

“Quality of life for patients and their families”

Portuguese League Against Cancer action



The Liga Portuguesa Contra o Cancro is a Cultural and Social Service Association, declared by law of “public utility institution” (that is with relevant social aim), since 1941, with four strategic statutory axes of action:

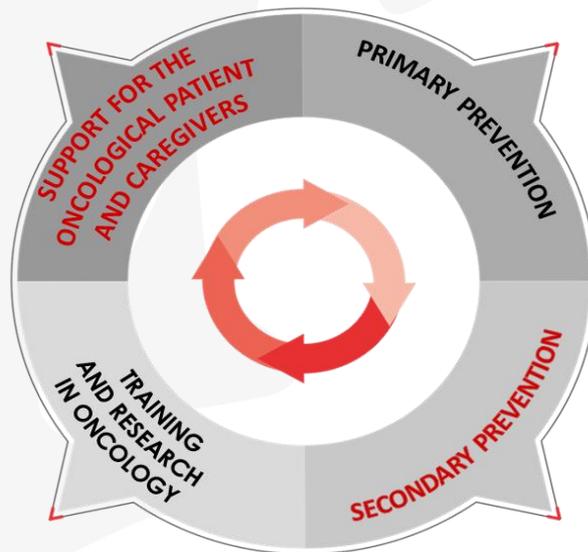
- Support for the oncological patients, families and caregivers;
- Primary Prevention
- Secondary Prevention
- Training and research in oncology

PORTUGUESE LEAGUE AGAINST CANCER



- HOSPITAL VOLUNTEERING
- SELF-HELP GROUPS
- PSYCHO-ONCOLOGY
- JURIDICAL SUPPORT
- SOCIAL SUPPORT
- HOME SUPPORT SERVICES
- PATIENT TRANSPORT
- CANCER SUPPORT HELPLINE

- ONCOLOGY RESEARCH GRANTS
- ONCOLOGY TRAINING SCHOLARSHIPS
- TRAINING OF HEALTH TECHNICIANS
- RESEARCH CONGRESSES



- HEALTH EDUCATION
- AWARENESS OF PREVENTION
- RELAY FOR LIFE

- BREAST CANCER SCREENING
- EARLY DIAGNOSIS OF SKIN AND ORAL CAVITY CANCER

Support for the Oncological Patient and Caregivers

- This support is multidimensional and is always based on the principles of **Humanization and Solidarity**, statutory pillars of all LPCC action, and on values such as **equity, sensitivity, respect, commitment, transparency, ethics and responsibility**;
- The impact of our actions is visible and perceptible on the emotional outcome and quality of life of patients, their families and caregivers.

Support for the Oncological Patient and Caregivers



Quality of Life for Patients, Families and Caregivers



The action of the LPCC, regarding the Quality of Life of Cancer Patients, can be divided into two major areas:

- Initiatives on the ground
- Initiatives within the scope of Advocacy

Humanization - Initiatives on the ground



- About 20.000 volunteers, who act on different areas, collaborate with the League nationwide.

It is organized on 5 groups:

1. **Hospital Volunteering-** Working in the humanization of hospital oncology services;
2. **Community Volunteering-** Who work on special community programs;
3. **Competencies Volunteering-** Volunteers who give their time with professional knowledge and talent to support cancer patients;
4. **Local Community Volunteering-** Volunteers who work in our Delegations and Support Groups all around the Country;
5. **Mutual Support-** Specialized support group only for relatives/caregivers of cancer patients, as a way of sharing experiences, dilemmas, problems and joint search for solutions and ways of acting.

Humanization - Initiatives on the ground

Hospital Volunteering

HOSPITAL #1

COFFEE WITH MILK
WARM WELCOME
GUIDES
MEALS SUPPORT
PEDIATRICS
VISIT
FLOWERS
HOME SUPPORT
SEWING PLACE
HAIRDRESSER
LIBRARY
HOME SUPPORT
PATIENT TRANSPORT
SELF-HELP GROUP

HOSPITAL #2

MEAL SUPPORT
VISIT
VISIT (MVV)

HOSPITAL #3

FUNCTIONAL SUPPORT
HOSPITABLE RECEPTION
IN PALLIATIVE CARE

HOSPITAL #4

COFFEE WITH MILK
VISIT (MVV)

SELF-HELP GROUP
VENCER E VIVER
MOVAPLAR
MAPO

Solidarity - Initiatives on the ground



Specific service for economically deprived patients, through support in:

- ✓ **Family Cooperation** – financial support – to help with food, transport and other extraordinary situations that compromise their therapy or quality of life;
- ✓ **Adjuvant medication for oncological disease**, fully or partially, not reimbursed by the SNS and indispensable for treatment.

Initiatives within the scope of Advocacy

Early Detection	Health Literacy, Health Promotion	Legislative initiatives	Patient safety	Recovery/improvement of health care
<p>Make effective the existing population-based screenings in our country.</p>	<p>Raise the awareness, based on scientific evidence about the consumption of certain products such as tobacco, alcohol, sugar and salt.</p>	<p>Modify the law that regulates tobacco consumption in order to prohibit the consumption in places where secondhand smoke affect third parties;</p> <p>Promote the legislative modification of the diplomas related to the functioning of the Medical Declarations and the attribution of the Multipurpose Medical Certificate of Disability;</p> <p>Promote the development of a National Table of Disabilities that aims to hold off the application of the National Table of Disabilities due to Work Accidents or Occupational Illnesses ;</p> <p>Promote the legislative modification of the diplomas related to the functioning of the Medical Declarations and the attribution of the Multipurpose Medical Certificate of Disability.</p>	<p>Promote the use and interoperability with other Electronic Health Record software systems in order to centralize the patient's health information in a "single place", which enables the provision of health care as well as management and ultimately patient safety</p>	<p>Promote measures to recover and improve access, by cancer patients, to primary health care and a better articulation with differentiated health care.</p> <p>Promote measures to recover and improve access, by cancer patients, to primary health care and a better articulation with differentiated health care.</p> <p>Include food supplements in the list of reimbursed products</p>

Messages

- For an improvement in the quality of life of patients, family members and caregivers, it is essential that policy makers and all health professionals always bear in mind the fragility of those who face the disease and the limitations that arise from it;
- The pace of today's society does not always allow us to put ourselves "in other people's shoes", but when we do, the perspective is always different;
- When we are able to do it, let us never forget, that the perspective of the patient, family member or caregiver is the most important step towards improving the quality of life.



Números do nosso apoio e da sua ajuda

Anualmente, são milhares os doentes oncológicos que recebem o apoio direto da LPCC e inúmeras as iniciativas que beneficiam da mobilização dos nossos recursos financeiros e humanos.

Em **2021**

estes foram os principais números que resultaram do nosso apoio e da sua ajuda:

1.547.788€

disponibilizados para aquisição de medicamentos, próteses, transporte para consultas e tratamentos e alimentação dos doentes mais carenciados;

353.062

mamografias efetuadas em 34 unidades móveis e 6 fixas;

328.560€

atribuídos a 23 de bolsas de investigação, a 7 centros de investigação e 20 ações de apoio à formação em oncologia;

19.892

voluntários ligados a esta causa;

12.287

consultas e 1.705 doentes acompanhados no âmbito do programa de consultas de psico-oncologia;

5.233

chamadas recebidas e emails respondidos através da Linha Cancro e Linha Pulmão;

4.232

doentes acompanhados em centros de dia e 178 doentes recebidos em lares da Liga;

1.053

processos de apoio jurídico resolvidos por uma equipa de 22 juristas;

753

ações realizadas, envolvendo 359.036 alunos do ensino básico e secundário, para consciencialização e sensibilização;

30

ações realizadas no âmbito do ensino e educação para profissionais de saúde, envolvendo um total de 1.920 profissionais;

19

campanhas de prevenção, 26 conferências e 3 publicações.



LIGA PORTUGUESA
CONTRA O CANCRO