

**The 32<sup>nd</sup> International Conference of the Indian Association of Palliative Care (IAPC) IAPCON 2025 was hosted by the J& K Chapter of Indian Association of Palliative Care (IAPC) & All India Institute of Medical Sciences (AIIMS Jammu), Jammu, Jammu & Kashmir.**

The 14 Pre-Conference Workshop were held on 30<sup>th</sup> January 2025, Thursday, and 2.5 days Conference was held on 31<sup>st</sup> January, 1<sup>st</sup>, 2<sup>nd</sup> February 2025.

IAPCON 2025 theme was 'Evidence-Based Palliative Care' and the sessions were meticulously planned to reflect this focus, ensuring they were rooted in the latest research, clinical evidence, and best practices. The goal was to provide delegates with actionable insights and tools to enhance the quality and effectiveness of palliative care delivery.

This prestigious event served as a global platform, bringing together over **820** delegates and Faculty, including leading experts, dignitaries, and healthcare professionals from India and abroad. International faculty members representing countries such as the United Kingdom, United States of America, Germany, Canada, Australia, Kenya, and Sri Lanka participated in the conference.

There were four halls A, B, C and D dedicated for concurrent conference sessions and two halls for oral paper presentations. Additionally, seven screens were placed for E paper presentations.

## **PRECONFERENCE WORKSHOPS**

IAPCON 2025 hosted fourteen workshops in different Medical Institutes at Jammu. The workshops, led by internationally and nationally renowned experts, addressed critical areas of palliative care. These workshops were attended by about **344** delegates from India and abroad.

Workshop on Revolutionizing Palliative Medicine Tool Kit: Ultrasound for Diagnosis to Symptoms Relief, Artificial Intelligence Powered Superfast Research, End of life care were held at District Hospital Gandhi Nagar. Basic and Advanced Communication skills, Cognitive Behavioural therapy, Seeing the unseen, Home based Palliative care, Nursing process and the 6Cs of palliative care nursing were held at AIIMS Jammu. Workshops on Paediatric Palliative Care, Physiotherapy in Palliative Care (Lymphoedema Management), Physiotherapy in Palliative Care (Neuropalliative Care, Spirituality in Palliative

care and Quality Improvement were held at Govt. Medical College Jammu. Workshop on Leadership Skills in Palliative Care was held at American Oncology Institute, ASCOMS Sidhra.

A symposium on Advance directives was held at Government Hospital Gandhinagar Jammu ,which was inaugurated by Hon. Secretary Health and Medical Education Dr Syed Abid Rasheed Shah (IAS) in presence of Dr Sushma Bhatnagar President IAPC , Dr Geeta Joshi President Elect, Dr Savita Butola Secretary IAPC , Director Health services Jammu Dr Rakesh Magotra, Superintendent Govt Hospital Gandhinagar Jammu Dr Abdul Hamid Zargar, Chief Medical Officer Jammu Dr Harbakash Singh ,Dr Rohit Lahori Organizing Secretary IAPCON 25 and president of IAPC J&K chapter, Dr Nusrat Jehan Secretary IAPC J&K Chapter, Dr Mubasher Ahmed Treasurer IAPC J&K Chapter and Arshi Taj Joint Secretary IAPC J & K Chapter.

Dr Syed Abid Rasheed Shah focused on the need of Palliative care and Geriatric services at the grassroot level and the focus of government to make these services readily available in all the Government District hospitals. A detailed presentation on Advance Care Planning was presented by Dr Roop Gursahani P D Hinduja National Hospital Mumbai India.

### **Day 1 (31<sup>st</sup> January 2025)**

The much-anticipated 31st International Conference of the Indian Association of Palliative Care (IAPCON 2025) commenced at the AIIMS Jammu Convention Center, bringing together experts, researchers, and healthcare professionals dedicated to advancing palliative care.

The day began with a thought-provoking plenary. Dr. Naveen Salins discussed “Shaping the Future of Palliative Care Research in India,” followed by Dr. Sushma Bhatnagar addressing “Reaching Every Patient Who Needs Palliative Care in India.” The plenaries emphasized the need for accessibility and innovation in palliative care delivery.

The scientific sessions covered topics such as Psychosocial Interventions in Palliative Care and Ethical Dilemmas in Withdrawal of Care, featuring experts like Dr. Seema Rao and Dr. Raj Kumar Mani. Post-lunch highlights included a Quiz Competition, a Meet the Expert session, and discussions on AI in Palliative Care and emerging cancer therapies.

The day concluded with a practical session titled “How I Do It?” showcasing demonstrations on safe opioid use, media communication, and ethical dilemma resolution.

## **INAUGURATION OF THE CONFERENCE**

IAPCON 2025 was inaugurated by the Honourable Lieutenant Governor of the Union Territory of Jammu and Kashmir, Shri Manoj Sinha Ji. During the inauguration, the Lieutenant Governor emphasized the need for collaboration between the private sector and the administration to establish palliative care centres in remote and underserved areas. He urged experts and the Indian Association of Palliative Care to foster multi-sectoral partnerships to create a skilled workforce of trained caregivers. Dr. Sushma Bhatnagar, President of IAPC, and Dr. Shakti Kumar Gupta, Executive Director and CEO of AIIMS Jammu, highlighted the significance of advancing palliative care in India in their addresses during Inauguration of conference. Dr Rohit Lahori President of IAPC J&K chapter and organizing secretary gave introductory lecture about IAPCON 25. Vote of thanks was passed by Dr Sunaina Gupta organizing secretary IAPCON 25.

## **Day 2 (1<sup>st</sup> February 2025)**

The second day of IAPCON 2025 showcased interdisciplinary collaboration and innovation in palliative care. Plenary sessions by Dr. Megan Doherty and Dr. Frank Ferris, our international faculty, focused on integrating palliative care into primary care and strengthening global collaboration.

The Scientific sessions explored oncology and emerging therapies, emphasising neuro-palliative care and addressing dementia, epilepsy, and muscular dystrophies. Some other highlighted sessions were psychiatry’s role in palliative care and pharmacological advancements, highlighting mental health’s significance in patient care.

Practical sessions on yoga, music therapy, and evidence-based methodologies provided diverse learning opportunities. Poster presentations encouraged knowledge-sharing, and the day concluded with the Annual General Body Meeting, reflecting on the event’s impact and future directions.

**Cultural Event:** on day 2<sup>nd</sup> evening a cultural event was organised in which Faculty and Delegates from across the country participated and showcased the rich heritage of India

### **Day 3 (2<sup>nd</sup> February 2025)**

Day 3 of conference had Plenary session by Dr Chitra Venkateswaran on “Social prescribing in Palliative Care” and by Dr Mohira Lang on the “Holding on to humanity”. There were sessions with a focus on the role of nurses in palliative care, exploring their contributions to managing delirium, chemo-radiation, and geriatric assessments. The session on Palliative Pulmonology (#PalliPulm) highlighted innovations in managing chronic respiratory failure and symptom control.

Pain management discussions included advancements like Repetitive Transcranial Magnetic Stimulation for chronic refractory pain, presented by Dr. Renu Bhatia. Evidence-based sessions reinforced the integration of research into clinical practice.

The spotlight on palliative care in Jammu & Kashmir featured insights from local healthcare professionals, emphasizing region-specific interventions.

### **SCIENTIFIC PAPERS**

249 abstracts were accepted after a double blinded review out of which 89 were of specialists, 63 of postgraduate students and 97 of Nurses & Allied Health Care Professionals.

### **VALEDICTORY FUNCTION**

The conference concluded with a heartfelt valedictory session, celebrating the event’s success and reaffirming a collective commitment to advancing palliative care. All the winners of paper presentation, Quiz, Debate and Meme competition were felicitated in the valedictory function. The Valedictory function was attended by Dr Sushma Bhatnagar Past President IAPC, Dr Geeta Joshi President IAPC, Dr Savita Butola secretary IAPC, Dr Rohit Lahori President IAPC J&K Chapter and Dr Nusrat Jehan secretary J&K chapter of IAPC. The details of the Award winners is provided in the table.

## IAPC Awards

S.no	Name	Position	Category	Designation	Affiliation
1	Dr. Arnavi Udupure	First Place	IAPC Best Poster Presentation in Doctors Category:	Junior Resident	Kasturba Medical College, Manipal
2	Dr. Seema Rao	Second Place	IAPC Best Poster Presentation in Doctors Category:	Director - Education, Training & Research	Bangalore Hospice Trust - Karunashraya
3	Dr. Manoj Ravi	Third Place	IAPC Best Poster Presentation in Doctors Category:	DNB RESIDENT	Aster CMI Hospital, Bangalore
4	Ms. Vineela Rapelli	First Place	IAPC Best Poster Presentation in Non-Doctors Category	Program Co-ordinator	Pain Relief and Palliative care Society, Hyderabad
5	Ms. Nanda C. Prem	Second Place	IAPC Best Poster Presentation in Non-Doctors Category	MSW	St. John's Medical College and Hospital, Bangalore
6	Ms. Rajika Kurup	Second Place	IAPC Best Poster Presentation in Non-Doctors Category	Psychologist	Pallium India
7	N/A	Third Place	IAPC Best Poster Presentation in Non-Doctors Category	N/A	N/A
8	Dr. Parvathy V	First Place	IAPC Best Oral presentation Award in Doctors Category	Postgraduate student	St. John's Medical College Hospital
9	Dr. Gowthami P	Second Place	IAPC Best Oral presentation Award in Doctors Category	Technical Director	Swami Vivekananda Youth Movement
10	Dr. Abhilasha Mishra	Third Place	IAPC Best Oral presentation Award in Doctors Category	Senior Resident	AIIMS NEW DELHI
11	Mr. Terryimize I	First Place	IAPC Best Oral Presentation in Non- Doctors Category	Research Scholar	School of Public Health, SRMI

12	Ms. Michelle Normen	Second Place	IAPC Best Oral Presentation in Non- Doctors Category	Lead - Counselling services	Bangalore Hospice Trust - Karunashraya
13	Ms. Asha P Shetty	Third Place	IAPC Best Oral Presentation in Non- Doctors Category	Professor cum Principal	AIIMS Bhubaneswar

### Meme Competition

S.no	Name	Position	Category	Designation	Affiliation
1	Dr. Sabari Kreeshan	First place	Meme Competition	Post Graduate	Government Hospital Gandhi Nagar
2	Dr. Divya Sai Vanumu	Second Place	Meme Competition	Student	Basavatarakam Indo American Cancer Hospital
3	Dr. M S Keerthipriya	Third Place	Meme Competition	Student	National Institute of Mental Health and Neurosciences

### Quiz

S.no	Name	Position	Category	Designation	Affiliation
1	Dr. Divya Sai Vanumu	Winner	Quiz Competition	Student	Basavatarakam Indo American Cancer Hospital
2	Dr. Vishnuprasad MA	Winner	Quiz Competition	Student	Cachar cancer hospital and research centre
3	Dr. Vamsi Krishna	Winner	Quiz Competition	Junior Resident	KMC Manipal
4	Dr. Ritabrata Bandyopadhyay	Winner	Quiz Competition	Student	MNJIORCC
5	Dr. Anjali Govind	1st Runner Up	Quiz Competition	Junior Resident	AIIMS, Delhi
6	Dr. Snigdha Sharma	1st Runner Up	Quiz Competition	DNB TRAINEE PALLIATIVE MEDICINE	SIR GANGARAM HOSPITAL, NEW DELHI
7	Dr. Santhini Chandran	1st Runner Up	Quiz Competition	Student	Basavatarakam Indo-American Cancer Hospital and Research Institute
8	Dr. Shaheer Abdulla	2nd Runner Up	Quiz Competition	Junior Resident	Jawaharlal Nehru Medical College, Ajmer

9	Dr. Manoj Ravi	2nd Runner Up	Quiz Competition	DNB RESIDENT	Aster CMI Hospital, Bangalore
10	Dr. Archana Vajjala	2nd Runner Up	Quiz Competition	Student	MNJ Institute of Oncology and Regional Cancer Center
11	Dr. Kunal Das	2nd Runner Up	Quiz Competition	Junior Resident	Kasturba Medical College, Manipal

<b>Debate</b>					
S.no	Name	Position	Category	Designation	Affiliation
1	Dr. Manali Patil	Winner	Debate	Consultant	Medanta hospital Lucknow
2	Dr. Divya Sai Vanamu	1st Runner up	Debate	Student	Basavatarakam Indo American Cancer Hospital

<b>Abstract Summary</b>		
S.no	Category	Count
1	No. of Poster Presentation	114
2	No. of Oral Presentation	87
3	No. of Free Poster	45

<b>Meme Competition Summary</b>		
S.no	Category	Count
1	Video Memes	5
2	JPEG Memes	103
	Total Submission Received	108

The following awards were presented during the inaugural ceremony.

- The Bruce Davis Gold Medal 2024, instituted by the Institute of Palliative Medicine, Kozhikode, was presented to Dr. Shaheer Abdulla (MD in PM) from Jawahar Lal Nehru Medical College, Ajmer, Rajasthan.
- The IAPC's Gold Medal for Nurses 2024 was presented to Ms Sneha P from Malappuram, Kerala, during the inaugural ceremony.

The following awards were presented during the valedictory ceremony.

- The MT Bhatia Award for Best Poster presentation for Nurses was presented to Ms Neethu Thomas
- The International Award for Excellence in Palliative Care 2024-25 instituted by Cancer Aid Society was presented to Dr Vallabh B Dhaimodker (Doctor Category), Ms Gilly Burn (Nurses / Paramedical Category) and to Ms Sheeba Ameer and Dr Dharminder Singh Dhallon (Volunteers Category)

The success of this conference highlights the growing recognition of palliative care's importance in improving the quality of life for patients and their families.