

PHI Gerontology Institute "13th November" - Skopje

PHI Gerontology Institute "13th November" - Skopje is a special hospital for geriatrics and palliative care, which performs long-term health care in the field of Geriatrics and Palliative Medicine, and it is the only one of its kind in the Republic of Macedonia. The establishment of the first Elderly Home in Katlanovo in 1958 laid the foundations of the institution and today the PHI Gerontology Institute "13th November" - Skopje, disposes of 8.000 m² hospital area with: Department of Geriatrics, Department of Palliative Care with a Hospice Sue Rider in Skopje and in Bitola, Outpatient Clinic, Center for Decubitus Ulcers, Laboratory, Hospital Pharmacy, Specialist-Consultative Cabinets, Physical Therapy and Rehabilitation, as well as the Elderly Home Mother Theresa.



Director
MSc. Dr. Lenche Neloska

Dr. Lenche Neloska was born in 1969 in Struga. She graduated at the Medical Faculty in Skopje in 1997. In the period from 1998 until 2000 she worked in private medical offices in primary health care. In 2000 and 2001 she worked as a Doctor in the Collective Center for Refugees "Radusha" - until the commencement of the armed actions in Radusha. From 2001 until 2007 she worked in the Healthcare Center - Skopje, in the Dispensary for School Medicine. Since February 2007 she performs the duty of a Director of the PHI Gerontology Institute "13th November" - Skopje. In 2007 she completed her specialization in dermatovenerology, and in 2013 she obtained a degree Master of Science in Public Health, with the topic "Pressure Ulcers in a Long-Term Institution - Risks, Prevention and Control" at the Medical Faculty in Skopje. She started her doctoral studies in 2013 and finalized the preparation of a doctoral thesis titled "Correlation of Pressure Ulcers' Development with Clinical and Laboratory Parameters in Patients in Geriatric Centers". She participated and completed numerous trainings in the field of health care and hospital management, and leadership in health. She is a Vice President of the Doctor's Chamber of Macedonia, EPUAP (European

Pressure Ulcer Advisory Panel) trustee, she is a member of the European Academy of Dermatology and Venereology (EADV), the Macedonian Doctor's Association, the Association of Dermatologists of the Republic of Macedonia, an honorary member of the Bulgarian Dermatological Society, and a President of the Chronic Wounds Management Association (CWMA). She is a member of several commissions such as the Commission for National Strategy for Chronic Non-communicable Diseases and the Commission for National Strategy for Palliative Care within the Ministry of Health, from 2010 until 2014; the Commission for National Strategy for Long-Term Care, and the Commission for National Strategy for Elderly within the Ministry of Labor and Social Policy, 2010. She is a member of the Board of Cooperation and Trust with the Public at the Medical Faculty in Skopje, within the University "Ss. Cyril and Methodius" in Skopje, as well as a member of the Board that awards the state award "Mother Theresa" within the Ministry of Culture. She is a regular participant and an invited lecturer at numerous international and national professional events in the field of dermatovenerology, pressure ulcers, geriatrics, and palliative medicine. She is the author and co-author of several papers in the field of dermatovenerology, geriatrics, palliative medicine and public health.



Since February 2007, MSc. Dr. Lenche Neloska is appointed Acting Director, who is responsible for the operation of the Institute, and strives for the development of the field of Gerontology - Geriatrics and palliative medicine in the Republic of Macedonia, as well as promotion of health care and social care for elderly and terminally ill people within the Gerontology Institute "13th November". We function through specialized-consultative health care for the field of geriatrics and palliative medicine, organized through cabinets for internal medicine, neuropsychiatry, psychiatry, physical medicine and rehabilitation, diabetology cabinet with an advisory center, cabinet for ECHO diagnostics of cardiac, abdominal, nephrological diseases and diseases of the thyroid gland, Doppler of carotids and peripheral blood vessels, as well as palliative care in home conditions. Inpatient health care is realized through the Department of Geriatrics (Intensive and Post-Intensive Care Unit, and a Department of Chronically ill Patients), while palliative care is performed in the two Hospices (Skopje and Bitola). The Institute works intensively on the development and promotion of treatment in patients' homes, as well as on the development of an outpatient clinic.





An important part is the medical-gerontological education which comprises of continuous professional improvement, primarily in diagnostics, specifics in treatment, rehabilitation and prevention of diseases in old age, preservation of the functional abilities of the geriatric patient by supporting an active approach of elderly people in order to take care of their health. The institution has a considerable capacity, however it is still insufficient for the patients' needs. There are 180 hospital beds in Geriatrics, 75 hospital beds in each of the hospices in Skopje and Bitola, 5 in the outpatient clinic and 100 hospital beds in the Elderly Home Mother Theresa.



An interesting fact is that our institution is a combination of a geriatric hospital, a hospice for palliative care and a Elderly home, a model that is rarely found in the European countries where usually these are separate institutions. Such model as the one we have, exists in private, however not in public institutions in the United States. The annual average number of hospitalized patients in the Department of Geriatrics and the hospices in Skopje and Bitola is 2.100 patients. The number of hospitalized patients in the outpatient clinic is 400, and 250 patients are hospitalized annually in the Center for Decubitus Ulcers. In average, 12.000 patients are examined in the specialist-consultative cabinets per year. Two teams function within the institution (a doctor and a nurse) for palliative care in home conditions. One of these teams treats oncological, internist and neurological pathology, while the other team treats decubitus ulcers.

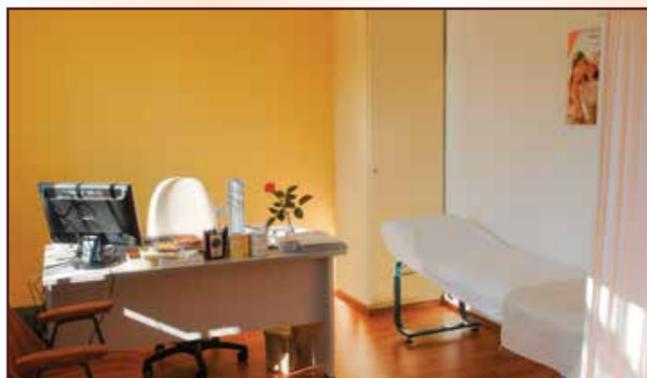


There are 27 doctors employed in our institution, 10 of which are specialists in internal medicine, 2 are specialists dermatovenerologists, 1 doctor is a specialist neuropsychiatrist, 1 is a specialist psychiatrist, 1 is a specialist in medical biochemistry, 1 is a specialist in physical medicine and rehabilitation, 6 are general practitioners (doctors of medicine) and 6 are doctors who currently specialize. We have employed 7 social workers, 1 engineer biologist and 1 psychologist – specialist in medical psychology, 84 nurses, 16 physical therapists, 7 laboratory assistants, 34 caregivers and 75 employees are non-medical staff (technical, auxiliary and administrative staff). The continuous medical education and promotion of knowledge and skills are a strategy and a policy of the institutions.

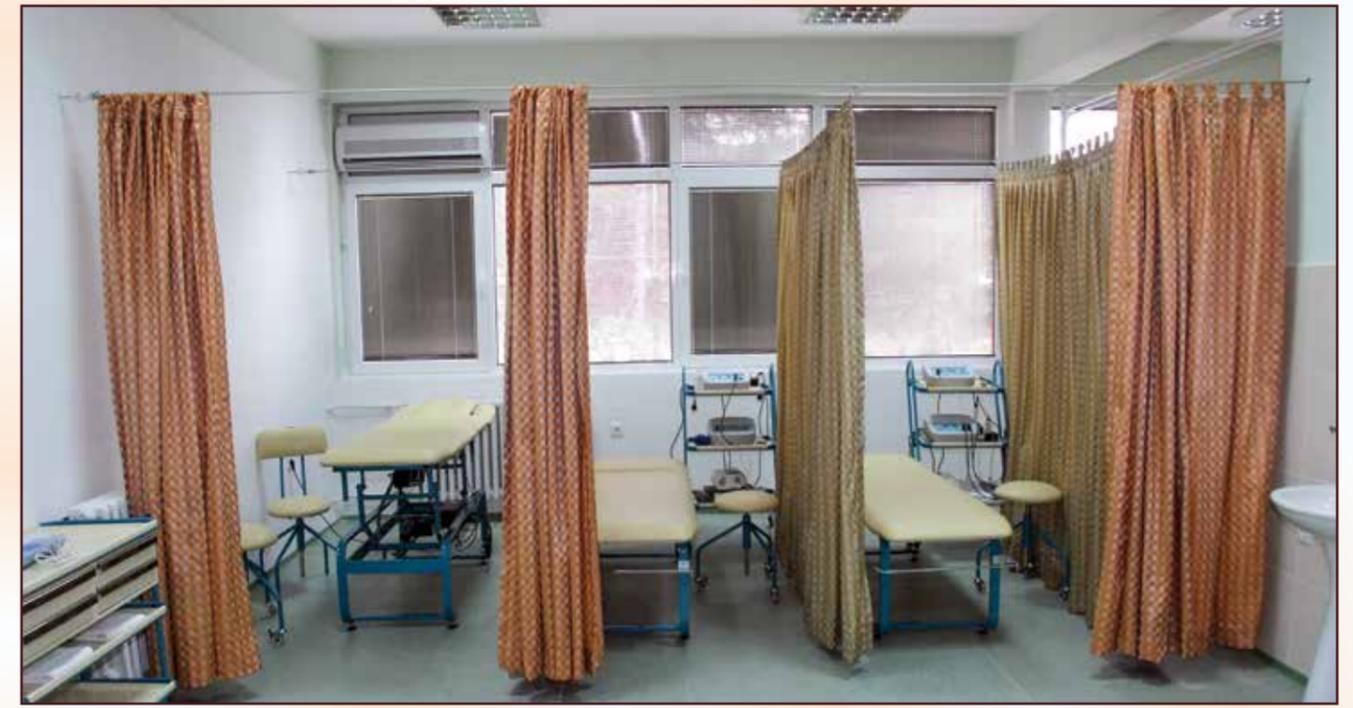


The doctors are continuously present as participants, however they are also invited speakers in numerous international and national professional events, and there are ongoing doctoral studies of four doctors. The intensive care unit in the Institute was renovated first in 2008, and the Department of Physical Therapy was renovated in 2009. This same year the specialist-consultative cabinets were open, and the Minister of Health declared the PHI Gerontology Institute "13th November" a hospital of the year for self-investments. In 2011 the first Center for Decubitus Ulcers in the Republic of Macedonia was open within the institution. Decubitus ulcers were the greatest challenge we faced with in our institution. It was an occasion for research, analysis and finding solutions for this difficult problematic. Our institution is the first in the country that implemented the EPUAP/NPUAP guidelines and protocols, for prevention and treatment of decubitus ulcers, as one of the most difficult conditions in the geriatric and palliative patients.





The Center for Decubitus Ulcers operates as an out-patient clinic, home visit, center for education of doctors and nurses, as well as education of patients and their families. An experienced multi-disciplinary team of doctors and nurses is formed for treatment of decubitus ulcers. With these activities the hospital became available for the entire population, that is, for patients with more than 14 years of age who can get specialist-consultative services in the institution. This provided an opportunity for the doctors to work not only with hospitalized patients, but also with patients from the city of Skopje, as well as from the entire country. In 2013 the Department of Geriatrics was completely renovated and reconstructed. The central kitchen was renovated where 1.000 meals are prepared every day, as well as the central warehouse space and the changing rooms for the employees. The Government of the Republic of Macedonia invested 1.000.000 Euros for renovation of more than 4.000 m². Now we can say that we are proud about the truly high standard of accommodation of these patients, which is very important, because the patients do not stay for only few days in our institution, sometimes they stay for months, and some patients even stay for years, and the conditions of their stay are very important.



The Gerontology Institute, as a reference institution, with its highly educated and specialized staff, participated in the preparation of two key documents in the Republic of Macedonia in 2010, as follows: the National Strategy for Old People and the National Strategy for Palliative Care. These documents identify the priority fields for improvement of the quality of life of old people and people in terminal stage of malignant or chronic disease, and an institutional framework is set for care of old people and palliative care. As part of the realization of the Action Plan for Palliative Care in the Republic of Macedonia, the institution with its staff is included in the plans for opening several palliative centers throughout the country, in all segments, and primarily for education of the staff which will be engaged in these centers. There is an ongoing major new project – Center for Chronic Wounds. Several new services are planned for the patients with chronic wounds, who will be exclusively provided in our institution. An operating room is also projected, where gangrene cases will be operated, which will reduce the scope of work in the acute hospitals, and the patients with gangrene will be provided an increased quality of life. In addition, the capacity of the hospital will be increased by 100 beds. There is an ongoing accreditation of the institution in its field of activity, however also an accreditation for a teaching base at the Faculty of Medicine for the part from the curriculum for geriatrics and palliative care, for undergraduate and specialist studies of doctors and nurses. Our successful story lasts and will continue to last because we, as a Gerontology Institute, monitor the condition, we study and evaluate it, we plan the projection of the future health needs and functional disabilities of elderly people and people who need palliative care, in the institution and of course, outside the institution.



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