



**KARUNASHRAYA**  
Bangalore Hospice Trust

www.karunashraya.org

# BANGALORE HOSPICE TRUST NEWSLETTER

OCTOBER-DECEMBER 2022

## at a glance

### HOME CARE

#### WHITEFIELD

NEW ADMISSIONS : 33  
DEATHS : 13  
NUMBER OF PATIENTS : 106

#### JAYANAGAR

NEW ADMISSIONS : 14  
DEATHS : 07  
NUMBER OF PATIENTS : 84

#### SEVANAGAR

NEW ADMISSIONS : 24  
DEATHS : 07  
NUMBER OF PATIENTS : 129

### BAGCHI KARUNASHRAYA PALLIATIVE CARE CENTRE BHUBANESWAR

#### HOME CARE

NEW ADMISSIONS : 52  
DEATHS : 55  
NUMBER OF HOME VISITS : 392  
OPD VISITS : 149

### INPATIENT CARE

NEW ADMISSIONS : 200  
RE ADMISSIONS : 085  
DEATHS : 145  
TOTAL NO. OF PATIENTS : 285  
TELECONSULTATION : 279  
OPD : 55



COUNSELLING  
4524 Hrs



PHYSIOTHERAPY  
1004 Hrs



DOCTORS CARE  
2948 Hrs



NURSING CARE  
35250 Hrs



ADMINISTRATION  
27182 Hrs





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## A session with Ms. Gilly Burns

KIPCER and the Bangalore Palliative Care Special Interest Group organized a session by Ms. Gilly Burns, a pioneer of palliative care in India, at the Sakuntala Panda Auditorium at BHT-Karunashraya. Ms. Gilly Burns spoke on "Her Majesty the Late Queen Elizabeth II and her Embodiment of Cicely Saunders' Philosophy of Palliative Care: A Surprising Role Model for the Gentle Art of Dying Well in India".

## INTERNSHIPS

During this quarter, KIPCER received interns from numerous institutions in Bengaluru. Christ (Deemed to be) University, St. Joseph's College, Kristu Jayanti College, Jain University, Banjara Academy, Sacred Heart College, Baldwin Women's Methodist College and Tumkur University are a few of the institutes. The interns engaged actively in the day-to-day activities as well as organised many activities for the patients and staff of Karunashraya.







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## Celebrations & Events:



We celebrated World Hospice and Palliative Care Day on October 8th 2022. The theme for this year was, "Healing Hearts and Communities". We commenced the festivities with high tea, followed by a play performed by First Drop Foundation. They enacted selected stories from Crossing Over, our book about our patients. The program ended with a cultural dance performed by our talented nursing staff.

We celebrated Diwali, the festival of lights on October 22nd 2022. A volunteer group called Giftables put on a grand celebration by decorating the entire campus and also organised cultural programmes for our patients & staff.

We celebrated Sports Day on October 18th and 19th with a series of both outdoor and indoor games for our staff such as cricket, lemon and spoon race, musical chairs, carrom, and an assortment of board games.

We celebrated Foundation Day with great festivity to mark the day when Bangalore Hospice Trust - Karunashraya was founded on the 26th of October 1994.

Kannada Rajyotsava marks the day when the State of Karnataka was formed in 1956. We celebrated it at Karunashraya by organising a singing and dancing competition followed by a fashion show and a fancy dress competition for our staff.







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## EDUCATION & RESEARCH (KIPCER)

### HIGHLIGHTS:

1. Certificate Course in Counselling Skills in Cancer and Palliative Care: A Blended Learning Program- First batch successfully completed
2. End of life Nursing Education Consortium (ELNEC) hosted by Bagchi-Karunashraya Palliative Care Centre, Bhubaneswar
3. Talk by Ms. Gilly Burn organized by KIPCER
4. MoU with University of Hull, University of Cambridge and BHT-Karunashraya on Breathe India Project
5. MoU with Golden Butterflies, Chennai



### First Batch - CCPC (TRAINING)

As part of our mission, we continue to build the capacity of doctors, nurses, counsellors, volunteers, and trainers in palliative care. This quarter we concluded the Certificate Course in Counselling Skills in Cancer and Palliative Care (CCPC), a 6-month blended specialized learning program.

Launched on July 1st, 2022, the CCPC course is jointly certified by Karunashraya Institute of Palliative Care, Education and Research (KIPCER) and Kasturba Medical College (KMC), Manipal. Dr. Sharath Kumar Rao - Dean & Professor at KMC, Manipal, Dr. Santhosh K Chaturvedi – Former Dean & Senior Professor of Psychiatry, NIMHANS, Bengaluru and Dr. Naveen Salins- Professor & Head, of the Department of Palliative Medicine & Supportive Care, KMC Manipal, graced the occasion.





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## IN-HOUSE TRAINING PROGRAM

- 4 Skill development sessions for our counsellors
- 6 Case discussions
- 2 Monthly guest lectures
- 8 Continuous Nursing Education (CNE) sessions
- 4 Bed-side teaching sessions
- 3 Case presentations for nurses

## EXTERNAL TRAINING PROGRAMS

### ELNEC CORE TRAINING PROGRAM

Bagchi - Karunashraya Palliative Care Centre, Bhubaneswar hosted the 3-day End-of-Life Nursing Education Consortium (ELNEC) training program on 24th, 25th & 26th November. Ms. Sangeetha N, Nursing Tutor, KIPCER, in addition to helping coordinate the event, was also one of the eminent faculty. The training program was attended by 58 enthusiastic nursing practitioners from all over Odisha. This opportunity helped promote Bagchi- Karunashraya Palliative Care Centre at a national level.



Dr. Seema Rao was a speaker at the 21st Shaikat Khanum Cancer Symposium and she spoke on 'Palliative Care Education in India'. She served as a chairperson of the CME on Cancer Pain Management at Vydehi Hospital. She was also the course chair for IAPC's course on 'Managing Psychosocial Issues of Patients with Chronic Illnesses in Palliative Care Settings' held from December 4th to December 10th 2022.

The 4th Indo Oncology Summit took place in Bhubaneswar from November 11th-13th, 2022. The keynote speaker was Dr. Srinagesh Simha, Medical Director-Karunashraya, who discussed the "Potent Power of Palliative Care". Dr. Seema Rao, Associate Director of Education and Research, delivered a talk titled "Co-creating quality; Palliative Care-Oncology Interface".

Ms. Sangeetha N, served as a faculty for the ELNEC training program conducted at the Homi Bhabha Cancer Hospital, Visakhapatnam (10.10.2022 – 12.10.2022) and AIIMS Bhopal (05.12.2022 – 07.12.2022)





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## VISITS FROM EDUCATIONAL INSTITUTES

Students from various educational institutions such as Bishop Jerome School of Architecture and Design, BMS College of Architecture, Dayanand Sagar College, Delhi Public School (Whitefield), Interact Club of Army Public School, NSB Academy, Deens Academy, NEEV Academy, Gear of Innovative International School & Prasanna School of Public Health at MAHE, Manipal, and the Indian Academy Degree College in Bengaluru visited our campus to gain better understanding about our hospice centre and palliative medicine. Students from Deens Academy organised a fundraiser and donated generously the proceeds to our hospice centre.





## CSR ACTIVITIES



CSR teams from corporates such as Cipla, Cisco, Sabre, Applied Materials, JP Morgan, IQUVIA, Xactly Tech, Cipla, Intel, Deloitte, Smarsh, Baker Hughes, Dell, K4 Society, Mphasis & Baker Hughes visited Karunashraya to learn more about our hospice and the various services that we provide. They assisted us in various volunteering services such as assisting our kitchen staff, helping us in gardening activities, preparing cotton and gauze for wound care as well as organising cultural programs to entertain our patients and staff. We were invited to the Cisco and Baker Hughes campuses to host in-campus CSR events.

## Testimonial

My mother, who suffered from Metastatic Breast Cancer, passed away peacefully a few days back. I will ever be indebted to Karunashraya and the Counselling Department in particular for guiding me through the last days of her journey, which helped me achieve her end of life goals. I sincerely believe that GOD is "showing off" his kindness through the Karunashraya team. Ever grateful.

- Patient's Caregiver





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## Bengaluru East Marathon

On 4th December 2022, ELV Projects hosted the "Bengaluru East Marathon" for which we were a benefactor. The Chief Guest for the event was Mr. Arvind Limbavali, MLA of Mahadevapura, who spoke highly of the services that we provide for our patients. Over 2500 people participated in the marathon. The funds raised through this event will go a long way in helping us tend to our patients effectively.



As part of our research endeavours, KIPCER is collaborating with the University of Hull and The Chancellor Masters and Scholars of the University of Cambridge on the Breathe India Project. Led by Dr. Miriam Johnson, Hull University, Dr. Naveen Salins, Kasturba Hospital, Manipal, Dr. Seema Rao, and Dr. Srinagesh Simha, BHT- Karunashraya, this project aims to identify and refine evidence and theory for self-management of breathlessness. This project also aims to develop interventions and map intervention components by the concept of 'What Works for Whom, and Where'.

## Publications

This quarter we published 2 articles:

- PENS approach for breaking bad news in the oncology outpatient setting- a real-world report- Sharada Mailankody (First Author), Prathika Sherigar Ananth Pai, Ramnath Shenoy, Karthik Udupa, Shirley Lewis, Dr. Seema Rao
- Situational analysis of the quality of palliative care services across India: a cross-sectional survey- Arunangshu Ghoshal, Odette Spruyt, Anjum Joad, Shoba Nair, MR Rajagopal, Firuza Patel, Anuja Damani, Jayita Deodhar, Dinesh Goswami, Geeta Joshi, Savita Butola, Charu Singh, Dr. Seema Rao, Madhura Bhatwadekar, Mary Ann Muckaden, Sushma Bhatnagar

Bangalore Hospice Trust -Karunashraya  
Old Airport – Varthur Main Road,  
Kundalahalli Gate, Marathahalli,  
Bangalore – 560 037, INDIA

Bagchi Karunashraya Palliative Care Centre  
Odisha JEE Office  
Jagamara-Sundarpada Road,  
Gandamunda, Pokhariput,  
Bhubaneswar - 751 030

