

Palliative Care
Education



CODE
YAA



Empowering Voices in Palliative Care Education – Highlights from October 2025 to March 2026

As the Chair of the CODE-YAA@PC-EDU Action, I am immensely proud of the dynamic momentum we have collectively achieved. The past several months have been defined by a relentless drive to bridge the gap between scientific research and clinical practice. Our journey took us to the 10th International Research Conference in Liverpool, where we presented our vision for harmonized European-wide standards in palliative care education and science communication. We have also deepened our outreach through targeted webinars, exploring everything from effective infographic design for advocacy to the essential skills of building stakeholder relationships

A significant highlight was our Scientific Project Meeting in Gdańsk, where our Working Groups aligned on 2026 milestones and celebrated the inaugural Influencer Awards, honoring digital innovation in Uganda and global leadership through PACED. From practical workshops in Latvia to stakeholder engagement in St. Gallen, our members are actively transforming theory into measurable impact across the Pan-European region. As we prepare for the 20th EAPC World Congress in Prague, we remain steadfast in our commitment to a gender-equal, evidence-based future for healthcare education.

Piret Paal

In this newsletter
you can expect:

World Hospice
and Palliative
Care Day

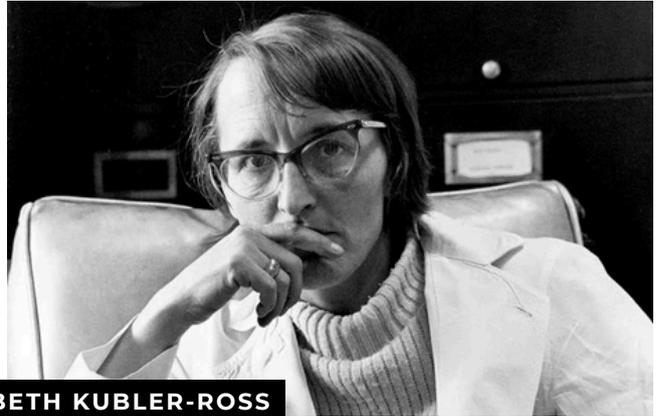
Influencer
Award Winners

Gdańsk
Scientific
Meeting

Advocacy &
Education
Webinars

Research &
Standardization

Future Events &
EAPC Prague



PSYCHIATRIST ELISABETH KÜBLER-ROSS

World Hospice and Palliative Care Day - October 11, 2025

A global day of action to raise awareness and understanding of palliative care, and to support compassionate care for all.

2025 Theme - "*Achieving the Promise*" - campaign highlights the urgent need for universal access to palliative care.

Subthemes: Psychiatrist Elisabeth Kübler-Ross

- Empowering people and compassionate communities
- Implementing policies to improve access
- Integrating palliative care into healthcare systems through Universal Health Coverage (UHC)

Palliative care improves the quality of life for patients and their families facing serious illness — addressing not only physical pain, but also emotional, social, and spiritual needs. It is not only for people at the very end of life — people with life-limiting or chronic conditions can benefit greatly.

The CODE-YAA@PC-EDU (COST Action CA22127) was launched to integrate and enhance education and training in palliative care across Europe.

Key Milestones in the history of modern palliative care:

1967: Dame Cicely Saunders founded St. Christopher's Hospice in London, introducing the concept of "total pain".

1969: Psychiatrist Elisabeth Kübler-Ross published *On Death and Dying*, describing the five stages of grief and opening public dialogue on end-of-life care.

1974: Inspired by Saunders, Florence Wald, Dean of Yale School of Nursing, founded the first hospice in the U.S.

1980s–1990s: Palliative care expanded internationally.

In 1987 it became a recognized medical specialty in the U.S., and in 1990 the WHO defined it as an essential part of healthcare focused on quality of life and holistic care.

Why Palliative Care Matters?

- Every year, 60 million people worldwide need palliative care.
- Only 14% of those who need it actually receive it.
- The greatest unmet need is in low- and middle-income countries.
- Palliative care is not only about end-of-life support — it improves the lives of patients with serious, chronic, or life-limiting illnesses and supports their families with emotional, social, and spiritual care.

Advocacy for Palliative Care Education

On 2d of October 2025 a webinar on the topic of 'Advocacy for Palliative Care Education – Infographic Design' with our amazing speaker - Prof. Piret Paal (CODE YAA Action Chair) took place. In this webinar our speaker explored effective strategies to visualize advocacy message effectively with the stakeholders, with a focus on palliative care education.





10th International Research Conference on Best Care for the Dying Person in Liverpool, UK

Piret Paal presented the poster titled “Bridging Science and Practice: Science Communication in the CODE-YAA@PC-EDU Project” Science communication plays a central role in bridging the gap between science and practice and this work reflects our commitment to strengthening that connection. Our poster highlights how the CODE-YAA@PC-EDU project integrates evidence-based communication strategies to support palliative care education across Europe.

Stephen Mason presented an oral speech titled “Is it possible to develop European-wide standards for palliative care education? The EU-COST Action CODE-YAA Project”. The presentation explored the feasibility of developing shared European-wide educational standards in palliative care and highlights the importance of: international collaboration, harmonized training approaches, evidence-based competencies.



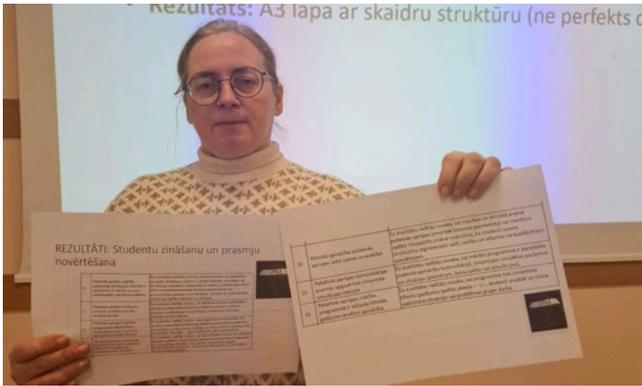
Webinar - Building Relationships

On 27th of November 2025 a webinar on the topic of ‘Building Relationships’ with our speaker - Victoria Hewitt took place. Victoria Hewitt is a specialist palliative care physician and educator based in England. In this webinar our speaker explored effective strategies to build relationships in advocacy, how to engage stakeholders, and ways to address resistance in advocacy, with a focus on palliative care education.



Representation of the Project

Eleonore Baum presented the CODE-YAA project to stakeholders in palliative care education at the annual IG Bildung und Forschung meeting in St.Gallen, organized by Palliative Ostschweiz. She provided updates on the project's recent developments and activities at the European level.



20th International Scientific and Practical Conference in Social Work

Julja Cirule-Galuza, presented the CODE-YAA project at the 20th International Scientific and Practical Conference in Social Work, organized by the Pedagogy and Social Work Centre of Riga Technical University (RTU) Liepāja Academy, which took place in Liepāja, Latvia on 20 January 2026.

Julja Cirule-Galuza presented the CODE-YAA instrument. Participants worked with the Quality Indicator List (QIL) as a practical tool to: evaluate existing approaches to palliative care education and training programmes, design new training initiatives for social workers and informal caregivers, structure and systematise key principles of high-quality palliative care education.

Working Group 2 Meeting

26 January 2026

Online Meeting

WG2 Meeting

Key topics included:

- Progress on translating the validated quality indicators for palliative care education.
- Development of a multilingual glossary to support consistency in translation and interpretation.
- Strategic shift from the initial scoping review to preparing a future White Paper on translation, culture, and palliative care education.
- Dissemination strategies for WG2 outputs across scientific publications, conferences, and digital platforms.



32ND ITALIAN SICP CONFERENCE (6 Dec)

Minna Hökkä, vice action chair of Code-YAA, was invited to present the project at the 32nd Italian SICP conference on palliative care. In her presentation, she provided a brief overview of the current state of palliative care education in light of the recently published EAPC Atlas of Palliative Care. There is still an urgent need for advocacy in the field of palliative care education. The project overview and the outcomes already achieved were presented. The future work was also addressed.



INFLUENCER AWARD WINNER



Influencer Award Winner: Diana Nabunje Lubega

Diana leads the development of mPallCare through MRT IT PEAKS LIMITED — a mobile and web-based platform designed specifically for resource-constrained and humanitarian contexts.

mPallCare enables health workers to document patient assessments, monitor symptoms over time, coordinate care across teams, and access evidence-based guidance — even with limited connectivity.

The platform was co-designed with frontline clinicians and policymakers, built to work offline, support multiple languages, and adapt to real community and facility workflows.

Diana’s work reminds us that technology alone does not solve problems — people do. Digital tools matter when they are grounded in lived experience, designed with humility, and focused on real-world impact.

Influencer Award

Winner



The Foundation for Palliative Care Education

Institutional Influencer Award Winner: PACED

PACED is an international non-profit organisation based in the UK dedicated to enhancing palliative care through education. Its aim is to broaden access to high-quality, ethically sound, and culturally appropriate palliative care by investing in knowledge, leadership, and communication.

PACED mainly targets Central Asia, Eastern Europe, the South Caucasus, and the Baltic states—areas where palliative care systems develop unevenly and frequently encounter structural, educational, and policy challenges. Rather than focusing on short-term projects, the foundation seeks to establish sustainable professional capacity and long-term educational frameworks by combining international expertise with local contexts.

PACED also invests in various formats—webinars, schools, publications, and learning initiatives—to make education accessible across borders. Through partnerships with professional associations, international networks, and specialists, the organisation fosters peer exchange and supports emerging leaders. Beyond formal education, PACED actively promotes transparent and ethical communication about palliative care. By dispelling common misconceptions, encouraging patient-centred approaches, and collaborating with policymakers and professional communities, the foundation helps to shift perceptions of palliative care—from an optional service to an essential part of healthcare systems.



CODE-YAA@EDU MC meeting in Gdansk - Poland

Key highlights included:

- Updates on ongoing research activities across Working Groups
- Identification of shared challenges and opportunities for collaboration
- Alignment on short- and long-term objectives
- Planning of upcoming activities, deliverables, and milestones

The meeting reinforced our collective commitment to high-quality research, knowledge exchange, and impactful outcomes. We thank all participants for their active engagement and valuable contributions.

INTERNATIONAL DAY OF WOMEN AND GIRLS IN SCIENCE

11 FEBRUARY 2026

Advancing Equality Across Europe



In line with these European priorities and the values highlighted by the International Day of Women and Girls in Science, the CODE - YAA@PC-EDU project actively strives to be gender-equal in its approach, ensuring equal opportunities for women and men in participation, representation, and decision-making, and applying a gender-sensitive perspective throughout its activities and outputs.

In response to these challenges, the European Commission has embedded gender equality firmly into its research and innovation policy framework, recognising it not only as a fundamental right but also as a driver of research excellence, quality, and societal relevance. In this context, the European Commission has prepared the Action Plan for Women in Research, Innovation and Start-ups, which aims to strengthen support for women and address remaining barriers across these sectors. The Plan is expected to be adopted in the second quarter of 2026

Webinar **Advocacy for Palliative Care Education Series**

Building Relationships

 **Date:** 19.02.2026 | **Time:** 15:00-17:00 CET

Advocacy for Palliative Care Education (Feb)

This webinar is part of a series focused on strengthening advocacy and supporting the dissemination of high-quality palliative care education across Europe. Participants will explore strategies for building effective relationships, engaging stakeholders, and enhancing collaboration within the palliative care community.



WG6 Meeting (March)

A highlight of the session was the participation of many new and old members from across Europe and beyond, including experts from Turkey, Spain, Greece, Croatia, Northern Ireland, Portugal, Palestine, Belgium and Ukraine. The introductions revealed a high level of enthusiasm and a diverse range of expertise in palliative care, nursing, and educational technology.

CODE-YAA Grant Opportunities

Expand your network, share your research, and advance palliative care education.



Short-Term Scientific Missions (STSM)
International lab visits & collaboration.



Dissemination Conference Grants
Present Action work at external conferences.



ITC Conference Grants
Support for researchers from ITC countries.



YRI Conference Grants



Virtual Mobility (VM) Grants



Virtual Networking Support

Grant Opportunities

Applications are currently open for the following grant types:

- Short-Term Scientific Missions (STSMs) – approximately 4 grants
- Virtual Mobility Grants – approximately 3 grants
- Young Researcher and Innovator Conference Grants – approximately 3 grants
- Inclusiveness Target Country Conference Grants – approximately 3 grants
- Dissemination Conference Grants – approximately 4 grants

We are sharing this reminder now for a clear reason: applications submitted by the end of March help us plan the year's budget and activities more effectively. Applications may also be possible later, but early submissions make the process easier for everyone.

Future Events



Online Meeting

- Type: Online Working Group Meeting
- Date: 8 April 2026
- Location: Online

**RESEARCH COORDINATION,
DISSEMINATION
AND CONTINGENCY MEETING**

Hybrid Working Group Meeting
8 May 2026
Malaga, Spain

- Type: Hybrid Working Group Meeting
- Date: 8 May 2026
- Location: Malaga, Spain

International
Collaborative
**for Best Care
for the Dying Person**

**SUMMER
SCHOOL**
11-12 May 2026
Málaga, Spain

- Type: Summer School
- Dates: 11-12 May 2026
- Location: Malaga, Spain



Online Meeting

- Type: Online Working Group Meeting WG2
- Date: 3 June 2026
- Location: Online

The CODE-YAA TORCH – Empowering Ethics and Leadership Education Programme

Type: Training School (face-to-face)
Dates: 8-12 June 2026
Location: Navarra, Spain



- Type: Training School (face-to-face)
- Dates: 8-12 June 2026
- Location: Navarra, Spain

EAPC
VZW
European Association for Palliative Care
20th World Congress
Palliative Care Research: From strong foundations to new horizons
14 - 16 May 2026
Prague, Czech Republic

EAPC Congress in Prague at 14-16 May. CODE-YAA project is widely represented at the congress. You are warmly welcome to visit the project booth to meet the team and connect with others. The project's results and active contributors can be encountered in the poster sessions, panel discussions, and lectures. We hope to see you at the congress