

PALLIATIVE CARE

ripples

Updates on how INF is supporting Palliative Care development in Nepal

PC Toolkit Translation project starts

The Palliative Care (PC) Toolkit, available via the WHPCA website, is a useful tool that we have previously utilized for health worker training.

April 29th was the first meeting of the Nepali translation project. We discussed the aims and plans for the work with the team and divided up the various sections for review to ensure the toolkit is appropriate for Nepal practice before the professional translation is undertaken. We plan to complete this work by June 9th. It was good to see a translated sample to get the feel for how the Nepali version would work. We are delighted that the work is underway and thankful for the support of 'Palliative Care Works' our partner in the UK for making it possible.

Recent Training Events:

Carers' Training at Green Pastures for non-professional carers 8-9 April 2019

This innovative training (the first of its kind in Nepal we think), was very well received. More details and pictures - overleaf



Green Pastures PC Update

Good progress with detailed planning for the new chronic disease management-palliative care complex has brought forward the construction date - now expected to commence in July 2019.

The construction is funded through partner EMMSI, and other capital costs, including landscaping sensory garden and additional equipment for the 14-bed inpatient unit, day therapy, community service and clinics plus some staff costs has been promised by an anonymous international donor/foundation through partner INFUK.

Meantime the core PC team (Purna community nurse, Sunita research assistant and Dr Ruth) continue with normal clinical, research and training activities. In coming months, 4 other key staff will be appointed and trained in preparation for the significant expansion of PC services commencing from mid-2020.

Looking toward location of new building site; the old buildings being demolished; and the site cleared



Post-earthquake project

The last part of the post-earthquake palliative care project funded by partner EMMS International is underway.

Following our survey of 5 village areas in Lamjung and Gorkha districts in 2016-17 and training for health post workers from the districts last year, we are completing the project with an evaluation of the training which we will undertake over the next few weeks.



House rebuilt in Lamjung following the earthquake

An electronic questionnaire was sent out last week with a good response. A visit to the area by Sunita (research assistant) and Dr Dan at the beginning of June is planned – hopefully the monsoon will hold off until after we have done this! It will be good to have contact with some of the enthusiastic health post workers we trained to see how they are getting on. The results from the evaluation will help us develop the training we are planning with the newly translated Nepali PC Toolkit in around 9 months' time.

Innovative Carers' Training

The palliative care team at Green Pastures Hospital (GPH) facilitated two days of training focused on non-medical home carers linked with Gurkha Welfare Trust (GWT). This innovative and unique training was held at GPH on April 8th & 9th with 20 keen participants including five GWT community-based staff.

The participants shared their experiences of looking after family members, learnt about holistic palliative care, and increased their practical care and communication skills. Our research assistant reflects, "Each participant came with hope and courage, clearly concerned for their family members and wanting to learn new things to help them to make difference in their beloved one's life".

This is a key area and can positively impact remote communities. Carers face many challenges and burdens. One carer shared she had been a full-time carer for 15 years without a day off. The participants appreciated some active fun activities as well as a very practical hands-on approach and there were more happy faces at the end of the training compared with before.



Practical training: bed bound care, including changing sheets and hair washing; crushing tablets; listening and communication skills; basic understanding of symptoms and what can be done in the home; thinking about self-care; lots of sharing of experiences; and some fun!

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Prayer and Praise Points:

Give thanks for

- Green Pastures Hospital's partnership with EMMSI and INFUK with the provision of funding to establish the expanding services; including capital costs (construction, special garden, external seating & equipment); some staff costs and significant PC training
- Worthwhile Carers's community training and seeing individual lives impacted and empowered.
- The staff God is calling to be a part of this exciting emerging chronic disease with palliative care model.
- Dr Dan's visit back to Nepal from April to June, including opportunities to facilitate toolkit translation and complete the post-earthquake project
- Sr Manju's continued study (distance learning for Indian National Fellowship in Palliative Nursing) and very useful data and information emerging from her audit of the impact of PC training at Tansen hospital.

Please pray for

- God's provision of the right staff to fill key PC roles at GPH in coming months; for ongoing wisdom as the PC service starts to clinically expand; and for good progress with construction work.
- Work underway on contextualization of the Palliative Care Toolkit, and for the Expert Group reviewing this work on June 9th in preparation for translation into Nepali.
- Future work to implement the Nepali Palliative Care Strategy so that palliative care becomes a reality for all in Nepal who need it.