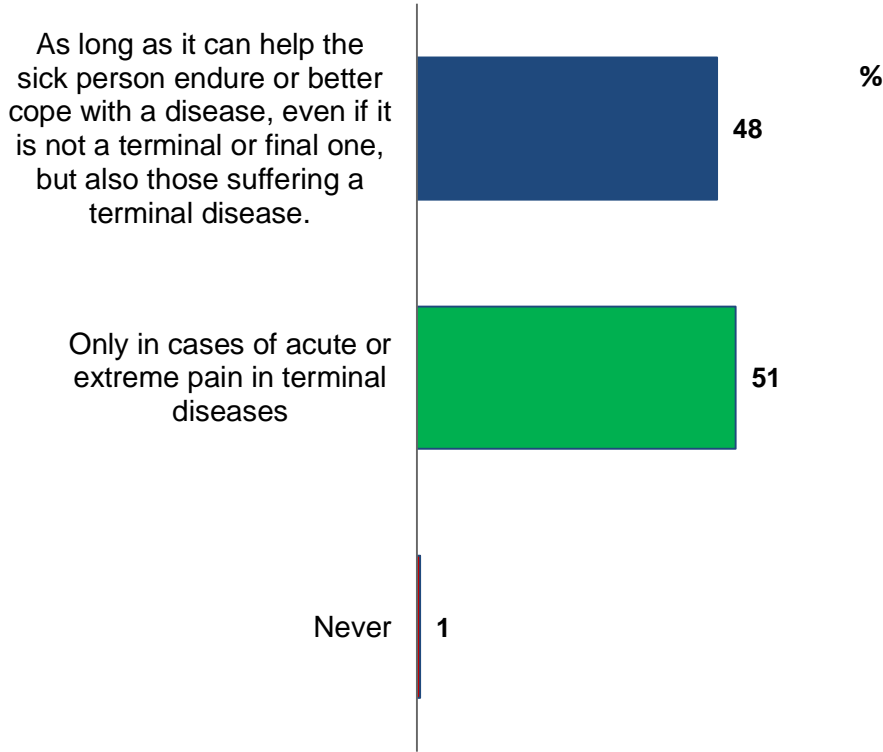


Base=102 cases

In what cases do you think one should administer this type of drug or medication?

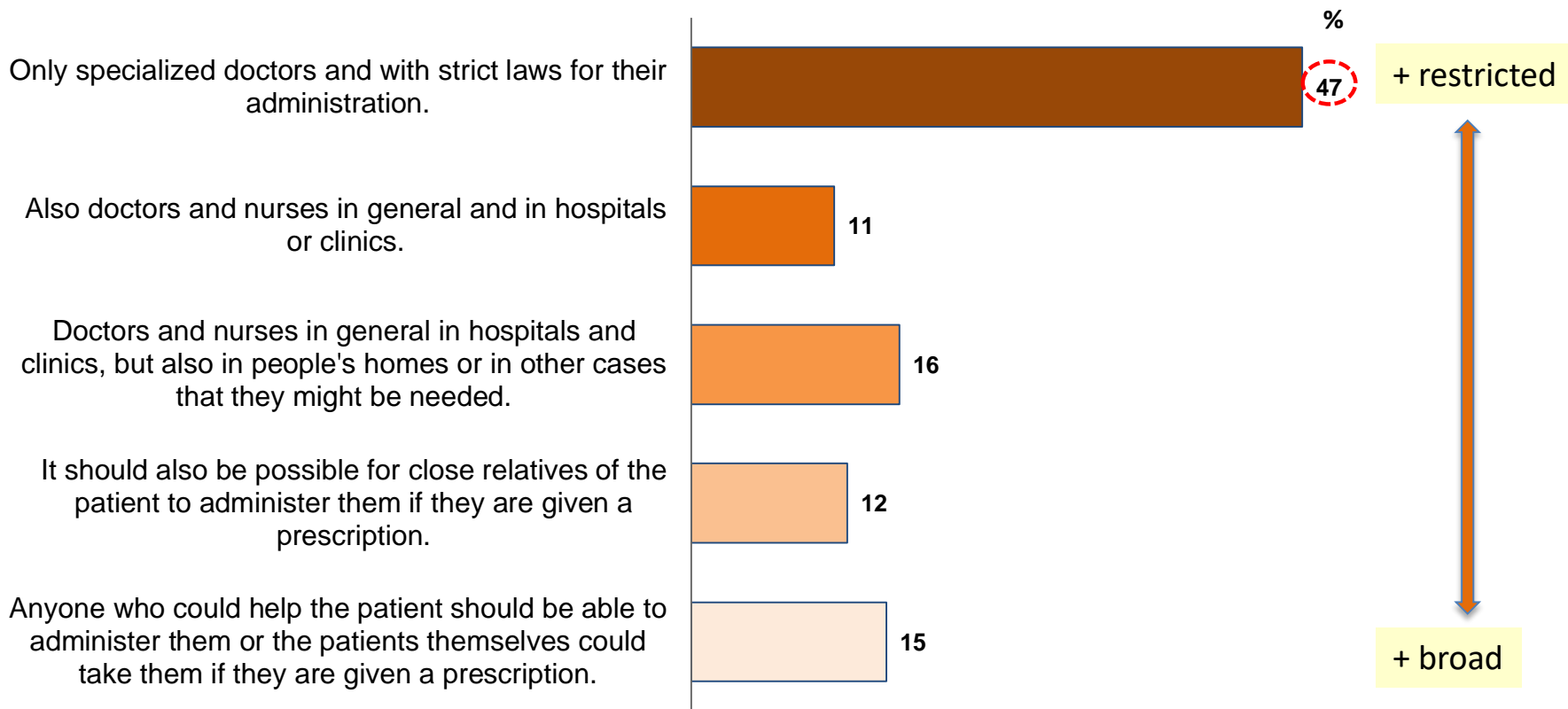


Three aided options

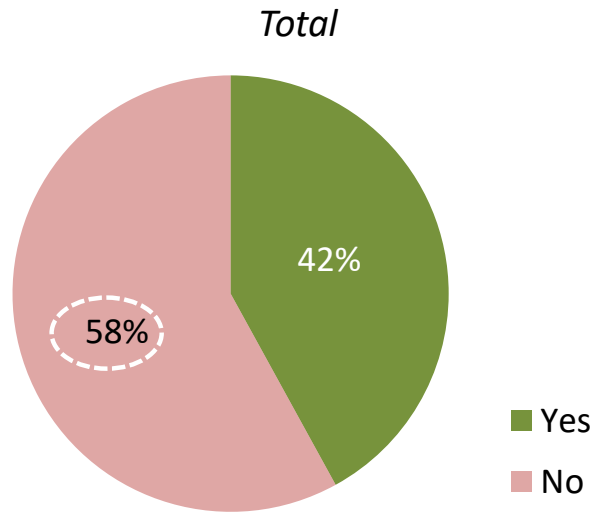


Who should be able to administer those medications or drugs?

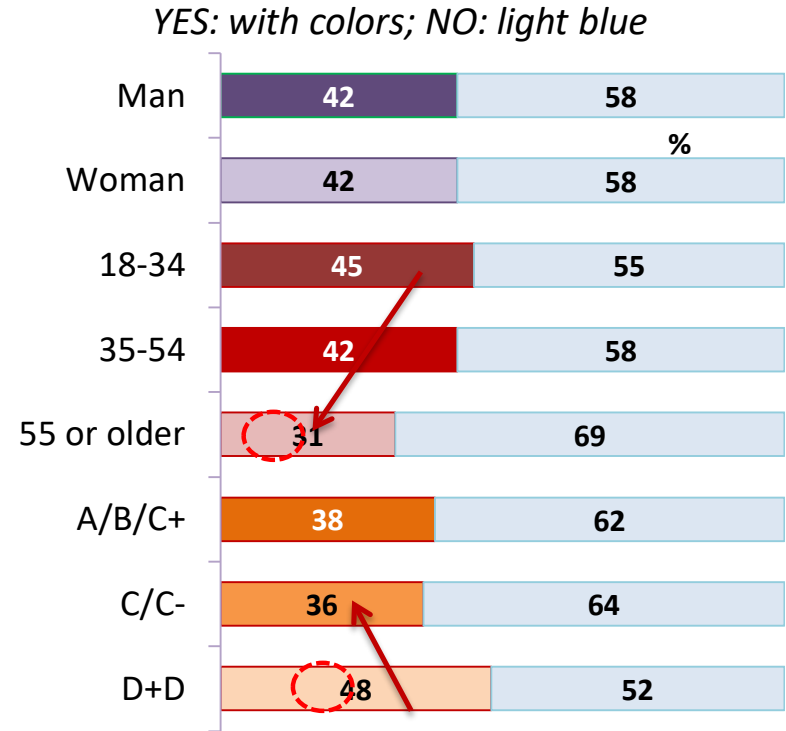
List of aided options



Should these medications be more within reach of people or not?



Base=400 cases



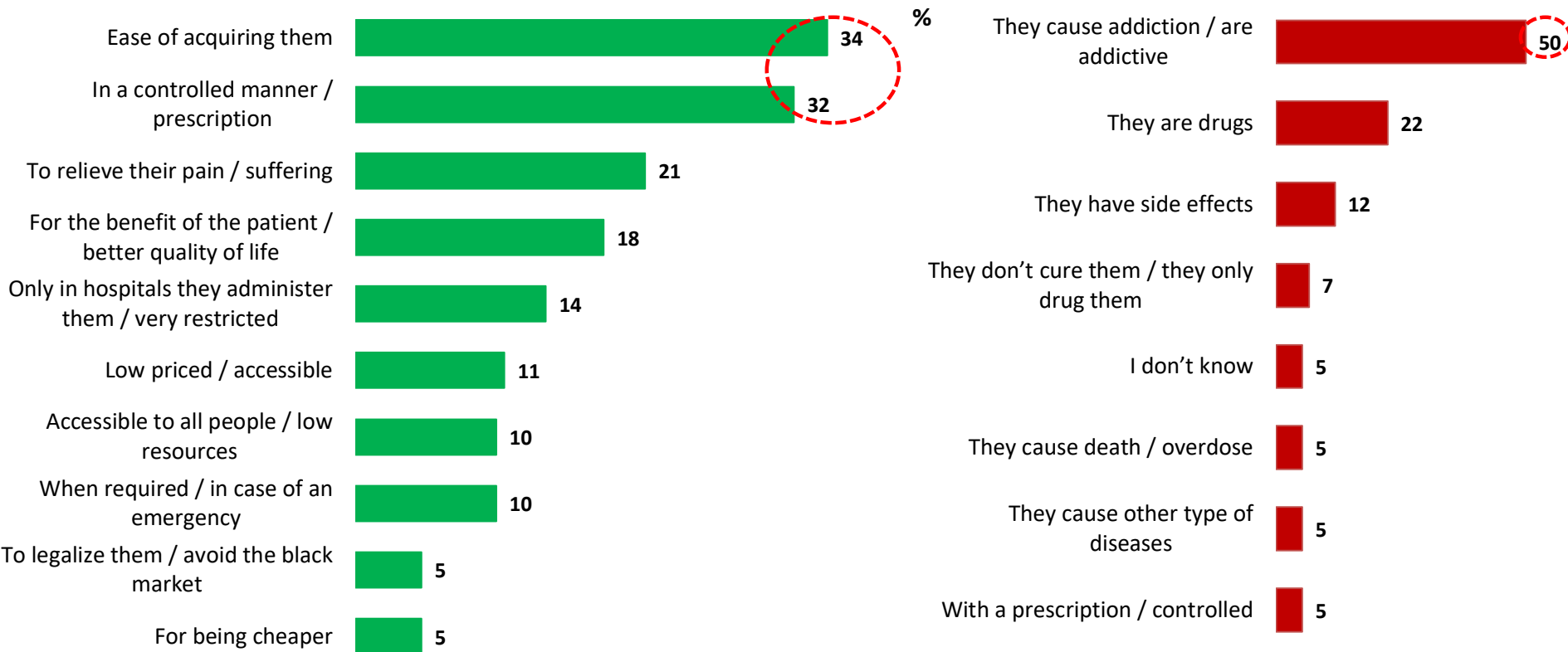
For what reasons do you think they should or shouldn't they be more within reach?



Multiple spontaneous answers

■ Yes (167 cases or 42%)

■ No (232 cases or 58%)

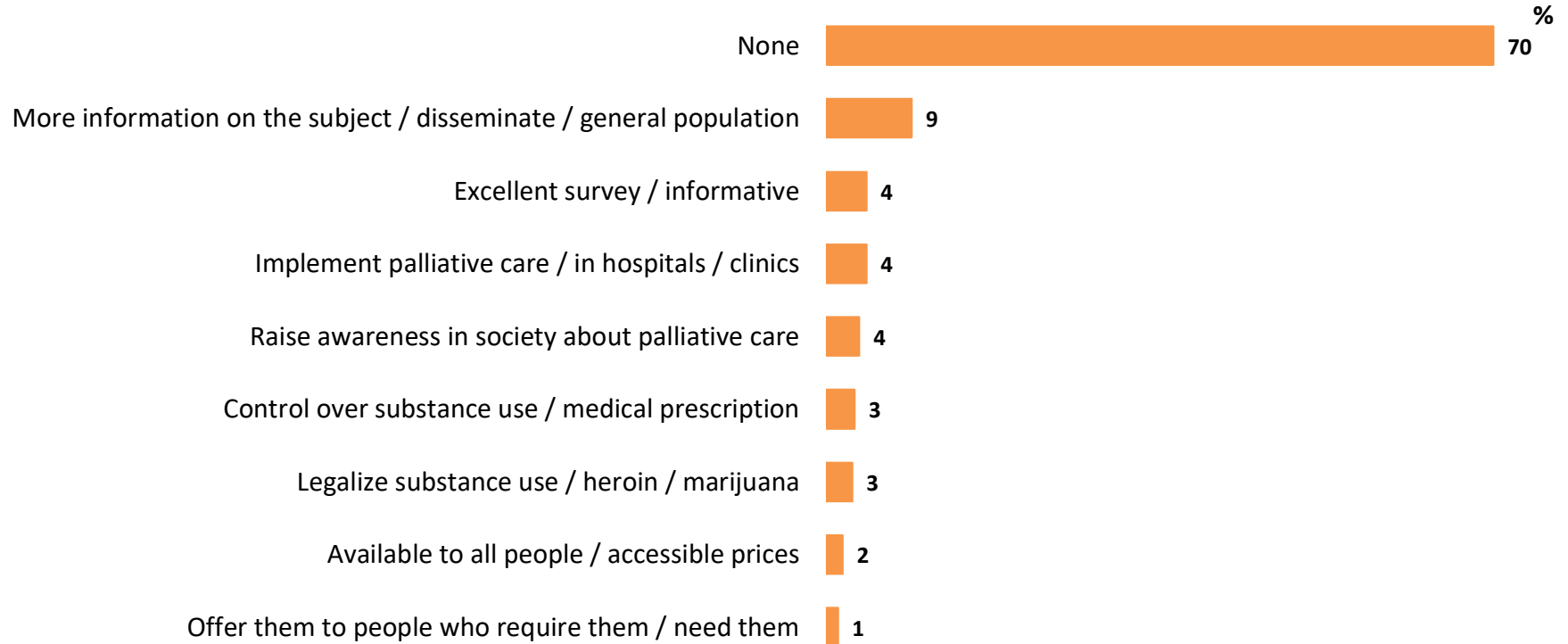


Do you have any final comments or suggestions?

Multiple Spontaneous Answers



■ Total sample



Base=400 cases

Conclusions and Recommendations

Palliative care is raised to the human right level protected in the Carta Magna and as such they are protected by the Guarantees granted by the Mexican State.



CONCLUSIONS AND RECOMMENDATIONS

- Spontaneously, the level of knowledge of “Palliative Care” in Mexico City is 24%, with important differences by gender (more among women), by ages (more among seniors) and by social levels (more among high levels). Few additional people intuit what this type of care is just by hearing the name.
- However, after reading a definition, the level of recognition increases significantly (to 58%, more than double, although the differences by gender, ages and social levels are maintained).
- What most attracts the attention of the concept is that it helps to alleviate, soothe pain and provide a better quality of life to patients of various kinds, what happens through various specialists and is focused not only on patients but also on their family environment).
- 93% considers that this type of care is “very good” or “good” for similar reasons, although the rest points out that they are not curative or that they are of very poor quality in Mexico.
- It also stands out that, spontaneously, people relate them both to the psychological and the physical aspect, as well as to the necessary medications and information relieving both the patients and their families.
- 95% considers that they should be provided to patients with terminal or chronic diseases, but a high 89% also considers necessary to include patients with very painful diseases, even if they are not terminal or chronic.
- In addition, 87% considers positive that relatives of patients be included.
- According to people’s perception, it is important that it is provided both in hospitals and varied clinics, but also in the home of the affected people.

CONCLUSIONS AND RECOMMENDATIONS

- 6 out of 10 interviewees said they know the type of medications or drugs that can be given to these patients (both among men and women; middle-aged and older, and high social levels), and the most mentioned by them is marijuana / cannabis (37%), before morphine (26%).
- A high 81% considers that this type of drugs / medications are very good or good for these cases, especially to remove / reduce pain.
- It is surprising that only 25% says that they would have some fear for using this type of drugs (basically because of the possibility of generating / causing addictions) and that in this perception there are no differences by gender, age, or social level.
- The most divided opinion was obtained concerning if they should be given only in cases of extreme pain and / or terminal illnesses, or whenever it can help the person cope with a disease / pain.
- What is clear, is that practically half of the interviewees consider that these medications can only be administered by doctors and / or specialists with strict laws of application, and 27% extend it to doctors and nurses although in less controlled situations, be it in hospitals or at people's home.
- 58% considers that these medications should be more accessible to the population, but for now it is mostly in the lowest levels (which may have more difficulty in obtaining them).
- It was very illustrative that the people interviewed actually got very involved in the topic that generated a lot of interest, logically more in the older age ranges.
- What is clear is that the challenge is to provide sufficient, clear and understandable information to the population in general on what palliative care is and involves, on the available medications, and on the current legislation that could serve them in case of need.