



BANGALORE HOSPICE TRUST

KARUNASHRAYA

QUARTERLY
NEWSLETTER
JANUARY- MARCH 2018



Karunashraya hosted a Colloquium on "Compassion in Care". It was a stimulating day with excellent panel of key-note speakers. Topics covered included: "What is Compassion?" "can it be taught?", "Compassionate communities", "Self care" and "Bhuddist and Vedic perspectives".



The team Karunashraya had a strong representation at the 25th annual 'International Conference of Indian Association of Palliative Care 2018' held at AIIMS, New Delhi. Karunashraya team members presented papers, attended plenary sessions and got 3 prizes in various categories including paper presentation, poster presentation and slogan competition.



IN- PATIENT
CARE

Admissions - New:	241
Re admissions:	133
Deaths:	177
Total No. of patients:	371



HOME
CARE

Admissions - New:	084
Deaths:	027
Total Home Visits:	649

Total number
of patients
from

APRIL '17
to
MARCH '18



In-patient	1519
Home care service:	942

CORPORATE SOCIAL RESPONSIBILITY (CSR)

Karunashraya participates actively in the Corporate Social Responsibility (CSR) program of several companies. CSR visits to the hospice provide a platform for corporate sector staff to gain an insight into palliative care.

This quarter, we hosted CSR teams from Common Purpose, Sanman, Cisco, Intel, Quest Team, the Aditya Birla Group, AT&T, Phillips Global, Dell, Deloitte, and TATA Coffee. These teams volunteered in the kitchen, pharmacy, charity shop, and gardens, as well as in the spheres of administrative and housekeeping work. They also organised lively entertainment programs for the patients and staff. CSR visits are an invaluable resource for Karunashraya. We extend our sincere gratitude to these companies for recognising our work and for their ongoing dedication and support.



CSR TEAM VISITS



VOLUNTEERS



**DIVERSIONAL
THERAPY FOR PATIENTS**

EDUCATION

Karunashraya is committed to encouraging educational visits from students across a range of schools and colleges. This quarter was a particularly dynamic period in this regard.

We were happy to welcome students from Dayananda Sagar College of Architecture, Kristu Jayanti College, St. John's Nursing College, St. Philomena's College of Nursing, Padmashree College of Nursing, CMRIT College of Architecture, MCC Bangalore, and National Public School. These students chose to volunteer at Karunashraya as part of their academic curriculum. We thank them for their generous donations following the visit.



**EDUCATIONAL
INSTITUTIONS**



EDUCATION AND RESEARCH

This quarter (January to March end) has been a busy and fruitful one. During the second two weeks of January, on the back of training initiatives sponsored by the Ministry of Health and Family Welfare, teams of Rural doctors and nurses from Manipur attended Karunashraya for an intense programme of education, tailored to their needs. We have undertaken to support their ongoing development and roll-out of Palliative Care in their State. Also in January, as part of the 2nd Palliative Care Training Program for Cancer Treatment Centres in India, in Delhi, Dr Jeremy Johnson was part of the faculty for this course organised by the Lien Foundation (Singapore) in conjunction with AIIMS. Some 40 doctors and nurses from Patna, Chandigarh, Mangalore, and Delhi attended.



Medical Practitioners from Manipur

Compassion in Care

Early in February, Karunashraya hosted a major Colloquium on “Compassion in Care” at Barathiya Vidya Bhavan. Participants from many different parts of India heard eminent speakers who included Prof Philip Larkin (Dean of Clinical Studies, University College, Dublin and President of European Association for Palliative Care), Padmashree Dr Rajagopal from Pallium India, Dr Dominique Cassidy, (Psychotherapist from Switzerland), Profs Santosh Chatruvedi and Prabha Chandra from NIMHANS and Dr Nagesh Simha amongst others. Topics covered included: “What is Compassion?” “can it be taught?”, “Compassionate communities”, “Self care” and “Bhuddist and Vedic perspectives”.



IAPCON 2018

The annual International Conference of IAPC also saw success for members of Team Karunashraya: Vasuda(Counsellor), Sundari (Counsellor), Sangeetha N (Nursing Tutor) all won prizes in different categories for their work. There were, in addition a Plenary presentation (NS), an invited presentation (JRJ,) and two posters presented on the work we do.

Release of “Pallikare”

On 22nd Feb Karunshraya has launched an App called “Pallikare”. This is a mobile app designed for GPs, Rural doctors or those with little training or experience in Palliative Care. It is a quick reference on background, investigations and treatment for several common problems. It has been designed and funded by Karunashraya keeping the Indian context of medicine costing and availability in mind. It has been made available free of cost. It can be downloaded via Google Playstore.



1 DOCTORS
TRAINING
PROGRAM



39 VISITING
OBSERVERS



3 IN- HOUSE
TRAINING
PROGRAMS



3 SYMPOSIUMS

GRADUATION CEREMONY

In February, the 25th batch of trainees from the Nursing Aide program graduated following the completion of a 6 month course.



DOCTOR'S CARE

THEATRE FOR CHANGE

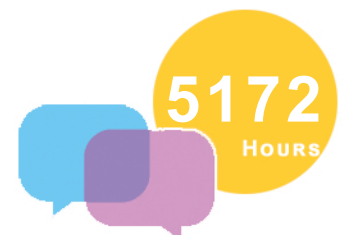
The Theatre for Change produced a play called "When the Rainbow is Enough" at Rangasthala, conceptualised by Sujatha Balakrishna and directed by Kavya Srinivasan. They raised Rs. 25,000 for Karunashraya and we thank them for their generosity.



NURSING CARE

WORLD CANCER DAY

On the occasion of World Cancer Day (February 4th), Karunashraya organised a musical event for the patients and staff. We thank DC Research Centre for initiating this event.



COUNSELLING

CASE STORY

Aparna spent her childhood in the Philippines and moved to Singapore to pursue her career. It is here that she met her future husband and they decided to get married. In an unfortunate twist of fate, while planning the wedding arrangements, Aparna was diagnosed with cancer. The young couple was very eager to spend the rest of their lives together. It is heartwarming that the diagnosis did not deter them whatsoever and they got married even before Aparna's treatment had begun.

Aparna's pain increased drastically and so her husband quit his job to care for her. In order to receive pain relief, Aparna was admitted to Karunashraya. One of Aparna's great wishes was to meet her family in the Philippines. In order to respect this wish, her husband and counsellor worked tirelessly to make the trip possible and as comfortable as possible. Prior to her departure, they even got in touch with the airlines and customs officials to make all the necessary arrangements. Thanks to this, Aparna was able to see her extended family before she passed away peacefully.



ADMINISTRATIVE
SUPPORT