



**PALIATIVOS SIN FRONTERAS**  
C/ JUAN XXIII, 6 3-D  
20016 DONOSTIA-SAN SEBASTIÁN (GIPUZKOA) - SPAIN



### OBJECTIVES OF PALLIATIVES WITHOUT FRONTIERS

- a) Help to create and maintain palliative structures and to alleviate pain in the developing countries in America and Africa. To work with palliative institutions so that Palliative Care and treatment for Pain will be incorporated into the national health programmes.
- b) Collaborate in the formation of sanitary personnel in palliative and antialgic institutions through "live" and "distance" programmes, and with grants for possible rotation in palliative and pain units either in Spain or other countries.
- c) Promote educative programmes for patients and their families regarding the process of facing the forthcoming death and bereavement.
- d) Promote the interinstitutional solidarity to facilitate the interchange of teachers, cooperators, volunteers, organization of courses, sending out books, publications, medications, analgesics, etc. to the countries involved.

We can all be useful and necessary. You are invited to participate in this ONGD in any of the following activities, regardless of your speciality or other occupation. Underline your preference:

- ✓ As a member
- ✓ As a collaborator in teaching programmes and websites
- ✓ As an assessor in a particular palliative aspect
- ✓ As a donor
- ✓ As a possible cooperator or teacher
- ✓ Work in coordination and presentation of projects
- ✓ Study and follow up of programmes and investigation
- ✓ Setting up in your area a P.S.F. section
- ✓ Others

[www.paliativossinfronteras.com](http://www.paliativossinfronteras.com)



The priorities of patients on reaching the final stage of their lives are that they should **not suffer pain, that they maintain contact with their loved ones, and that they need not feel that they are a burden to others**; but many die without experiencing the means available which Palliative Care offers- alleviation of physical and psychosocial suffering, and treatment for pain-, both of which are human essentials during this final stage.

**Palliative Care** comprehends a close control of the symptoms, including pain, the alleviation of suffering and the support given to patient and family during the final stage of the illness and subsequent bereavement. The objectives are to maximize as much well being as possible, and minimize the consequences of the illness. This necessity is more pronounced in countries with lesser means, where there is very little at hand to try and improve the patients quality of life. In these countries the possibility of diagnosing cancer is less than half the norm, and in such a case, when a tumour is found, it is more than likely to be advanced – thus, the only treatment left is palliative.

*“Nothing can have more immediate effect to the quality of life than the alleviation of suffering, not only for the patient with cancer or other advanced and progressive illness, but for the families, so that they are aware of, and can put into practice the knowledge they gain from the Palliative Care and the treatment of pain.”*

Jan Stjenswaard.  
Ex- Director of OMS for  
Palliative Care



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Among the aims of Medicine in the XXI Century four points have emerged- prevention, a cure to patients, care of the incurables, and a search for a serene death. If **curing, alleviating and consoling** are among the goals of all doctors, it has to be said that too many patients continue to die in unsupportable pain for want of analgesics, because of poverty, and for general lack of education in the study of pain and palliative techniques, and also because of the social myths regarding opiates which impedes their correct use.

*“Of all the happiness that man can obtain, there is no greater pleasure than to be free from pain.”*

John Dryden

**Pain** is one of the worst tiresome symptoms that can affect a cancer patient, and many other chronic and invalidating illness. Its persistence is a serious threat to those who suffer, and thus it becomes the centre of their lives and can even accelerate their demise. The lack of recognition of pain, and the inadequate use of the means available, permits, even at this present time, that between 50 and 80 % of cancer patients are not receiving satisfactory relief in the final phase, in spite of it being the only alternative relevant therapy that can be offered. The developing countries, which represent around 80 % of the world population, only use 6 % of global consumption of morphine, basic in the therapy for pain and palliative care, which means that the vast majority of people who are ill are infratreated.

*The intention of the palliative movement is to bring care to each patient suffering an advanced and progressive illness, in such a way that they may live in relative confort until their death.*

☒ **I WISH TO BECOME A MEMBER OF PALIATIVOS SIN FRONTERAS (PALIATIVES WITHOUT FRONTIERS) WITH ☐ 75 EUROS A YEAR**

☐ In this moment, I prefer to collaborate with \_\_\_\_\_ euros once.

☐ **EUROS A YEAR**  
(amount that you wish to donate)

Name	_____ Surname
Address	_____
P.O.	City
DNI/NIF (only in Spain)	Profession
<input type="checkbox"/> Debit bank	<input type="checkbox"/> Charge to my card <input type="checkbox"/> VISA <input type="checkbox"/> Others
Titular de la cuenta	Card number
CCC	Expiration
You will find it in your check book	
<input type="checkbox"/> Enclosed check in name of Paliativos Sin Fronteras (Paliatives without Frontiers)	Date
Don't forget to fill in your personal data.	
<input type="checkbox"/> Bank transfer to: Caja Laboral CC 3035 0181 70 1810017183	
You can deduce 25 % in your income tax.	
Signature _____	