

## Palliative Care Building commences at Green Pastures Hospital Pokhara

The foundation stone for the new GPH chronic disease management-palliative care complex was laid on 24th June 2019. (see photos overleaf).

Detailed design has been completed, and construction is expected to commence in the second week of August 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.

New PC staff will be added to the GPH team from this month.



*Artist Impression of future PC building  
above: main entrance (north-eastern side);  
below from western aspect*



## Future Planned Training Events:

### PC workshop for non-health workers

The first 2-day workshop for welfare officers of Gorkha Welfare Trust will be held at GPH on 9-10 September

### Advanced Communication Skills Workshops

A new PC refresher 1-day advanced communication skills workshop will be held on 25-26 September for two separate groups.

### Carers' Training for non-professional carers

The second of these innovative PC trainings for hands-on family carers of Gorkha Welfare Trust will be held 30 Sept- 1 October at GPH.

### Palliative Care Refresher Training

This 2-day training for health staff who have completed the Introductory PC Workshop will again be facilitated at GPH on 21-22 October

## PC Toolkit Translation Update

The translation project (supported by UK partner 'Palliative Care Works') of the PC Toolkit, available via the WHPCA website, is well underway. The expert advisory committee met in Kathmandu on June 9th to review all suggested changes for ensuring the toolkit is appropriate for Nepal practice, and now the professional translation is underway.

This toolkit, utilized for health worker training like for government health post workers (see article overleaf), will be even more effective with a future Nepali translation.

## Menthol intervention case studies

The PC team at GPH continue to see a positive outcome and collect data from case studies.

## Evaluation of 2018 PC training for government health post staff

A pioneering 2-day PC training for government health post (HP) staff was held last year at GPH, Pokhara on 12th & 13th June 2018 as part of the EMMS-funded post-earthquake PC project.



The training evaluation completed a year later was an online survey followed by a visit by a team (including Dr Dan Munday and PC Research Assistant Sunita) to six health posts in Rainas Municipality, Lamjung from 3rd to 5th June 2019. Due to the geographical differences, the number of patients attending HPs varies considerably, from only

4-5 patients per day in the most remote hilly area to 25-40 patients per day in the flatter section close to the river, depending on seasonal variation. Our observations demonstrated how difficult it is for the frail or chronically ill to access health care in some of these settings.

The online survey was completed by all but one of the 23 course participants. Twenty one found the course either very or quite useful for their work; 18 had used the PC Toolkit; 17 had used SPICT-LIS (Supportive and Palliative Care Tool - Low Income settings) and were quite confident in delivering palliative care to their patients; 15 reported that they had seen patients with advanced illness at least once a month; and 19 participants definitely wanted further training in palliative care.

Relatively few patients with non-communicable diseases were seen, the most common being COPD, hypertension and diabetes. The participants reported that their communication skills had improved, enabling them to be more attentive and focused on listening and talking to patients. Some of the participants had done home visits to cancer patients unable to attend the HP.

One participant said, "I have become more interactive with patients after this training as it helps me to understand my patient's feelings and I am looking forward to take more PC training in upcoming days."

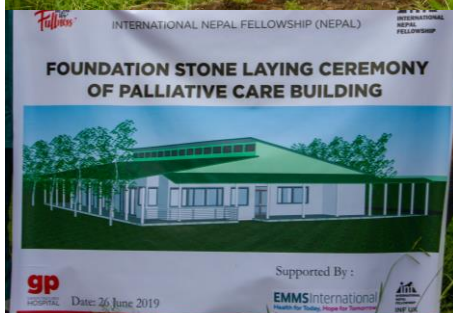
It is good to find that the training has been effective with more people receiving holistic care. However, there is still palliative care need all over Nepal.

### Foundation laying Ceremony

Photos: courtesy INF Communications team



INF Nepal's Executive Director (Mr Krishna Adhikari), Director of Medical Services (Dr Dipak Maharjan) and PC Team Leader (Dr Ruth Powys) laid the foundation on 24th June in the presence of over 70 staff and patients.



Many teams involved – palliative, medical, admin, donor, and engineering

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## Prayer and Praise Points:

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### Give thanks for

- The opportunity in June for Dr Dan & Sunita to follow up earlier government HP workers' training and for helpful results emerging
- Ongoing good progress with Nepali Translation of the Palliative Care Toolkit, with a productive advisory committee meeting held 9th June in Kathmandu, and the outsourced translation work proceeding well
- An encouraging foundation-stone laying ceremony for the new PC building at Green Pastures on June 26th, and progress toward beginning construction
- Sr Manju just completing her final exams for gaining the Indian National Fellowship in Palliative Nursing.
- The staff God has and is calling to be a part of this exciting emerging chronic disease with palliative care model.

### Please pray for

- God to clearly call a suitable lead nurse, doctor, counsellor and general helper as we appoint additional PC staff at Green Pastures over the coming weeks.
- Wisdom in selecting a Nepali construction contractor, and safety as site work commences from August
- The many PC training opportunities coming up in September-October
- Wisdom with ongoing long-term planning for the "integrated chronic disease with PC model" we are implementing