

The second centre of Karunashraya (Bangalore Hospice Trust) to come up shortly at Bhubhaneswar



The fourteenth day of April 2021 will be remembered as a red letter day in the history of palliative care in India, as Bangalore Hospice Trust (BHT) Karunashraya signed a Tripartite MoU with Shri Subroto and Smt Susmita Bagchi and Addl Secretary Health, Govt of Odisha, in the august presence of Shri Naveen Patnaik, Hon'ble Chief Minister of Odisha, for the establishment of its new centre in Bhubhaneswar.

The facility will bring relief to thousands of needy cancer patients in the eastern part of the country. It will be constructed on 20 acres of land, granted by the Government of Odisha to BHT, with a financial assistance of Rs. 130 crores generously donated by Smt Susmita Bagchi and Shri Subroto Bagchi. This is incidentally the single largest donation towards establishment of a palliative care centre in India. The Government of Odisha has also provided BHT with 10,000 sq. ft. of built-up area in the city for taking up home care services as well as education and training in the area of palliative care.

The entire project has been named "Bagchi-Karunashraya Palliative Care Centre" and will comprise, of a 110 bed in-patient facility, education and research, staff residences, 500 seat Auditorium and various patient centric facilities such as wellness centre and rejuvenation area

IN-PATIENT CARE

* Partially disrupted due to Covid

NEW ADMISSIONS	: 098
RE ADMISSIONS	: 028
DEATHS	: 072
TOTAL NO. OF PATIENTS	: 133

TELECONSULTATION	: 107
OPD	: 14

HOME CARE

* Partially disrupted due to Covid

WHITEFIELD

NEW ADMISSIONS	: 02
DEATHS	: 04
NUMBER OF PATIENTS	: 21

JAYANAGAR

NEW ADMISSIONS	: 04
DEATHS	: 00
NUMBER OF PATIENTS	: 23

SEVANAGAR

NEW ADMISSIONS	: 03
DEATHS	: 03
NUMBER OF PATIENTS	: 18



Memorial Day Celebrations

Owing to the raging Covid-19 pandemic, Karunashraya had a brief function on May 1, 2021 to mark the day the first patient entered into Karunashraya for admission. On the occasion, a special lunch was organized for all the patients and employees of Karunashraya.

Dr. SEEMA RAO JOINS KARUNASHRAYA



Dr Seema Rao recently took over the charge as the full-time Associate Director of Education and Research at Karunashraya. She has been entrusted the responsibility of managing these areas in the newly created Karunashraya Institute for Palliative Care Education and Research. Dr Rao had a distinguished career with a Master's degree in Psychiatry as also in Palliative care respectively from RG University of Health Sciences (Bangalore) and University of Cardiff (Wales). She has long experience in the area of Palliative Care and has earlier served at the prestigious Tata Memorial Hospital, Mumbai and Kasturba Medical College and Hospital, Manipal. It is hoped that Dr Rao's joining would greatly strengthen and intensify the ongoing education, teaching and research programs of Karunashraya.

LECTURES, WEBINAR & OTHER ACTIVITIES



Dr. J. Alafia and Mahendra Sharma (NIMHANS) gave a lecture on "Mindfulness" for the benefit of all our hospice staff. The induction class for the new batch of nursing aides trainees was organized by Ms. Sangeetha. Together with Ms. Maria, Ms. Sangeetha also organized recreational activities for the new batch of nursing aides. She has also participated in an online webinar on the occasion of Tumor Day on June 27, 2021 and gave a presentation entitled "Understanding and dealing with Palliative and End of life care in Advanced Stage Patients with Brain Tumor in a Hospice".



ONLINE CONSULTATION FOR PATIENTS AND CAREGIVERS

Karunashraya encourages online consultation of patients with doctors. The details of the process can be obtained from the website. Alternatively the hospice can be contacted to seek appointment. Caregivers can also get in touch with us for advice and instructions using the online mode.



KARUNASHRAYA DURING THE SECOND WAVE OF COVID-19

We escaped the first wave of the pandemic comparatively unscathed. But alas that was not the situation in the second wave. By the middle of March, since all the staff was vaccinated, we stopped the quarantine process and only asked for the RTPCR for those who were travelling. The screening protocols were slightly relaxed for our staff. The caregivers were asked to maintain all safety protocols, but once inside the hospice we were unable to monitor them continuously. We were sure we had shored up all our defences against the covid infection especially after the vaccination, but we were wrong. The second wave affected us badly. Several of our staff got infected, mainly through caregivers of the patients. Many of our staff lost their loved ones to Covid. Some are still suffering the after effects of the infection. Few of our patients also got infected and had to be shifted to tertiary covid hospitals so that they could get appropriate treatment. We had to shut down our operations completely for some time to ensure the safety of the remaining patients. Though we were affected badly, that did not stop us from providing care and support to our patients and their families. The homecare operations were halted, but the medicines and consumables that our patients at home required were provided to them at the hospice. Teleconsultation and video conferencing became the new norm.

All the employees of Karunashraya have compulsorily undergone through both the doses of Covid vaccine. This was necessary to safeguard patients



LIVING WITH DIGNITY

As a physiotherapist, I've met many extraordinarily determined people – people whose bodies have given up on them but whose spirits refuse to. They have made me understand the astonishing endurance of human will and what it can achieve when challenged.

This former high school teacher was no different. When I first met her, she was eating with her left hand, not because she was born left-handed but because the weakness in her right hand made it impossible for her to use it. "She'd rather feed herself with her left hand than be fed," I thought, impressed by her spirit and dignity. She displayed these qualities in abundance over our subsequent meetings. She had undergone surgeries which had left her partially impaired and with debilitating weakness. But just like I sensed the fighter in her, she sensed that I was not about to give up on her. A strong, unspoken bond began to form between us.

I discussed her case with her doctor and outlined my plan of action. I took her into confidence and told her the work that was involved in getting her back on her feet. She was game. She was determined to be active. Most importantly, she trusted me and had confidence in my abilities. As therapists, we rely greatly on patient confidence. The same day that I started her on therapy, she stood up with support. This was a milestone both for her and for me. Though she didn't take her first steps that day, it was a small moment of victory we savoured together. It's not that she does not have fears – she faces her fears with effort and determination. When we began her gait training, she dragged her right leg painfully at first but with a few more sessions, she got noticeably better. The task is uphill but I know if I was climbing, I would want her for a climbing partner – someone who doesn't give up, who rejects defeat and is not afraid of being afraid and yet soldiering on.

It's not for nothing she's a teacher – she's teaching me every day.

NEWSLETTER

April - June 2021

LOGIN HOURS

KARUNASHRAYA
BANGALORE HOSPICE TRUST



DOCTOR'S CARE
1772 Hrs



NURSING CARE
46080 Hrs



COUNSELLING
3037 Hrs



PHYSIOTHERAPY
580 Hrs



ADMIN SUPPORT
26206 Hrs

VOLUNTEERING DURING COVID TIMES



Karunashraya strictly implemented covid safety norms and hence has stopped allowing volunteers into the premises ever since Covid-19 broke out in the last year. However, enthusiastic volunteers continue to support and help us by various means through our virtual volunteering program. Every month, about 10-15 college students help us in raising funds, creating awareness campaigns, making handmade cards, cotton balls, key chains and cloth masks for the patients and staff. Presently we have many volunteering groups supporting us by providing medical products to keep yourself safe from COVID-19. These volunteers also record music, dance and other variety programs, and we subsequently use these programs to entertain our patients and caregivers. In this context, the talented pianist Diya Jaishankar recently brought smiles on many faces with her melodious tunes. At the mere age of 15, she is the hero of happiness! She has subsequently sent us several recordings for the entertainment of patients.

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TESTIMONIALS

" My appreciation towards the excellent services provided to my grandmother at Karunashraya. Located at heart of city, Karunashraya is one of its kind I must say. With its best medical facilities of friendly and ready to help staff. It has gone beyond its comfort zone to give the best to their patients "

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