

PALLIATIVE CARE

ripples

Updates on how INF is supporting Palliative Care development in Nepal

Translation of Palliative Care Toolkit

The Palliative Care (PC) Toolkit, freely available via the IAHP website is a useful tool that we have utilized for health worker training. We are very pleased that funding has been obtained with help of partners in the UK to develop a version in Nepali which will include cultural adaptation to make it more relevant for the Asian context. We will be undertaking this work together with colleagues in NAPCare and the Gurkha Welfare Trust. In the future this very helpful resource will be readily accessible by health workers who would not easily understand the English version.

Green Pastures PC Update

The detailed PC building design for Green Pastures Hospital (GPH) Pokhara based on a chronic disease management-palliative care model is well underway and provides a 14-bed inpatient unit (10 adult and now 4 added paediatric beds), clinics, Day Therapy, and the community service. Funded through partner EMMSI, the construction is expected to commence by September 2019.

We are grateful that another partner has just promised funding that will provide equipment, a sensory garden, some staff salaries and training.

We have very pleasing results in our case series using topical low-dose menthol for neuropathic pain and are keen to further develop this work. Our new research assistant Sunita brings our team to 3, and she is facilitating our data collection and analysis.



Recent Events:

Introductory Workshop 10-11 March 2019



28 enthusiastic participants joined this training at GPH and were inspired about holistic care by senior Nepali colleagues and learnt some new clinical and communication skills. 12 participants were INF staff and others from health institutions in Pokhara.

IPOS Translation update

Our work on translation of the African version of the Integrated Palliative Outcome Scale (IPOS) into Nepali has continued and the final version has been approved by the Nepal Expert Committee. This will be submitted to the POS developers at Cicely Saunders Institute, UK for approval. IPOS in Nepali will be a valuable resource for evaluating PC services in Nepal as the national strategy is implemented over the next few years.



INF PC Team at IAPCON Feb 2019

The annual regional palliative care conference (IAPCON) run by the Indian PC Association was this time held in Kerala, South India. This is a great opportunity to learn about established PC services in India, share new ideas, and network with the international PC community.

Dr Ruth, Purna and Renuka, another nurse from GPH travelled to the conference from Pokhara and were joined by Dr Helen Douglas, our British GP colleague who is based in Kathmandu. Dr Dan managed to get time off from his post in the UK to travel to Kerala also. It was great to all meet up for the conference and to be able to discuss our ongoing work in Nepal.



We had five papers accepted for the conference, two oral presentations and three posters.

Dr Helen (photo R) presented the results of our survey of Nepali GPs concerning their management of people with chronic illnesses and palliative care and Dr Dan on the experience of people with advanced chronic illness, disability or who were old and frail who had lived through the 2015 earthquakes. Dr Dan also co-facilitated a session on clinical research presented the ongoing work on SPIC-T-LIS.



Poster presentations included: 1) Our Nepali translation of the African IPOS (see page 1). This highlighted the challenges of translating concepts for a different cultural setting as well as finding the 'right' words.



2) A case series showing significant relief of neuropathic pain in leprosy-affected and other conditions by topical application of low-dose menthol for 6 weeks

3) Communication initiatives at GPH – “best done at eye-level”, encouraging staff to utilize “communication stools” by each bed for improving communication and holistic care. Results of audits, questionnaires, and focus groups were reported.



Dr Dan presenting, including post-earthquake results, on SPIC-T-LIS; and facilitating clinical research interest group



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Prayer and Praise Points:

Give thanks for

- Opportunities for presenting our clinical work and for worthwhile networking and learning for the Nepal team who went to the PC conference in Kerala, India 7-10 Feb.
- Our partnership with and provision of additional funding (through INFUK) for equipment, staff and training for the proposed PC building at GPHRC (already promised through EMMSI), and for good progress with developing the detailed building plans and pre-construction work.
- Worthwhile Introductory PC Workshop, and for 28 enthusiastic participants who are keen to implement tis learning in their various health Institutions.
- A wonderful research assistant who has joined the GPH team and has made a significant contribution in just 2 months, and for the ongoing impact of the community service through Purna's caring service.

Please pray for

- Sr Manju as she continues her distance learning Indian National Fellowship in Palliative Nursing
- God's provision of the right staff to fill key PC roles at GPHRC in coming months and for ongoing wisdom as the PC service starts to clinically expand
- Work on translating the Palliative Care Toolkit, which will start on 28th April.