

# PALLIATIVE CARE

## *ripples*

Updates on how INF is supporting Palliative Care development in Nepal

### Training Opportunities in India:



Manju (INFI PC nurse funded by EMMS) and Purna (INFN PC community worker funded through INF UK) both completed PC training in Hyderabad, India from 4 June- 2 July, which was very worthwhile. The facilitators were impressed with the calibre of these 2 women, and Manju attained best performance in theory

as well as practice



Manju receiving her certificate in Hyderabad

### Travels in India and beyond:

INF's current visa problems opened up unexpected but valuable opportunities for Dan in August and September. He reports...

"First I went to Kampala for the African Palliative Care Association conference, meeting colleagues working in low-income countries and learning more particularly about the African context.



"I was delighted to meet up with the palliative care team from Eldoret, Kenya, whom I had mentored in 2014, and hear them give a presentation about their service.

"Moving on to India I was able to see and learn such a lot from a number of established services as well as do some teaching and mentoring particularly around evaluation and research.

"Based in Bangalore thanks to the generosity of Jeremy Johnson, a colleague from the UK who is working there, I visited Hyderabad, (right) and Christian Medical College, Vellore, a centre of medical excellence renowned throughout India and one of the first PC services established in the country.



Dan with Dr Stan Macaden an Indian Palliative Care pioneer based in Bangalore.

"Finally, from India I crossed the Bay of Bengal to Kuala Lumpur, visiting Hospis Malaysia- a very busy community based service with specialist nurses providing really excellent and complex palliative care.

"All in all it was a great opportunity to see palliative care delivered with great ingenuity in often less than ideal situations and to create and consolidate great links for the future."

## Palliative Care Making a Difference: Reflections from Manju

Purna and I participated in the “Certificate Course in Pain and Palliative Nursing” (CCPPN) in Hyderabad India. It was very intense training based in hospital, hospice & community settings.

After one month of training in Hyderabad I headed to Lalitpur UP India where I had another attachment in PC with EHA (mission hospital). During this time, I learned many things really applicable in our settings - total pain, its assessment and proper management and communication skills; cancer wound management; and lymphedema management (which I am implementing now). Another big learning area was dealing with the difficult question of “collusion” and how it exists in our culture.

I was impressed by the community services I observed in different places. Reaching out to the community is very important - financial, social, cultural, geographical and family issues can be barriers for getting even basic health services. The community care provider helps minimize these barriers providing and promoting health services.

*With a gentle smile one of the staff said “**We shamelessly keep going to them even though repeatedly get rejection from them.** Many times they close the door if see us coming from far. We still go, knowing that they are in difficulty, and they don’t understand. We just try to remain calm and patient”. What an amazing experience to see this kind of service, and this will help me to deal with similar circumstances in my day to day practice.*

In United Mission Hospital Tansen, Nepal, I go on the doctors’ rounds, am seeing palliative or pain patients referred by the doctors, then doing needs assessment and management with the treating team. I am conducting PC classes for the staffs, as well as pain management, and community visits.

### Prayer and Praise Points:



Manju teaching a family member about wound care



#### Give thanks for

- The very worthwhile training time for Manju and Purna in Hyderabad, and then for Manju in Lalitpur that has farther equipped these 2 women.
- Opportunites that have arisen despite the INF visa/agreement difficulties

#### Please pray for

- The process of working towards a National PC Strategy document
  - Palliative care development in INF: wisdom in planning the scope and structure
- Negotiations for the new revised INF health agreement and hospital registration processes; for wisdom for all involved and kindness from officials so that expat visas can be available again
  - Manju and Purna - for wisdom as they apply their PC knowledge and skills, and for ongoing good relationships with clinical colleagues.

