



Botswana Participants



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Map of the Republic of Botswana



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Botswana



- Formerly the British protectorate of **Bechuanaland**;
- Adopted its new name upon independence in 1966.
- One of the most dynamic economies in Africa.
- Has one of the world's highest known rates of HIV/AIDS infection, but also one of Africa's most progressive and comprehensive programs for dealing with the disease

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Botswana – the People



- Population – 1,815,508
- Population growth rate – 1.5%
- Life expectancy at birth – 50.6 years
- Infant mortality rate – 44 deaths/1,000 live births
- Population below poverty line – 30%

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Summary Data on HIV/AIDS and Cancer



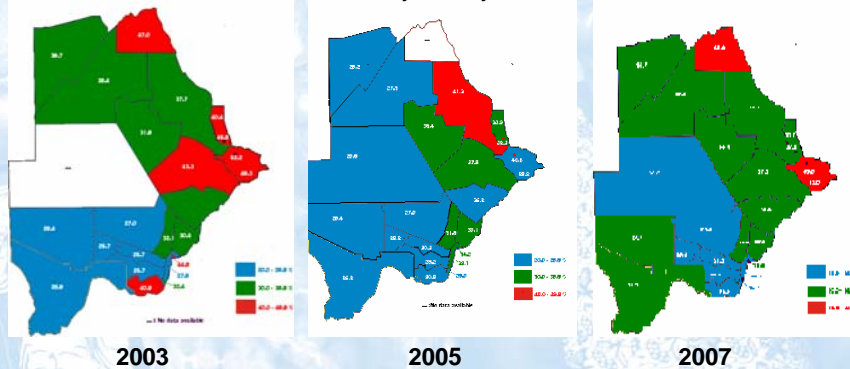
Description	Number/Percentage
HIV Prevalence Rate	17%
Estimated No of adults LWHA	285,000
Estimated No of Children LWHA	14,000
Estimated No of deaths from HIV/AIDS	26,000
Estimated No of deaths from Cancer	800
Proportion of total population needing Palliative Care	1 in 56 (1.8%)
Estimated No of persons dying from HIV/AIDS or Cancer and suffering pain	7,100

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HIV in Botswana



Geographic distribution of adjusted HIV prevalence rates among pregnant Women 15-49 years by district



Palliative Care Status



- Botswana has adopted the WHO definition of PC
- There is a National Policy on HIV/AIDS and a Drug and other habit forming substances Act.
- National AIDS Council; National AIDS Coordinating Agency; District Multi-sectoral AIDS Committees; Village AIDS Sectoral committees; Civil Societies

Demand for Palliative Care Services



- High prevalence of HIV/AIDS and associated OIs
- High prevalence of cancer and other non communicable diseases
- Long term care and CHBC
- Need for continuous improvement of quality of care

GAPS IDENTIFIED



- Inadequate knowledge and skills on palliative care among service providers
- Lack of specific policy and guidelines protocols on PC
- Restrictive laws on use of opioids

AVAILABLE OPIOIDS IN BOTSWANA



- Morphine 10 & 30mg tablets,
- Morphine 2mg/ml mixture
- Morphine 10 & 15mg/ml injection
- Pethidine 50mg/ml inj (1&2ml),
- Codeine phosphate 30mg tablets
- Methadone
- Fentanyl
- Dihydrocodeine

Morphine Availability in Botswana



- Botswana relies on importation of morphine according to international regulations
- Morphine formulations available in Botswana are:
 - tablets-10mg and 30mg tablets;
 - mixture-2mg/ml;
 - injectable-10mg/ml and 15mg/ml
- It is an offence to obtain and use morphine for non medical purposes in Botswana.

The role of Botswana Government in narcotic control



- Enact laws and regulations for the importation and use of opioid drugs.
- Develop policy, guidelines and support budgets for resource allocation including training of health workers in pain management
- License competent importers and distributors
- Submit annual estimates to the International Narcotic Control Board.

Barriers to Palliative Care



- Physicians/Health professionals factors;
 - Reluctance to refer patients:
 - lack of skill and knowledge in palliative care;
 - not believing in palliative Care
 - lack of communication skills to address end of life care issues
 - loss of income (in private sectors).

Barriers to Palliative Care



- Patient factors:
 - Economic factors ;
 - Lack of knowledge, culture, religion etc;
 - patient-family disagreement about treatment options;
 - unrealistic expectation of disease response

Strengths



- Strong Government commitment and support for palliative care
- Existence of training programmes such as KITSO, (a programme on HIV/ARV therapy), newly developed PC trainings
- Availability of guidelines in some fields like counselling, nutrition,
- Availability of good referral system and drugs for pain and symptom control.

Weaknesses and Challenges



- No specific protocols on PC
- Morphine and other opioids not availed at primary health facilities (clinics)
- Insufficient management of pain and other symptom management
- Bereavement counseling issues
- Difficulty in dealing with issues of death and dying
- Inadequate psychosocial support
- Training not standardized (Fragmentation of training)

Efforts to Improve the Quality of PC



- Policy:
 - Integrated management of HIV/AIDS Illnesses Guidelines have been adopted from WHO with 4 modules including PC
 - In-service Training course for health professionals and CHBC volunteers.
- Resources mobilization
 - PEPFAR
 - Technical support. APCA, RATN- Mildmay international
- Development of PC training materials

Thank you

