PALLIATIVT
UTVECKLINGS
CENTRUM

LUNDS
UNIVERSITET

REGION
SKÅNE

International
Collaborative
for Best Care
for the Dying Person

Conference book

Best Care for the Dying Person

17 & 18 november 2026

17 november

Plenary

9.45 - 10.15 **Room: Konsertsalen**

Medication for the dying person - benefit or burden

To optimize medications in end-of-life care is essential to achieve relief from symptom in the dying person. Which medications should be prescribed, and which should be deprescribed? Which health care interventions should be used, and which should be avoided? Are there important changes in the physiology of a dying persons the last days of life that could impact the effects of medications and health care interventions?

Speaker
Linda Björkman-Bergman - Professor in Palliative Medicine Karolinska Institutet

14.30 - 15.00 **Room: Konsertsalen**

A look into the future of palliative care - best care of the dying in Europe

European healthcare systems face intensifying pressure from an aging population living longer with serious illnesses. While the focus remains on curative, life-saving treatments, providing care for the dying remains an essential and important future imperative.

This presentation discusses the challenges and opportunities for palliative care and care for the dying patients in Europe in the future.

Speaker
Mette Asbjoern Neergaard - Clinical Professor, The department of Oncology, Aarhus University

Parallell sessions 17 nov

10.45 - 12.15 **Room: tdb**

Pharmacological perspectives

In this session pharmacological perspectives will be discussed from different angels. New cancer treatments offer an opportunity to increase survival and prolong life. In palliative care some difficulties may arise, such as new types of side effects and more complicated prognostication. Moreover, studies regarding medication during end-of-life care will be discussed, such as treatment of death rattles and the EU Horizon study iLive – live well die well. Lastly, trends in palliative sedation during end-of-life care will be discussed. Sedation seems to be increasing and the use may differ between countries.

Speakers
Christel Hedman - A new paradigm in cancer treatments
Lia van Zuylen - Evidence vs clinical practice in palliative care
Agnes van der Heide - Palliative sedation – trends
Chair
Linda Björkhem-Bergman

10.45 - 12.15 **Room: tdb**

Death in society

This session focuses on death, dying, and end-of-life care from a public health perspective, highlighting how these experiences are shaped not only by clinical care but by broader social, cultural, and structural contexts. It emphasises the importance of viewing palliative care as a societal responsibility, where communities and social contexts play a central role.

Through a range of perspectives, the session explores how factors such as inequality, diversity, and marginalisation influence experiences at the end of life. It draws attention to the role of communities, social networks, and inclusive approaches in supporting people with palliative care needs. By framing end of life as a public health and societal issue, the session encourages reflection on how palliative care can move beyond healthcare settings to become more integrated, equitable, and responsive to the diverse realities of everyday life.

Speakers
Steven Vanderstichelen - The public health perspective - Does it make a difference?
Max Kleberg - To make room for diversity – LGBTQ+ perspectives
Vibeke Graven - Total pain and social suffering: marginalised Greenlanders' end-of-life in Denmark
Catriona Mayland - Bereavement
Chairs
Dröfn Birgisdottir
Jamie Woodworth

Parallell sessions 17 nov

10.45 - 12.15 **Room: tdb**

Prerequisites for best care of the dying per son - a proactive approach

This session will take a proactive approach to providing the best possible care for people nearing the end of life. The first and most important step is to identify patients with potential palliative care needs. This will be illustrated through a presentation on the development of a novel tool designed to help clinicians identify such patients. Another key proactive aspect that will be discussed is communication about information needs, prognosis, wishes, and concerns. The session will explore different components of the Serious Illness Care Program and its practical applications. In addition, the session will highlight the role and potential of digital solutions in supporting patient involvement in needs assessment and communication.

Speakers
Carl Johan Fürst & Dröfn Birgisdottir - Identification of patient with palliative care needs
Stephen Mason & Anna Sandgren - Communication about death and dying
Mikael Segerlantz - Increased patient involvement through digital solutions
Chair
Stephen Mason

15.30 - 17.00 **Room: tdb**

Walking with the dying –vulnerability and resilience among professionals and significant others

This session will explore the emotional challenges faced by healthcare professionals when caring for people at the end of life and supporting bereaved families. Particular attention will be given to the clinician’s spiritual foundation and sense of belonging, as well as the importance of connectedness and relationships in experiences of loss and grief. The session will address these issues throughout the care trajectory, including the moment of death and the period thereafter, and examine the balance between professional responsibilities and the emotional and spiritual dimensions of being human.

Speakers
Piret Paal - Coping with professional loss and loneliness - My spiritual belonging
Vilma Tripodoro - End-of-Life Care as a Shared Experience: Families, Relationships, Preparedness and Responsibility
Anette Alvariza - Presence at the moment of death
Chair
Gayatri Palat

Parallell sessions 17 nov

15.30 - 17.00 **Room: tdb**

Structures to facilitate best care

This session explores how palliative care can continue to develop and strengthen over time, with a focus on the infrastructures, data, and collaborative tools needed to support this progress. It brings together perspectives from research and practice to reflect on how high-quality, equitable palliative care can be advanced across different contexts.

Through a range of contributions, the session highlights ongoing work to improve access to care and to better understand key dimensions of palliative care, such as place of death and overall quality. It also draws attention to the role of national data sources and collaborative initiatives in shaping clinically relevant research and supporting quality improvement at both local and national levels.

A central theme of the session is the development of a Core Outcome Set, raising the fundamental question of what constitutes the essence of palliative care. Participants will be invited to engage with this question and reflect on how shared definitions, measures, and frameworks can support more consistent, meaningful, and impactful care.

Speakers
Joakim Öhlén - Equity in palliative care – from vision to reality
Mary Miller & Maria Schelin - A core outcome set for palliative care
Agnes van der Heide - The Lancet commission on death in society. Filling the gaps – iLive
Chair
Marlene Malmström

15.30 - 17.00 **Room: tdb**

Addressing patient needs - science or established clinical practice?

This session explores how palliative care needs are identified and addressed in the final stages of life, highlighting the interplay between scientific evidence and clinical practice. It raises questions about the evidence base for fundamental aspects of care and how clinical experience complements research in guiding everyday practice.

Through a range of perspectives, the session examines challenges such as managing common but often overlooked symptoms, meeting the needs of patients with cognitive impairment, and adopting a palliative approach early in the disease trajectory. It also considers emerging therapeutic approaches and the ethical and evidential questions they bring. Overall, the session invites reflection on how patient needs are understood and acted upon, emphasising both gaps in evidence and the importance of clinical knowledge in shaping appropriate end-of-life care.

Speakers
Birgit Rasmussen - Lack of evidence – a challenge for fundamentals of care
Arianne Stoppelenburg - Dry mouth in patients with a life-limiting condition
Petra Tegman - Adressing needs in patients with cognitive impairment
Ulf Bremberg - The role for psilocybin in care of the dying
Chair
Mette Asbjoern Neergaard