



BANGALORE HOSPICE TRUST

KARUNASHRAYA

QUARTERLY NEWSLETTER APRIL- JUNE 2019

CELEBRATING



Karunashraya celebrated Memorial Day on May 1, marking the occasion of the 20th Anniversary of the hospice.



Resource persons and participating medical college teachers in the training program AETCOM conducted by Karunashraya and MAHE.

IN- PATIENT CARE

HOME CARE

Total number of patients from

APRIL '19 to JUNE '19

Admissions - New: 279
 Re admissions: 131
 Deaths: 183
 Total No. of patients: 410

Admissions - New: 099
 Deaths: 040
 Total Home Visits: 337

In-patient: 410
 Home care service: 337



VISITS BY STUDENTS FROM ACADEMIC INSTITUTIONS

Students from Sobha Rose, Vincent Patoli, Deens Academy, Bishop Cotton and RNS colleges visited Karunashraya to learn about palliative care and the hospice services. Some groups performed cultural activities for staff and patients. They also learnt about hospice care.

Students from Sobha Rose apartment donated funds for patient care in a unique way. They baked food items and sold them to raise funds for Karunashraya. We appreciate the beautiful gesture. A group from Bishop Cotton spent a day at Karunashraya volunteering

VOLUNTEER GROUP ENGAGEMENTS

Eight volunteer groups visited Karunashraya between April and June. While some regular volunteer groups organized cultural programmes such as dance, music programs, art and craft activities or games for patients and staff members, some new groups came in to understand the concept of palliative care and to know about Karunashraya as a hospice.

Among the visitors were Rotary Bangalore Junction, Sanman group, Youth for Parivartan and APD group.

CORPORATE SOCIAL RESPONSIBILITY (CSR)

As a part of CSR activity, enthusiastic teams came in from several companies contributed to the volunteering requirements at Karunashraya. Volunteers from Sanman group, Logmein, Cisco, AXA XL Catlin, GE, Dell, Morgan Stanley, Corra, Sumerra, General Motors, Intel and Datami worked in the kitchen, garden, charity shop cleaning and pharmacy. Some helped with gardening, store keeping, cotton ball making, preparing medical kits for patients and solar panel cleaning.

Teams such as Intel and Sumerra put up cultural programs including musicals or organized games to entertain patients and staff members. We sincerely thank them all for their time and effort.



EDUCATIONAL INSTITUTIONS



VOLUNTEERS



DIVERSIONAL THERAPY FOR PATIENTS



CSR TEAM VISITS



EDUCATION AND RESEARCH

TRAINING ON FUNDAMENTALS OF PALLIATIVE CARE

Fifteen volunteers of the Indian Cancer Society were in Karunashraya during April 4-5, 2019 for training in counseling for palliative care. Members of Rotary Bangalore visited us to discuss various ongoing projects and issues relating to palliative care. Indian Cancer Society conducted a two day training program on counseling for palliative care. Eight nurses from Christian Medical College, Vellore, visited Karunashraya for training in palliative medicine for Diploma in Palliative Care from their parent organisation.



UNDERSTANDING SPIRITUAL NEEDS

Medical Director of Karunashraya Dr. Nagesh Simha spoke on 'Rituals and Spirituality' at the Re-exploring Spirituality in Palliative Care workshop at Tata Memorial Hospital Mumbai on May 3. The event was attended by many prominent people in the field of palliative care.



END OF LIFE CARE AWARENESS

The Medical Director of Karunashraya Dr. Nagesh Simha delivered a lecture on 'End of Life and Palliative Care' in Mumbai at an event organised by the Indian Medical Association.



Karunashraya and MAHE launched a joint initiative for the training of medical college teachers in Attitudes, Ethics and Communication (AERCOM) curriculum which was developed by MCI for MBBS doctors.



INTERNAL COMPLAINTS COMMITTEE (ICC) TRAINING PROGRAMME

Bangalore Hospice Trust has in place an Internal Complaints Committee (ICC) in terms of The Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013. The trust is committed to provide a secure work environment for the staff. It is further committed to have a Zero Tolerance policy for any form of Sexual Harassment at the workplace. The training for the members of the Internal Complaints Committee (ICC) was conducted by our External Member Dr. Shobhana R Thakrar, MSW; M.Phil (NIMHANS); Ph.D (Social Work) on 12th March'2019.



MEMORIAL DAY CELEBRATIONS

It was on the first of May in 1999 that the first patient was admitted into Karunashraya. We have been celebrating this day every year by honoring our inmates and remembering nostalgically the fruitful, though arduous, journey of Karunashraya over the period of time. On the occasion, patients, relatives of former patients, staff members, volunteers, donors, friends and trustees shared their stories while fondly remembering the past patients. Family members talked about their experiences while their dear ones were admitted here and how they had coped up with loss and grief. The staff of Karunashraya expressed gratitude for allowing them to care when cure was no more an option. They thanked the patients and their families for their willingness to open up to total strangers and for trusting them with care giving and also praising their courage and cooperation in difficult times. Distinguished employees were honored on the occasion and a musical program was also organized.

PET THERAPY SESSION

Karunashraya has been trying all kinds of therapies for the well being of its patients, caregivers and staff. In the past, we had sporadically used pet therapy allowing patients to interact with pet dogs. The patients felt happy with this therapy and therefore we have been contemplating to making it a regular feature in Karunashraya. In order to assess its feasibility, a Bengaluru based group FLOAP (For Love of All Pets) visited us on June 6, 2019, and we discussed with them a number of issues including previous work done in the area, benefits, safety and security, infection and allergy control, the best way to design the program, time needed to implement the program, etc.

INTERNATIONAL NURSES DAY

Karunashraya celebrated International Nurses Day from May 6 to May 11, organizing themed events for the nurses at the hospice for the entire week. The week-long celebrations were in appreciation of the important role of nursing staff in making the hospice an abode of comfort and care. Administrative staff performed a skit to entertain the nurses as part of a cultural show on the final day of celebrations. The event concluded with the lighting of the traditional lamp as a way of acknowledging the efforts the nurses put in throughout the year.



DOCTOR'S CARE



NURSING CARE



COUNSELLING



ADMINISTRATIVE SUPPORT



DURING ITS 38TH ANNUAL MEETING, ROTARY CLUB INDIRANAGAR FACILITATED **MR. MATHEW GEORGE CHANDU**, OUR CEO, FOR INVALUABLE CONTRIBUTIONS OF KARUNASHRAYA



MR. GURMEET S. RANDHAWA, MANAGING TRUSTEE, KARUNASHRAYA, WELCOMING DIGNITARIES, GUESTS, EMPLOYEES AND PATIENTS ON THE OCCASION OF MEMORIAL DAY.



KISHORE S RAO (Chairman / Co-founder of Karunashraya)

Girish Karnad (1938 - 2019): A Tribute

Karunashraya lost one of its staunchest supporters on June 10th, 2019. Early that morning Girish Karnad succumbed peacefully to a long standing chest problem.

I have had occasion to discuss our plans for the care of advanced cancer patients with him starting from either late 1998 or early 1999 and the deep thinker in him has always had so much to contribute to our discussion – on a subject that was, till then, new to him. Palliative Care was not a subject that was generally known to many at that time but he had ideas of what we could do, how we could make life easier for such patients, what sort of care their close relatives might need etc.

As our work progressed I remember that each time we met he enquired, in detail, about how we were managing, what difficulties we were facing and what improvements we could make. At each of these discussions I got the impression that he was genuinely thinking about the needs of the patients and that is how he was able to contribute these ideas.

Two relatively recent interactions with this giant among the performing arts remain distinctly in my memory. In the middle of June 2016 we were to inaugurate two new wards and also to release the commemorative book on our work. When I approached him to be the Chief Guest he was already unwell and could manage only with breathing support. When I saw this I was quite convinced that he would be unable to accept our invitation citing health reasons. I was, therefore, surprised that he not only accepted but also arrived at Karunashraya well ahead of schedule. He patiently sat in his car waiting for the appropriate time to enter. One of our staff happened to see him in his car and informed me. When I went out and invited him in he said that he did not want to disturb all of us since we would be busy attending to last minute details.

Several interactions followed after that but I will always remember a telephone call I made to him not long ago. A radio talk show was to be held to raise awareness about our work and its usefulness to patients in need. We had planned that a few well known names mentioning their support to our work would pay rich dividends and this required Girish to speak on the subject to record his thoughts. Very hesitatingly, knowing about his illness, I called to ask whether he would be willing to do a small telephone interview. He willingly agreed and asked me to tell the radio station to call him to fix a time. I was really grateful to him and said so. His response was his punch line and little did I know that these would be the last words we exchanged. He said “for Karunashraya, anything”.

I have thought about what it was in our work that made him react so graciously and positively whenever I asked for his help. I am convinced that it was not only our acquaintance with each other but it had to be something more. While paying homage to him various people have described that there was nothing that could restrain him once he had made up his mind. If this is so then it has to be that in our work we ourselves have been so unrestricted. We have unreservedly helped and looked after patients and their families without any thought of caste, creed, economic background etc. I would like to believe that Girish appreciated this quality and was one with us in our thinking. That is how he so willingly loaned us his name and the natural respect it brought to our work.

Thank you, Girish.

Donations by cheque should be drawn in favour of "Bangalore Hospice Trust". All monetary contributions are eligible for tax exemption under Section 80G (50% tax exemption).

Online Donation



Paytm



Our HOME CARE team visiting a patient.

TO SUPPORT
A PATIENT
FOR A DAY

www.karunashraya.org

Donate

₹

2424

One Day Food: 6,600/-

One Day Medical expense: 12,000/-

One Day Medical Consumables: 12,000/-

One day Food, Medical & Consumables expense: 30,600/-



RISE AGAINST CANCER

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

