

NEWSLETTER

July-September 2020

ADAPTING TO A NEW WORLD

Covid-19 has touched us all in some form or the other. At this time of crisis, Karunashraya has put in place all protocols which would help us serve our patients better and at the same time would not compromise the safety of our patients, caregivers and staff.



IN-PATIENT CARE

NEW ADMISSIONS	: 125
RE ADMISSIONS	: 071
DEATHS	: 093
TOTAL NO. OF PATIENTS	: 196

HOME CARE

NEW ADMISSIONS	: 05
DEATHS	: 10
NUMBER OF PATIENTS	: 103

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June 2020 brought in the first phase of unlock, and with that one of our home care staff got infected which resulted in closure of home care, since we could not put the life of our patients and staff at risk. With more things being unlocked, there has been a sustained increase in the number of Covid cases in Bangalore. To combat this, we enforced stricter screening protocols; this time screening was in multiple places, at the main gate and the reception. A Covid test became mandatory for all patients and also caregivers who come from containment areas. The staff were also asked to do a regular screening. All employees who had symptoms were asked to go into self-isolation for 5 days and then tested for Covid 19. All the protocols have been maintained rigorously. The in-house nursing staff were in literal lockdown till almost the end of June and thereafter were given leave of absence based on needs. The employees who came from other districts/states were quarantined for 14 days subject to testing. The home care restarted but this time it was once a week and the respective teams were stationed at their centers (Jayanagar and Maruthi Seva nagar). The patients visited the centers and collected dressing materials and medicines. Procedures like bladder wash/stoma care dressing were done at the centers. All home care patients were followed up on phone by the teams.

The main fallout of the Covid-19 to Karunashraya has been the staff attrition. Some who went on leave did not come back. When the patient work load became higher, we shut down another ward in September end to maximize efficiency. Since end of September 2020 Karunashraya has been functioning as a 48-bed hospice with 70 % beds occupied at any point of time. We hope to soon get back to our normal work protocols once the Covid-19 pandemic ends.

We have adapted and changed, made rules but there is always place for kindness and compassion and that is evident every day the way our team works, the extra mile that the nurses, counselors, doctors, admin, housekeeping, gardening staff go for our patients, may it be a birthday celebration or a haircut. No significant aspect of patients' life is missed. When family is not able to come, we become the family. Karunashraya through thick and thin believes in its vision of caring, compassionate service.

Training and Education

As a part of the training initiative, a CME was conducted for nursing personnel on "Handling Difficult Behavior in a Hospice setting" with participation of over 75 nurses. A workshop on "Skill Enhancement Training Program for Counsellors" was also undertaken to help counsellors refresh their skills and gain continuous education, which saw participation from 7 counsellors. The workshop had a combination of both theoretical knowledge and hands-on activities which were received with enthusiasm and saw great participation. As a part of ongoing training, the Senior Research Fellow also underwent training in palliative care, online pedagogy practices and attended webinars to stay abreast of the current practices in palliative care education. She is also engaged in building a curriculum, in discussion with the medical team and experts from NIMHANS and MAHE, for an online course on counselling and therapy in palliative care.

We organised virtual sessions to create awareness on palliative care for the employees of Epicor and Virtusa, respectively represented by 60 and 70 participants. These sessions were for the duration of one hour. One more such session was organized for 20 employees of Athenahealth.



Addressing Psychological Concerns of Karunashraya Employee

Pre-COVID-19, volunteers have engaged our staff in varied recreational activities. Staff burnout and compassion fatigue are quite common among healthcare professionals and COVID-19 has only made it harder for the healthcare professionals to deal with their mental health. As part of the ongoing efforts of the Education and Research Team, mental health screening was conducted for all the nursing personnel to identify current psychological concerns, strategies to manage stress and prevent further burnout.

In line with international guidelines, it is a good practice for counsellors and therapists to undergo personal therapy. The Senior Research Fellow engaged in the Education and Research Dept., are also licensed clinical psychologists and the supervisor offers psychotherapeutic services to the in-house staff. A safe space was made available to in-house counsellors to discuss their personal concerns and address burnout that are prevalent in palliative care settings. Over 32 personal therapy sessions have already been conducted in the last two months.

UPCOMING NURSING AIDE TRAINING PROGRAM

The 29th nursing aide training programme (6 months duration) of Karunashraya shall begin on the 10th October 2020. Karunashraya has already completed pre-medical examination of all the selected candidates and they will be in quarantine for 7 days in the Kadamba ward.

INDEPENDENCE DAY CELEBRATION

Karunashraya celebrated the 74th Independence Day with its patients, staff and well-wishers with fervour and enthusiasm, but strictly observing social distancing and other existing Covid-19 norms.



SPECIAL DRIVE FOR FUND COLLECTION

Since we received 30% less funds in patient care alone, as compared to support received during the same period in 2019-2020, a fundraising campaign was organised to fill the gap, as Karunashraya does not want to compromise on the quality of care it delivers to patients.

CSR ACTIVITY ONLINE

A group of volunteers from Athenahealth came forward in this unprecedented time to continue their CSR activity. They created a video for the entertainment of our patients.



DOCTOR'S CARE
2252 Hrs



NURSING CARE
36016 Hrs



COUNSELLING
3876 Hrs



PHYSIOTHERAPY
584 Hrs



ADMIN SUPPORT
27916 Hrs

TESTIMONIALS

My sincere appreciation for your effort to bring smile and peace on people during their rough time..Salutes to all of you..Stay safe..Be blessed..

- Sathyanarayana

Thank you all for the great work you are doing serving humanity. Words are not enough to express our gratitude.

Albert Einstein once said" Only a life lived in the service to others is worth living",

Mahatma Gandhi Said " I am endearing to see God through service of humanity; for I know that God is neither in heaven nor down below, but in every one"

This completely resonate with Team Karunashraya, You all are doing God's work, spreading kindness and leading a life worth living. I pray to the almighty to bless every one of Karunashraya with more ability, support energy and patronage to serve humanity.

- Lakshmi Narasimhan

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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.