

Palliative care – can we be evidence based?

Stein Kaasa | Slovakia | 19.03.26

Professor emeritus, Oslo University Hospital and University of Oslo, Norway

Director, European Palliative Care Research Centre, Oslo University Hospital, Norway and University of Oslo, Norway



Integration of palliative care into cancer care

- We know it works
 - More than 10 RCTs have proven the effects
- But it is not systematically integrated
 - Why?

*EU JOINT ACTION: Integrating Palliative Care in the EU Cancer Agenda: Insights from JANE-2, Journal of Pain and Symptom Management.
Manuscript under review.*

Integration should (probably) reflect:

- Level of care and clinical setting
 - Culture – Economy – Organization
- Which level of integration is anticipated?
 - Linkage
 - Coordination
 - Full integration

The Lancet Oncology Commission, Kaasa et al, October 2018

Change management



We are not there – yet

“The growing imbalance between biological and human dimension in medicine is one of the defining challenges of modern health care”

The human crisis in cancer: a Lancet Oncology Commission, Rodin et al, 2025

Patient-centred care works...



... but is not systematically implemented in clinical practice

MyPath – The digital solution to patient-centred care

Innovation and implementation study

MyPath 

The digital solution to patient-centred cancer care

mypath-cancercare.eu

 @MyPath_EU

The overall aim in MyPath is to provide better patient-centred care through systematic assessment and tailored evidence-based management

We are using the patient-centred care pathway methodology

- “Standardized Care Pathways”
 - *Production industry*
 - *Details steps to standardize care*
- PCCP – SCP to provide patient centred care
 - *“Provide care patients need when they need it”*



The structure of MyPath

1

ONBOARDING



2

CLASSIFICATION



PROMs

Clinical
consultation

3

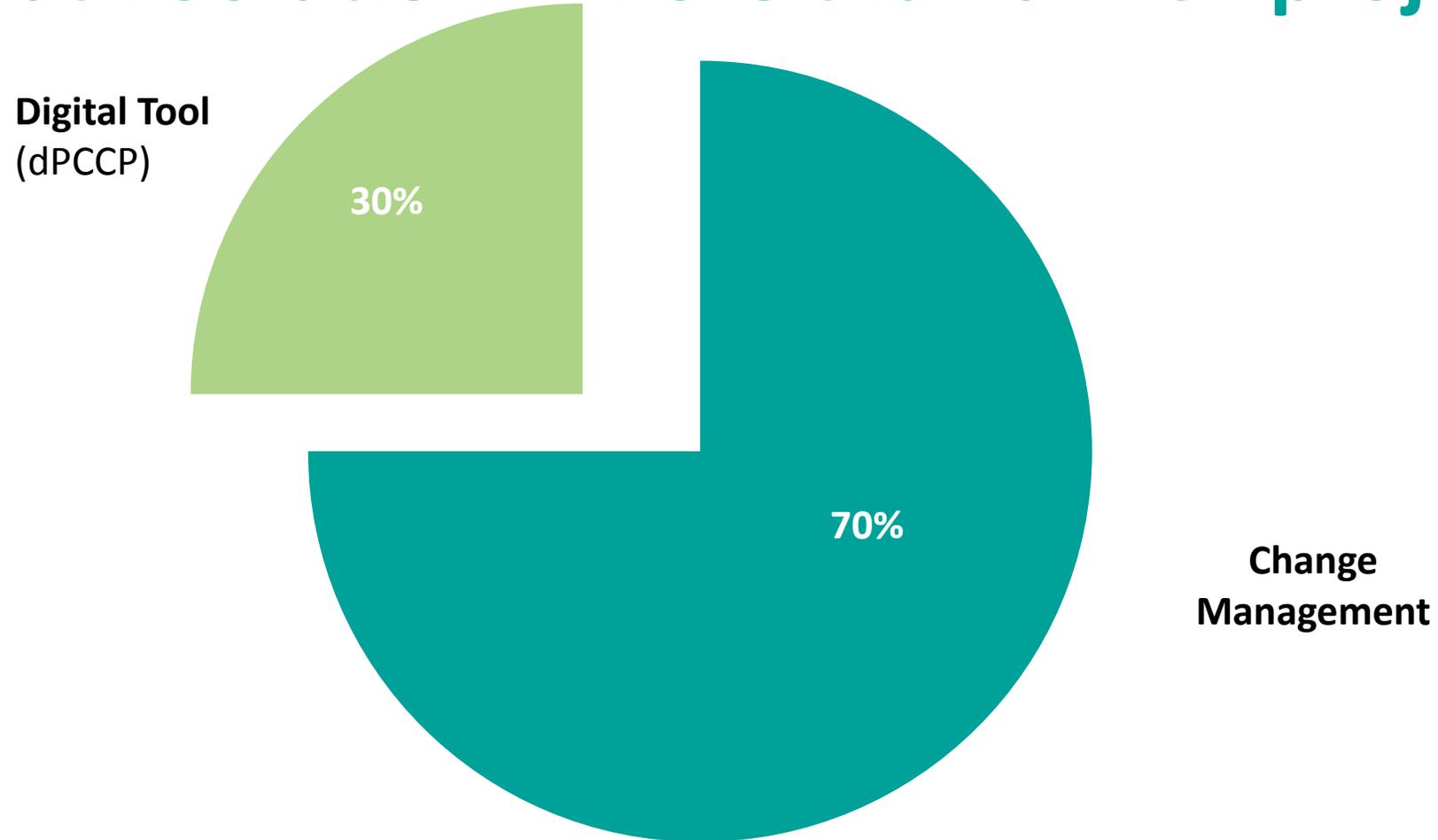
CARE PATHWAY



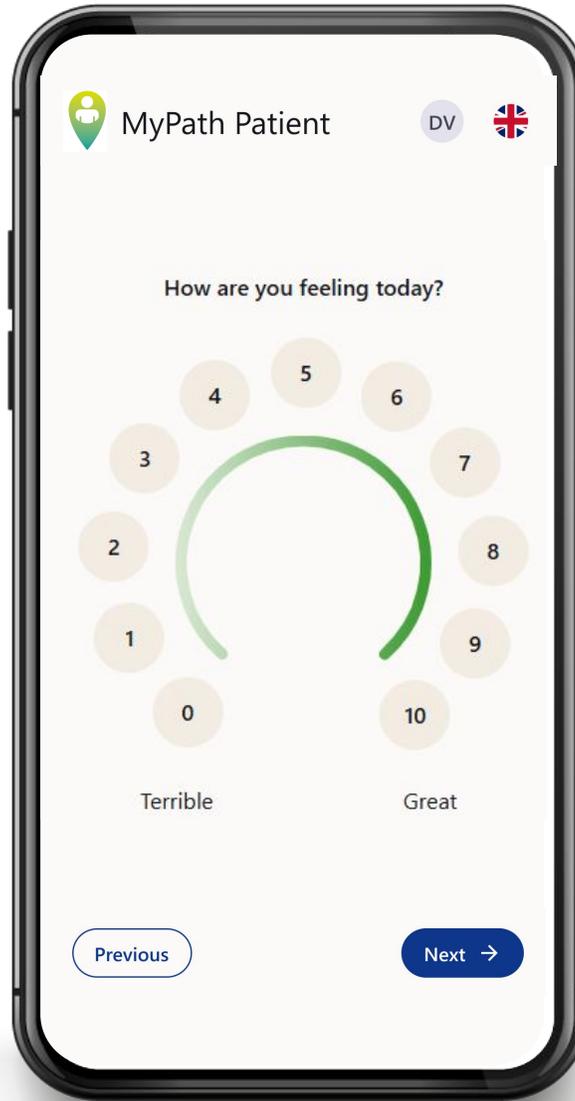
Decision
support

Follow
up

The MyPath Solution – more than an ICT project



dPCCP - Digitalised Patient-centred care pathways





 MyPath Patient DV 

Have you had any of these symptoms during the past week? Choose all that apply 1/4

- Pain
- Constipation
- Difficulties sleeping
- Drowsiness
- Tiredness
- None of these

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 MyPath Patient DV 

Have you had any of these symptoms during the past week? Choose all that apply 1/4

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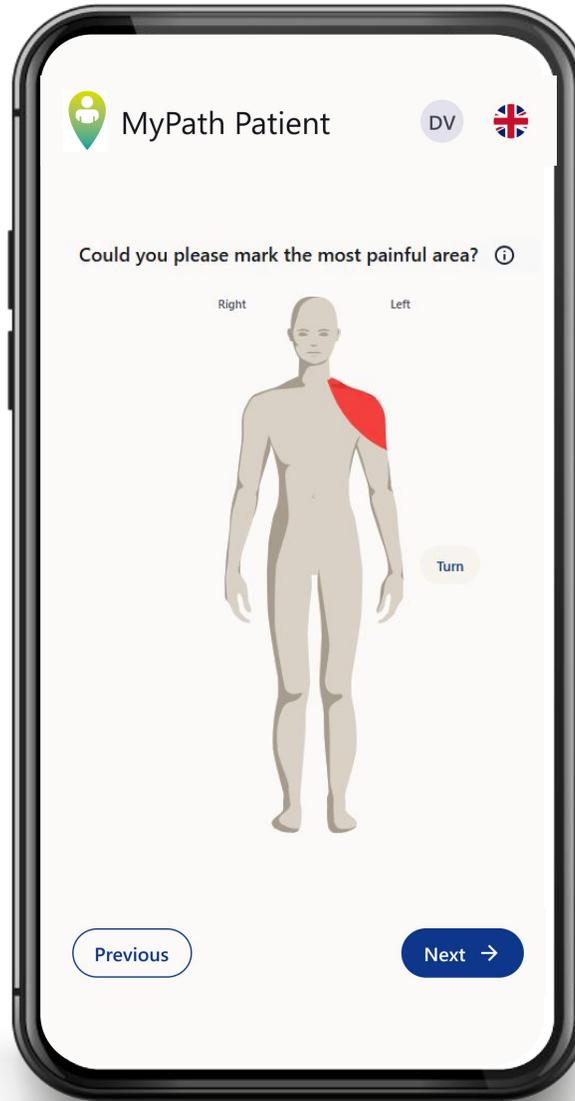
MyPath Patient DV

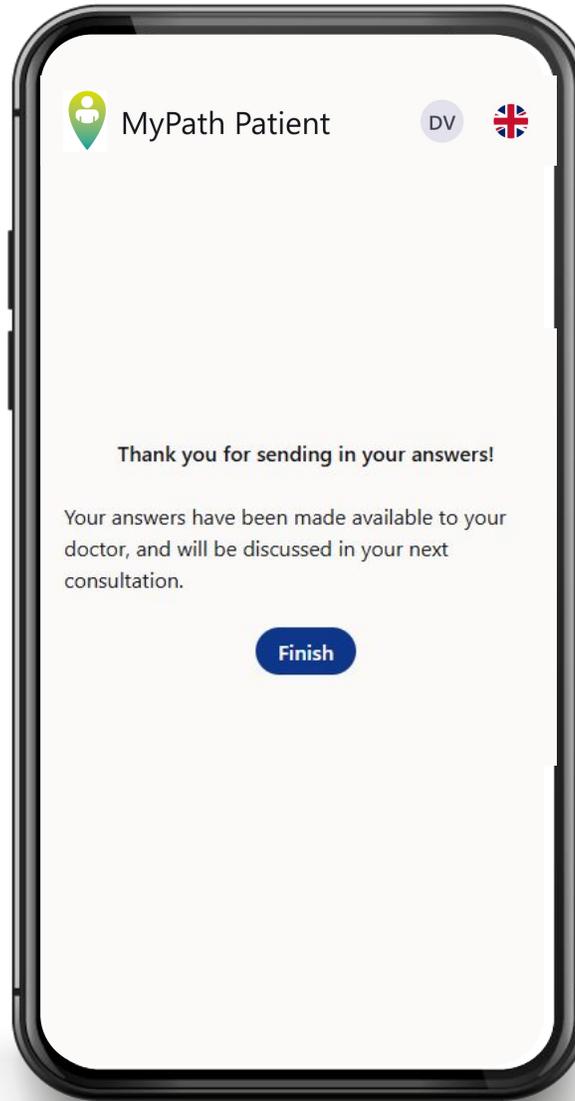
How intense has your worst pain been during the past week?

4 5 6
3 7
2 8
1 9
0 10

No pain Worst possible pain

Previous Next →





Review of PROMs

PROMs overview | JE | Johny English · 69 years, Male | Missing baseline variables (2) | PROM date: 08.09.2025, 08:10

Wellbeing 6 / 10

Physical activity 1 - Not my normal self, but able to be up and...

Nutrition Not at risk of malnutrition 65 kg

Emotional Distress No distress

Pain Worst pain last week (Selected) | Left abdomen, front

Date	Pain Intensity
12/08	4
19/08	4.5
26/08	6
02/09	4
09/09	4
16/09	6
23/09	9
30/09	9

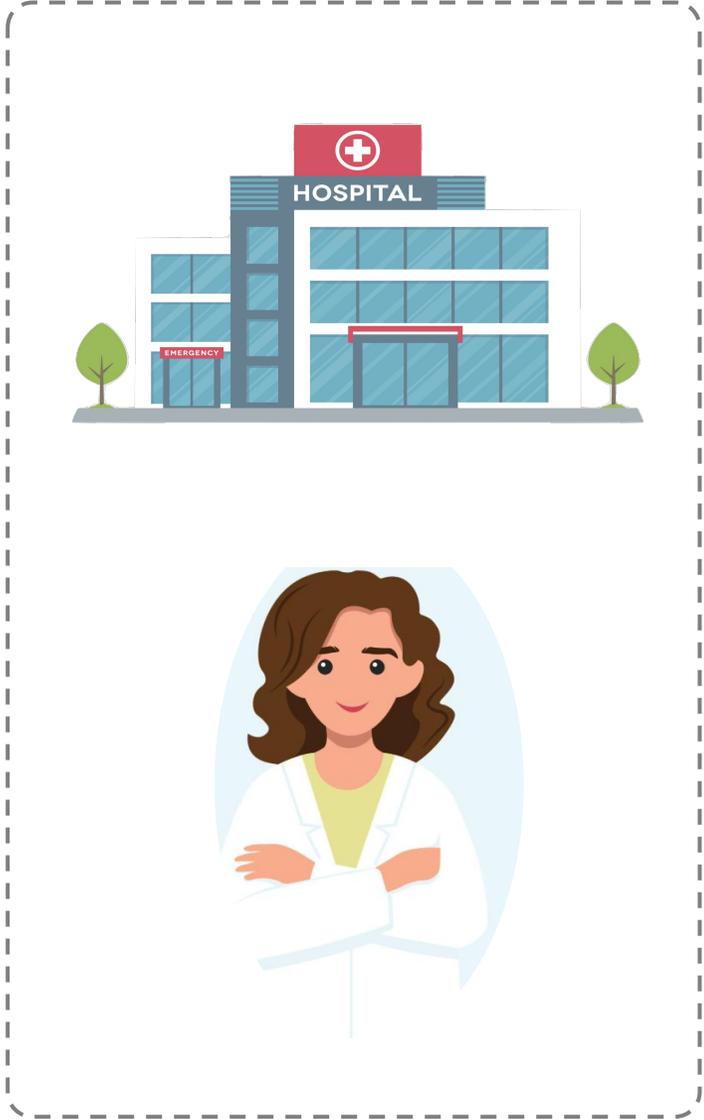
Pain Details: Location: Left shoulder, front; Pain intensity: 7 / 10; Worst Pain Intensity: 9 / 10; Descriptors: Temporary flares: Yes; Intensity of flares: 9 / 10; Flare triggers: Moving around, Coughing

Clinician actions | Classification & Care plan

Background information | BMI: 19.3

Cancer | Cancer type: Adrenal tumors

Anti-cancer treatment | Current ACT: Radiotherapy, Immunotherapy, Chemotherapy, Targeted therapy (i.e. Tyrosine Kinase Inhibit...); ACT intention: Symptom treatment



Wellbeing



6 / 10

Physical activity



1 - Not my normal self, but able to be up and...

Nutrition



Not at risk of malnutrition 65 kg

Emotional Distress



No distress

Pain ☆ 8 / 10

Pain: Left shoulder, front 7 / 10

Insomnia 7 / 10

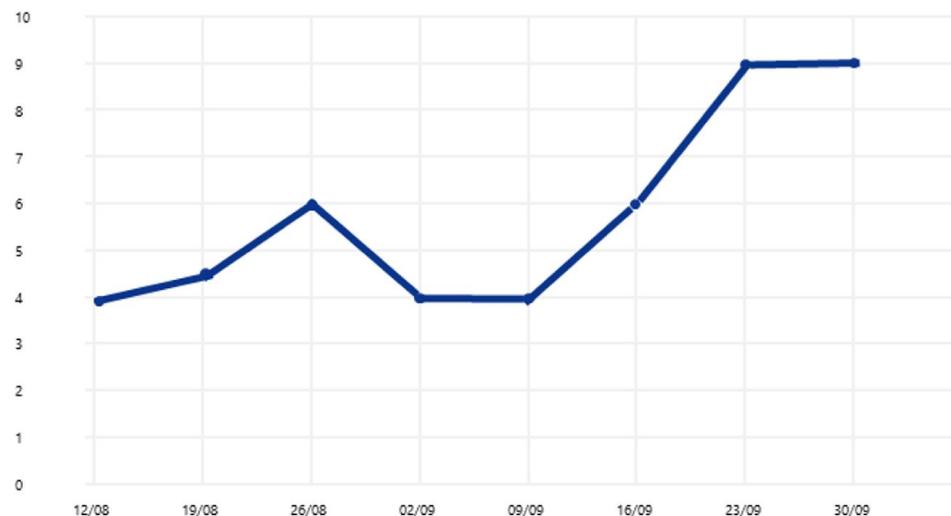
Constipation 6 / 10

Pain

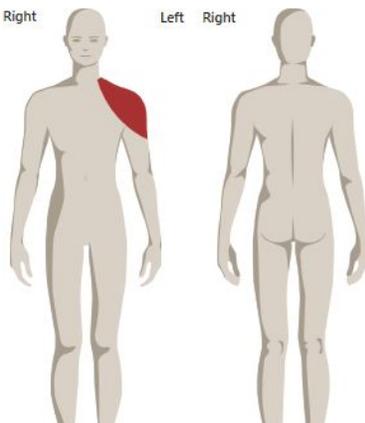
Worst pain last week

Priority

Interferes with function



Right Left Right Left



Location	Left shoulder, front
Pain intensity	7 / 10
Worst Pain Intensity	9 / 10
Descriptors	
Temporary flares	Yes
Intensity of flares	9 / 10
Flare triggers	Moving around Coughing

Clinician actions

Classification & Care plan

Background information

BMI
19.3

Cancer

Cancer type

Adrenal tumors

Anti-cancer treatment

Current ACT

Radiotherapy

Immunotherapy

Chemotherapy

Targeted therapy (i.e. Tyrosine Kinase Inhibit...

ACT intention

Symptom treatment

The MyPath Pain Pathway

“The MyPath Pain Pathway: developing a digital patient-centred care pathway for cancer pain”

Morena Shkodra MD, PhD Amaia Urrizola MD, PhD* Marie Fallon MB, ChB, MD, Prof Per Sjøgren MD, DMSc Marieke van den Beuken-van Everdingen MD, Prof. Katarina Hagen MD Lore Decoster MD, PhD Daniela Mosoiu MD, PhD Marianne Jensen Hjermsstad RN, MPH, PhD Tonje Lundebj MSc, PhD Stein Kaasa MD, PhD, Prof, ** Augusto Caraceni MD, Prof. ** , on behalf of the MyPath consortium *first authors, contributed equally **senior authors, contributed equally*



<https://doi.org/10.1016/j.jpainsymman.2025.08.012>



ORIGINAL ARTICLE

Practical cancer nutrition, from guidelines to clinical practice: a digital solution to patient-centred care

K. S. Hustad^{1,†}, L. H. Koteng^{1,†}, A. Urrizola^{1,†}, J. Arends², A. Bye¹, O. Dajani¹, L. Deliens³, M. Fallon⁴, M. J. Hjermsstad¹, M. Kohlen⁵, G. P. Kurita^{6,7,8}, T. Lundeby¹, N. Mitrea^{9,10}, C. Payne¹¹, S. Roselló-Keränen^{12,13}, N. Warmbrodt¹⁴, A. de Wilde¹⁵, S. Kaasa^{1†}, J. de Vos-Geelen^{16†} & B. J. A. Laird^{1,17,18†}, on behalf of the MyPath consortium

<https://doi.org/10.1016/j.esmoop.2025.104529>



European Palliative Care Research Centre (PRC)

15th International Seminar

Barcelona, Spain | 10. – 11. November 2026

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- ✓ *Leading experts*
- ✓ *Networking & collaboration*

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YOUR ATTENTION!**

