

Looking Ahead

Ongoing planning is in full swing for the April 2022 start of the exciting new palliative care Sunita project 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.

The Palliative Care (PC) Services at Green Pastures Hospital (GPH) will continue to develop as a clinical education and research hub, and this project will develop a model of primary palliative care (palliative care delivered by generalist clinicians in the community) initially based in Lamjung District. The scope of Sunita project enables us to undertake exploratory research on health seeking behaviours and the caring roles undertaken in the community, particularly by women and girls, the learning from which will inform the development of the model. Evaluation of the outcomes will enable the model to be evidenced based and we anticipate will assist, through the advocacy of senior colleagues, the Government of Nepal to adopt and roll out the model to other districts, supporting further implementation of National PC Strategy.

IAPCON 2022 online

The 29th International Conference of Indian Association of Palliative Care 2022 was held through virtual participation with the theme of "Towards Excellence and Equity in Palliative Care". Many of our PC staffs attended and benefitted from hearing about PC initiatives, and we presented our updated menthol series.



Palliative Care (PC) Sensitization and Awareness program

Community sessions aim to sensitize and increase awareness of PC options, hoping this encourages local communities to notice people in need, and make referrals in a timely way so that those suffering find relief and improved quality of life.

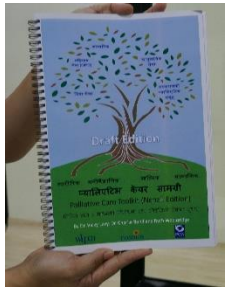
Two community awareness programs were conducted by PC team in nearby communities in December. The program was opened by the local "ward" president and the community chairperson, and the newly appointed INF Hospital Director and the Head of PC unit shared greetings and encouraged the community.

62 local people participated gaining awareness of what is Palliative Care, to whom, why, and how it can be delivered in the home and community setting. The community was enthusiastic, and the mainly elderly second group included a number suffering from chronic diseases themselves or providing care to others so the session was very productive giving them practical knowledge and ideas about giving and receiving care relevant for their daily life. The community chairpersons shared appreciation for this new initiative and showed interest for more Programs in the upcoming days (photos p3).

COVID-19 Research Collaborative

The survey of Indian mission hospitals PC response to COVID, published last year, has been followed on by a qualitative interview study, exploring experiences in more depth. The results of this were presented at IAPCON 2022 and we plan a follow up publication this year.

Palliative Care Toolkit in Nepali (PCTN)



Training using the draft edition of the Nepali Toolkit planned for March 2020 and postponed several times due to COVID-19, was finally successfully delivered at District Hospital Lamjung (DHL), 11-16 November 2021. It was the first programme in the DHL training facility since the pandemic started. The training programme was formally opened by the



District Health Officer (DHO), the senior government health official in the district, who has been very enthusiastic about the project since initial discussions in November 2019. The two-day workshop was delivered to two groups, so altogether ten district hospital staff and 20 government health post workers were trained. Five INF palliative care team members delivered the training along with three NAPCare colleagues from Kathmandu who had been involved in the expert group for the Toolkit translation. With agreement from the local government mayors, we plan to extend training to Female Community Health Volunteers (FCHV) sensitizing them to both the need for and the provision of palliative care in their



locality. FCHVs have a key role within health care provision in Nepal, forming the link between the community and health posts. They can advocate for palliative care services amongst their village community and link those in need with health posts and the district hospital. Pilot FCHV training planned for February 2022 in three areas was delayed by the Omicron wave and is now rescheduled for May 2022.

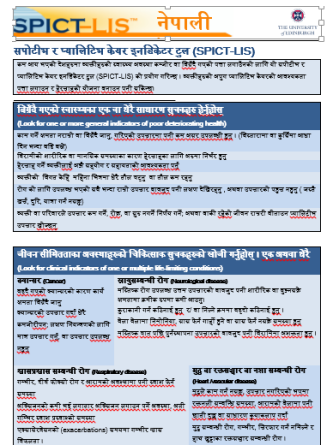
Toolkit Evaluation

Despite the delays during the Covid pandemic we had planned for two senior Indian clinicians to undertake the Toolkit evaluation in January 2022 (with academic support from UK). However, due to the Omicron wave this has been delayed and is now planned for April 2022.

SPICT-LIS in Nepali and Toolkit publication

The delay in the original completion date of the Toolkit project has enabled additional work to be completed, including translation of the Supportive and Palliative Care Indicators Tool for Low Incomes Settings (SPICT-LIS) which will be included in the Nepali Toolkit. SPICT-LIS is a tool giving clinicians a framework for providing palliative care as part of generalist practice.

The publication and dissemination of the Palliative Care Toolkit in Nepali (PCTN) first edition, postponed from February 2021 will now take place in May 2022. A launch event will be held in Kathmandu, to which senior health service personnel and government officials will be invited. The PCTN pdf edition will be available for download from the Worldwide Hospice and Palliative Care Alliance (WHPCA) website at the same time.



Nepali PC Outcome Scale (POS)

The Nepali POS has been added as an appendix in the Nepali PC Toolkit, and the palliative care pilot study is ongoing, helping to measure holistic care for patients and caregivers. It seems the patients and family are benefiting from this tool, and the team are moving ahead with evaluation and analysis of data.

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Prayer and Praise Points:

Give thanks for:

- Training opportunities in Lamjung in November 2021 using Nepali PC Toolkit, and good meetings with local authorities
- Completion of the sensory garden infrastructure and establishing a lovely healing environment at Green Pasture Palliative Care Unit
- Opportunities for staff to attend IAPCON online, and to present some of our work
- Training and other postponed programmes can now start to be rescheduled after the Omicron wave is subsiding
- Appointment of the 3 senior Nepali staff who will help to lead the Sunita project

Please pray for:

- Preparation for the Sunita project (details page 1) commencing April 2022 and for the ongoing services being developed at GPH.
- Those needing Palliative Care to hear of our services and to access them.
- Increased opportunities for more community awareness programs



Community awareness programs run by Green Pastures team, held in local community rooms, and organized by local chairperson



Meeting with the Mayor of Marsyangdi Gaunpalika, Lamjung District, with the opportunity to give him a copy of the draft Nepali Toolkit, and discuss future training possibilities in his area.

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