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### MESSAGE FROM THE SECRETARY

Dear friends,

This is the third news letter from the new secretariat of IAPC. Now we are able to publish it on a regular basis, thanks to the efforts made by all especially the National Information Office. News also comes in from different parts of India. The year has been a satisfactory one with regular activities at IAPC aiming to further the development of palliative care in India. More people are involved in these activities rather than a handful of executive committee members.

The Certificate Course in Essentials of Palliative Care developed by IAPC has become a huge success with 1091 professionals taking the course at 24

centres across India since November 2007. Project Kiran has contributed to the development of palliative care by supporting the course, national faculty pool, national information office and development of care pathways for terminally ill persons. I thank all the partners of Project Kiran – HelpAge India, Help the Hospices (UK), Help the Aged (UK) and the Institute of Palliative Medicine for their contribution. Now let us look forward to greater achievements for palliative care in the New Year.

In 2008, probably the most important development in palliative care in the country is the Palliative Care Policy of the Government of Kerala which carries great significance for palliative care in India and other developing countries. I congratulate the Kerala Government and the palliative care

groups in Kerala for this landmark achievement.

I have shared with you the ground work being done on the development of Worldwide Palliative Care Alliance (WPCA), the umbrella organisation for the national and regional organisations in palliative care. It has now become a registered organisation. WPCA will be formally launched in Vienna in May 2009. India is a permanent member of the board of the new organisation. This alliance carries great hopes for the future of palliative care in the world.

Most of you must have finalised your travel plans for the IAPC conference at Delhi. Let us all meet there. Wish you the very best for the New Year.

Warm regards

Anil

### CONFERENCE INFORMATION

#### IAPC Conference 2009

The 16th International Conference of Indian Association of Palliative Care (IAPC) will be held from 13th-15th February, 2009 at Jawaharlal Nehru Auditorium, All India Institute of Medical Sciences (AIIMS), New Delhi, India. The objective of the conference is to "Update Knowledge in Palliative Care" and the theme of the conference is "Freedom from Pain".



For registration and other details please contact:

Dr. Sushma Bhatnagar, Organising Secretary, Room No. 242, Unit of Anesthesiology, Dr.BRA Institute Rotary Cancer Hospital, AIIMS, New Delhi-110029, India, Tele fax No. +91 11 26588227. Email: iapcon2009@gmail.com  
Website: <http://www.iapcon2009.org>

### CURRENT IAPC EC MEMBERS

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Secretary: **Dr. Anil Kumar Paleri** / anilpaleri@gmail.com/ 9447853340

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Past President/ **Dr. Firuza D. Patel**/patelfd@glide.net.in

Past Secretary/ **Dr. Dinesh Chandra Goswami**/goswamidcg@yahoo.co.in

## NRHM Arogyakeralam Palliative Care Project Launched



Inaugural function of NRHM Arogyakeralam Palliative Care Project

Kerala is the first state where Palliative care is being linked up with National Rural Health Mission (NRHM) programs and NRHM has initiated a state level project this year aiming at the development of community based care services for the bed ridden, elderly, chronically and incurably ill people in the state.

The 'Arogya Keralam Project' by NRHM aims at awareness and capacity building in the general community, health care professional in government and private sector, local self government officials, the student community and grass root level political leaders

The project will be instrumental in bringing together various non-governmental initiatives and government agencies involved in either palliative care or the public health on a common platform. With a budget of more than 4 crores, this is the largest palliative care project in India. It is also the main implementing arm of the state government's 'Palliative Care Policy'. The Institute of Palliative Medicine, Calicut is the nodal agency for implementing the project.

**Taking palliative care to every Panchayath** is the main aim of the project. This is to ensure the availability of palliative services at the grassroots' level.

The project was launched officially on 9<sup>th</sup> October 2008 at Mancheri by Health Minister of Kerala P K Sreemathi.

40 Home care Services have been started all over the state under NRHM Scheme. Among them more than 35 services were initiated by Local Self Governments.

Number of new home care services in each district:

Trivandrum-2	Kollam -1	Pathanamthitta-1
Alappuzha-1	Kottayam-3	Idukki-4
Ernakulam-5	Thrissur-4	Palakkad-1
Malappuram -10	Kozhikode-4	Wayanad-1
Kannur -1	Kasargode-2	

The NRHM is planning to train atleast 150 doctors in each

district. In the initial stage 17 Doctors, 35 staff Nurses and 24 Auxilliary Nurses have been appointed. Coordinators have already been appointed in all districts. A newly appointed Project Manager is in charge of coordinating the activities in all districts.

**As part of implementing the project training camps were held at different places:**

- Two day training programme for resource persons in the state was held at Govt. youth hostel, Kozhikode on 9<sup>th</sup> and 10<sup>th</sup> August.
- State level workshop for doctors and Nurses was held at NIT Calicut from 18<sup>th</sup> to 21<sup>st</sup> of September.
- Three Workshops of the representatives of the Recognised Medical Institutions were held at Calicut, Ernakulam and Thiruvananthapuram.
- Workshop for Palliative Care project (South Zone) was held at Medical College, Vandanam on November 11<sup>th</sup> 2008.

**Six training centres have been recognised: They are**

- Institute of Palliative Medicine, Calicut
- Community Resource Centre in Palliative Care, Manjeri
- Amritha Institute of Medical Sciences and Research Centre, Kochi
- Institute of Palliative Care, Thrissur
- Regional Cancer centre, Thiruvananthapuram
- Trivandrum Institute of Palliative Sciences

Now Panchayath level awareness and training programmes are progressing all over the state. Within last two months nearly 60 training programmes were conducted at Panchayath level.

Series of demonstration projects in the back ground of these awareness and training activities are expected to facilitate the evolution of social movement in the care of the incurably and terminally ill patients in the state, well integrated to existing health care system.

## FACULTY WORKSHOP

Indian Association of Palliative Care conducted a workshop for the members of the National Faculty Pool on October 31<sup>st</sup> and November 1<sup>st</sup> at Asheerbhavan, Kochi. The workshop was conducted in association with Institute of Palliative Medicine and supported by Project Kiran.

The workshop dealt with common Psychosocial Problems encountered in Palliative Care, with emphasis on Practical aspects of management.

Ms. Hillary Lewis (UK), Dr. Manoj Kumar, Dr. Chithra Venkateswaran, and Dr.Santhosh Chaturvedi lead the classes. 45 delegates from the National faculty pool attended the workshop.

## REPORT FROM STATE CHAPTERS

### Jharkhand

A conference on Palliative Care was organised at Bokaro on 25th and 26th of October 2008. The conference was attended by IAPC members from Bokaro, Ranchi & Dhanbad districts of Jharkhand.

More than 100 NCC cadets also attended the conference. The theme of the conference was **"Prevention to Palliation in Cancer"**.

The website of the hospice "Koshish" was launched by Ms. Gilly Burn at the function

Ms. Gilly Burn laid the foundation stone of the forthcoming hospice & retirement solutions, which is located 4 km from the West Bengal border, so that it can serve two adjoining states, Jharkhand & West Bengal.

A volunteer training programme was launched at KOSHISH.



NCC cadets who had completed training in palliative care at Bokaro

### Kerala

Last year Indian Association of Palliative Care took a major role in training palliative care volunteers, coordinating campaigns, implementing new projects and giving assistance to start new initiatives in Palliative Care. This effort successfully led to starting new home care services and palliative care clinics especially in southern parts of Kerala where palliative care services are less when compared to the northern districts.

As part of the media campaign jointly launched by the Malayalam daily Malayala Manorama and Institute of

## MARIE NYSWANDER AWARD



Dr.M.R.Rajagopal  
This year's Marie Nyswander award was presented to Dr M R Rajagopal of Pallium India. The award was presented during the Annual Conference of the International Association for Pain and Chemical Dependency at Philadelphia on 31 October 2008 for his services to the field of pain management

Palliative Medicine, Calicut, for spreading the message of palliative care, the trainers of the Indian Association had lent their service for conducting training programmes in all the 14 districts and coordinating the Campaign.

One awareness seminar and three training programmes each were conducted in all the districts:

- Total 56 training programmes were conducted.
- 40 trainers of IAPC Kerala lead the classes.
- More than 6000 people participated in the initial awareness programme
- 3000 volunteers completed their training.
- Now there are 3000 newly trained volunteers in Kerala, actively working in association with Palliative Care Services.
- Nearly 100 Social groups have expressed their interest and majority of them are planning to initiate services in their own area.

IAPC kerala has been working for implementing the Arogyakeralam Palliative Care Project launched by National Rural Health Mission in Kerala and formed a sub committee for this purpose. The trainers of IAPC kerala has been giving training in each panchayath.

A programme 'Palliative Care in Campus' for National Service Scheme volunteers from different colleges in Kerala is also being organised by IAPCKerala. Students and NSS programme officers from Calicut, Kerala and Mahatma Gandhi Universities are participating in the programme. Four workshops each for students and NSS Programme officers of Calicut University were conducted at Kozhikode and Thrissur.

The Association has started publishing a News letter in Malayalam.

170 Volunteers from kerala will be attending the IAPCON 2009 at New Delhi. The Kerala Chapter is coordinating the travel and accommodation of the delegates.

## BAPTIST HOSPITAL CELEBRATED 10TH ANNIVERSARY OF PALLIATIVE CARE

Bangalore Baptist Hospital (BBH) celebrated the completion of ten years of Hospice and Homecare service on 18th November, 2008. Dr. Suranjan Bhattacharji, chairman of the governing board of BBH & Director of CMCH Vellore, Dr.S.R.Nayak, Honourable Justice & Chairman of Human Rights Commission, Bangalore, Dr.Vijay Aruldas, General Secretary of CMAI, Delhi, Dr. K. Suresh Kumar, Director of IPM, Calicut were the special guests. Dr.Alexander Thomas, Director & CEO of BBH welcomed the gathering. Dr.Stanley Macaden, former Director & HOD of Palliative care unit, BBH gave an overview of the entire Hospice & Home care programme.

## WORLD HOSPICE AND PALLIATIVE CARE DAY REPORT

World Hospice and Palliative Care Day is a unified day of action to celebrate and support hospice and palliative care around the world.

The theme for World Day 2008 which was celebrated on October 11th is "Hospice and palliative care: a human right".

Every year events and activities take place in more than 70 countries, bringing together patients, families, health professionals, policy makers, volunteers and others to support the hospice and palliative care.

### The aims of the day:

- Share the vision of increasing the availability of hospice and palliative care through out the world by creating opportunities to speak out about the issues.
- Raise awareness and understanding of the needs of the people (Medical, Social, Practical and spiritual) living with a life-limiting illness and their families.
- Raise funds to support the development of services around the world.

## REPORT FROM INDIA

### DELHI



Workshop at CanSupport

CanSupport and the Foundation for Universal Responsibility of His Holiness The Dalai Lama marked World Hospice & Palliative Care Day by organising a full day workshop at the India International Centre in Delhi. CanSupport also published a souvenir on the occasion in keeping with this year's theme.

### BANGALORE



Get together at st John's hospital, Bangalore

A workshop was organised at Kidwai Memorial Institute of Oncology, Bangalore along with Karunashraya, Bangalore Baptist Hospital and St.johns medical college. Mr. S.R.Nayak, the Chairman of Human Rights Commission was the chief guest.

'Palliative care support group' was initiated on the occasion of world palliative care day celebration at St. John's Hospital, Bangalore. The theme of meeting was 'Quality of Life'. Dr. Barathi explained the theme.

### JAIPUR



Workshop at Jaipur cancer society

A workshop for the awareness of cancer and palliative care was organised by the Jaipur Cancer Relief Society. The workshop was attended by Sister Sumitra (head of nursing staff) and Mohita Chaturvedi (Palliative Care and ACS project coordinator).

Another session on communication was organised for the students of nursing college. Dr Meenakshi Saxena addressed the students.

### CHENNAI



function at chennai

Chennai Association of Palliative Care (CAPC), RMD Pain and Palliative Care Trust, Lakshmi Pain and Palliative Care Clinic together organised a public awareness programme .

Minister of Health and Family Welfare, Govt of Tamilnadu Thiru M.R.K.Panneerselvam was the chief guest. Dr.Mallika Thiruvathanan gave a presentation on "Palliative Care; Need of the Hour"

Jeevodaya hospice, Chennai conducted a workshop.

### NELLORE

A new Palliative Care centre was inaugurated in the district of Nellore, Andhra Pradesh.

## THIRUVANANTHAPURAM



Health minister of Kerala P K Sreemathi releasing doves at RCC Thiruvananthapuram.

Health Minister of Kerala P K Sreemathi participated in world hospice and Palliative care day celebration at Regional Cancer center, Thiruvananthapuram.

Two doves were released to symbolize peace and freedom from pain. They were released by the Minister P K Sreemathi. NRHM Mission Director Dr. Dinesh Arora also participated.

Music director M Jayachandran at the University Senate Hall in Trivandrum, with an amazing team performed musical event as part of the programme organised by Pallium India. His Worshipful Mayor of Trivandrum city, Sri Jayan Babu , Sugathakumari teacher, lyricist Srikumaran Thampi and actress Menaka joined the team in lighting a lamp. Mr. Ganesan, one of the patients formally released the Malayalam monthly publication "Sahayathra" in its new form.

## QUILANDY



Rally at quilandy

Quilandy palliative care Society in Kozhikode district organised a Campus meet. More than 300 students participated. Municipal Chairman K Dasan inaugurated the Camp. After the camp a procession and public meeting was held in the town. Indian Association of Palliative Care Secretary Dr. Anil Kumar Paleri inaugurated the public meeting.

## CALICUT UNIVERSITY

The Calicut University National Service Scheme and the Indian Association of Palliative Care, Kerala jointly organised a university-level painting/drawing competition for college students .

## ERNAKULAM

Consortium of Pain and Palliative Care Units in Ernakulam District organised a Quiz Contest for NSS volunteers from all

the colleges in Kerala on 11th October 2008 at St. Xavier's College for Women, Aluva.

On 12th October, 2008, an All Kerala Workshop on "Palliative Care - a Human Right" was organised at Anwar Memorial Pain and Palliative Care Society, Aluva.

## THRISSUR

A discussion on Quality Improvement was held at Institute of Palliative care, Trissur.

## BAKEL, KASARGOD

A meeting of volunteers was held at Bakel in Kasargod district.

## THIRUVALLA



Santhwana Sandhya programme at Thiruvalla

Malayala Manorama, the Malayalam daily which organised a media campaign in Palliative care, observed the world Palliative Care Day at Thiruvalla in Pathanamthitta District. The programme 'Eve on alleviation' was organised on October 11th evening. Hundreds of people who gathered in the evening lighted the candles as a symbol of 'kindness and brightness' to the lives of those who suffer.

The message of Palliative Care was conveyed by Dr. K . Suresh Kumar, Director, Institute of Palliative Medicine, Calicut. Dr. Philopose Mar Chrisostam Methropolitha, NSS General Secretary P K Narayana Panicker, Film Director Blessy together lighted the candle.

### At the function the Participants took this oath

**"I realise that there are hundreds of people in pain and misery with incurable illness around me. I Pledge to do everything in my capacity to support them. We are all with them."**

A musical evening was also organised as part of the programme.

## CUTTACK



A painting competition for children was organised by Acharya RCC Pain clinic cuttack.

## APPLICATION FOR GRANT FOR SETTING UP OF PALLIATIVE CARE SERVICES

### GUIDELINES

1. Indian Association of Palliative Care (IAPC) will be giving grants to individuals who have undergone training in palliative care to set up palliative care services in their area/institution/organisation.
2. The applicant must be a doctor with a degree in Modern Medicine or a nurse with diploma / degree. They should have registration with their respective councils.
3. Both the nurse and doctor should have undergone training in palliative care with a minimum of 10 days of hands on training. If at the time of application either one of them has not received any training in palliative care he/she should successfully complete the IAPC certificate course with 10 days of hands-on component at the earliest.
4. The attested copies of degree/diploma certificates, registration certificates and palliative care training certificates should be submitted along with the application.
5. The applicants or the Institution / organisation supporting the services should have IAPC Membership.
6. The project proposal should contain aims, objectives, proposed budget, infrastructure needs, outcomes and plans for continuing the programme in future including financial viability. The applicant may use additional pages if the space provided is insufficient.
7. Chances of receiving the grant will depend on
  - a. whether both the nurse and doctor have received hands on training in palliative care
  - b. the institution/organisation supporting (financial, human resources, infrastructure) the project
  - c. there is a clear plan for the continuation of the services including financial viability
  - d. reference
  - e. existing palliative care services in your area
8. The application should be written legibly or printed.
9. The application form should be complete in all respects.
10. The grant can be used to salary support of key staff, vehicle/fuel expense for running home care programmes and / or medicine and supplies.
11. The successful applicants must send activity report every three months and an annual report with financial statement to the IAPC secretariat.
12. The selected centres will be open to the evaluation visits by members / mentors appointed by IAPC.
13. These centres should maintain a registry to get a baseline as well as continued data for information and research.
14. The completed applications and correspondences in future in this regard should be sent to Hon. Secretary, Indian Association of Palliative Care, Institute of Palliative Medicine, Medical College PO, Kozhikode-673008. Kerala.
15. Application form is available from the secretariat. You can request by email to [nio.palliative.india@gmail.com](mailto:nio.palliative.india@gmail.com)
16. contact address for more information:

Email : [nio.palliative.india@gmail.com](mailto:nio.palliative.india@gmail.com)

Phone: 0495-3290956, 2354166

### IAPC EXAMINATION

The third batch of the IAPC Certificate Course in Essentials of Palliative Care started on 1<sup>st</sup> November 2008. This is the second batch in 2008 and this time 351 candidates registered for the course through various centres. When the course was introduced in November 2007, 348 candidates underwent the course through 12 regional centres. The first batch in 2008 began on 1<sup>st</sup> June and 392 candidates registered through 20 centres. Now IAPC has 24 regional centres all over India. The classes are conducted by members of the National faculty pool. Now there are 64 national faculties.

The next batch of the course will begin from 1<sup>st</sup> June 2009. The application form and other details will be available from 15<sup>th</sup> April 2009 from the IAPC website [www.palliativecare.in](http://www.palliativecare.in). You can also mail to [nio.palliative.india@gmail.com](mailto:nio.palliative.india@gmail.com) for the application form and for other details.

### Doctors and Nurses can apply for the course.

The Doctors should have successfully completed MBBS/ BDS. (Those who are doing internship also can apply)  
Nurses: should have successfully completed B.Sc.in Nursing/ Diploma in Nursing. (Those who are doing internship also can apply)

The course is a distance education course with a duration of eight weeks. There is an optional second part, where the candidates who have successfully completed the certificate course can choose clinical placement for TEN days in a nearby palliative care unit.

The course fee: Rs.1000

## AN ONLINE DIRECTORY OF PALLIATIVE CARE SERVICES IN INDIA

A project is underway to create an online directory of palliative care services for India. Once launched on the IAPC website, the directory will include details of the services available at different places in India.

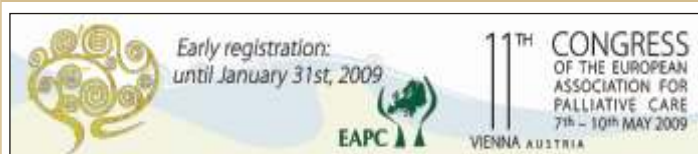
We are requesting for information in three categories; the services provided to patients, the staff structure, general information on funding and space is provided for further information. The information collected during the project will paint an accurate picture of the level of palliative care coverage in India at the beginning of 2009. The directory itself will serve as a valuable information tool for professionals and patients alike.

In November a hard copy of the questionnaire was circulated to all known palliative care services in India. An electronic copy was also sent where possible.

The Directory will go online in early 2009 but will never be considered 'finished'. It is to be hoped that new palliative care services will continue to be established in India and that they will be added to the directory. So that the directory can continue to grow, the questionnaire will soon be available on the IAPC website.

Any existing palliative care organisations/ institutions who have not received the questionnaire can write to IAPC secretariat for a copy. We request that all centres who have received the questionnaire find the time to respond and become part of the directory. The questionnaire can be returned by e-mail - either to [nio.palliative.india@gmail.com](mailto:nio.palliative.india@gmail.com) or by post to the IAPC Secretariat.

## EAPC CONFERENCE ANNOUNCEMENT



For details log on to  
<http://www.eapcnet.org/vienna2009/index.html>

## Palliative Care and Care of the Elderly

### A workshop for the National Faculty

A national workshop for members of the National Faculty Pool on Palliative care and Care of the elderly will be held at AIIMS, New Delhi on 12 th February 2009. The work shop is being organised by Indian Association of Palliative care and supported by Project Kiran.

## AGM ANNOUNCEMENT

Notification is here by given for the Annual General Body Meeting of Indian Association of Palliative Care on 14.02.09 at 3.30 pm at Jawaharlal Nehru Auditorium, All India Institute of Medical Sciences, New Delhi.

### Agenda

- ◆ Confirmation of proceedings of the last AGM (Feb 2008)
- ◆ Mid Annual General Council Meeting, Bangalore (Sept 2008)
- ◆ IAPC Course and Project Kiran
- ◆ Accounts
- ◆ Election
- ◆ AOB with permission from the chair

All members are requested to attend the meeting.

s/d

Kozhikode  
20.12.08

**Dr. Anil Kumar Paleri**  
Hon. Secretary

## OVERSEAS REPRESENTATIVES

The overseas representatives nominated to the Executive council are completing their tenure. I request the members to suggest to me the names of friends from abroad who contributes to the activities of IAPC and Palliative Care in India for considering for nominations. You can send your suggestion by email or by post.

**Dr. Anil Paleri** (Hon. Secretary.)

## ELECTION NOTIFICATION 2009

Election to the Governing Council of Indian Association of Palliative Care for the year 2009 will be held during the Annual General Body meeting at AIIMS, New Delhi. Vacancies open for the year 2009 are as follows:

1. **President Elect (One Post- President from 2010 to 2013)**
2. **Editor (One Post - from 2009 to 2012)**
3. **Executive Committee Member (Five Posts - from 2009 to 2011)**

Nominations other than South Zone are encouraged.

**Last date for receiving the nomination**  
**31<sup>st</sup> January 2009**

**Last date for withdrawal of nomination**  
**12<sup>th</sup> February 2009**

**Publication of Valid nomination**  
**13<sup>th</sup> February 2009**

**Polling**  
**14<sup>th</sup> February 2009**

The presidential candidate should have 10 years of membership in the association. Specimen of nomination form is given with this new letter.

Date:20-12-2008

**Dr. Anil Kumar Paleri**  
Hon. Secretary IAPC

## NOMINATION FORM

Nominations should reach the Secretary, IAPC before 5pm on 31 January 2009

To  
The Secretary,  
Indian Association of Palliative Care  
Institute of Palliative Medicine,  
Medical College PO· Calicut, Kerala, India  
Email:anilpaleri@gmail.com, nio.palliative.india@gmail.com

I..... (Name of proposer),  
IAPC membership number..... do hereby propose.....  
.....(Name of the candidate), IAPC membership number.....to the post  
of ***President/ Vice President/ Editor/ Executive Committee Member***

Signature of the proposer:

Dated:

I.....(Name of the person supporting the  
proposal), IAPC membership number.....do hereby support the nomination of .....  
.....IAPC membership number..... to the post of  
***President/ Vice President/ Editor/ Executive Committee member***

Signature:

Dated:

### **DECLARATION BY THE CANDIDATE**

I.....do hereby confirm that if elected,  
I will be willing to work as ***President/ Vice President/ Editor/ Executive Committee member of Indian Association  
of Palliative Care.***

Signature of the candidate:

Date:

Place: