

PALLIATIVE CARE

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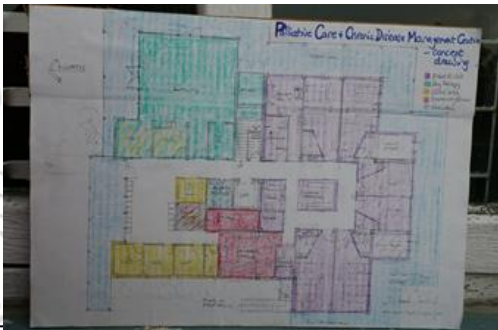
Updates on how INF is supporting Palliative Care development in Nepal

Palliative Care Plans for Green Pastures Hospital

International Nepal Fellowship (INF) Nepal has over the past few months started implementing the long-term PC strategy for Green Pastures Hospital (GPHRC) approved last September 2018. The model integrating palliative care (PC) with chronic disease management is reflected in the revised building design developed by an Australian architect, which incorporates clinics, Day Therapy, the community service base and a 10-bed inpatient unit.

Construction of this new building is funded by EMMSI (see photos of Nepal Cycle Rally) and the long preparatory process of obtaining Nepali design/ approvals etc has commenced.

Other PC clinical work and research projects continue - including using low-dose menthol for neuropathic pain, and a communication initiative, and results will be presented at the February regional PC conference in India.



The GPHRC concept drawing with 4 integrated areas, and below, the future site.



Recent Events:

More Community Training



Community training is a strategic priority and in December Purna shared PC sessions for a large gathering of 240+ women from western Nepal, and for a smaller intense health-worker training.

Refresher Workshop

Participants with their copy of the "PC Toolkit" which we hope to translate into Nepali



In December, following training in Tansen (see main article overleaf), Dr Dan and Sr Manju joined the GPHRC PC team to facilitate another 2-day PC Refresher workshop for 24 enthusiastic participants (6 INF and 18 non-INF) who had previously completed the 2-day Introductory Workshop. They had clinical updates and communication skills training. (photos overleaf)

IPOS Translation

The translation process funded by EMMSI of the African version of the Integrated Palliative Outcome Scale (IPOS) is still ongoing.

International Palliative Care Award

Sr Manju received a Health Care Professional Award in the 2018 Palliative Care Champion Awards from the World Hospice and Palliative Care Alliance in October for recognition of her work at Tansen.

Congratulations Manju!

PC Training at United Mission Hospital Tansen

December 5-6 the INF palliative care team and a British GP colleague based in Nepal, Helen Douglas, delivered PC training for 15 doctors and 15 senior nurses, health assistants and social service staff.



The 2-day course focused on PC as part of the integrated management of non-communicable diseases (NCD) – how to ensure that those with advanced illness and nearing the end of their lives receive appropriate holistic clinical care. Tansen Hospital cares for increasing numbers of patients with NCDs, many needing a PC approach to their management. (In 2016 a brief survey we conducted there showed around 10% of hospital admissions required PC). It is also at Tansen that Sr Manju has been establishing PC as a service – the first PC hospital consult service in Nepal.



In all our PC courses communication skills training forms a central part. Good communication skills are foundational to deliver holistic care, particularly in PC but also for all forms of chronic disease management which is the basis of management of NCDs. Communication skills training has become a cornerstone of post-graduate clinical training world-wide, however, in Nepal and other low-income countries, many doctors and other clinical staff do not receive such training beyond their undergraduate years.

Dr Helen has a special interest in communication skills training and has been developing this in Nepal. Her training was fun and was received very enthusiastically by all the participants. We hope to continue working with her to develop this training further in the future.



We delivered a teaching session for 37 doctors presenting the challenge of increasing NCDs in Nepal and the use of the adapted SPICTELIS tool for identifying patients with palliative needs, and a clinical update in pain management. There was also an opportunity to meet with the full pastoral care team for a PC focused session.



Publication on palliative care as part of NCD Management

Dan had the opportunity to visit Duncan Hospital in North India in 2017 to look at their service which combines PC with screening for NCDs and integrated NCD management. As a result, we have recently published an article exploring how PC is not only an integral part of integrated NCD management, but also enhances it in various ways. The article "*Integrated management of noncommunicable diseases in low income settings: palliative care, primary care and community health synergies*" can be found at <http://spcare.bmj.com/cgi/content/abstract/bmjspcare-2018-001579>

If you would like to read the full article, please let us know and we will send you a copy.

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More photos:



Cycle Nepal team from EMMSI finish 250km ride at GPHRC on Nov 23



Refresher Workshop held at GPHRC Dec 2018



Communication skills training:



Prayer and Praise Points:

Give thanks for

- Many opportunities during Nov-Dec for facilitating PC training: for doctors, senior nurses, health workers and community participants, in Tansen, GPHRC and Pokhara.
- EMMSI long-term partnership with INF and providing funding for construction of the new PC building at GPHRC.
- INFUK's ongoing partnership supporting Sr Purna and the continuation of the low-key inpatient and community palliative service at GPHRC

Please pray for

- Sr Manju as she continues her distance learning Indian National Fellowship in Palliative Nursing
- Opportunities for networking and learning for the team going to the PC conference in Kerala, India 7-10 Feb and presenting our clinical work from Nepal.
- Implementation of the long-term Palliative Care strategy collaborating with the newly-emerging chronic disease management services at GPHRC
- Future palliative care development at GPHRC, especially for additional required funding, and finding key staff

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