



KARUNASHRAYA NEWSLETTER

APRIL . MAY . JUNE . 2023



Welcome to BHT - Karunashraya newsletter! We are delighted to bring you the latest updates, stories, and resources related to hospice care, end-of-life support, and compassionate community services.

This quarter, we received a Skill India Accreditation for the General Duty Assistant Training Programme. Furthermore, we successfully trained six batches of nurses, doctors and physiotherapists from NHH, Odisha under our 'Training of Trainers' initiative. In addition to this, we accepted applications for the second batch of Certificate Course in Counselling Skills in Cancer and Palliative Care.

Over the past months, we also had an increase in CSR volunteers. It was a delight for us to see our volunteer participation count return to our pre-Covid numbers. As always, we would like to extend our heartfelt thanks to our donors and well-wishers for their continued support and dedication towards this noble cause.

We invite you to explore the articles, resources and stories shared in this newsletter, and we hope you find them informative, uplifting, comforting and inspiring. If you have any suggestions, questions, or would like to get involved, please do not hesitate to reach out to us. Together, we can make a difference and provide solace to those in need.

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At a Glance

Patient Statistics

BHT- KARUNASHRAYA IN-PATIENT

NEW ADMISSIONS : 198
RE ADMISSIONS : 82
NO. OF IN-PATIENTS : 280
NO. OF OPD PATIENTS TREATED : 62
NO. OF BED SERVED : 2986

BHT- KARUNASHRAYA HOME CARE

WHITEFIELD

NEW ADMISSIONS : 26
DEATH : 13
TOTAL HOME CARE VISIT : 268

JAYANAGAR

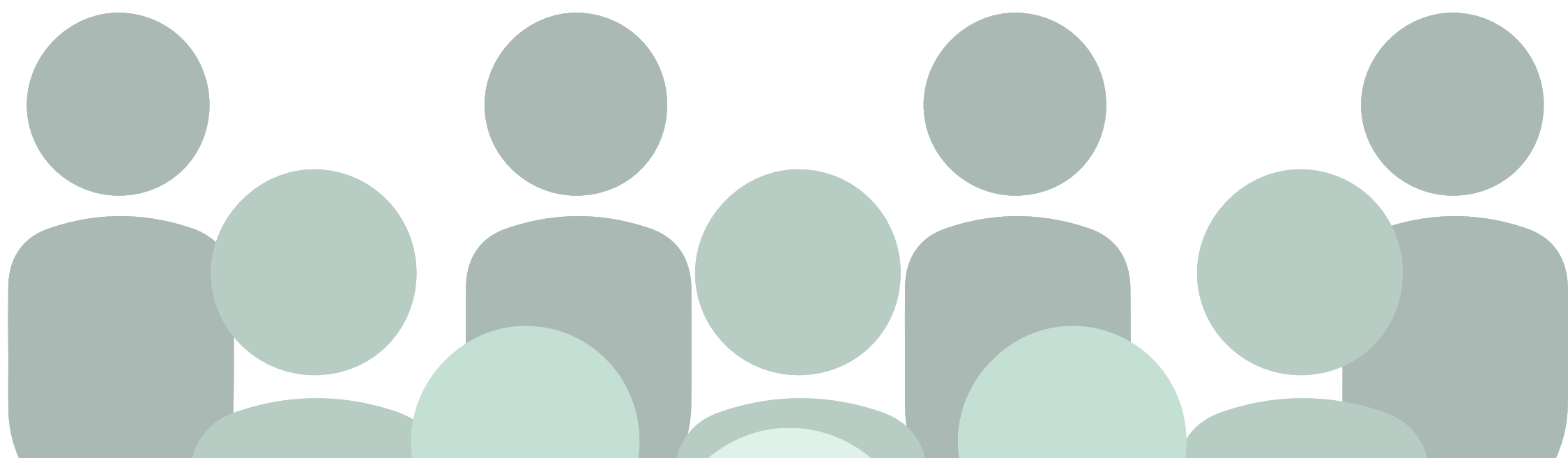
NEW ADMISSIONS : 10
DEATH : 5
TOTAL HOME CARE VISIT : 251

JAI BHARATHI NAGAR

NEW ADMISSIONS : 19
DEATH : 14
TOTAL HOME CARE VISIT : 262

BAGCHI KARUNASHRAYA HOME CARE

NEW PATIENT VISIT	41
TOTAL HOME CARE VISIT	326
OPD VISITS	160
FOLLOW UP VISIT	309





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Activity & Program statistics

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EXTERNAL TRAINING
PROGRAMS
10



INTERNAL TRAINING
PROGRAMS
24



VISITING
OBSERVERS
19



INTERNSHIPS /
FIELDWORKERS
49



EDUCATIONAL INSTITUTION
05



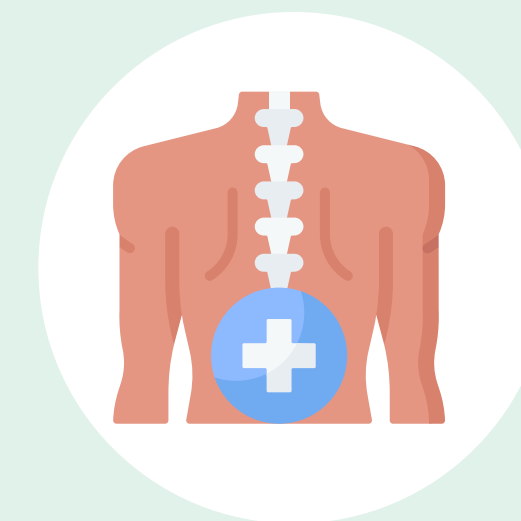
ONGOING RESEARCH
PROJECTS
02



NUMBER OF
DOCTORS TRAINED
58



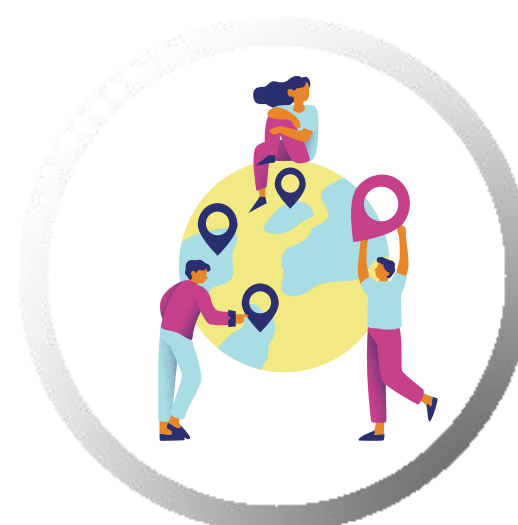
NURSES
TRAINED
26



PHYSIOTHERAPISTS
TRAINED
22



PSYCHIATRISTS
TRAINED
19



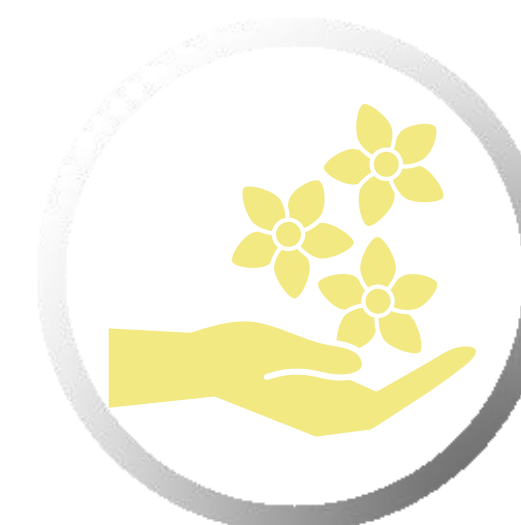
CSR EVENTS
39



CSR
VOLUNTEERS
1600



VISITORS
53



DIVERSIONAL
THERAPY
171



COUNSELING
SESSION
2137



DOCTORS CARE
3396 hrs



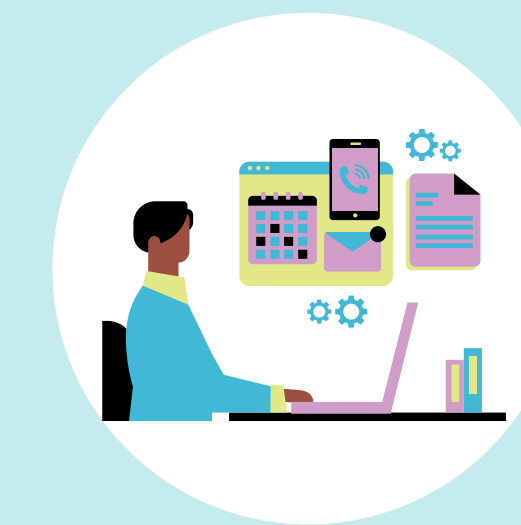
COUNSELLING
4640 hrs



NURSING CARE
53034 hrs



PHYSIOTHERAPY
1096 hrs



ADMINISTRATION
29874 hrs



General Duty Assistant Training Programme

The General Duty Assistant Training Course, which has been running for over two decades to empower underprivileged girls, has recently obtained accreditation and affiliation from the Healthcare Sector Skill Council in India. This recognition from Skill India is a testament to the course's quality and effectiveness, as it ensures that the training provided to meet the industry standards.

Training of Trainers – NHM ODISHA

This quarter we concluded the training of trainers in Facility based and home-based Palliative care. This was deputed by the National Health Mission, Odisha. The training was held in 6 batches over a period of 3 months. A total of 27 doctors, 26 nursing officers and 22 physiotherapists attended the program.





Volunteer Training Program

In addition to the training programme, we organized a Volunteer Training Program that spanned across two days in the month of May. The purpose of the training was to provide volunteers with the essential skills required for their involvement in the field of palliative care. Over the course of 16 hours, we covered a diverse range of topics such as communication skills, social and spiritual concerns, and caregiver support, among others. This training was attended by 19 participants.



We conducted a two-day workshop specifically designed for Master's students in Psycho-Oncology from Christ (deemed to be) University in the month of April. This workshop attended by 19 Master students provided valuable insights and practical strategies for addressing the psychological and emotional needs of patients facing life-limiting illnesses. The students gained a deeper understanding of effective communication techniques, the role of spirituality in providing holistic care, the importance of advanced care planning discussions, and the integration of psychotherapy in supporting patients and their families during the end-of-life journey.

Workshop: Psycho-Oncology in Palliative Care

Refresher course for volunteer counsellors from the Indian Cancer Society.

This quarter we also organized a one-day refresher course for volunteer counsellors associated with the Indian Cancer Society. The program aimed to enhance the skills and knowledge of these dedicated individuals. The training saw over 37 participants in attendance. The training covered various important topics, allowing the volunteer counsellors to stay updated and well-equipped to provide support and assistance to cancer patients and their families.





Workshop: Skills in Neuropalliative Care (Prognostication, Ethics, Communication Skills)

Karunashraya organized a 2- day workshop on Skills in Neuropalliative Care with the aim of enhancing the knowledge and skills of neurologists across India in the areas of prognostication, ethics, and communication skills related to neuropalliative care. The workshop brought together experts in the field to provide valuable insights and practical guidance to the participants.



In-house Academic Activities

We remain committed to providing the requisite resources and opportunities to those working at BHT-Karunashraya to build and expand their knowledge in the workplace. Our in-house academic training programs are structured to meet this need. In this quarter we organized,

- 6 Skill development sessions for counsellors
- 6 Clinical case discussions
- 2 Guest Lectures
- 3 Continuous Nursing Education program including 3 Bed-side Teaching & 3 Case presentations for nursing staff

External training programs:



Dr. Seema Rao, Associate Director, KIPCER, was invited as a speaker on ICU Palliative Care at the 18th World Congress of the European Association for Palliative Care (EAPC) held at Rotterdam, Netherlands. She served as a faculty for the One-month certificate course in pain and palliative care conducted by the MNJ Institute of Oncology and Regional Cancer Center in collaboration with the Department of Health and Family Welfare in Hyderabad.

Dr. Seema Rao was invited as a Plenary Speaker at the Global Health Symposium organized by Prasanna School of Public Health (PSPH), MAHE, McMaster University, Canada, and Maastricht University, Netherlands where she spoke on Socio-culturally relevant integration of palliative care in the ICU Research Protocol Presentations. Additionally, Dr. Rao also served as a faculty member for the CTC5 Refresher course conducted over the course of 3 days in Delhi.

Ms. Sangeetha N, nursing tutor (KIPCER), was invited as a guest faculty for the Advanced ELNEC (End-of-Life Nursing Education Consortium) training program in MAHE, Manipal. The training program had a total of 25 participants who were seeking advanced education and skills in end-of-life nursing care.

During this quarter, we had the opportunity to host delegates from the Asia Pacific Hospice Palliative Care Network (APHN), Lien Collaborative for Palliative Care & Lien Care Foundation, Han University of Applied Sciences in the Netherlands and students from Koshy's College of Nursing, St. Theresa's College of Nursing. These visits were aimed at gaining a deeper understanding of Karunashraya's work and exploring potential collaboration opportunities in education, research & training in the future.

Orientation Visits





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Counselling & Supportive care

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Mrs. K was in End-of-life care. Her condition drastically deteriorated which made her restless, disoriented, and delirious. She was hopeful that the family would take her home and fulfill her final wish to attend the village fair. When she gained consciousness and was oriented, she would talk about their village fair, how she would get ready – apply nail polish, wear dozens of bangles in each hand, big bindi, and her favorite earring. She would chew beetle leaves and roam around greeting people. She was disturbed that her children didn't take her to the fair. With continuous follow-up with the family, we were able to arrange everything that she wanted, through her family. She met all her relatives too.

To our surprise, the patient who was drowsy sat up to have a conversation with the family.



Ms. Michelle Normen was invited to conduct two sessions on Communication in Palliative Care at the Education in Palliative and End-of-Life Care (EPEC) Program for nurses hosted by Aster CMI Bangalore on 15 June 2023.



In the month of June we had Mehendi and nail polish for patients (Grooming day). All the patients and care taker participated along with our nursing staff in ward on 17th June 2023.





MEMORIAL DAY CELEBRATION

We gathered in solemn remembrance on Memorial Day, honoring and cherishing our current patients and those we have cared for in the past. The ceremony was an amalgamation of heartfelt moments, beginning with a captivating cultural program by Chrome. Their enchanting performances filled the air with joy and celebration setting the tone for the day. We then proudly launched a book on recipes authored by one of our patients who had been a skilled cook.

Our patients' artistic talents were also celebrated through an inspiring display of artwork created by them. Each piece showcased their resilience and unique perspectives, reflecting their journey of healing and self-expression. In a touching tribute, family members were invited to share testimonials, offering heartfelt insights into their experiences with Karunashraya's compassionate services.



CHROME TEAM MUSICAL PERFORMANCE

The Chrome Team from Intel Companies mesmerized patients, staff, and the Karunashraya community with their musical performance. Their enchanting melodies and infectious energy set a joyous tone for the day, captivating hearts and inspiring smiles. The team's dedication to spreading happiness through their music was evident in every note they played. The uplifting performance showcased the power of music to heal and uplift, leaving a lasting impression on all who experienced their talent. Karunashraya extends heartfelt gratitude to the Chrome Team for their remarkable support and unforgettable performance.





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Events & Programs

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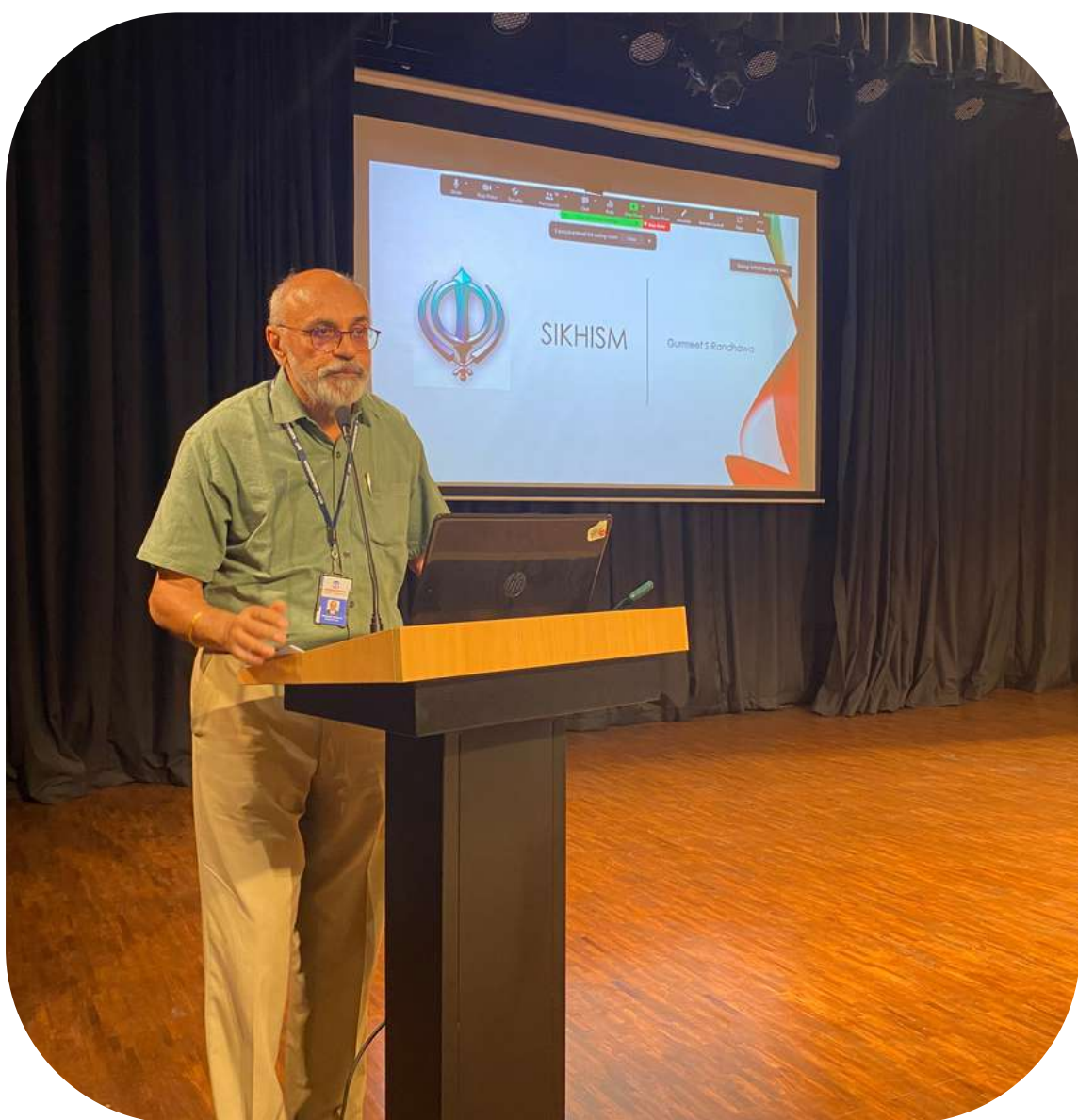
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YOGA FOR A CAUSE

Yoga Session with Miss Meher Randhawa: One of the highlights of this quarter was the inspiring two-hour yoga session conducted by the talented Miss Meher Randhawa. Participants came together to experience the transformative power of yoga while also contributing to our fundraising efforts. The session not only promoted physical and mental well-being but also served as a meaningful way to make a difference in the lives of those we serve.



FAITH BASED LECTURES



We are excited to share the highlights of our recent faith-based practice lectures at Karunashraya, where we delved into the understanding of spiritual and religious practices in end-of-life care within Sikhism. These insightful sessions were led by Mr. Gurmeet Randhawa, a dedicated Managing Trustee at BHT-Karunashraya.

The lectures served as a valuable platform for open dialogue and knowledge sharing, allowing participants to engage in meaningful discussions about the intersection of spirituality, religion, and end-of-life care. The insights gained from these sessions will undoubtedly guide us in providing culturally sensitive and spiritually attuned care to those we serve.

WORLD NURSING DAY

Celebrating World Nursing Day at Karunashraya acknowledges their vital contribution and honors their commitment. At our recent event, employees engaged in diverse activities such as cultural displays and games, highlighting the vibrant spirit and camaraderie among healthcare professionals. This celebration emphasized the significance of nurses and showcased their integral role in providing exceptional care to patients.





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CSR VOLUTEERING

We can't contain our excitement as we share the incredible support received from powerhouse companies like CISCO, MORGAN STANLEY, HP, EY, Deloitte, Illusion, Cipla, AXA XL, and Dell this quarter! Their volunteering services have been nothing short of impeccable, ensuring the smooth functioning of Karunashraya Trust. These companies stepped up and sent their dedicated volunteers, who have been like superheroes in making our operations run seamlessly. Their selfless efforts have made a world of difference, enabling us to provide even better care and support to our patients. Our gratitude knows no bounds as we applaud HP, EY, Deloitte, Illusion, Cipla, AXA XL, and Dell for their outstanding contributions, proving that when giants come together, magic happens!



IMPORTANT VISITOR

We had the privilege of hosting a remarkable visit at Karunashraya on 28.06.23 by some truly eminent guests from the Ex-servicemen Contributory Health Scheme (ECHS). Major General Manoj Natarajan VSM, the Managing Director of ECHS, accompanied by Colonel Bhat from the Central Organisation and Group Captain Bhaskar Varma, Joint Director (Accounts and Asset Management), graced us with their presence.



This visit held immense significance as it aimed to delve into the world of palliative care services at Karunashraya and explore avenues for integrating such care into the ECHS system.

The insights gained during this visit will undoubtedly contribute to improving the accessibility and quality of palliative care services offered to ex-servicemen under the ECHS system. We express heartfelt gratitude to our guests for their valuable time and unwavering dedication to promoting and advancing palliative care. Together, we strive to make a positive difference in the lives of our heroes.



KARUNASHRAYA Gallery

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CISCO CSR Volunteering



NHM ODISHA team



Nursing Graduation



CISCO CSR Volunteering



NHM ODISHA team



CSR Volunteering



Internship



Dance performance