

## Palliative Team visits Lamjung



Dr Dan, Sr Manju and Sunita visited Lamjung District Hospital as part of the recent visit to Lamjung linked with our post-earthquake follow up and toolkit projects (see article overleaf).

## Congratulations Sr Manju

Sr Manju has completed the Indian National Fellowship in Palliative Nursing - and has topped her class. Well done!!!

In October, Manju joined the developing Palliative Care service at Green Pastures as the Lead Nurse. Welcome!



## PC Toolkit Translation Update

The translation project (supported by UK partner 'Palliative Care Works') of the PC Toolkit has now completed a draft Nepali translation ready for type-setting and an initial print.

On 1st November in Kathmandu the expert advisory committee reviewed the professional translation and made farther changes. Formatting and editing is underway to get the final version ready.

This Nepali version of the toolkit, utilized for example for health worker training for government health post workers (see article overleaf), will be piloted in March 2020, and a final edition will be produced by 2021.

## PC Training

The busy "season" of trainings during Sept-Nov was very worthwhile with good feedback from both health workers and community groups.

## IPOS in Nepali update:



We have now completed the revised Nepali version of this palliative care tool, following focus groups with patients, carers and health professionals. Pictured here is the focus group with health professionals who gathered at Hospice Nepal in Kathmandu in November.

## Lamjung Visit: 25-28 November 2019

Lamjung is in the mid-hills of Nepal, 3-4 hours travel from Pokhara (Lamjung bazaar pictured right).



Dr. Dan Munday (PC Consultant), Manju BK (Lead Nurse) and Sunita Bhandari (Research Officer) visited Lamjung District Community Hospital in the district centre, Besisahar. This was an opportunity to share with hospital staff including doctors, nurses, paramedics and social service staff about Palliative Care and the PC Toolkit translation project. "This was very fruitful as we met many enthusiastic doctors and nurses who want to know more about PC and are very keen to develop PC in their hospital" the team reported. They visited another small government hospital and health posts where they found the most common major health issues were COPD, heart disease, diabetes, hypertension and mental illness. Due to the lack of resources, these cases were generally referred to Lamjung District Hospital.

In order to support Health workers better manage non-communicable diseases along with Palliative Care needs, we are planning more training using the Nepali toolkit in March 2020. This will be a two-day programme for the multidisciplinary team from Lamjung District Hospital and government health posts. The networking and coordination with the local health institutions for planning is underway.

## Palliative Care Visit November 2019

During the first two weeks in November we were visited by Dr Kirsty Boyd a Palliative Care Physician at the Royal Infirmary in Edinburgh and Reader in Palliative Medicine at University of Edinburgh. Kirsty is the leader of the SPICT project which we have been involved with over the last 2-3 years. She worked for a few months in Nepal years ago as a junior doctor in Okhaldunga and Patan Hospitals and so had some previous experience of health care in our setting. The research team which Kirsty leads in Edinburgh have a particular interest in helping to develop palliative care in low income settings such as sub-Saharan Africa, India and Nepal. Dan is linked to the Edinburgh team and we hope to have opportunities of strengthening our research ties with them in the future. Kirsty was able to meet with colleagues in Kathmandu, witness the palliative care developments in Pokhara, and with Dan and Manju travel to Tansen Hospital and the Duncan Hospital in north India to see the palliative care work which is being undertaken there.



Dr Kirsty and Sr Manju with the community palliative care team from Duncan

## Prayer and Praise Points:

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### Give thanks for

- The opportunities in November with Dr Kirsty's visit, and helpful meetings and discussions in Lamjung in preparation for March 2020 training there
- Many PC training opportunities over September-October for health workers and community participants.
- Sr Manju's excellent results in her Indian National Fellowship in Palliative Nursing
- New PC staff at Green Pastures, and the enlarging PC team
- Draft completed of Nepali Translation of the Palliative Care Toolkit, which will be piloted in March 2020 training
- Good progress with the new PC building at Green Pastures due for completion mid-2020

### Please pray for

- God to clearly call a suitable doctor, and counsellor as we appoint additional PC staff at Green Pastures over the coming months.
- Safety and ongoing good progress with construction work
- Wisdom with ongoing long-term planning for the "integrated chronic disease with PC model" we are implementing
- Ongoing research opportunities