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Title

**A review of various models of providing palliative care services and offering
suggestions for establishing in Iran**

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Abstract

Introduction and purpose: Palliative care (PC) concentrates on pain control in patients suffering from serious and life-threatening illnesses in any stages of illness in physical, mental, social, and spiritual dimensions and is provided through different models. These interdisciplinary services are included in human health rights and are associated with important benefits such as increasing the quality of life of patients and their families and reducing unnecessary hospitalizations and costs for families and the health system. Health system in Iran provides these services in a limited, scattered, and informal manner (unsystematic offers). The purpose of this study was to introduce the appropriate model or models for the implementation of PC services in Iran from among the global models of providing these services with suggestions for its establishment in the country.

Methods: This study is a qualitative and practical type, which was done in three steps. In the first step, a systematic review of international and Persian reliable databases, searching in international reliable sites, and manual search was conducted to retrieve all kinds of PC delivery models around the world. Qualitative evaluation of studies was done using strobe and CASP tools and the result of this step was analyzed through meta-synthesis. In the second step, after accessing the national documents in the field of PC, through semi-structured interviews with selected experts using the targeted and snowball method, the current state of these services in Iran and suitable models for implementation in the country are identified. In the third step, through a focused group discussion session, suggestions were presented for establishing the models in the country. The second and third steps were continued until the saturation point was reached, and the resulting data were analyzed using MAXQDA software and conventional qualitative content analysis with a deductive approach.

Results: Among 8332 studies retrieved, 23 studies were included in this study which were completely related to the purpose of the study and obtained the quality assessment certificate. 7 models of providing PC services in the world included providing these services in hospitals (inpatient and outpatient), outpatient clinics, long-term care facilities, homes, centers such as hospices, special disease centers, and remote care. Among these, the implementation of various models, the inpatient hospital model (palliative care unit and consulting services in other inpatient units), and the home care model were considered more suitable for implementation in Iran.

Conclusion: Unfortunately, there is no systematic structure for providing palliative care services in Iran. In order to implement PC services in Iran, it will be effective to use the existing infrastructure in the country such as primary healthcare centers to provide palliative services at

home along with outpatient services with the support of specialized palliative care teams and hospitals to provide inpatient palliative services. In addition, the activity of independent centers with similar missions and, of course, remote care during the entire care path will also help.

Keywords : health system, palliative care, model, Iran