



KARUNASHRAYA
Bangalore Hospice Trust

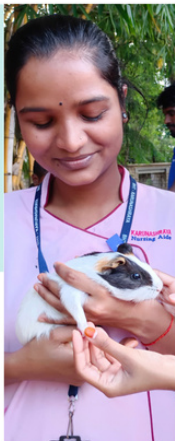
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BANGALORE HOSPICE TRUST NEWSLETTER

JULY- SEPTEMBER 2022

at a
glance

HOME CARE



WHITEFIELD

NEW ADMISSIONS : 21
DEATHS : 11
NUMBER OF PATIENTS : 97

JAYANAGAR

NEW ADMISSIONS : 16
DEATHS : 11
NUMBER OF PATIENTS : 88

SEVANAGAR

NEW ADMISSIONS : 27
DEATHS : 10
NUMBER OF PATIENTS : 115

BAGCHI KARUNASHRAYA BHUBANESWAR

HOME CARE

NEW ADMISSIONS : 63
DEATHS : 44
NUMBER OF PATIENTS : 387
OPD VISITS : 154



INPATIENT CARE

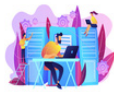
NEW ADMISSIONS : 188
RE ADMISSIONS : 097
DEATHS : 136
TOTAL NO. OF PATIENTS : 285
TELECONSULTATION : 250
OPD : 46



DOCTORS CARE
3272 Hrs



NURSING CARE
47112 Hrs



ADMINISTRATION
27300 Hrs



COUNSELLING
4508 Hrs



PHYSIOTHERAPY
1084 Hrs



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EDUCATION & RESEARCH (KIP CER)

TRAINING/EDUCATION:

This quarter we launched 2 specialized 6-months training programs on the 1st of July in affiliation with Kasturba Medical College, Manipal.

1. Certificate Course in Counselling Skills in Cancer and Palliative Care: a blended learning program for psychologists and social workers to increase their knowledge and improve their skills in identifying, assessing, and managing psychological, social, and spiritual concerns, and implement evidence-based counseling practices in oncology and palliative care.

2. Essentials of Neurology Palliative Care: a blended learning program for neurologists, neurosurgeons, palliative care providers, geriatricians, physiatrists, internists, intensivists, and pediatricians who offer care for serious life-limiting neurological illnesses. It is jointly conferred by the International Neuropalliative Care Society and Kasturba Medical College, Manipal.



* We published 3 articles in Q1 journals i.e., in the top 25% of journals in the field of palliative care this quarter. The journals are ranked by SCImago Journal Rank indicator a measure of the scientific influence of scholarly journals that accounts for both the number of citations received by a journal and the importance or prestige of the journals where the citations come from.

*Sangeetha N, Nursing Tutor, KIP CER got selected as an ELNEC Trainer from ELNEC India and the American College of Nursing. She participated as a trainer in Manipal from 28th to the 30th of September. The training was attended by 70 enthusiastic nurse participants.

OTHER HIGHLIGHTS



Faith-based practices in End-of-Life Care

We are holding a series of seminars at Karunashraya on faith-based practices in end-of-life care. These sessions will be delivered by speakers from six major faiths Hinduism, Christianity (Catholic and Protestant), Islam (Sunni and Shia), Sikhism, Jainism, and Zoroastrianism. The goal of these sessions is to enhance attendees' knowledge of diverse spiritual needs that can be integrated into our work as palliative care professionals.

Our first lecture was conducted on August 18th by Fr. Juventius Andrade, a Catholic priest who gave us valuable insight into faith-based practices to be followed in end-of-life care by Catholic Christians. Our second session was delivered by Rev. A Louis Nelson, a Christian pastor. His understanding of faith-based practices to be followed in end-of-life care for Protestant Christians was very insightful.



INDEPENDENCE DAY CELEBRATIONS

We celebrated India's 75th year of Independence at Karunashraya by hoisting our national flag followed by which our nursing staff sang our national anthem. On this auspicious day, we also had the inauguration of the recreation room for our nursing staff.

DOCTOR'S DAY CELEBRATIONS

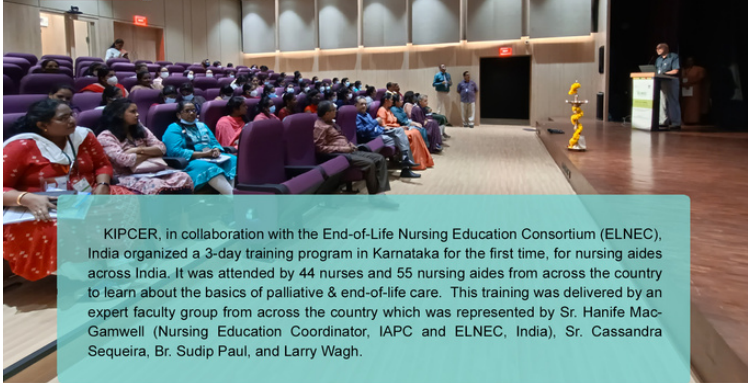


We celebrated doctors' day on July 1st. We had a small program to felicitate our staff followed by a short cultural program.



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KIPCER, in collaboration with the End-of-Life Nursing Education Consortium (ELNEC), India organized a 3-day training program in Karnataka for the first time, for nursing aides across India. It was attended by 44 nurses and 55 nursing aides from across the country to learn about the basics of palliative & end-of-life care. This training was delivered by an expert faculty group from across the country which was represented by Sr. Hanife Mac-Gamwell (Nursing Education Coordinator, IAPC and ELNEC, India), Sr. Cassandra Sequeira, Br. Sudip Paul, and Larry Wagh.

A five-day training of trainers for ASHA Master Trainers and Physiotherapists on home-based palliative care was conducted from 11th -15th July 2022. Moreover, Dr. Seema Rao, Associate Director, Education & Research was national faculty for the five-day CTC-5 training program funded by the Lien Collaborative held in New Delhi, India. With an objective to start a palliative care and pain management program across India, this training was attended by 14 medical colleges across India with approximately 55 doctors and nurses. She also served as a guest faculty for Pallium India.

Other training conducted by KIPCER are listed below:

- AVM Medical College, Puducherry
- Father Muller's Medical College, Mangalore
- Devaraj Urs College of Nursing
- SDM College of Medical Sciences & Hospital, Dharwad
- Hospice Indore Cancer Foundation Charitable Trust
- St. John's Medical College





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Onam

Celebrations

We celebrated the harvest festival, Onam with great festivity and cheer at Karunashraya this year. Our staff adorned traditional attire of white dhotis and traditional sarees. We had a pookalam making contest for our nursing staff which received wholehearted participation and brought happiness and laughter all around, followed by a delicious and wholesome sadhya prepared by our talented kitchen staff.

Vidaaya

An ode to the departed

Vidaaya is a monthly initiative that commenced in order to honor and pay our respects to all our patients who passed away in the hospice. The main aim of the program is to give closure to our staff members who cared for them and brought peace and comfort to them in their last days. It is conducted on the last day of July, August & September month and includes the lighting of a candle in memory of each patient, followed by a poem, song, or sharing beloved memories of those who are no longer with us.

Testimonial

Thank you for the amazing job that you are doing at Karunashraya. As someone who has lost a family member to cancer, I know that a lot of physical, mental, & emotional effort goes into looking after patients. It is a great deal to be able to make a difference each day that you serve these patients. Massive thank you!

Ruchi Priya



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CORPORATE VOLUNTEERING

Corporate Volunteering groups from companies such as Zebra Technologies, CGI, IQVIA, PayPal, HP, Eli Lilly, Intel, Cisco visited our campus to learn more about the hospice as well as the various services that offer our patients and their caregivers. They volunteered their time with us and assisted us by giving us a helping hand in several activities such as providing assistance in the kitchen in preparing nutritious food for our patients and staff, cotton ball making, gauze folding which are both used to tend to our patient's wounds as well as infrastructure maintenance like window cleaning and gardening. They even hosted cultural programmes and activities for our patients, their caregivers and our nursing staff by dancing, singing and playing games.





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SELF CARE WEEK

International Self-Care Day is celebrated on 24th July every year. This year we celebrated it for a week at Karunashraya from 18th July – 22nd July. Our motive behind organizing this event was to help each member of our staff prioritize their health and wellness.



We started off our week with a session on Mindfulness, conducted by one of our counselors, Ms. Aishwarya Bhaskar. The session consisted of three mindfulness activities, with the purpose of fulfilling three different aspects of mindfulness. On the second day we had a session on self-defence conducted by Mr. Girish R Gowda who is an international kick-boxer, personal trainer and cancer survivor. Our event on day 3 of self-care, was an art therapy session. It allowed our employees to unleash their creative side and explore themselves using art. Day 4 of self-care was a pet therapy session led by a team from Charlie's Animal Rescue centre (CARE). We were extremely pleased to have two dogs, three puppies and four guinea pigs join us on campus. This simple activity allowed us to reconnect with nature and provided us with lots of laughter and fun. The self-care activity on day 5 was definitely a crowd favourite and received whole hearted participation from all of our staff. We organised a cooking competition with a twist- nothing could be pre-cooked.



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13

13 A



FILM NEGATIVE

14

14 A



FILM NEGATIVE

We had the pleasure of meeting a group of people from Kanthari, an NGO based in Kerala. Their goal was to gain an understanding of how palliative care improves the quality of life of patients and that of their families.

Karunashraya hosted the Mitra Foundation-Jeevan Shakthi Manch's annual meeting. It was a day to celebrate and see how Mitra Foundation has impacted the lives of the families of our patients. This event was also a fantastic opportunity to assist the kids from these families in making crucial decisions about their futures in education and employment.

Mr. Deepak S Bhatia, CEO of Make-A-Wish Foundation India, along with his associate, Mr. Arun Kumar, met our counselling team and our CEO, Mr. Mathew Chandy on 14th July 2022. This meeting was conducted in order to explore future possibilities to help fulfill the last wishes of our paediatric patients.



Bangalore Hospice Trust -Karunashraya
Old Airport – Varthur Main Road,
Kundalahalli Gate, Marathahalli,
Bangalore – 56 0037, INDIA

Bagchi karunashraya palliative care centre
Odisha JEE Office
Jagamara-Sundarpada Road,
Gandamunda, Pokhariput,
Bhubaneswar - 751030, INDIA

