

PALLIATIVE CARE

ripples

Updates on how INF is supporting Palliative Care development in Nepal

Looking Ahead

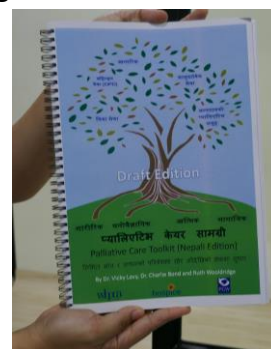
The start of the exciting new palliative care SUNITA project has been delayed till April 2022. This has been funded through EMMS International's UK Aid Match "Every Girl Matters" appeal thanks to the generosity of the British public and match funding from the UK government. As well as continuing to develop the Palliative Care (PC) Services at Green Pastures Hospital (GPH), it will develop evidence for rural models of palliative care, working with community groups to enable them to care better for their own frail or elderly. The project will encourage girl carers to continue with their education. This project vision, based on the WHO Public Health PC Strategy, recognizes that palliative care will be most effective if it involves the whole community. It also supports the international development drive to reduce poverty through enabling the education of girls.

The PC centre at GPH, which is the clinical, research and training base for SUNITA project, provides palliative care integrated with chronic disease management through a 14-bed inpatient unit, day therapy service, clinics, and community service. The Annexe also provides meeting, counselling, designated tele-health and office spaces as well as a gymnasium for chronic disease rehabilitation.



Rural health worker Training

Building on previous training with the Palliative Care Toolkit and Nepali translation project, the delayed training in Lamjung District for health workers from health posts and the district hospital will take place in November 2021. Following evaluation of this pilot, the Nepali translation will be further reviewed before publication and dissemination.



COVID-19 Research Collaborative

The first phase of the survey of faith-based organisations' provision of palliative care during COVID-19 in India and Nepal is complete. A short report has been published in BMJ Supportive and Palliative Care and can be downloaded here:

<https://spcare.bmj.com/content/early/2021/04/15/bmjspcare-2021-002924.abstract>

Our colleagues in India are continuing to interview palliative care teams and patients and their carers throughout India to explore how needs have changed and have been addressed during the ongoing pandemic.

Nepali PC Outcome Scale (POS)

In July 2021, we started a pilot using the Nepali POS for palliative care and chronic disease (PCCD) patients admitted to our PCCD ward. This simple tool helps to measure both holistic quality of life of patients and support of carers. It has been added as an appendix in the Nepali PC Toolkit.

Training Opportunities

Many of the planned PC training workshops have had to be postponed due to COVID-19 restrictions, but at GPH, newly recruited PC staff nurses have completed a four-month distance learning foundation course in palliative care and are contributing well to the newly established inpatient unit. Our medical officer has completed a foundation course in palliative medicine run by Pallium India. The GPH PC team continues internal teaching & training sessions.

Tele-health



The team has piloted a tele-health service with a follow up of a previous GPH tele-rehab project held a year ago in the first wave of the COVID-19 pandemic.

PC community patients and their care givers have been made aware of and reinforced with COVID-19 knowledge and its safe practices, and also offered psychosocial support.

Those in need of medical support were identified and vulnerable and poor patients who were in crisis were supported with food and other basic necessities.



PC Vehicle now has Wheelchair Elevator Platform



We are very excited to now have a wheelchair elevator platform installed in our PC vehicle. This is the first of its kind in Western Nepal (although there is at least one in the capital Kathmandu), and means we can transport patients to day therapy and to hospital safely while increasing access for those who are wheelchair dependent.

World Hospice and Palliative Care Day October 2021

"Leave No-one Behind - Equity in access" was this year's international theme. We again celebrated in GPH reflecting on past achievements, future plans, and the remaining challenges.



Prayer and Praise Points:

Give thanks for:

- Completion of the PC Annexe (right) as well as lovely main PCCD at GPH providing wonderful infrastructure for expanding services
- Final equipment purchases and sensory garden development underway, funded through INFUK donors
- Hope with the lifting of restrictions that training and other postponed programmes can now recommence.
- Dr Dan will return to Nepal in October joining the INFNepal PC team



Please pray for:

- God's hand of restraint on COVID delta wave pandemic, for the poor and vulnerable most affected by the ongoing economic fall-out, and wisdom for government leaders
- Preparation for the SUNITA project commencing April 2022 and for the ongoing services being developed at GPH.
- Training opportunities in Lamjung in November 2021 using Nepali PC Toolkit
- Those needing PC to hear of our services and to access them.



WORLD HOSPICE AND PALLIATIVE CARE DAY 2021
विश्व हस्पिस तथा प्यालिटिव केयर दिवस

INTERNATIONAL NEPAL FELLOWSHIP



LEAVE NO ONE BEHIND
EQUITY IN ACCESS TO PALLIATIVE CARE

Palliative Care as a right of all



Let's reach out to people in need of Palliative Care in Nepal