

Women's Palliative Care Workshop 12-13 May



Over 60 women from a combined Western Nepal churches women's fellowship gathered in Pokhara for a 2-day palliative care workshop. They learned practical aspects of caring and listening skills. Some already had elderly or infirm relatives for whom they cared

It was the first time the 4 facilitators (Manju (INFI PC nurse), Purna (INFN community PC worker), Ruth (Counsellor from Green Pastures Hospital) and Dr Ruth (INFN PC advisor) had led this training together, and the participants were enthusiastic.

National Strategy for Palliative Care in Nepal:

We have now completed the first draft of the National Strategy. NAPCare will now be engaging with the ministry of health and other groups to get the strategy accepted and adopted into health service policy.

Oral Histories for Palliative Care in Nepal:

Palliative care started in Nepal around the turn of the Millennium. As has frequently happened around the world, enthusiastic pioneers, many of whom witnessed hospices and palliative care service in other countries, realized the great need in Nepal and felt the call to respond.

We have been learning more about their stories, through our oral history (OH) project. We have interviewed a number of those pioneers and have heard accounts of dogged determination to establish services, engage with health leaders and government and to secure morphine supplies, amongst many other things.

In time we hope to establish a repository of oral histories which will be useful to map out the early development of palliative care in Nepal and which will be available for future generations to access.

INF Visa Delays:

Although INF's 5-year agreement with Nepal government was signed in Jan 2016, specific project agreements which stipulate allowed areas of work and visas posts are still in process. This delay has necessitated all INF expats transferring to tourist visas (which has impacted normal work), and when the allowed maximum days have been utilized, needing to leave the country temporarily.

This has meant INF staff palliative care training, and field work for post-earthquake related palliative care needs assessment have had to be postponed.

Palliative Care Making a Difference: Community PC service for Pokhara



Green Pastures Hospital has its first PC community worker. Purna had 3 months' on-the-job experience in a hospice in Kathmandu, and commenced at GP in early May. Here she reflects on her background and experiences.

I am a staff nurse, and have worked 14 years with INF as a community supervisor, drug counsellor and Health educator in various locations. Pokhara is my hometown and PC is a new programme here.

2yrs ago I had a short training then a chance to visit palliative care centres and it motivated me for Palliative work., My 3 months training in Kathmandu was very fruitful - assessing patients' pain and symptom level and managing treatment; community visits and counselling clients and their family members.

My hopes for training opportunity in India in June are to learn more about Palliative care service; be practically involved with palliative clients and staff team; and keep learning about pain and other symptom management.

"Please pray for the new community palliative care service through INF, Green Pastures, and for the GP team. Please remember Manju sister and myself for the training in Hyderabad in June."

Visit to United Mission Tansen Hospital – 4 – 8 March 2016

Manju, Dr Ruth and Dr Dan visited Tansen Hospital where we did a brief needs assessment. We also adapted and tested a tool for identifying patients with palliative care needs we will use for our ongoing needs assessment work. We did some teaching sessions for hospital nurses and also for the Diploma in Pastoral Ministry course taking place in Tansen at that time. It was great to be in Tansen with Manju, as she will start her work at Tansen in late July when she returns from training in India.

Prayer and Praise Points:

Give thanks for

- The 60+ enthusiastic women from various churches attending the PC workshop in Pokhara in May, and for ongoing vision to see how caring for palliative and frail elderly can be a wonderful opportunity to show Jesus' love and care
- Purna commencing work with the new community PC service at



Green Pastures Hospital



- A worthwhile visit to Tansen for Dr Dan, Dr Ruth & Manju in March, piloting a tool for the PC needs assessment, and various PC teaching opportunities.
- Good progress with oral histories in spite of recent work restrictions due to visa issues

Please pray for

- Continued helpful discussions and progress of the draft national PC strategy document, as it is considered at higher levels
- Manju and Purna as they both spend June in a well-established PC service in Hyderabad, India for PC training
- Good understanding between INF and relevant government departments; relevant project agreements with visas to be finalized soon; and clear vision and resources for INF's PC involvement over the coming years



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