

PALLIATIVE CARE

ripples

Updates on how INF is supporting Palliative Care development in Nepal

Recent Updates:

Green Pastures Hospital: is undergoing significant transition and development. 5-year strategies are being developed for each technical area including palliative care (PC). Ruth was asked to take on the team leader role for PC, so with the GPH team, finalizing the strategy for appropriate PC development within the overall context is a high priority.



Purna continues to support the inpatient PC needs as well as the lowkey community service which is impacting lives in a

significant way, and we have a good foundation on which to build future community work. We are keen to continue some research into pain impacting leprosy -affected patients and to trial an intervention plus continuing data collection on impact of pain for Spinal Cord Injury (SCI) pts.

New SCI ward at Green Pastures Hospital



Tansen Hospital: Manju is seconded to this busy 166-bed hospital and continues to pioneer the first non-cancer PC in-reach service in a Nepal general hospital.

inf
INTERNATIONAL
NEPAL
FELLOWSHIP

Recent Events:

Palliative Care team visit UK: Dr Dan, Manju & Dr Ruth had a smorgasbord of PC meetings, conferences and networking opportunities in UK late Jan-early Feb - see article/photos over page.

The visit was Initiated by our interest in the use of 2 Internationally validated PC tools.

One is the **SPICT (Supportive and Palliative Indicator Tool)** that identifies patients with palliative needs, especially for general health settings. With colleagues from Sub-Saharan Africa, India & Malawi, Dr Dan is leading a Delphi study adapting this tool for low Income settings including Nepal.

The second is the **Palliative Outcome Scale (POS)** another validated tool which we are translating into Nepali and is both a useful clinical tool for understanding a patient's main concerns and for service evaluation.

PC National Strategy

The PC Strategy endorsed by the government in May 2017 will have a follow up meeting in Kathmandu late February with overseas colleagues from Two Worlds to continue to support NAPCare to keep moving toward implementation.

Regional PC Conference

The annual Indian PC congress will be in Delhi late February, and Dan & Ruth will present some of the research work undertaken in Nepal. Dan, Purna and Ruth will visit PC community services in Lalitpur and Delhi prior to the conference.

Palliative Care team visits UK:

Dan, Manju & Ruth were privileged to have 2 ½ weeks in UK and met with many PC colleagues.

Manju had a 2-week clinical placement at St Columba's Hospice, Edinburgh, and Dan & Ruth had a general medicine update for PC physicians, for which Dan unexpectedly and at short notice was asked to give one of the teaching sessions. We met with colleagues at the Primary and Palliative Care Research Group at Hull University to discuss possible collaboration.

The team attended the inaugural SPICT (Supportive and Palliative Indicator Tool) conference in Edinburgh, leading a workshop on the adaptations of SPICT for low income settings (SPICT-LIS). We also enjoyed time with various PC colleagues in Edinburgh including the University of Edinburgh's Primary Palliative Care Research Group (PPCRG), Global Health Academy and Edinburgh Palliative & Supportive care Group (EPaS). We met with friends from the International Primary Palliative Care Research Network (IPPCRN) and enjoyed a traditional Burns dinner as guests of EMMSI. Our final meetings were with EMMSI colleagues who are supporting several of our PC developments and visited INFUK colleagues who are partnering with our PC project at Green Pastures Hospital.



PC team in national dress at EMMSI International Burns dinner held at the historic Royal College of Physicians Edinburgh. Here in the "new library" which was added in 1770's.



Ruth presented our small project translating the Palliative Outcome Scale (POS) into Nepali, at a 2-day workshop at Cicely Saunders Institute, Kings College London, where we enjoyed meeting colleagues from around the world.

The trip was a wonderful opportunity to network with colleagues interested in PC tools, pain, breathlessness, and PC in a public health model – all very inspiring and very relevant to our Nepal context.

Posing with Dame Cicely at the POS conference!

Manju's reflections of her 2-week clinical placement at St Columba's:



Many thanks to Dr Erna and PC team at St Columba's Hospice Edinburgh

Highlights: A fantastic opportunity and experience to see palliative services in well-established organizations and different places and see different range of health care and social facilities; multidisciplinary team meetings – how they work; role of nurses especially in their leadership.

New insights: psychological aspect of care is an important issue everywhere: in UK despite fantastic facilities and resources still have loneliness in elderly frail, so still a gap. Some new skills – for example, more confident with syringe driver use.

Thoughts/ ideas for Nepal: How to provide patient and family the direct and indirect support needed with limited resources. If future funding, want to bring peer group together in day therapy particularly as clinical intervention. PC services still in early phases so much potential. MDT is good model in clinical practice; need increased awareness of value of PC – needs more time and awareness in health professionals generally

For permission to utilize content from Palliative Care Ripples or requests for inclusion on distribution list please contact Dr Ruth Powys [Russell] ruth.russell@inf.org or Dr Daniel Munday daniel.munday@inf.org

Photo Highlights:



Dr Dan presenting at Update for PC Physicians at Sobell House, Oxford



With colleagues from Primary Care & Palliative Care Research Group in Hull discussing breathlessness (COPD is the commonest PC condition in Nepal)



Discussing neuropathic pain in leprosy patients with Prof. Marie Fallon at Edinburgh Palliative and Supportive Care Group (EPoS)



International Primary Palliative Care Network (IPPCN) colleagues, and with our host Scott Murray, ready for Burns dinner and traditional Scottish ceilidh



Inaugural SPICT International conference in Edinburgh in collaboration with Primary Palliative Care Research Group (PPCRG) and Global Health Academy, University of Edinburgh. Dan chaired a session and led the interest group on SPICT-LIS – the low income setting version



At Kirkintilloch church with PC colleague Mhoira Leng, based in Uganda, who preached, Gary (from EMMSI) interviewed Manju at 2 morning services and led the evening interview panel



Ruth presenting our POS in Nepali project at Cicely Saunders Institute Kings College London

Prayer and Praise Points:

Give thanks for

- Good professional links, safe travelling and worthwhile conferences/discussions in UK
- Purna and Manju's ongoing work with people in western Nepal needing palliative care

Please pray for

- Plans for ongoing palliative care development as current projects are completed.
- Discussions and presentations of our work during the upcoming regional PC conference (Delhi 24-26 Feb) and visit to PC community services in Uttar Pradesh and Delhi