

PALLIATIVE CARE

ripples

Updates on how INF is supporting Palliative Care development in Nepal

Simple Interventions Making a Difference

Neuropathic pain and communication have grabbed the attention of the Palliative Care team at Green Pastures Hospital and Rehabilitation Centre (GPHRC) in Pokhara over recent months, with some encouraging outcomes from simple measures.

A significant number of leprosy-affected patients experience neuropathic pain, which is often hard to treat effectively. There have been encouraging outcomes (and grateful patients) from applying low dose menthol in mustard oil. We plan to follow this up with more formal research.

“Communication – best done at eye-level” is underway for improving our patient interactions and communication. Thanks to a donation from an Australian palliative care unit, we now have a simple plastic stool for every hospital bed, well-labelled and well-recognized, linked with a campaign to educate both staff and patients about the use of these “communication stools”.



The patients are happy, and say they feel better understood and cared for.

Small, simple things can make a big difference.



Recent Events:

Community Training



Increasing understanding of palliative and holistic care, improving communication and gaining practical care skills is the aim of the 2-day workshop for non-health workers.

In May, the GPHRC palliative team were invited again to facilitate this training for 16 participants from various parts of the country studying a short full-time ministry course. There was eager participation and positive feedback.



IPOS Translation

A palliative tool, the Integrated Palliative Outcome Scale (IPOS) developed by Kings College London, is being translated into Nepali, funded by EMMSI. In June focus groups of patients, carers and health professionals were held to discuss understanding of the key concepts in Nepali language and culture.



INF Needs Assessment Research

We are coming towards the end of our initial palliative care needs assessment research programme funded by EMMSI, which has been used in developing the national strategy for palliative care and planning for its implementation.

Our most recent project was a survey of Nepali GPs about their experience of caring for people with non-communicable disease, focusing on asthma, chronic obstructive pulmonary disease (common in Nepal because of smoking, wood smoke cooking and pollution in cities), cancer, raised blood pressure, diabetes and palliative care. We asked GPs about the training they had received and their thoughts about the role of GPs in developing good models of care for these chronic conditions which are becoming increasingly common in Nepal and other low-income countries.

For this project we partnered with colleagues at Nick Simons Institute, which trains GPs for rural areas and PHASE Nepal, another rural healthcare organization. The results have shown that GPs are aware of the importance of developing good systems for chronic disease management, but often lack resources. We were able to present our initial results at the International Rural Primary Care Conference in Delhi in April and again later this year we will present at the Royal College of GPs conference in Harrogate, UK. It is useful to discuss our findings with colleagues on the international stage to develop ideas on taking the project forward.

SPICT-LIS and Health Post Worker Training June 2018



June 12th and 13th we delivered training for community health workers from Lamjung and Gorkha Districts, the areas where we did our post-earthquake palliative care survey in 2017. Manju and Purna Maya worked hard to develop the programme and adapt training material for their needs.

Health post workers frequently work without the benefit of any local medical support in remote locations. As the incidence of chronic illness increases in these rural areas, the spectrum of disease which they treat is changing from infections and gastrointestinal illnesses to high blood pressure, diabetes and chronic respiratory disease – together with the complications of these conditions.



We were able to hear first-hand about the challenges they face and discuss cases which they had managed which could have benefited from a palliative care approach. The SPICT-LIS, that we have been developing, which enables health workers to identify and manage people needing palliative care fitted very well with their needs. We gave them all laminated copies and were able to explain to them how to use SPICT-LIS to assist them as they care for people needing palliative care.

This was our first experience of using SPICT-LIS in this way and the positive reception which they gave it was very encouraging. We are considering translating it now into Nepali, as it would help to have SPICT-LIS in their first language.



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Prayer and Praise Points:

Give thanks for

- The training for 28 health workers held at Green Pastures on June 12-13 for which Sr Manju was lead facilitator, supported by Dr Dan, Dr Ruth & Purna (INF Nepal PC community worker)
- EMMSI partnership with INF International over the past 4 years which has been strategic for Palliative Care development in Nepal through funding of PC opportunities and training; and for future partnership with INF Nepal for expansion of PC work at Green Pastures Hospital.
- The opportunity for Sr Manju to commence distance palliative care study through India Institute of Palliative Medicine
- INFUK's ongoing partnership supporting the continuation of the basic inpatient and community palliative service at Green Pastures, and for Sr Purna who maintained the service during Dr Ruth's temporary absence.

Please pray for

- Implementation of the long-term Palliative Care strategy collaborating with the newly-emerging chronic disease management services at Green Pastures Hospital
- Sr Manju as she studies while continuing her clinical palliative care work at Tansen Hospital and in other hospitals as opportunities arise.
- Future palliative care training opportunities planned for November & December, and for Dr Dan working in UK at present.

EMMS International

Cycle Nepal 2018

16 - 25 November 2018

Cycle 350km in 6 days through the foothills of the Himalayas!



Healthcare charity EMMS International's 350km Nepal cycle will take you on a journey from the bustling city and ancient temples of Kathmandu, to the charming lakeside town of Pokhara, on this life-changing challenge! You'll pass through rarely visited mountain villages, along secluded trails and see rural Nepal as well as exotic wildlife.

Watch the new Cycle Nepal [video](#) to really see what it's like!

Download the Registration pack and register now www.emms.org/cyclenepal.

Contact Louise Macleod at events@emms.org for more information