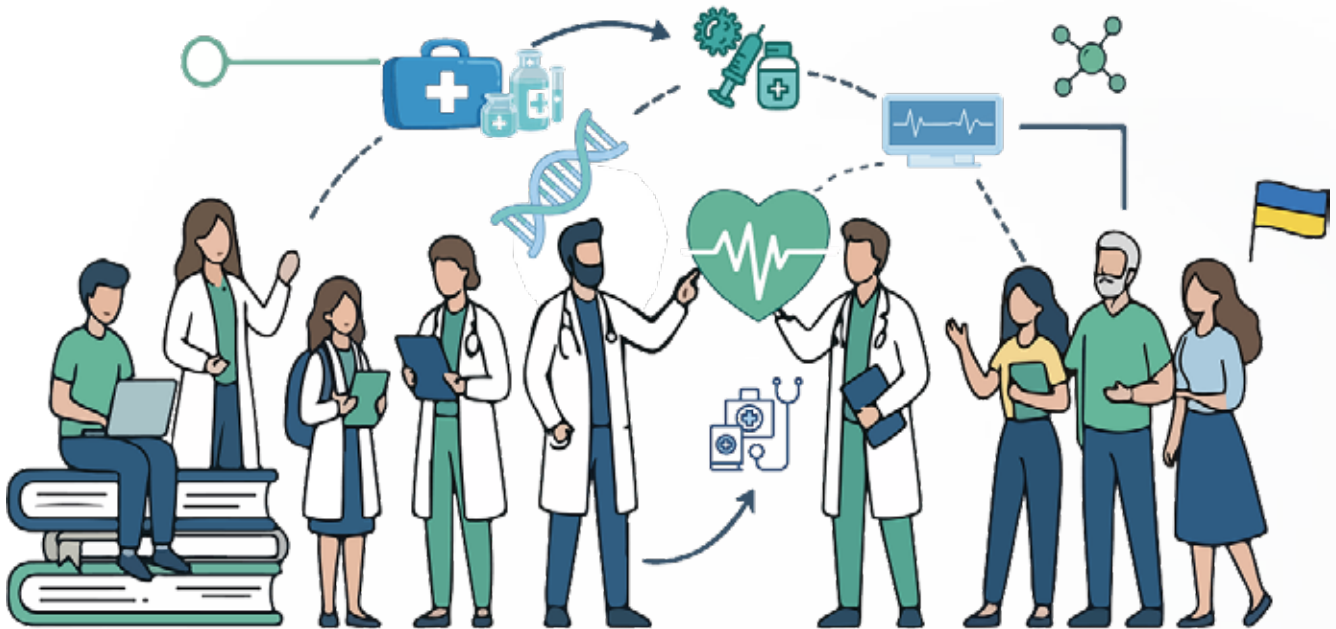




ASSOCIATION

FOR SUSTAINABLE HEALTHCARE
DEVELOPMENT AND PALLIATIVE CARE



**DEVELOPING THE HEALTHCARE SYSTEM THROUGH EDUCATION,
PROFESSIONAL SUPPORT, AND THE DEVELOPMENT OF PALLIATIVE CARE**



ABOUT THE ASSOCIATION

OUR MISSION

We help develop the healthcare system through education, professional support, advocacy for change, and the development of palliative care.

We work to make it easier for people to receive quality care and for specialists to provide it.

OUR VALUES



DIGNITY

Behind every diagnosis, there is a person.
We never forget this.



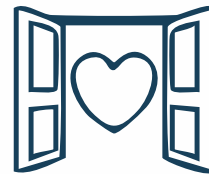
EVIDENCE-BASED PRACTICE

We trust facts, research,
and proven solutions.



SUSTAINABILITY

We are not interested in short-term wins,
but in changes that will work for years.



OPENNESS

We build trust through honesty,
transparency, and dialogue.

Why we are different

Many organizations address the consequences of problems.

We aim to work with the root causes.

That is why we simultaneously engage in education, professional support, advocacy for change, research, and international cooperation.

We view the healthcare system as a whole and look for solutions that work not just for today, but for years to come.





AREAS OF WORK



Evidence-Based Education

Knowledge saves lives. That is why we create educational opportunities for doctors, nurses, social workers, educators, and students. We develop educational programs, conferences, as well as educational and professional discussions so that modern knowledge becomes accessible to everyone working in the healthcare sector.



Advocacy and Policy Change

The system does not change on its own. For quality care to become accessible, decisions are needed at the level of the state, communities, and medical institutions. We prepare analytics, research, and expert proposals, participate in discussion processes, and support the implementation of changes that genuinely improve people's lives.



Specialist Support

Healthcare workers support others every day. We believe it is essential to support them in return. We create a space for professional development, exchange of experience, and communication among colleagues from different regions of Ukraine. Because a strong professional community means a stronger healthcare system.



Public Dialogue

Palliative care, life without pain, and family support are topics that are often spoken about too little or avoided altogether. We strive to change this.



International Integration

Global medicine is constantly evolving. We help Ukraine be a part of this development. We collaborate with international organizations, professional associations, educational platforms, and donors so that the best practices become available to Ukrainian patients and specialists.



REHABILITATION AND PALLIATIVE CARE IN ONCOLOGY: FOCUS ON PATIENT QUALITY OF LIFE

To discuss the current situation and urgent issues of rehabilitation and palliative care in oncology, Serhiy Konovalenko, Director of the NGO "Association for Sustainable Healthcare Development and Palliative Care," met with Corresponding Member of the NAMS, Doctor of Medical Sciences, Professor, Honored Worker of Science and Technology of Ukraine, and Honorary Chairman of the Board of the National Association of Oncologists of Ukraine, Yuriy Dumansky.



Yuriy Vasylovych, thank you for making the time. According to open sources, cancer rehabilitation pathways in Ukraine have recently seen noticeable development. What achievements in the field of cancer rehabilitation can be highlighted today?

– Indeed, the development of cancer care at the current stage involves not only treatment measures aimed at overcoming the disease, but also the mandatory application of comprehensive rehabilitation programs. Based at state and private oncology clinics, the process of forming and harmonizing multidisciplinary teams—including rehabilitation specialists, oncologists, psychologists, and occupational therapists—continues, which creates favorable conditions for the recovery of cancer patients after surgical interventions and exhausting chemotherapy. And this is positive.

However, I would like to draw attention to another important aspect. The successful rehabilitation of a cancer patient depends primarily on how well and timely the radical treatment was performed. Secondly, in planning the rehabilitation pathway, the prescribed protocols of chemo- and radiation therapy can serve as key anchor points. The thing is that absolutely all treatment methods in oncology are aggressive and traumatic. For example, the removal of a stomach tumor inevitably leads to digestive disorders due to the lack of a reservoir for food and the loss of enzymes. In such cases, the most common conditions are dumping syndrome—meaning feelings of weakness and dizziness after eating—as well as reflux, nausea, and nutritional deficiencies in iron and vitamin B12. A whole complex of problems arises that the patient did not have prior to surgery, and which need to be addressed.



Does a specific patient's rehabilitation program depend on the stage of the disease?

– Yes. And quite significantly. It is unfortunate to admit that even now, in the era of an advanced internet and widespread information regarding the importance of regular medical checkups and cancer screenings, the vast majority of oncological diseases are diagnosed at late stages. And it is fully justified that in advanced stages of tumor development, the trauma of surgical intervention will be greater, and the damaging effect of aggressive chemotherapy regimens will be harsher. Therefore, the recovery pathway for such a patient is complex, financially weightier, and not always predictable.



We live in a period of universal recognition of personalized medicine and innovative HealthTech principles. How can approved treatment protocols and patient needs for personalized approaches coexist in modern oncology? And how effective can a personalized approach be in cancer rehabilitation?

– The voiced issues require special attention. Indeed, evidence-based medicine demands that an oncologist prescribe treatment according to clinical guidelines. However, every practicing doctor recognizes that while standards of therapy exist, there is no such thing as a standard patient. The art of clinical reasoning in an oncologist is precisely the ability to analyze all medical history data, diagnostic test results, and accompanying factors to build a treatment and rehabilitation pathway tailored to the patient's individual characteristics. Statistically, at least 50% of cancer patients require specific recovery programs. At the root of effective personalized rehabilitation lies the surgical oncologist's focus on preserving the functions of organs affected by the tumor. Yes, maximally radical removal of the focus is the highest priority. But one must always keep in mind the importance of functional recovery and meticulously plan the surgical intervention with a gentle approach toward surrounding tissues, vessels, and nerves. Desirable full or at least partial organ function recovery is the key to successful comprehensive rehabilitation and restoring the patient's quality of life.

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