

Post-earthquake palliative care

Following on from our surveys in rural areas affected by the 2015 earthquakes, Sr Manju has been developing education for health post workers from these remote places. As part of the EMMSI-funded post-earthquake project, on June 12-13 we will be joined by up to 20 clinicians, many of them working in isolated situations, for a two-day palliative care course to be held at Green Pastures Hospital. Teaching will be based around the newly developed "Supportive and Palliative Care Indicator Tool for Low Income Settings" (SPICT-LIS) which will enable these essential health workers to identify and provide palliative care for people with advanced illness.



Pictured above: Ilampokhari – one of the isolated areas affected by the 2015 earthquake where we undertook our survey last year.

A recent article by Dr Dan et al on PC in Nepal has been published in the European Journal of Palliative Care.

Link :

<https://www.dropbox.com/s/iouw8kgumm3t4ay/EJPC-Nepal.pdf?dl=0>

Recent Events:

Implementing the National Strategy

There is so much which can be achieved in developing palliative care in Nepal and now we have the framework of the national strategy which was developed by the national organization (NAPCare) and adopted by the government in May 2017.

On 28th February, hot-foot from the Indian Palliative Care Congress in Delhi, members of NAPCare were joined by colleagues from around the world, who have been supporting palliative care development in Nepal, to have a day of exploring how the strategy could be implemented. It was a stimulating day highlighting the many resources which Nepal already enjoys e.g. a continuous supply of morphine and highly trained general doctors working in the community and how these could be utilized to make 'palliative care for all' a reality.

PC Workshops at Green Pastures Hospital

As part of the current project funded by INFUK, an Introductory PC Workshop facilitated by Ktm colleagues and GPH clinicians was held in March for 28 participants, and a Refresher PC workshop facilitated by Drs Dan & Ruth with Sr Manju was held in April for 18 participants who had previously completed the introductory course. (photos p3)

This was followed by meetings and an informal review of our GPH service.

Right: INF Palliative Care teams together at GPH.



Visit to Duncan Hospital – March 2018

Dr Dan had an opportunity to visit Duncan Hospital in Raxaul, just over the border from Nepal. This was his second visit, having previously gone there to do some teaching back in 2013 and it was great to be back.

This time he had been asked to undertake an evaluation of a new community palliative care service - with a difference. Here the community health team, who have been trained in and are providing palliative care in the villages around the hospital are combining it with health promotion and disease prevention activities. This involves screening for oral cancer, providing education around the causes of oral cancer (chewing tobacco and betel leaves) and other non-communicable diseases (NCD) and checking blood pressure and blood sugar.



NCD Screening Clinic near Raxaul on the India – Nepal border

Throughout low and middle-income countries there is a rapid increase in the number of people suffering NCD which can be devastating for families and communities as people frequently die young from heart disease, strokes and cancer. Reducing premature deaths from NCD is one of the Sustainable Development Goals of the United Nations and much effort is going into finding ways of achieving this. It was really exciting to see how this new project is developing a way of providing essential palliative care and tackling the emerging NCD epidemic in north India and Nepal.

Regional Palliative Care Conference Feb 2018

Drs Dan & Ruth with Sr Purna attended this year's IAPCON conference in Delhi. Dan presented the post-earthquake survey results and Ruth presented our Delphi study developing the SPICT-LIS tool. The conference was a worthwhile time with a pre-conference research workshop that Dan helped to facilitate, then interesting conference lectures, conversations and valuable networking. Prior to the conference we travelled to Uttar Pradesh and visited a well-established community service run by Emmanuel Hospital Assoc in Lalitpur. We also visited a PC service in Delhi serving the HIV/AIDS and transgender population there. Afterwards, Sr Gilly from UK (pictured below right with Sr Purna and counsellor Ruth) came to Nepal and visited us at Green Pastures and had the opportunity to inspire our staff about holistic care.



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Above: Refresher PC workshop and Introductory participants (right)

Prayer and Praise Points:

Give thanks for

- Ongoing development of a long-term PC strategy for Green Pastures Hospital collaborating with the newly-emerging chronic disease management services
- Approval from Nepal Health & Research Council for going ahead with translation of the POS tool, and completion of the project developing the SPIC-T-LIS tool
- The worthwhile time in India for PC visits, pre-conference research workshop and IAPCON conference

Please pray for

- Planned training for health workers June 12-13 to be held at Green Pastures, and for Sr Manju as she takes a lead facilitator role
- Wisdom in seeking funds and making decisions re PC development
- Sr Manju as she continues to develop her own palliative care skills and the palliative care service at Tansen Hospital and in other hospitals in Nepal as opportunities arise.
- Ruth will be in Australia for home assignment from July to late October and Dan returns to the UK in July to undertake clinical work for a few months. Please pray for clarity for Dan regarding work in Nepal from 2019 onward.

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