

QUEBECERS' KNOWLEDGE ON PALLIATIVE CARE

Report

April, 2023

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 Alliance des maisons
de soins palliatifs
du Québec



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Research Design



OBJECTIVES

L'Alliance des maisons des soins palliatifs du Québec wishes to better understand what Quebecers know and think about palliative care.



MÉTHODOLOGIE

Online survey –
Compatible on mobile.

Fieldwork carried out from
March 24th to March 29th,
2023.



TARGET

1000 **Quebecers**, 30 years
old and older.



MARKET

Quebec n=1000

Representative of Quebec's
population.

Conclusions



Most Quebecers believe they know what palliative care is all about.

But further investigation reveals that there are many misconceptions relating to scope of practice, timing and access.



Most Quebecers associate palliative care with a service of providing comfort to dying patients.

Most do not understand palliative care to include, in addition to pain relief, psychosocial and spiritual support, as well as bereavement support for families.



Most Quebecers believe that palliative care is limited to the last weeks of life.

In fact, palliative care can begin when a person is diagnosed with a life-threatening needs symptom management to improve wellbeing.



Most Quebecers do not believe that palliative care is available to them at home or in retirement homes.

In fact, it is everyone's right to have equitable access to palliative care wherever they are and across all regions.



Educating the public on the scope, benefits and availability of palliative care remains a priority to ensure timely access .

Improving an understanding of palliative care is a critical step in making sure that Quebecers are seeking palliative care at a time when they will most benefit.

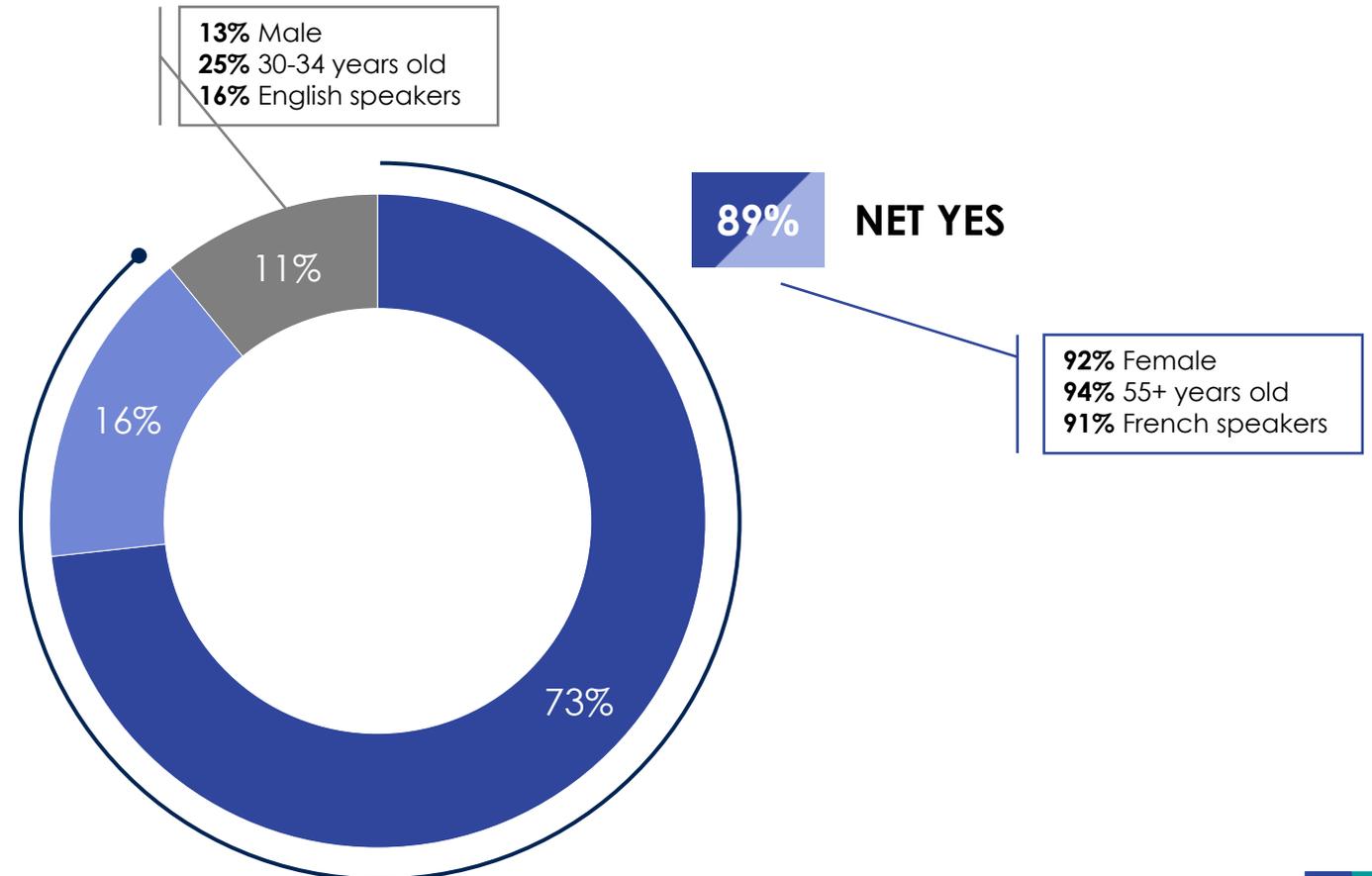
RESULTS

Knowledge of palliative care

Most Quebecers, 89% believe that they more or less know, or know what palliative care is. Those who do not know are somewhat higher amongst males, 30-34 years olds and English Quebecers.

GENERAL KNOWLEDGE OF PALLIATIVE CARE

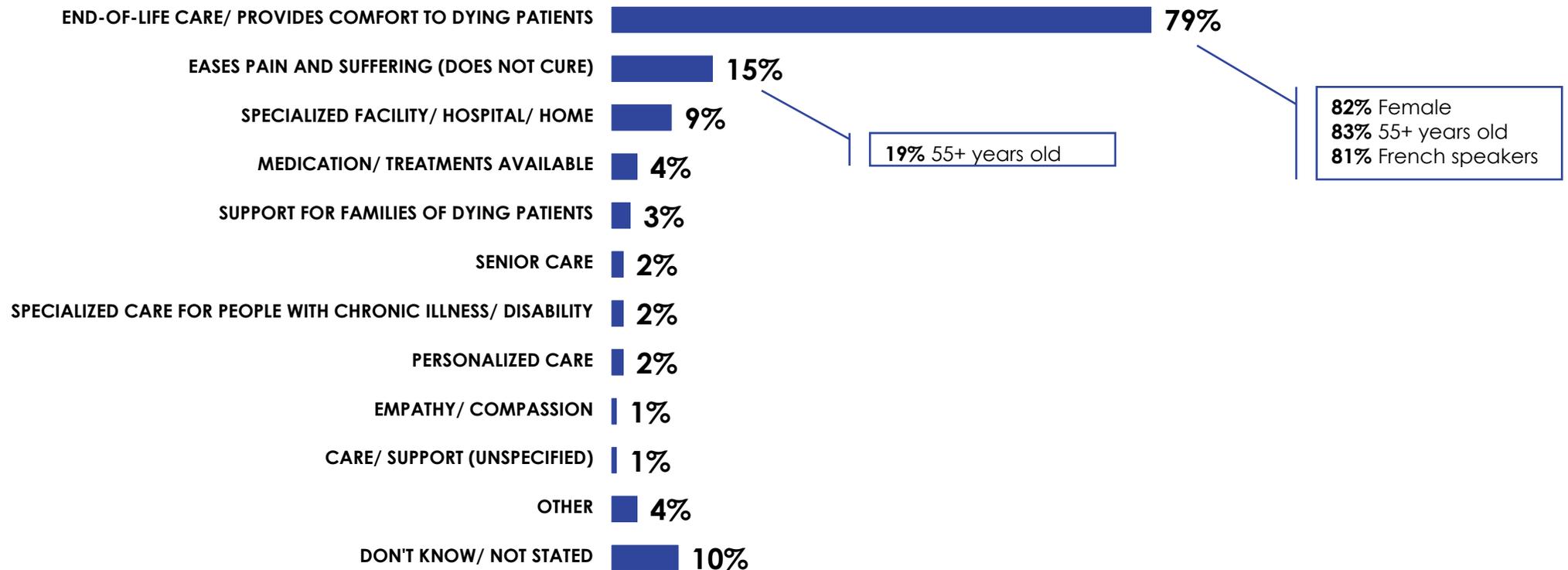
- YES, I KNOW WHAT PALLIATIVE CARE IS
- YES, I MORE OR LESS KNOW WHAT PALLIATIVE CARE IS
- NO, I DON'T KNOW WHAT PALLIATIVE CARE IS



Characteristics

When asked to describe what palliative care is in their own words, 79% associate it with providing comfort to dying patients at the end of life.

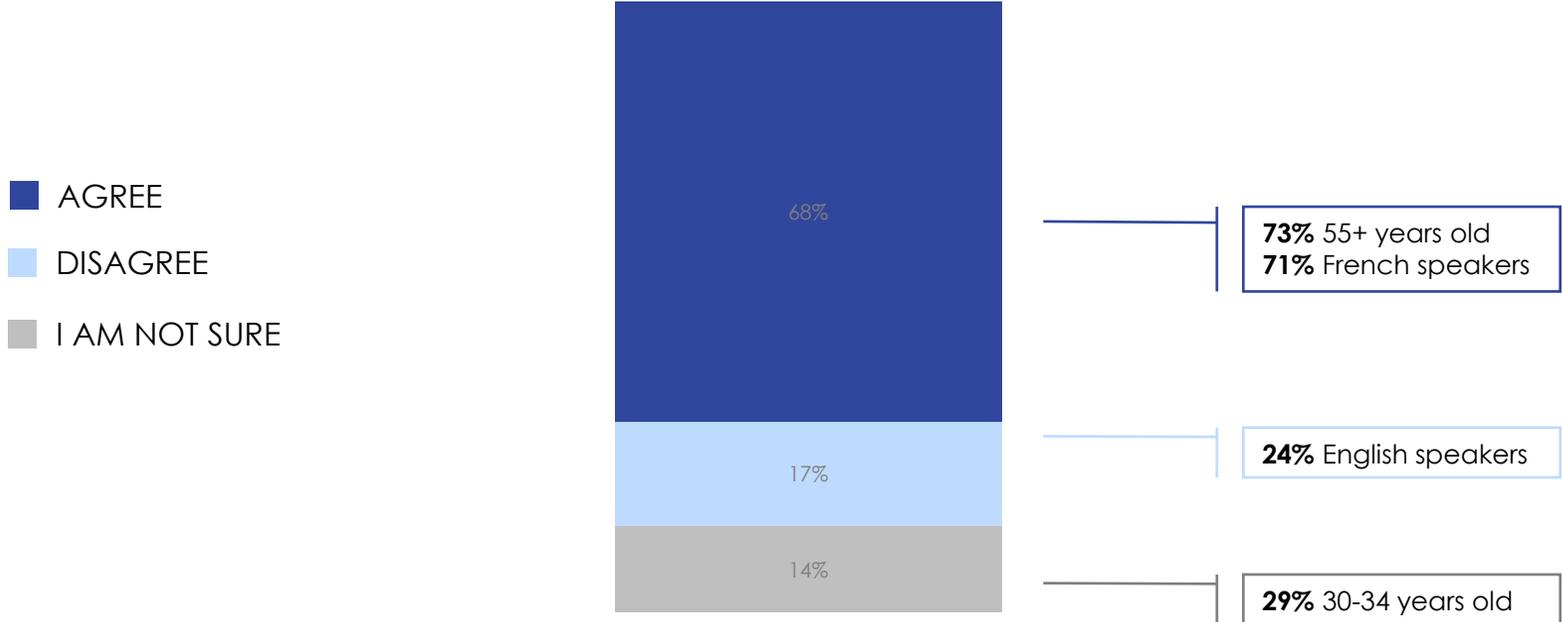
CHARACTERISTICS OF PALLIATIVE CARE ACCORDING TO RESPONDENTS



Statements

In fact, 68% of Quebecers that palliative care is for people who will die within a few weeks.

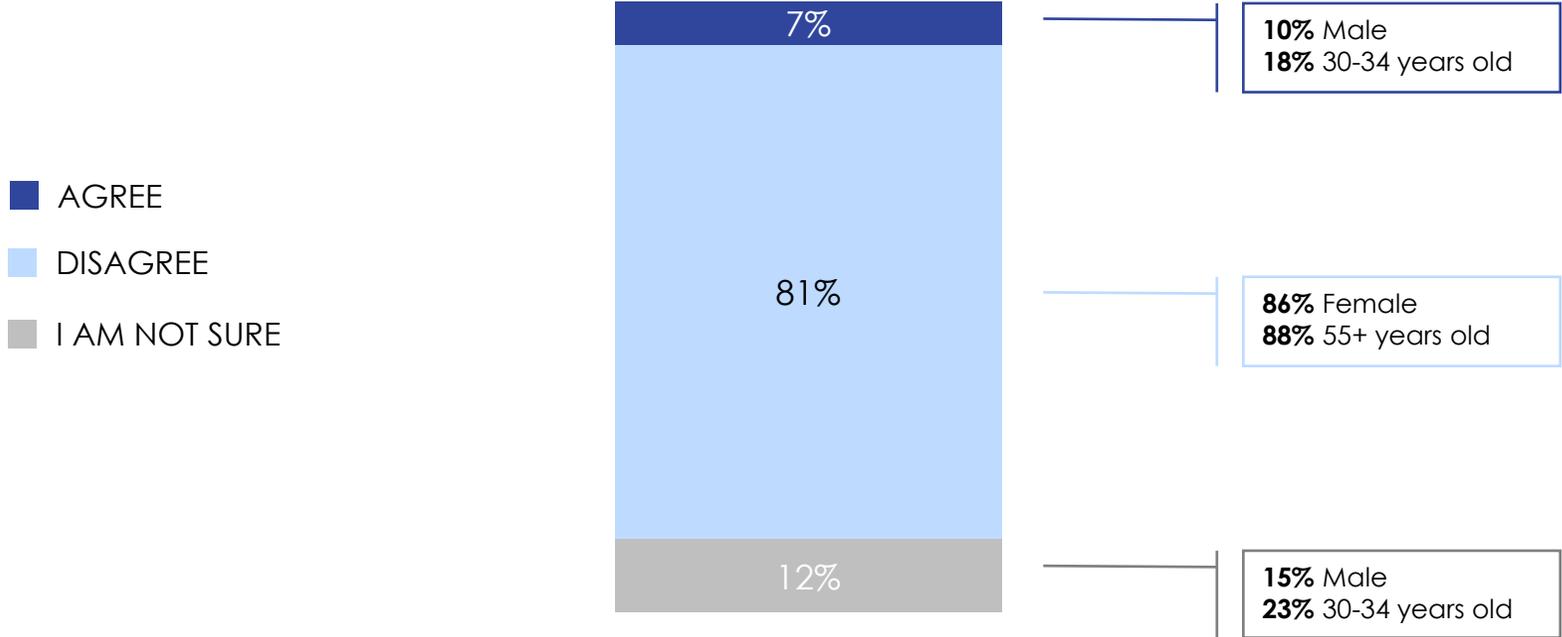
“PALLIATIVE CARE IS FOR PEOPLE WHO ARE GOING TO DIE IN A FEW WEEKS.”



Statements

Most Quebecers, 81% do believe that palliative care is not limited to people with cancer.

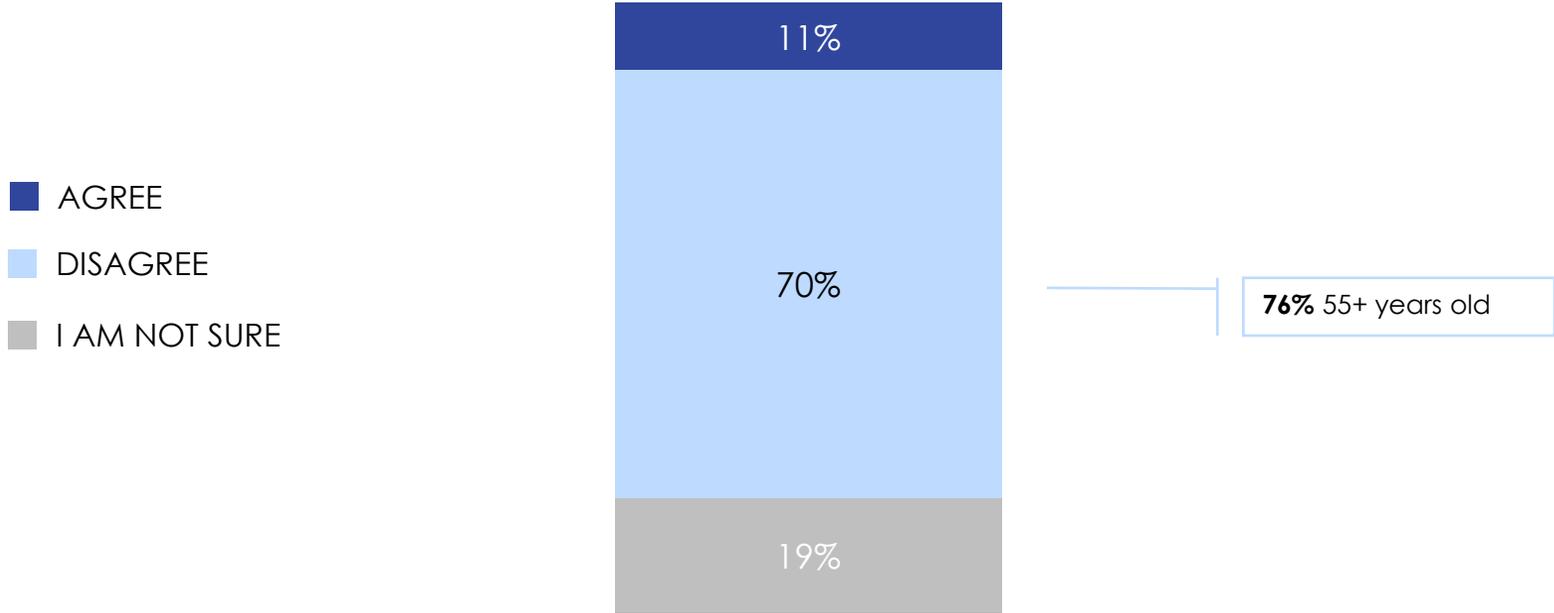
“PALLIATIVE CARE IS ONLY FOR PEOPLE WITH CANCER.”



Statements

11% of Quebecers believe that palliative care accelerates death and 19% are not sure.

“PALLIATIVE CARE ACCELERATES DEATH.”

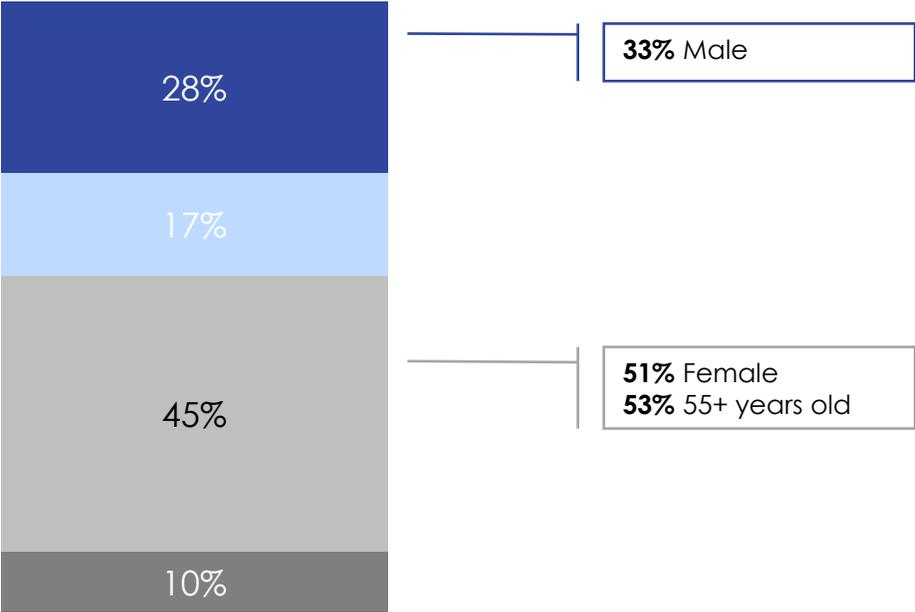


Statements

28% of Quebecers feel it is normal to feel pain at the end of life and 27% are either unsure or don't know. Only 45% or less than half do not believe that pain is normal at the end of life.

« IT IS NORMAL TO FEEL PAIN AT THE END OF LIFE »

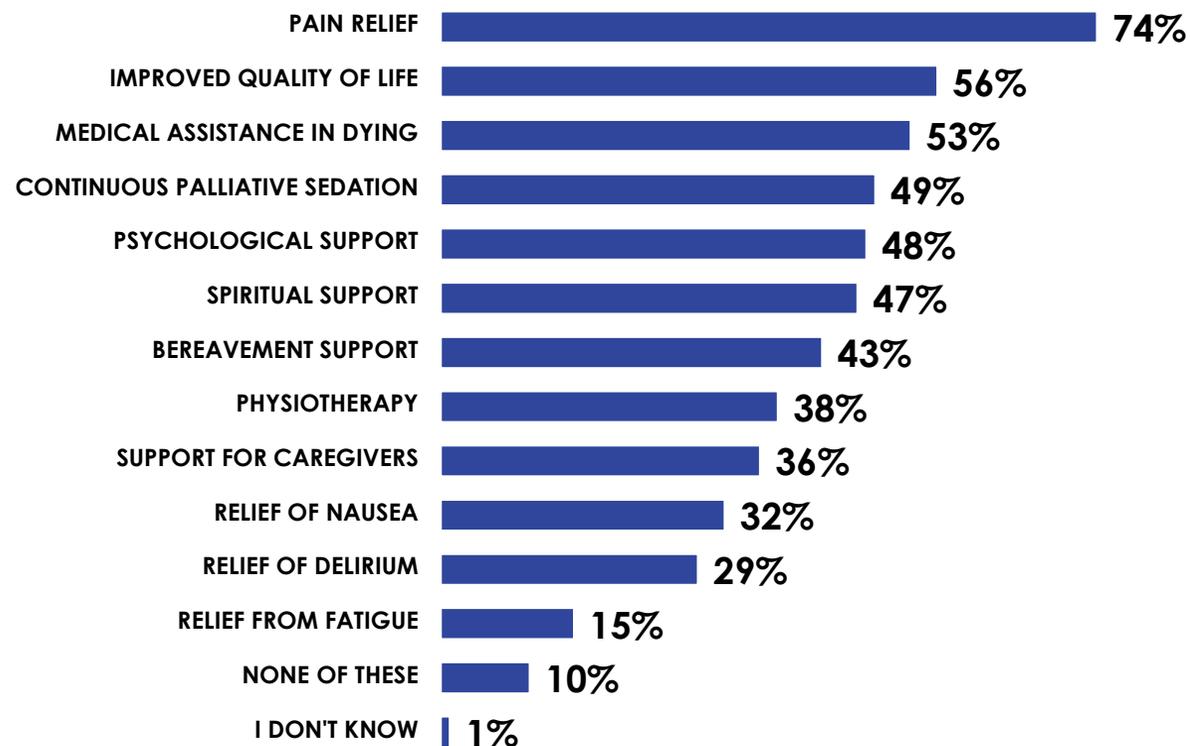
- AGREE (5-4/5)
- NEITHER AGREE NOR DISAGREE (3/5)
- DISAGREE (1-2/5)
- I DON'T KNOW



Palliative care's elements

Most Quebecers, 74% associate palliative care with pain relief. 53% think Medical aid in dying is a part of palliative care. Less than half believe palliative care includes all of the elements which actually are a part of palliative care.

ELEMENTS INCLUDED IN PALLIATIVE CARE



Palliative care's elements

While understanding of most palliative care elements does not vary greatly within different segments, deviations tend to be most significant within the 30-34 age bracket and the 55 plus age bracket. In addition, the English population in general has lower awareness of palliative care components.

ELEMENTS INCLUDED IN PALLIATIVE CARE - DETAILED

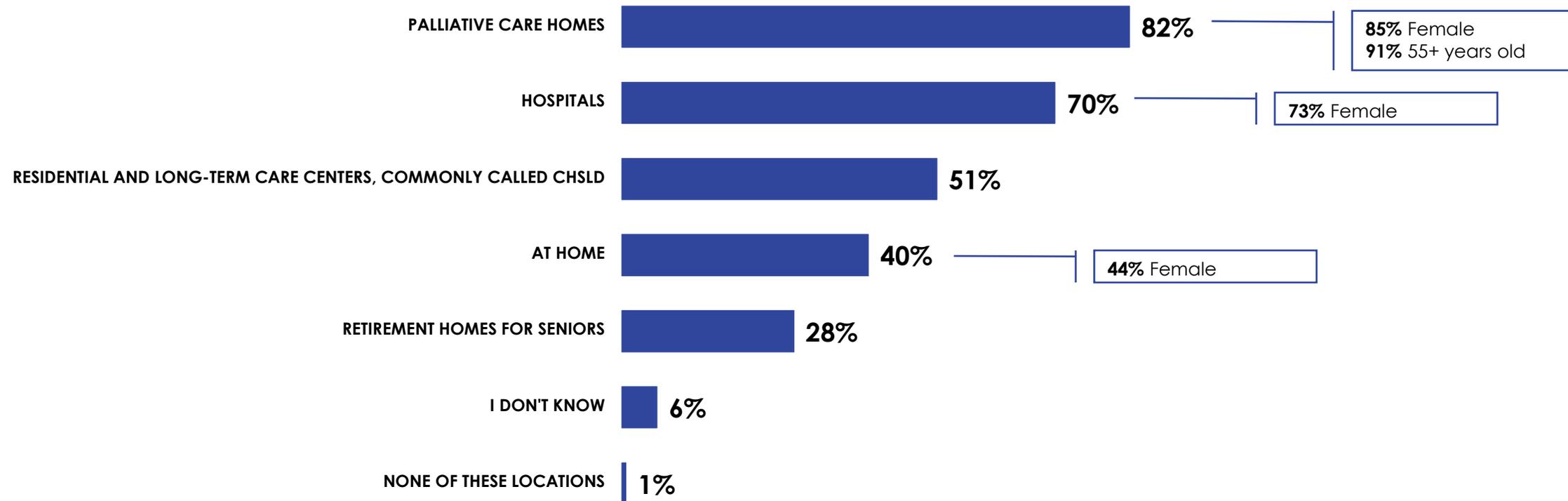
	Total	GENDER		AGE			LANGUAGE		URBAN VS RURAL	
		Male	Female	30-34	35-54	55+	French	English	Urban	Rural
n=	1000	463	535	118	437	445	750	250	824	124
Pain relief	74%	73%	76%	62%	67%	82%	77%	65%	74%	81%
Improved quality of life	56%	54%	58%	43%	50%	62%	56%	54%	56%	57%
Medical assistance in dying	53%	50%	55%	40%	48%	58%	55%	45%	54%	48%
Continuous palliative sedation	49%	47%	52%	41%	51%	50%	50%	47%	52%	42%
Psychological support	48%	41%	56%	33%	47%	52%	50%	45%	49%	52%
Spiritual support	47%	44%	50%	33%	45%	52%	48%	45%	49%	44%
Bereavement support	43%	42%	44%	34%	46%	42%	44%	40%	44%	41%
Physiotherapy	38%	33%	42%	37%	36%	39%	38%	38%	38%	34%
Support for caregivers	36%	32%	39%	27%	35%	37%	38%	27%	38%	25%
Relief of nausea	32%	31%	33%	31%	34%	31%	32%	32%	34%	23%
Relief of delirium	29%	28%	31%	29%	31%	28%	30%	26%	31%	22%
Relief from fatigue	15%	14%	16%	19%	15%	15%	15%	17%	15%	13%
None of these	10%	11%	9%	14%	13%	7%	10%	11%	10%	9%
I don't know	1%	1%	1%	2%	2%	0%	1%	1%	1%	0%

Q4. In your opinion, which of the following are included in palliative care?
 All respondents (n=1000)
 XX%/XX% Statistically significant with the other categories

Locations

Expectation of palliative care services outside hospital and palliative care homes remains very low. Of particular note, only 40% expect palliative care to be available in homes, and 28% in retirement homes.

LOCATIONS WHERE PALLIATIVE CARE IS AVAILABLE



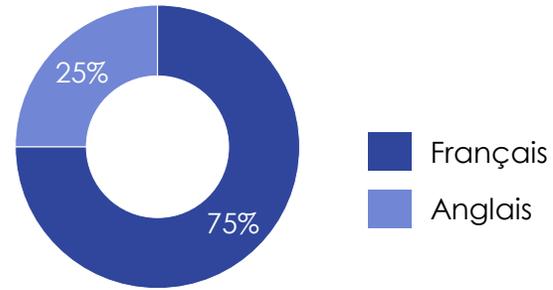
RESPONDANTS' PROFILE

Demographics

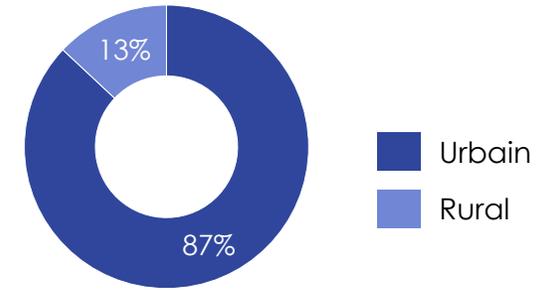
GENDER



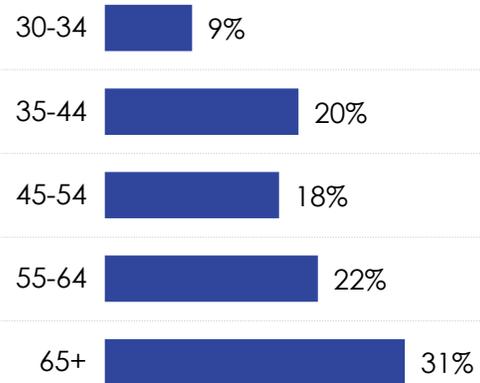
LANGUAGE



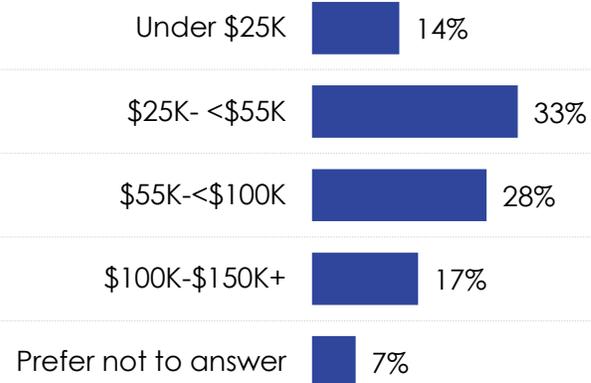
REGION



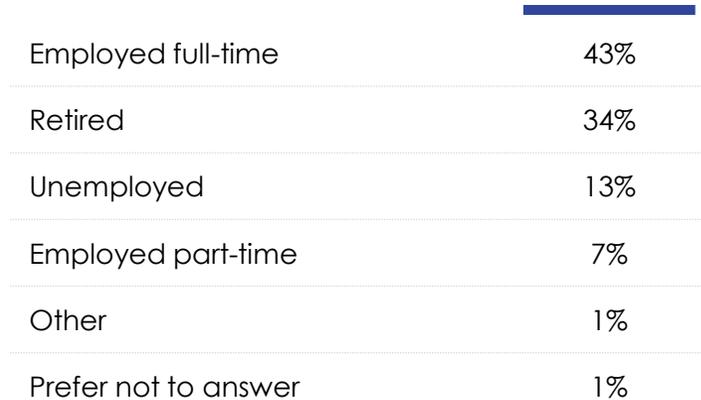
AGE



HOUSEHOLD INCOME



EMPLOYEMENT



**THANK
YOU**

