

## **ESMO Palliative Care Fellowship**

(Sep 2016 – Oct 2016)

**Maksud Mallaev**

### **FINAL REPORT**

Home Institute: Tashkent Medical Academy  
Host Institute: Bellinson hospital/Davodoff cancer center  
Mentor: Simon Wein

#### **Introduction**

Palliative care in Uzbekistan is relatively new. Control for soothing cancer pain and palliative care are amongst the still unresolved issues in my country. Patients' access to palliative care services and quality of life in advanced and terminal stages of incurable diseases is less than convenient.

#### **Goals or aims**

I wanted to learn through observation how an oncologist assisted their palliative cancer patients, to learn and analyse pain controlling algorithms in young advanced cancer patients. My goals during the visit at the host palliative station were on the following topics: • Assessment and management of cancer related pain, use of opioids and coping with their undesirable effects • Efficacy of opioids in the management of the young cancer patients • Knowledge of non-medical therapeutic strategies in pain management in palliative care • How do doctor and patient or family manage to talk about highly charged situations and information?

#### **Description of the time spent at host institute**

Thanks for ESMO that gave me this chance, I learn Israelian communicative skills with patients, giving hope to advanced cancer patients. My supervisor prof. Simon Wein teach me almost everything in his field, showed me all the departments.

## Conclusion

After fellowship program, I feel myself as a real doctor. I mean, firstly I learn how to talk with patients, how to prescribe and explain treatment plans. I also learn how to fill observation documents. After coming back I am using my gained knowledge to my nation.

## Acknowledgements

I want to thank the staff of Palliative Station, especially, prof. Simon Wein, for their hospitality. I want to thank them for the patience and knowledge they shared with me. It was very nice to be with them as people. I am grateful for the experience and have not been disappointed at all. The israelian people made it so easy to be fond of them, of their city and culture, by their attitude, love for the nature, their traditions, history, good life and for qualities like patience and kindness. Finally, I express my thanks to the ESMO Palliative and Supportive Care Working Group, to Nicola Latino, for the invaluable opportunity given to professionals and for Roche for the funding of this educational fellowship.

