

# A NEW WORLD



## NEWSLETTER

October-December 2020

In the beginning of the year 2020, life was at a hectic pace and there used to be an early morning rush of patients and caregivers. And then, within a span of few weeks the world changed. Covid-19 sneaked in slowly but soon became a tidal wave. There was panic and chaos; who would be the next? Our patients were at high risk of contracting Covid-19. The worst affected were the economically challenged patients. During lockdown there was no/minimal access to transportation even in case of an emergency. Our palliative care doctors who strongly believe that conversations should be in close quarters, that a comforting touch makes all the difference in treating a patient's pain, were forced to hide behind masks. Hands were not meant to touch but to be held at bay. There were no smiles to be seen, only masks.

We had to shut down our home care. In-patient facilities also had to be reduced from a busy 73 bed hospice, to a mere 20-25 patients. Wards and rooms were turned to quarantine areas.

We have a firm resolve not abandon our patients to pain and misery. So, we set up safety protocols in place keeping in mind social distancing norms. Patients were taken in only after they showed negative response to Covid test. Home care was restarted with great caution and we provided essential medicines and sometimes even provided ration to the families of our patients, especially those who were financially distressed by the Covid-19 situation.

Karunashraya continues to grow, we like others have not been spared the ravages of Covid -19, but it never stopped us. Each new challenge was something to overcome, a problem was something to be sorted out with team work. The entire Karunashraya family has one common goal, and that is the wellbeing of patients. We are committed to care and comfort of our patients and their caregivers no matter what challenges we have to face.

The year 2020 also brought in huge challenges for Karunashraya in conducting fundraising events and CSR volunteering or patient engagement, as visitors were scarce. Technology and social media have helped in bringing innovative methods to connect us with the volunteers. Overcoming the initial hiccups, we successfully held virtual orientations and music sessions for patients. The work from home method was applied with volunteers who sent us recorded songs and medical supplies like cotton balls. Young volunteers came forward to create awareness by doing virtual and offline campaigns in their apartment or society. The staff of Karunashraya also came to the rescue by chipping in their ideas and making up for the absence of external visitors. We hope to maintain the momentum of these new age volunteering methods in 2021 and steer ahead steadily amidst bumpy roads

- Dr. Nagesh Simha



### IN-PATIENT CARE

NEW ADMISSIONS	: 125
RE ADMISSIONS	: 044
DEATHS	: 090
TOTAL NO. OF PATIENTS	: 169

### HOME CARE

#### WHITEFIELD

NEW ADMISSIONS	: 20
DEATHS	: 06
NUMBER OF PATIENTS	: 39

#### JAYANAGAR

NEW ADMISSIONS	: 11
DEATHS	: 03
NUMBER OF PATIENTS	: 58

#### SEVANAGAR

NEW ADMISSIONS	: 10
DEATHS	: 05
NUMBER OF PATIENTS	: 51



In spite of the fact that Covid-19 epidemic is on a decline, Karunashraya continues to strictly follow the well-established protocols so as to safeguard the interests of its patients and employees. The employees leaving station or visiting crowded areas observe five-day self-quarantine followed by RT-PCR test for Covid-19. The inpatients showing breathlessness and other covid-related symptoms are transferred to the isolation ward and our special medical teams take all care of them. Despite our home care teams having become fully functional, they still avoid visiting red zones having widespread covid infections.

It is a matter of great satisfaction that well-wishers, including donors, continue to support Karunashraya. A big thank you to all of them for helping us in these difficult times.



### VISIT OF AZIM PREMJI FOUNDATION TEAM

Two senior members of the foundation visited our hospice on November 25, 2020, to get a first-hand information about our activities, and spent the entire day interacting with the, trustees, staffs and various departments of Karunashraya. They showed great interest in ongoing programs and were particularly interested in future projections of Karunashraya. The purpose of the visit has been to explore the possibility of developing a collaborative program between the foundation and Karunashraya.



### FOUNDER'S DAY, RAJYOTSAVA DAY & AYUDHA PUJA CELEBRATIONS

The Founder's Day falls on 26th of October every year; however, we celebrated it later on the 14th of November together with the Rajyotsava Day. Ayudh Puja was organized on November 25, 2020 in the premises of Karunashraya.

### WORLD HOSPICE AND PALLIATIVE CARE DAY

It was celebrated on October 10, 2020 with the theme 'My Care, My Comfort'. The highlight of the event was a live virtual musical programme by famous artists including Ms. Samanvitha Sharma, Mr. Narssimhan Kannan, Mr. Govind Kurnool and Ms. Shruti Bhide. The program was broadcast live on platforms like Zoom, Facebook and YouTube & attracted 2500 viewers

### TRAINING PROGRAM FOR INDIAN CANCER SOCIETY VOLUNTEERS

During November 4 to December 2, 2020, an online training program was organized for the volunteers of the Indian Cancer Society. Dr. Nagesh Simha, Dr. J. Alafia, Ms. Maria Sonia, Ms. Sangeetha, Ms. Nayana, Ms. Vasudha and Ms. Sundari were the resource persons. The training covered diverse aspects of counselling cancer patients and the participants were given certificates at the end of the training.

### MUSIC THERAPY SESSIONS

The senior members of the Shankar Mahadevan Academy organized music sessions for the patients and employees of Karunashraya. Patients and employees greatly enjoyed these sessions and impromptu broke into dance. These sessions were organized every Thursday during November. On November 6, 2020, the illustrious singer and composer Shankar Mahadevan himself together with some of the winners of the popular TV talent show 'Tare Zameen Par' organized a one-hour musical show for the patients and staff of Karunashraya.



## COMEDY SHOWS

During pre-covid era, CSR volunteers frequented Karunashraya and organized diverse cultural programs for the entertainment of patients and staff. Since such visits have become extremely rare due to covid-related concerns, we decided to regularly, every Tuesday, stream from the internet, comedy shows for patients and staff in the seminar room of Karunashraya. We also played recordings of some of the cultural shows that we had organized in the past.

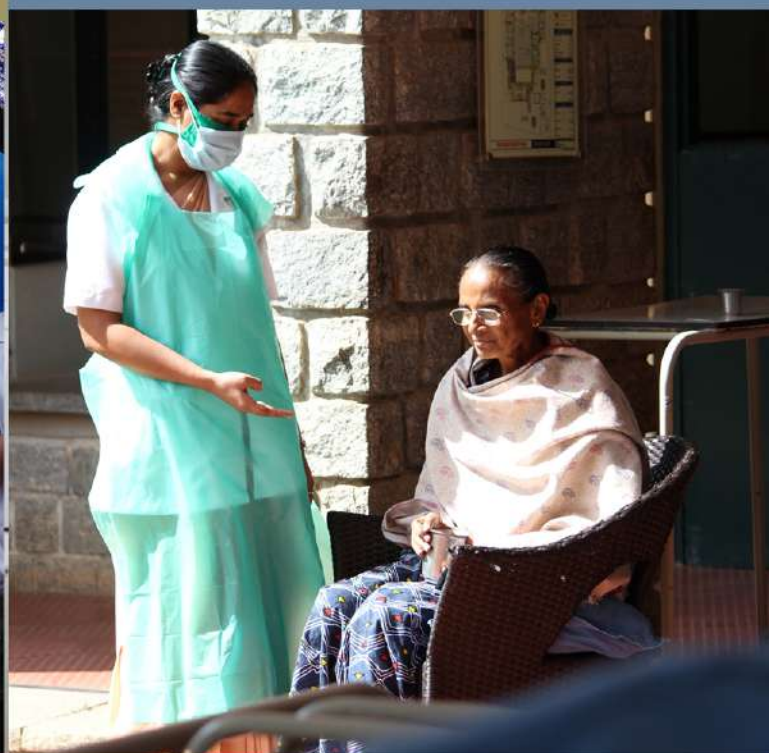


## PALLIATIVE CARE AWARENESS SESSION

We organized a session to create awareness on palliative care for the employees of AppDynamics International Ltd. It was a online one-hour session with 25 participants.

## VIRTUAL TALENT SHOW

Employees of General Electric (GE) organized an online Virtual Talent Show for entertaining our patients and nursing staff. The show comprised vocal, dance and instrumental performances, and it was cast live in the seminar room of Karunashraya. GE employees have expressed their desire to continue this CSR activity online.



## FUNDRAISING CAMPAIGNS

We had organized a fundraising campaign during the Christmas season. This campaign also created awareness on palliative care among the diverse communities. We also had few students from different schools organizing awareness and fundraising campaigns from their end. A group of teenage girls from an apartment came together to raise funds and collect clothes to donate to Karunashraya.



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## LOGIN HOURS

KARUNASHRAYA

BANGALORE HOSPICE TRUST



**DOCTOR'S CARE**  
**2120 Hrs**



**NURSING CARE**  
**33000 Hrs**



**COUNSELLING**  
**4156 Hrs**



**PHYSIOTHERAPY**  
**808 Hrs**



**ADMIN SUPPORT**  
**39195 Hrs**

## TESTIMONIALS

It was heart-warming to witness utmost display of sincerity, dedication and compassion by doctors, nursing staff and social workers during my wife's brief stay in this hospice. May god bless them all!

- J.P Gaur

With tears I recollect the experience at Karunashraya. My daughter-in-law Subarna Das was admitted to Karunashraya in the advanced stage of cancer. My son was counselled by the staff and convinced about her condition by doctors by which he was prepared to face reality. She was taken care in the best way by the authorities till she breathed her last at about 9.50 pm.

I thank all the people- doctors & staff- for their selfless service, love and care. I will never forget the experience at KARUNASHRAYA in my life. Thank you all from the bottom of my heart.

- C J GEORGE

## GALLERY



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## THANKYOU

The entire KARUNASHRAYA team is grateful for the many ways our well-wishers has come together to support our team, our patients, and their families during the coronavirus pandemic.