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## Foreword

David Clark

It is well known that the field of modern palliative care developed from modest beginnings, was led by a small band of enthusiasts, and often operated outside or on the margins of the mainstream health and social care system. But as hospice founder Cicely Saunders famously said, 'we moved outside the NHS in order to let new ideas and practices come back in'.

This training manual is eloquent testimony to the success of that ideal.

In the last half century, huge strides have been made to bring about the recognition of palliative care as a specialist activity. We have seen the growth of clinical centres of excellence, accredited training programmes, academic research groups and professional societies that support the local, national and international development of palliative care.

There is much to celebrate.

Yet at the same time, evidence of the growing need for palliative care continues to mount. It is estimated that the current number of 56 million deaths worldwide each year will rise to [92 million by 2050](#). One recent calculation from a [Lancet Commission](#) suggests that every year 50 million people could benefit from palliative care. At the same time, we know from [global mapping studies](#) that just 30 countries, accounting for only 15% of the global population, have access to the highest levels of palliative care provision. Even within those jurisdictions, we recognise there remain significant problems of access to the care that is needed.

A major and badly needed shift in orientation is therefore underway.

Specialist palliative care, research, education and clinical services will continue to have an important role. But increasingly we must look to raise overall standards of palliative care competence and confidence across the entire care system. This means palliative care enhancement in the practice of people work in many areas and specialisms, new collaborations with other fields, and the strengthening of palliative care in community and primary care settings.

Here in Scotland, we are fortunate to have a group of people who are massively committed to these ideals of 'generalist' palliative care. This handbook and its accompanying course are packed full of evidence-based wisdom and insight that will prove invaluable to so many people wishing to improve their palliative care practice. Put together by contributors with high hopes and feet firmly on the ground, the Enhanced Palliative Care programme will be an invaluable resource to many and a direct benefit to many, many more who will receive care that has been influenced and improved by it.