

Portuguese National Cancer Strategy – Summary

National Plan for Prevention and Control of Oncological Diseases 2007 - 2010 is the document that defines the Portuguese cancer strategy.

This document establishes 6 priority areas

Health Promotion and Primary Prevention

Promote healthy behaviours and increase healthy and safety environments. Main actions concerning tobacco consumption, obesity control, promote healthy diet, reduce alcohol consumption and sun exposure (especially in infants and youngsters), promote physical activity and prevent exposure to mutagenic and carcinogenic substances.

Screenings

Implement organized screening programmes on a population basis, according to the European Council Recommendations for Cancer Screening (2003/878/CE) for:

- ✓ Breast Cancer – mammography screening in women between 50-69 years.
- ✓ Cervical Cancer – pap smear screening or equivalent test for cervical cancer not before 20 and not later than the age of 30.
- ✓ Colorectal Cancer- faecal occult blood screening in both men and women between 50-74 years.

Integrated Care

- Oncological Patients Reference Network must be drawn in order to ensure a multidisciplinary approach and continuity of care, for all oncological patients, since diagnosis to palliative care.
- Waiting times management since reference to treatment. Timely access to proper diagnosis and quality treatment in order to improve the results achieved in the control of cancer.
- Assess the current situation, of radiotherapy, at national level and define the needs of equipment and human resources for the next decade, as well as the geographic distribution of such equipments according to established international criteria.
- National diagnosis, therapeutic and follow-up guidelines for all cancers.
- Psycho Oncologic Care to improve quality of life and reduce psychological morbidity in oncological patients.

Research

In 3 main areas:

- ✓ Epidemiological research
- ✓ Basic and translational research

- ✓ Clinical research

Training

Increase specialized training and number of human resources available in order to promote high quality and multidisciplinary treatment for oncological patients, in the following areas:

- ✓ Medical Oncology
- ✓ Oncologic Surgery
- ✓ Radiotherapy
- ✓ Primary Care
- ✓ Psycho Oncologic Care
- ✓ Nursing

Epidemiologic Surveillance

Harmonize Regional Cancer Registries (RCR) to improve epidemiological supervision, by:

- ✓ Improving the quality and usefulness of registered data
- ✓ Establishing indicators that enable the assessment of data related to waiting time and therapeutic intervention results
- ✓ Create information to support decisions
- ✓ Allow effectiveness studies