



BANGALORE HOSPICE TRUST NEWSLETTER

OCTOBER .NOVEMBER .DECEMBER . 2024

Happy New Year to you all!

As we close out 2024, I'd like to take a moment to reflect on the year gone by.

It has been a year of expansion for Bangalore Hospice Trust (BHT) - Karunashraya. We have strengthened our hospice care by welcoming new partners and launching initiatives that will guide us towards continued success in the future. Among these initiatives are our enhanced mission, vision, and values. When Karunashraya was founded in 1994, our mission was clear: to provide free palliative care for patients with advanced-stage cancer. Today, I am proud to share that Karunashraya has cared for over 29,500 patients with terminal cancer.

Over the past three decades, Karunashraya has grown into a leading hospice of the country. Along the way we've made significant strides towards our goal: to provide compassionate palliative care to people with life-limiting illness through quality care, advocacy, research, and education.

I am especially proud to see how, over the past decades, our internal teams demonstrated over and over again their dedication and compassion towards Karunashraya's goal to help patients live with dignity and peace, free of pain. Equally impressive is unwavering commitment from our corporate partners, donors, and volunteers. We are a non-profit organisation that has set high goals, with a talented team that works very hard to achieve them.

I have noticed that the ongoing efforts towards motivating and de-stressing employees has contributed to the team continuing to build a great hospice, providing high-quality palliative care for our patients in the most hygienic environment possible.

The work we are doing is more relevant than ever and we will need more of your love and support in the years to come. Last year, we proudly opened "The Bagchi Karunashraya Palliative Care Centre", in Bhubaneswar. We look forward to receiving the same care and encouragement for this new center as we have for our current one.

I want to thank all of our employees, donors, partners and corporate and individual volunteers for your continued partnership and commitment to Karunashraya. All of us have an important role in alleviating the suffering of our patients and providing them with the best quality of life possible under the circumstances. Together we can make Karunashraya the world's best hospice and palliative care centre and an example to those who want to emulate us.

I'm sincerely grateful for those who worked with us on our journey so far and I look forward to a valuable 2025.

With sincere gratitude,

Gurmeet Singh Randhawa
Managing Trustee

BANGALORE HOSPICE TRUST : PATIENT STATISTICS

BAGCHI KARUNASHRAYA

HOME CARE

NEW ADMISSIONS : 21
DEATH : 7
TOTAL HOME CARE VISIT : 444

BAGCHI KARUNASHRAYA

IN-PATIENT

NEW ADMISSIONS : 60
RE ADMISSIONS : 20
NO. OF IN-PATIENTS : 80
NO. OF OPD PATIENTS TREATED : 36

BHT- KARUNASHRAYA

HOME CARE

NEW ADMISSIONS : 65
DEATH : 48
TOTAL HOME CARE VISIT : 813

BHT- KARUNASHRAYA

IN-PATIENT

NEW ADMISSIONS : 238
RE ADMISSIONS : 77
NO. OF IN-PATIENTS : 315
NO. OF OPD PATIENTS TREATED : 78

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**SOFT LAUNCH OF THE BAGCHI
KARUNASHRAYA PALLIATIVE
CARE CENTRE**

On December 6th, 2024, a significant milestone was achieved with the soft launch of the Bagchi Karunashraya Palliative Care Centre in Bhubaneswar. This momentous occasion was graced by esteemed members of the Rotary Club Indiranagar, Rotary Club Bhubaneswar, and Rotary Club Bhubaneswar Elite. The event also marked a special moment with the signing of a sister club agreement, symbolizing a collaborative effort to provide support between the clubs. To conclude the evening, the talented nursing staff presented a captivating cultural program, adding a touch of joy and warmth to the proceedings.





EDUCATION & RESEARCH

KARUNASHRAYA INSTITUTE FOR PALLIATIVE CARE EDUCATION AND RESEARCH (KIPCER) - KEY ACHIEVEMENTS & INITIATIVES

KIPCER continues to make remarkable progress in advancing palliative care through a combination of innovative training programs, impactful collaborations, and ongoing research. This quarter has seen significant achievements across training, academic contributions, and research initiatives, underscoring KIPCER's leadership in providing holistic, compassionate care.



Joseph Clark



CCPC batch



Design Thinking workshop

RESEARCH COLLABORATION – EQUIP-QI PROJECT

KIPCER is proud to be a collaborating member of the National Cancer Grid (NCG), a consortium of cancer centres in India. KIPCER is part of the Enable Quality Improve Patient Care – India (EQUIP-QI) project, an initiative of NCG with Stanford Medicine, USA, focused on enhancing cancer care standards in India. The KIPCER team of Sangeetha N, Mithili N Sherigar and Dr Seema Rao, working alongside Dr. Kumaravelan Y and Dr. Kavitha Reddy at Karunashraya rolled out this important project aimed at improving end-of-life care at Karunashraya.

ACADEMIC ACHIEVEMENT

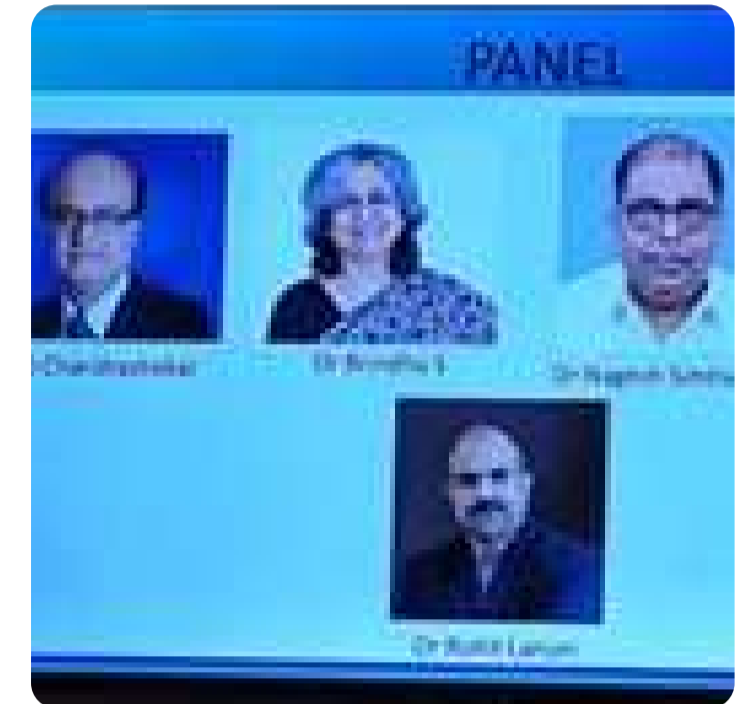
We are delighted to announce that Dr. Seema R Rao has been appointed to the Editorial Board of BMC Palliative Care, a Quartile 1 open-access journal, a testament to KIPCER's expertise in research. Additionally, Dr. Rao and Sangeetha N served as examiners for the National Fellowship in Palliative Medicine exit exam conducted by the Institute of Palliative Medicine, Calicut, and further strengthening KIPCER's role in shaping future palliative care specialists.



EDUCATION

KIPCER excels in offering a diverse range of in-house, external, and conference-based training programs aimed at enhancing communication, patient care, and palliative care practices. These initiatives engage healthcare professionals across the country and strengthen the palliative care workforce.

Design Thinking for Innovation in Palliative Care and EPEC – India – Pediatrics 2024, were some innovative programs that trained healthcare professionals from across India. The Counseling Skills in Cancer and Palliative Care program, our flagship blended learning program, endorsed by the International Psycho-oncology Society, also drew significant participation. Furthermore, KIPCER faculty were invited to conduct training at top institutions like Adyar Cancer Hospital, NIMHANS, KMC Mangalore and Manipal, Aster CMI, Manjushree College of Nursing, and Sri Devaraj Urs Academy of Higher Education and Research. Members of the KIPCER team were invited speakers at multiple national and international conferences as well. These invitations reflect KIPCER's growing influence and leadership in advancing palliative care education across India.



@ Adyar Cancer Institute



GE Vernova Awareness Campaign



Smith & Nephew awareness session



Cisco Campus Awareness session



CCPC Role Play



T John School of Nursing



EPEC Participants



Internship



Manjushree College



Workshop

TRAINING

KIPCER also hosted interns from prestigious universities, St. Joseph's University, Christ University, MS Ramaiah, and St. Theresa College of Nursing, providing them with hands-on experience in patient care and communication.

- External Training Programs: 13
- Internal Training Programs: 30
- Visiting Observers: 414
- Internships / Fieldworkers: 418
- Educational Institution: 7
- Number Of Doctors Trained: 213
- Nurses Trained: 2213
- Mental Health Professionals: 155
- Other Healthcare Professionals: 40
- General Public: 540

RESEARCH

In research, KIPCER made significant progress with four publications in national and international journals and 12 abstracts submitted for major upcoming conferences, including 10 for 32nd International Conference of the Indian Association of Palliative Care 2025 and one each for Asia-Pacific Psycho-oncology Network Conference 2025 and European Association of Palliative Care Conference 2025. The institute is currently running eight ongoing research projects focusing on critical areas such as caregiver burden, communication, end-of-life care frameworks, nursing, and training effectiveness. KIPCER also welcomed Dr. Joseph Clark from Hull University, who collaborated with KIPCER for the Breathe-India project, and shared insights on self-management strategies for breathlessness in low-resource settings, further enriching the academic environment.



MEDICAL AND NURSING CARE

PEDIATRIC END OF LIFE CARE

The teenage years can be challenging, as individuals are caught between childhood and adulthood. At just 13 years old, Rahul (name changed) came to us with swollen legs, multiple bed sores, and excruciating pain. He was angry and suspicious of the medical profession, particularly doctors and nurses, because too many promises had been broken. Rahul wanted to be like any other 13-year-old: playing video games, studying, and running around with his friends. Most importantly, he wanted to be at home. However, the pain was unbearable; a bony growth had disfigured his face, and multiple growths on his legs left him bedridden and heavily dependent on his mother. Unbeknownst to him, he was dying from a disease he could neither understand nor control.

As palliative care physicians, we recognized the critical role we would play in enhancing Rahul's quality of life. Our focus shifted to effective pain management, alleviating his anxiety, and guiding him through the difficult acceptance of his condition. Our primary goal was to provide him with a pain-free, dignified, and peaceful existence until the end. Acceptance came for Rahul when he realized that cancer was not his identity. Although he remained confined to bed, he understood he no longer had to feel like a burden to his mother. He learned that he could spend his remaining time without suffering in pain, and that death, while inevitable, did not have to be something to fear. He would not be left alone to suffer; instead, his journey would be pain-free, surrounded by the love of his family and friends.

Rahul took his last breath one early morning, without pain and with dignity. This experience offered invaluable lessons to our medical team, particularly in enhancing pain management techniques and addressing the complex emotions of death anxiety in young patients.

- Dr. Babita Varkey (Director Clinical Services)



BREAST CANCER AWARENESS

On National Cancer Awareness Day, November 7th, BHT-Karunashraya had the privilege of partnering with Cisco to elevate understanding around breast cancer and palliative care. Dr. Babita P Abraham Varkey, our Director of Clinical Services, was invited to deliver an insightful presentation at Cisco's Breast Cancer Awareness session. Her talk, followed by an open and engaging discussion, provided participants with a deeper perspective on Breast cancer care and the essential role of palliative support. It was an insightful session for Cisco employees and in a gratifying gesture they made the New Year's cards for all the patients at Karunashraya. Such awareness initiatives help us go closer to our mission of providing compassionate care to those in need.



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MEDICAL AND NURSING CARE



JOURNEY OF A NURSE

I joined Karunashraya just over a year ago, and my move here was quite unexpected. Prior to this, I was the head nurse at a 1200-bed cancer hospital in Kerala, where my role involved a lot of documentation. Although I was a nurse, palliative care was new to me. When I arrived at Karunashraya, I quickly realized the true importance of patient care and compassion. While documentation is still important, here, the priority is always the patient.

In the beginning, I sometimes felt overwhelmed by seeing patients in pain. However, I received continuous support and encouragement from my seniors, which helped me gain confidence over time. Today, I'm able to assist and mentor younger nurses, and I truly enjoy teaching them about palliative care. Interestingly, teaching has also become a form of learning for me, deepening my understanding of my role.

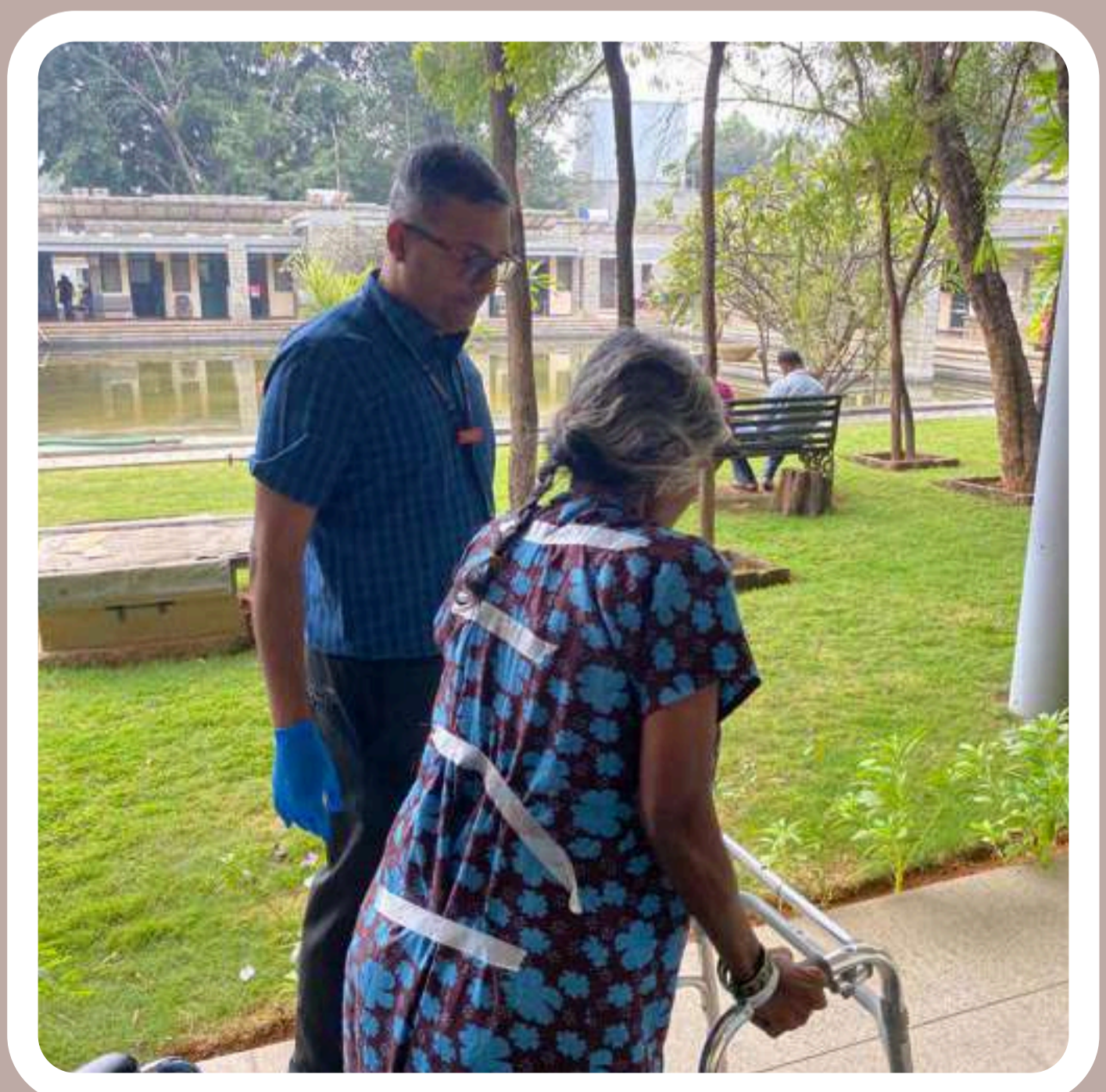
One day, a priest visited Karunashraya, and I shared my apprehensions and fears with him. He reassured me by saying that I was providing a valuable service, and his words were comforting. Today, I feel much more confident in my role in patient care, and I am committed to continuing to learn, teach, and deepen my understanding of palliative care. It truly feels like a meaningful service to me.

-Sr. Jeena (Nursing Superintendent)

IMPORTANCE OF PHYSIOTHERAPY IN PALLIATIVE CARE

Physiotherapy plays a crucial role in enhancing palliative care for advanced stage cancer patients. At Karunashraya, physiotherapist Mathew Jinu Saji has encountered cases where cancer patients presented with significant pain, immobility, and sleep disturbances. Through daily physiotherapy exercises, these patients have been able to leave Karunashraya walking and live a decent quality of life despite their illness. The primary focus of physiotherapy in palliative care is to improve mobility, alleviate pain, manage side effects, and prevent complications.

At the 31st Annual International Conference of the Indian Association of Palliative Care (IAPCON 2024), a full-day pre-conference for physiotherapists on palliative care was held for the first time in India. Karunashraya conducted an audit, led by senior physiotherapists Mathew Jinu Saji and Shankar Shrestha on the "Fall Risk Clinical Audit." They also presented their findings at IAPCON 2024. The paper received positive feedback as it aimed to assess the risk of falls in cancer patients, assisting physiotherapists in developing preventive measures





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COUNSELLING & SUPPORTIVE CARE

This edition explores the comprehensive support services provided at Karunashraya. We will examine the diverse therapeutic approaches available to both patients and staff, underscoring the critical role of emotional well-being. Furthermore, we will emphasize our commitment to honoring patients' wishes and celebrating significant life milestones, such as birthdays, while acknowledging the profound impact they have on our lives.

A MELODY OF RESILIENCE: FULFILLING A PATIENT'S WISH WITH THE HEALING POWER OF MUSIC

Ms. Gayathri (name changed), a 56-year-old lady had faced life's challenges with unwavering determination. Her love for playing the veena and carnatic music had started right from her school and college days, she never missed a class, finding joy and peace in the melodies she created.

Even after her diagnosis, which was at a young age, Ms. Gayathri remained resilient. In between her cancer treatment, she would return home, sit quietly, and play the veena to calm herself during the most trying times. However, as her condition progressed, she became bed-bound and playing the veena was no longer possible.

Yet, her love for the instrument never waned. While being admitted at Karunashraya she expressed her wish to hear a live veena performance, the counselor of the ward who was caring for her arranged a special session. A live artist played the veena for Ms. Gayathri, filling the room with melodies that brought her immense delight and peace. Her face lit up with happiness, a testament to the power of music in healing the soul.

At Karunashraya, we strive to fulfill such meaningful wishes, ensuring that every moment of life is celebrated with dignity and care. Ms. Gayathri's story is a reminder that joy can be found even in the most challenging times, and the human spirit is truly extraordinary.

DIVERSIONAL THERAPY FOR STAFF

We believe that creativity can be a powerful tool for healing and connection. Patients, along with their families and staff members, come together to engage in activities like coloring, painting, and crafting small keepsakes. These creative sessions offer more than just an outlet for artistic expression—they provide a space to explore emotions, foster connections, and find moments of peace amidst life's challenge

Each brushstroke and craft is a gentle reminder that even in the face of adversity, there is room for joy, creativity, and love. These cherished moments uplift spirits and nurture the soul, reaffirming the value of life and togetherness.



VIDAAYA

Vidaaya, our monthly memorial ceremony, provides a meaningful opportunity for reflection and healing. We honor each patient who has passed away by lighting a candle and sharing cherished memories, creating a serene atmosphere at our hospice.



CELEBRATING LIFE: MAKING BIRTHDAYS MEANINGFUL IN HOSPICE CARE

At Karunashraya, every moment is precious, and birthdays hold a special place in our care. For patients in hospice, birthdays are more than a marker of time—they are a celebration of life, individuality, and the deep connections that make life meaningful.

Each celebration, whether an intimate gathering with family or a vibrant event with music, balloons, and cake, is designed to honor the patient's unique journey, passions, and memories. These moments of love and warmth remind us that even in the most challenging times, there is always space for joy and togetherness. At Karunashraya, we strive to make every birthday a heartfelt tribute to the resilience and spirit of our patients.





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EVENTS & PROGRAMS

WORLD HOSPICE & PALLIATIVE CARE DAY CELEBRATION

Bangalore Hospice Trust - Karunashraya & Bagchi Karunashraya proudly celebrated World Hospice & Palliative Care Day (WHPCD) on October 12, 2024, with a heartwarming musical concert, "Chords of Compassion." The event featured an enchanting performance by Rear Admiral Nirmla Kannan (Retd), along with special guest appearances by Mrs. Nirupama Menon Rao and Mr. Sulaiman Jamal. The audience was treated to a specially curated selection of timeless English classics from the 60s to the 90s. A heartfelt thank you to Rotary Bangalore Indiranagar for their generous support in helping us bring this event to life.

A HEARTFELT THANKS TO OUR VOLUNTEERS

Nutanix
Mahindra Electricals
Intel
Team Chrome
IQVIA
Aris Investing
Forum for Women in Public Sector Unity HAL
Baker Hughes
TCS
Lions members from Kolkata
Clairwaite
Headout travel company
Deloitte
Sunlife Global Solutions
Rotary Patna
GE Vernova
Here Technologies
GiftAble
Smith & Nephew
Amadeus Software Labs
JOC Cisco
Madhura coats
Microsoft
Twilio
Butterfly Appliance
Bhoomi Foundations
India Roots Foundation
Workplace Options.



PES Pharmacy College



Butterfly & Bhoomi Foundation



IQVIA



Lioness Club



THE FOUNDATION DAY

This quarter, we celebrated our Foundation Day, taking a moment to reflect on our journey, achievements, and the many lives we've touched along the way. The occasion was marked by heartfelt celebrations, with our talented staff showcasing their skills through cultural performances in dance, drama, and song. We also honoured long-serving team members, acknowledging their invaluable contributions. Founded on October 26, 1994, the Bangalore Hospice Trust (BHT) - Karunashraya began with a singular vision: to provide compassionate, free palliative care to those facing advanced-stage cancer. Over the past 30 years, this commitment has only grown stronger.

As we reflect on our remarkable past, we are filled with gratitude and pride. More importantly, we look ahead with renewed hope and determination to continue delivering compassionate care.



EDUCATIONAL INSTITUTIONS

- PES pharmacy College
- Hopkins palliative care
- Claret college of psychology
- Oakridge International School
- Prerna Academy
- Satya Sai nursing College
- Sri Kumaran School
- Stonehill International School
- Harsha nursing College
- International Children's Palliative Care Network
- Ramaiah Nursing College
- AirForce school





Deloitte CSR Volunteers

DELOITTE IMPACT DAY

Every year, Deloitte observes the last Friday of November as IMPACT Day, but at Karunashraya, we have witnessed the team making a difference throughout the year for the past decade. This quarter, they celebrated IMPACT Day on November 29, 2024, by participating in a large-scale volunteering activity. From cleaning solar panels and glass panels outdoors to making cotton balls and preparing medical supplies like gauze, and from cutting vegetables to rolling chapatis in the kitchen, the team was involved in every aspect of support. Their consistent dedication to volunteering with us has been truly remarkable and inspiring.

AWARENESS AND ADVOCACY

It was a very rewarding quarter for Karunashraya in terms of raising awareness and advocating for cancer and palliative care. We were presented with several opportunities to conduct sessions with major corporate giants and organizations, like GE Vemova, Smith & Nephew, Microsoft, Cisco, the Indian Army, Baker Hughes, Oakridge International School, Clairwaite, and HAL (Forum of Women in Public Sector) that gave us the platform to reach the wider audience. During these sessions, we highlighted the critical ways in which such care benefits not only patients but also their caregivers and families, providing essential support in the fight against the disease. The open discussions that took place allowed everyone to gain a deeper understanding of cancer and the importance of palliative care. These events attracted a large number of participants, both in person and virtually. We conducted several interactive sessions, encouraged meaningful discussions, and shared our experiences, all while highlighting how palliative care enhances the quality of life for patients and their families.

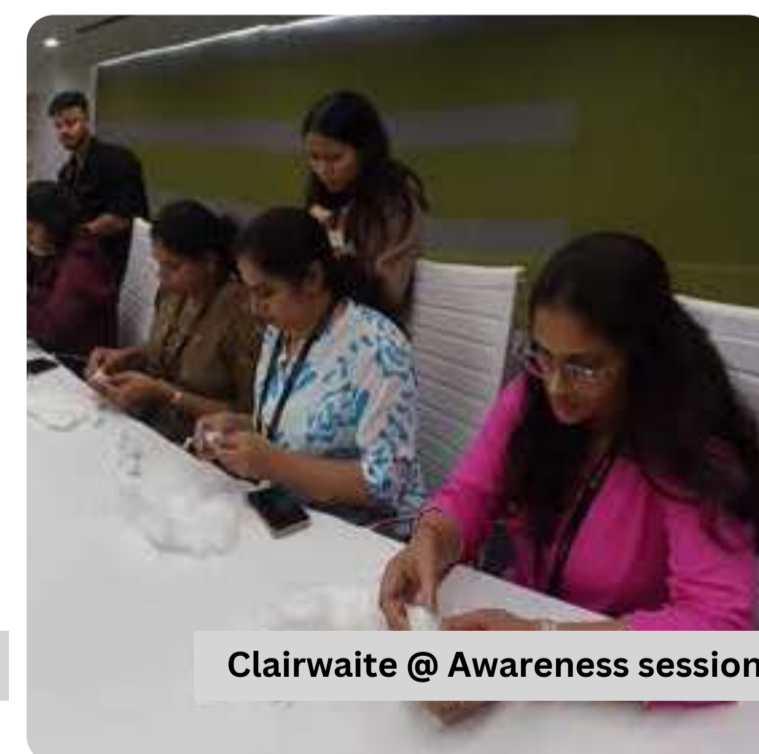
By organizing regular awareness programs, we work together to extend our support to those in need, bringing us closer to achieving our mission.



Baker Hughes @ Awareness session



HAL @ Awareness session



Clairwaite @ Awareness session



Microsoft @ Awareness session



Cisco @ Awareness session

CHRISTMAS CELEBRATION

We celebrated Christmas with great energy and excitement. A group of carolers, accompanied by Santa Claus, went from ward to ward, spreading cheer through singing, dancing, and distributing flowers to patients and cakes to employees. In addition, we had a fun-filled Secret Santa gift exchange among the staff, followed by the much-anticipated potluck lunch, where a variety of delicious dishes were laid out in the cafeteria. Santa Claus was delighted to see the smiles and joy filling every corner of Karunashraya.

The spirit of giving—whether through gifts, time, or acts of kindness—truly captured the essence of Christmas.



DEEPAWALI

This year, Diwali came early to Karunashraya, filling our hospice with warmth and light. For the past 16 years, it has been a cherished tradition for the vibrant team at GiftAble to bring the festival of lights to Karunashraya, and this year was no different. The celebration was a feast for the senses, featuring mesmerizing musical performances, lively dances by our nurses, intricate rangolis in every corner, and the soft glow of countless diyas. Karunashraya was transformed into a true haven of light, bringing joy and hope to both our patients and staff.





Anteriad CSR Team



Nutanix CSR team



Deloitte CSR Volunteering



Airforce School students



Twilio @ Awareness session



Potluck @ Karunashraya



Deepawali celebration