



BANGALORE HOSPICE TRUST

CELEBRATING



KARUNASHRAYA

QUARTERLY NEWSLETTER JANUARY- MARCH 2020



"Bhumi Puja" of the KIPCER-OPD Building



Dr. Yusuf K. Hamied, Chairman of Cipla Ltd., a leading global pharmaceutical company, visited Karunashraya on January 20, 2020

Total number of patients from

IN- PATIENT CARE



HOME CARE



Admissions - New: 213
Re admissions: 114
Deaths: 168
Total No. of patients: 327

Admissions - New: 039
Deaths: 030
Total HC Patients: 177



APRIL '19
to
MARCH '20

In-patient: 1501
Home care service: 1179



"Bhumi Puja" of the KIPCER-OPD Building

January 20, 2020 opened a golden chapter in the history of Karunashraya as Mr. Gurmeet Singh Randhawa, Managing Trustee, and Dr. Nagesh Simha, Medical Director, Karunashraya, laid the foundation of the new building of the recently established Karunashraya Institute for Palliative Care Education and Research (KIPCER) and OPD block. The other Trustees of BHT, the members of the Rotary Bangalore Indiranagar, and the members of the Karunashraya family joined the celebration. This project is expected to complete by the end of 2020, and will indeed give a boost to the ongoing education and research programs.



09

**EDUCATIONAL
INSTITUTIONS**



402

VOLUNTEERS

PARTICIPATION IN IAPCON 2020

A team of the selected members of Karunashraya participated in the 27th International conference of palliative care organized by Indian Association of Palliative Care in Guwahati during February 14-16, 2020. The team Karunashraya was led by its Medical Director Dr. Nagesh Simha. The team made two oral presentations, five poster presentations and two plenary talks. Dr. Nagesh Simha & Ms. Sangeetha (Nursing Tutor) also participated in the pre-conference workshop.



39

**DIVERSIONAL
THERAPY FOR PATIENTS**



7

**CSR TEAM
VISITS**



DISTINGUISHED VISITOR

Dr. Yusuf K. Hamied, Chairman of Cipla Ltd., a leading global pharmaceutical company, visited Karunashraya on January 20, 2020, to know more about our contributions and initiatives in the domains of education and research in palliative care. Karunashraya is a recipient of generous financial support from Cipla.

EDUCATION AND RESEARCH

NURSING AIDES GRADUATION CEREMONY

After successful completion of the six-month nursing aide course, 8 students were awarded certificates by the trustees of BHT in the graduation ceremony held on 17th January. The next batch will start from the beginning of June 2020, and we have already initiated the process of admission. We have increased the intake to 20 candidates from now on, and have opened the course for male candidates also.



Empowering Doctors beyond borders:

As part of our Ten-day training program on "Fundamentals of Palliative Care", Karunashraya trained Dr. Sonali Nandi and Dr. Mesbah Uddin from Bangladesh on March 2020.

Ten-day Training Program: 21 nurses from various districts of the state of Karnataka benefitted our Ten-day training program and would eventually use the generated expertise in imparting palliative care to patients within their own organizations. Additionally, 1 doctor from Kolkata, underwent hands-on training in Palliative care to gain knowledge and improve facilities in his parent organization.



National Fellowship in Palliative Medicine and Nursing: Three doctors and 1 nurse spent their 10 days clinical postings in Karunashraya to fulfill their fellowship requirement. These posting helped them to gain enormous knowledge in hospice set up and in-patient palliative care services.

Continuous Medical Education: CME programs are being regularly organized in Karunashraya to update the clinical skills of our staff. In the last quarter, we taught two different topics, namely, basic communication skills and handling difficult questions on a daily basis, and COVID -19 - Novel Coronavirus, to create awareness among everyone.

Case presentations: In order to improve the overall quality of palliative care in Karunashraya, we have started patient's case presentation twice a month. In this context, case presentations were done by Dr. Babita and Dr. Kavitha along with their teams. This helped us to look at different ways of intervention and it has been a learning experience for the rest of the team members.

Participation in Workshop

In January 2020, Ms. Sangeetha (Nursing Tutor) and Sr. Seena Xavier (Nursing Superintendent) participated in the Paediatric Palliative care at ELNEC (End-of-Life-Nursing Education Consortium) held at Wadia Hospital, Mumbai.



2 TRAINING PROGRAMS



9 VISITING OBSERVERS



2 IN- HOUSE TRAINING PROGRAM



Dr. Sonali Nandi & Dr. Mesbah Uddin from Bangladesh receiving certificates from Dr. Nagesh Simha.

VISITS OF CSR TEAMS

Under CSR initiative, volunteers from several corporate houses, namely, Amazon, Athenahealth, AT&T, Cipla, Cisco, Deloitte, HP, Intel & Amazon visited Karunashraya and lent a helping hand in day-to-day functioning of the hospice. They contributed fruitfully in kitchen, pharmacy, gardening activities, maintenance of compost plant, cleaning of solar panels, preparation of medical kits for the patients, and general cleaning and maintenance of Karunashraya premises. Some of these teams also organized music and other activities for entertaining patients and staff.



VISITORS FROM ACADEMIC INSTITUTIONS

Several teams of students from schools and colleges of Bengaluru, namely, New Horizon Gurukul School, Ramagondanahalli Govt School, KK English Medium School, Sharanya Narayani International School, Sri Bhagawan Mahaveer Jain College, Gear foundation School, Amrita Vidyalayam School, National Centre For Excellence School, visited Karunashraya to learn the concepts of palliative care and hospice. Three batches of students from St. Philomena College of Nursing also carried out internship at Karunashraya. A few students from Banjara, IGNOU and VMSSS also visited us for their clinical internship.



OTHER EVENTS

- Vikasana, the Social Impact Club of IIM Bangalore hosted 'One Day at IIMB' event which was opened to the general public and Karunashraya was one of the partner NGOs for the event.
- With a view to spreading awareness about Karunashraya and palliative care, Sharanya Narayani International School had organized a marathon and Team Karunashraya was invited for the event.
- Shilpa, the founder of Shilpa Artz, shared with us how she decided to support Karunashraya through her creative venture. She and her team of students organised a painting exhibition with all their paintings to create awareness and raise funds for Bangalore Hospice Trust - Karunashraya.
- A voluntary group of kids called "Ojas" conducted the walkathon in Sterling Shalom apartment on Sunday to raise funds and create awareness about Karunashraya.
- Community DrumJam Foundation held a Music Medicine session facilitated by @Paul John Dear, where our patients, staff and caretakers experienced and interacted with each other using the medium of in-the-moment music with different musical instruments. We thank them for the wonderful event.

