

THERE'S A GREATER NEED FOR

CARE

WHEN THERE'S NO HOPE FOR

CURE

KARUNASHRAYA

An abode of compassion offering **free** professional Palliative Care

- In-patient total care service ■ Home care service ■ Patient and family advisory services
- Education: Training programmes for Health Professionals and Health Assistants



Cancer is the leading cause of adult death worldwide and the second most common disease in India with 0.3 million deaths a year.

- NCRP data estimates 1,044,650 cancer cases by 2020 given the current 11% annual growth rate*
- India thus accounts for a significant percentage of global cancer deaths
- 80% of cancer patients in India access medical help when they are beyond care – despite ongoing awareness-increasing measures and technology-enabled advancements for cancer prevention

In an advanced stage of cancer, patients sometimes do not respond to treatment despite best medical efforts. By this time, patients and their families are economically, emotionally, mentally and physically drained, unprepared for what lies ahead, and unable to cope. In addition to pain and depression knowing that they are at their journey's end, patients have to bear the burden of unfulfilled wishes.

But,
'End of cure'
DOES NOT
MEAN

'End of care'
It is at this stage
that Palliative Care
plays a critical role.

Nearly **80%** of cancer patients in India access medical help when there is no hope for cure.

What is Palliative Care?

The Indian Association of Palliative Care (IAPC) defines Palliative Care as the active total care applicable from the time of diagnosis, aimed at improving the quality of life of patients and their families facing serious life-limiting illness, through the prevention and relief of suffering from pain and other physical symptoms as well as psychological, social and spiritual distress. A holistic and multi disciplinary approach, Palliative Care's primary goal is to achieve the best possible quality of life for patients and their families. It also involves care and support for caregivers. Palliative Care helps family members and caregivers to manage the patient's illness and cope better during bereavement.

* National Cancer Registry Programme

Sources: i) Asian Pacific Journal of Cancer Prevention, Vol 11, 2010 in the paper 'Projections of Cancer Cases in India (2010-2030) by Cancer Groups'
ii) Report from the Kidwai Memorial Institute of Oncology.



COMFORT
DIGNITY
PEACE and a
better quality
of LIFE

Goals of Palliative Care

- **Relief** from pain and distressing symptoms
- **Care** that neither hastens nor postpones the end
- **A support system** that helps
 - Patients **live as actively** as possible
 - **Families cope better** with the patient's illness
 - **Enhance the quality of life** till the end



What is a Hospice?

A hospice offers Palliative Care for pain relief and symptomatic management for patients nearing end of life. These symptoms can be physical, emotional or psychosocial.

Hospice care focuses on providing comfort, dignity, peace and a better quality of life. The patient's symptoms and pain are controlled through appropriate interventions while aligning with Palliative Care goals even as the emotional needs of the patient and his/her family are fully supported.



Karunashraya: Addressing a niche need

Our mission aligns with the goals of Palliative Care

- Provide free in-patient and home-based Palliative Care for advanced stage cancer patients
- Provide peace and dignity in life and death for such patients
- Provide training, education and awareness in Palliative Care to health professionals and the general public

The Bangalore Hospice Trust (BHT) – Karunashraya, an abode of compassion offering free professional Palliative Care to advanced stage cancer patients, is a public charitable trust jointly set up by the Indian Cancer Society (Karnataka Chapter) and Rotary Bangalore, Indiranagar.

Designed to be a home away from home, Karunashraya extends care to patients irrespective of caste, creed, gender or socio-economic status. It is the first hospice of its kind in India to offer patients integrated In-patient care and Home care.



Our services

In-patient care

Our 55-bed hospice offers free expert Palliative Care through medical and psychological interventions for patients and their families.

Home care

Our home care programme is testimony to our flexible approach in Palliative Care which is focused primarily on a patient's need for comfort. Patients can take advantage of this flexibility to alternate between their home and the hospice.

A dedicated team of experienced nurses who are also trained counselors visit homes in and around Bangalore, providing medical and psychological support and enabling family members to provide care at home.

Education - Health Assistants Training Programme

The loving care that patients experience at Karunashraya comes from Health Assistants. Girls aged between 18-22 years from lower socio-economic backgrounds are inducted into the six-month Health Assistants Training Programme. They are provided free food, board, lodging and a stipend during the intensive training which includes computer literacy and proficiency in spoken and written English. Once certified, they are employed within the hospice or deployed to homes as caregivers.

To date, 20 batches have undergone training -- providing gainful employment to girls who are angels to the many patients they've served, stars of their families, pride of their villages and Karunashraya's strongest advocates.

Satellite hospices

During the course of our journey, we realized that sharing our knowledge and expertise gained over the years would benefit more people than we could ever hope to reach out to independently. Towards this, we signed MoUs with seven satellite hospices in Chennai, Kalyanpur, Mangalore, Nagpur, Puttur, Shimoga and Vellore for ongoing consultancy and Continuing Medical Education (CME). These hospices now function independently. We are also extending support to hospices in Hrishikesh and Goa.

Spoken from the heart

- *"I feel I have come to a resort to spend my holidays rather than a care-taking institution or hospital. Sometimes, I really forget that I am a cancer patient. The staff at Karunashraya try to fulfill even the minutest desire of patients...I am indeed blessed to spend some valuable time of my life at Karunashraya"*
- Ayesha, a patient who expired three months after giving this testimony.
- *"I also from deep inside realize that whatever said and done, I cannot put a financial value to the spirit and dedication shown by the Karunashraya team"*
- Patient's relative
- *"...It has been a very moving experience and a life affirming one..."*
- Aamir Khan, Iconic actor

Other educational initiatives

- BHT supports the Certificate and Post-graduate programmes in Palliative Care offered by Cardiff University, UK.
- BHT actively spreads and shares the knowledge and know-how of Palliative Care through regular seminars and workshops.

Charity shop

Donated goods (new and used) are sold at the Karunashraya Charity Shop or through charity sales for the poor. Proceeds from sales at the shop are used for hospice care.

Become a 'Friend of Karunashraya'



"Karunashraya's effort to alleviate the suffering of its patients is commendable. Since inception, the team has touched the lives of thousands of people, helping those who are most in need of care. I am deeply appreciative of the Trust's efforts in providing dignity to life when there is little else left and I hope more people will step forward to lend their support."

- Rahul Dravid

Having a friend is always comforting especially when you reach the end of the road. Every patient needs the love and care of a friend in addition to Palliative Care in order to live with dignity, in peace and without pain. Karunashraya is able to provide comfort to patients through the continued generosity of its friends.

As a 'Friend of Karunashraya', Rahul David is committed to supporting the hospice in spreading awareness about its services and raising funds to help it to continue providing a caring and supporting environment for both the patient and his/her family.

You too can become a 'Friend of Karunashraya' by choosing from among several options of support – as a volunteer or donor (*please refer to the insert for donorship details*).

Volunteer opportunities

As a volunteer, you can select from wide-ranging activities that match your skill and passion, and our need. Please write to info@karunashraya.org for more information.

We render free professional Palliative Care due to the continued generosity of donors.

Donations by cheque should be drawn in favour of "Bangalore Hospice Trust".

All monetary contributions (Cash/Cheque) are eligible for tax exemption under Section 80G (50% deductible).

Foreign contributions accepted.

You can also make donations through our website, www.karunashraya.org

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If you would like to refer a loved one to our care, please contact Karunashraya for further details.

The Bangalore Hospice Trust - Karunashraya



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A joint project of the Indian Cancer Society (Karnataka Chapter) and the Rotary Bangalore Indiranagar.



Thank you for your support and look forward to your continued association.

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Doctor's Care



Nursing Care



Physiotherapy



Counseling Support