



## Report on Educational Activities of Hospice Nepal

### Executive Summary

As the lack of awareness and knowledge about palliative care among both the health care workers and the public at large has been recognized as a major hurdle in improving the care of patients suffering from life threatening illness, Hospice Nepal has taken educational activities as a priority. Apart from giving services to the patients who come to Hospice, it had been conducting educational activities. These were of mainly two kinds; one was a two day course for doctors, nurses and other health care workers and the second was a half day workshop for lay public.

With the funding received from ANMF for this purpose, this has eased the pressure to find the resources to conduct these activities. It has also helped us to go outside Kathmandu as well as to sponsor participants from outside the valley. The participation has been very encouraging, with participants very eager to come from the remote areas as well. In a course conducted in Pokhara, there were participants from as far as from Nepalgunj.

The details of the activities are shown in detail.

### **Palliative Care Courses:**

<b>no</b>	<b>Venue</b>	<b>Date</b>	<b>No of participants</b>
1	Patan Hospital, Lalaitpur	Feb 9-10,2007	27
2	Patan Hospital, Lalitpur	July 13-14,2007	24
3	Western Regional Hospital, Pokhara	Sept.26-27,2007	24
4	United Mission Hospital, Tansen	Dec 5-6,2007	12
5	Nepalgunj	March 27-28,2008	17
6	Patan Hospital	May 7-8,2008	17

### **Palliative Care Workshops**

<b>no</b>	<b>Venue</b>	<b>Date</b>	<b>No of participants</b>
1	Sitapaila community Housing	March 16,2007	40
2	Hotel Radisson	May 25,2007	28
3	Hotel Radisson	August 18,2007	21
4	Comfort Housing Office	June 5,2008	59

# Palliative care course in Patan Hospital

Date : July 13-14,2007

Venue : Patan hospital

Participants:

S. No.	Name	Institution	Position
1	*	TUTH	MS, Resident
2	*	TUTH	MDGP, Resident
3	*	TUTH	MD, Resident
4	Dr. *	NCRS, Butwal	Oral & dental surgeon
5	*	NCRS, Chitwan	ANM
6	*	NCRS, Shanti Hospital	ANM
7	*	NCRS, Hetauda	Medical Officer
8	Dr. *	NCRS, Bharatpur Hospital	Intern
9	*	Patan Hospital	Nsg. Supervisor
10	*	Patan Hospital	S. Staff Nurse
11	*	Patan Hospital	Sister-incharge
12	Dr. *	Patan Hospital	Surgeon
13	*	Patan Hospital	Sister-incharge
14	*	NCRS, Hatauda Hospital	Staff Nurse
15	Dr. *	NCRS, Bharatpur Hospital	Intern
16	*	Patan Hospital	MDGP, Resident
17	Dr. *	Patan Hospital	MDGP, Resident
18	Dr. *	Patan Hospital	Medical Officer
19	Dr. *	Patan Hospital	MDGP, Resident
20	*	NCRS, FPAN Rupandehi	Staff Nurse
21	Dr. *	Bhaktapur Cancer Hospital	Doctor
22	*	Bhaktapur Cancer Hospital	Ass. Matron
23	*	Bhaktapur Cancer Hospital	Staff Nurse
24	*	Bhaktapur Cancer Hospital	Staff Nurse

NCRS : Nepal Cancer Relief Society

Instructors:

Dr Rajesh Gongal

Dr Pradep Vaidya

Dr Bruce Hayes

Some highlights of the course:

1. There was good participation from health centers outside Kathmandu like Bharatpur, Hetaunda, Chitwan, Butwal etc.
2. There was also participation from other hospital in the valley like Bhaktapur Cancer Hospital.
3. It was first time that Hospice Nepal sponsored candidates from outside Kathmandu and helped with fares and hotel stay . This was possible due to the ANMF Funding.
4. All participants were enthusiastic and interacted well during the course.
5. The pre-test and post test marks were average.

Feedback :

1. There was significant improvement in the confidence in the ability to look after patients with palliative care needs at the end of the course.
2. There was improvement in confidence in breaking bad news.
3. All said that they will recommend the course to the colleagues.
4. All were keen to become instructors for future course.

# Palliative Care Course In Western Regional Hospital , Pokhara

Date : September 26-27,2007

Venue: Western Regional Hospital , Pokhara

## Participants :

1	*	WRH	RN
2	*	WRH	RN
3	*	WRH	RN
4	*	WRH	RN
5	*	WRH	RN
6	*	INF, Paluwa	RN
7	Dr. *	INF, Paluwa	Medical Officer
8	Dr. *	PTHMI	HOD, Health Assistant
9	Dr. *	NGN, HIS	Medical Officer
10	Dr. *	Bhulabari PHC	Medical Officer
11	*	NGN, HIS	senior counsellor
12	*	INFBanke Program	staff nurse
13	*	INF Banke Program	nursing advisor
14	*	INF Banke Program	CMA
15	*	INF Green pastures	nursing advisor
16	*	INF Green pastures	staff nurse
17	*	INF Green pastures	staff nurse
18	*	WRH	staff nurse
19	*	Naulo ghumti IHSC	CHBC supervisor
20	*	Bikas Nepal	Training Officer
21	*	INF Paluwa	community care nurse
22	Dr. *	WRH, Surgery	SMO
23	Dr. *	PHC Kristi	SMO
24	Dr. *	WRH	Medical Officer

## Instructors:

Dr Rajesh Gongal

Dr Pradep Vaidya

Dr Katrina Butterworth

Some highlights of the course:

1. There was active participation from the doctors and nurses from the Western Regional Hospital.
2. Some of the participants came from as far away as Nepalgunj.
3. There were several foreigners working in Nepal participating in the course.
4. There was significant improvement in the post-test.
5. Participants ,especially from Nepalgunj, went away with the idea of starting palliative care in there respective areas.
6. About 50%l changed their idea of what a good death is from a sudden death to dying with a knowledge that one is dying

Feedback :

1. There was significant improvement in the confidence in the ability to look after patients with palliative care needs at the end of the course.
2. There was improvement in confidence in breaking bad news.
3. All said that they will recommend the course to the colleagues.
4. All were keen to become instructors for future course.

# Palliative care course in United Mission Hospital , Tansen

Date : December 5-6,2007

Venue: UMHospital , Tansen

Participants :

S. No.	Name	Institution	Position
1	Dr. *	UMHT	MDGP
2	Dr. *	UMHT	MDGP
3	Dr. *	UMHT	MDGP
4	Dr. *	UMHT	MDGP
5	*	INF, NTRC, Nepalgunj	Center Supervisor
6	*	INF, NTRC, Nepalgunj	SPMW
7	Dr. *	UMHT	MDGP
8	*	UMHT	ANM
9	*	UMHT	ANM
10	*	UMHT	Chaplain
11	*	UMHT	Social Server
12	*	UMHT	Social worker

Instructors:

Dr Rajesh Gongal

Dr Pradep Vaidya

Dr Katrina Butterworth

## Some high lights of the course:

1. The number of participants were lower than usual due to Tansen being a small place; however, the number could have been increased if the organizer had advertised in nearby places like Butuwal or Bhairhawa.
2. The participants were very enthusiastic
3. The pre-test marks were lower than usual because of several of the participants were of non-medical background.
4. There was improvement in the post test; however, the average mark remained lower .
5. It was the first time we had social worker , Chaplain etc in the course. They managed quite well and interacted very well during the course.
6. Most of the teaching was done in Nepali inspite of the slides being in English.
7. Almost all changed their view of good death.

## Feedback

This was similar to the previous course.

# Palliative Care Course Nepalgunj

Date : March 27-28, 2008

Venue : TB clinic, INF , Nepalgunj

Participants :

No	Name	Institute	Position
1	*	IBP/NTRC	PMW
2	*	IJP ( Jumla)	Clinic supervisor ( CMA)
3	*	IJP ( Jumla)	ANM
4	*	SSS Nepalgunj	ANM
5	*	IBP/NTRC	ANM
6	*	IBP/NTRC	ANM
7	*	self	Staff Nurse
8	*	IBP/NTRC	ANM
9	*	Nepalgunj Medical College	Staff Nurse
10	*	ISP, Surkhet	AU Incharge
11	*	ISP, Surkhet	Staff Nurse
12	Dr. *	ISP, Surkhet	Medical Officer
13	*	IBP/NPJ	community drug counsellar
14	*	IBP/NPJ	CMA
15	*	Nepalgunj Medical College	Staff Nurse
16	*	Nepalgunj Medical College	Staff Nurse
17	Dr. *	Nursing home	Gynaecologist

Instructors:

Dr Rajesh Gongal

Dr Bruce Hayes

Dr Katrina Butterworth

Highlights of the course:

1. It was attended by highly motivated paramedics and only two doctors
2. There were participants as far from Jumla and Surkhet
3. Only few nurses from Nepalgunj Medical College participated which was quite disappointing.
4. The LCD Projector borrowed from Patan Hospital did not work and one had to be brought from Surkhet . This highlights the need for LCD projector of Hospice itself.

# Palliative care course Patan Hospital

Date : May 7-8,2008

Venue: Patan Hospital

Participants:

S.No.	Name	Institution	Position
1	Dr. *	Patan Hospital	Resident
2	Dr. *	PHC, Nawalparasi	Medical Officer
3	Dr. *	Patan Hospital	Resident
4	*	Chakraberty Habi Nursing College	Staff Nurse
5	Dr. *	Nepal Medical College, Jorpati	Intern
6	Dr. *	Nepalgunj Medical College	Intern
7	Dr. *	Nepal Medical College, Jorpati	Intern
8	*	Patan Hospital	Nursing Director
9	*	Patan Hospital	Sister In-charge
10	Dr. *	TU Teaching Hospital	MS (G.S.)
11	*	B&B Hospital	Staff Nurse
12	Dr. *	TU Teaching Hospital	Medical Officer
13	Dr. *	D.H. Jumla	Medical Officer
14	*	Patan Hospital	Sister In-charge
15	*	Patan Hospital	Sister In-charge
16	*	Kantipur Hospital	Staff Nurse
17	Dr. *	TU Teaching Hospital	Resident
18	*	TU Teaching Hospital	Staff Nurse
19	Dr. *	Patan Hospital	Resident
20	Dr. *	Patan Hospital	Resident
21	*	United Mission to Nepal	Nurse Educator

Instructors

Dr Rajesh Gongal

Dr Bruce Hayes

Dr Katrina Butterworth

Dr Pradeep Vaidya

Some Highlights

- All participants very enthusiastic and participated actively
- Attended by senior nurses of Patan Hospital including Nursing director



## Workshop for Non-medical Personnel on Palliative care (Second)

Date : March 16,2007

Venue : Sitapaila Comfort Housing Community Block

Participants :

<b>S.N</b>	<b>Name</b>	<b>Occupation</b>	<b>Address</b>
1	*	Student	Gongabu, Kathmandu, Nepal
2	*	Service	Thamel, Kathmandu, Nepal
3	*	Artist	Balaju, Kathmandu, Nepal
4	*	Student & Trainee	Nayabazar
5	*	Student	Mheapi
6	*	Service	Baneshwor
7	*	Service	Mhepi
8	*	Ex-Service	Sitapaila
9	*	Service+Consultance	Birgunj 12, Today Sokedhara
10	*	Social work+Business	Patan, Lalitpur
11	*	Teaching	Kupondole, Lalitpur
12	*	Ex-Service	Samakhusi, Kathmandu
13	*	Ex-Service	Nayabazar, Kathmandu
14	*	Service	Nayabazar, Kathmandu
15	*	Service	Kupondole, Lalitpur
16	*	Home-maker	Comfort Housing, Sitapaila
17	*	Beautician	Sitapaila
18	Dr. *	MD Anesthesia, Student	Gongabu, Kathmandu, Nepal
19	*	Business	Tahachal
20	*	Service	Balaju, Kathmandu, Nepal
21	*	Service	Kalanki
22	*	Computer Professional	Babarmahal
23	*	Student	Sitapaila (Comfort Housing)
24	*	Student	Nayabazar
25	*	Business	Patan, Lalitpur
26	*	Business	Patan, Shree Bal
27	*	Co-operative	Samakhusi, Kathmandu
28	*	Social Service	Gongabu, Kathmandu, Nepal
29	*	Security Officer	Gairgaun-35, Kathmandu
30	*	Service	Lazimpat
31	*	Biologist	Resources Himalaya Foundation
32	*	Administrator	Babarmahal

33	*	Service	Bagbazar, Kathmandu
34	*	Service	Nayabazar, Kathmandu
35	*	Service	Sitapaila
36	*	Business	Sitapaila
37	*	Student	Gongabu, Kathmandu, Nepal
38	*	Service	Gongabu, Kathmandu, Nepal
39	*	Service	Bijeshwori
40	*		Bijeshwori

Instructors :

Dr Rajesh Gongal  
Dr Pradeep Vaidya  
Mr Om Rajbhandary

Some highlights of the program :

1. Very enthusiastic participation with lots of interaction and good participation in group work
2. People shared their experiences readily which enriched the program
3. Participation from varied walks of life
4. Two families came out to give donation for Hospice.
5. Feedback was very encouraging with almost all saying that such events are helpful for the community.

( This was the second workshop which we put together for the public)

## Workshop for Non-medical Personnel on Palliative care (Third)

Date: May 25,2007

Venue : Hotel Raddison

Participants:

S.N.	Name	District
1	*	Lamjung
2	*	Lamjung
3	*	Parsa
4	*	Parsa
5	*	Palpa
6	*	Palpa
7	*	Dhankuta
8	*	Dhankuta
9	*	Udayapur
10	*	Udayapur
11	*	Sarlahi
12	*	Sarlahi
13	*	Sunsari
14	*	Sunsari
15	*	Kavre
16	*	Kavre
17	*	Lalitpur
18	*	Lalitpur
19	Dr. *	Shyanga
20	*	Shyanga
21	*	Morang
22	*	Morang
23	*	Centre
24	*	Centre
25	*	Centre
26	*	Centre
27	*	Centre
28	*	

Instructors :

Dr Rajesh Gongal

Dr Pradeep Vaidya

Mr Om Rajbhandary

Some highlights :

1. This was the first workshop done exclusively for the volunteers and workers of Nepal Cancer Relief Society
2. Many participants were from districts outside the capital and had come exclusively to attend this program ; this indicated that they were motivated group to learn and would have the opportunity to apply as they will be working with cancer patients in the districts.
3. The program was highly interactive ,many relating their experiences and their difficulties in helping patients in remote areas.

## Workshop for Non-medical Personnel on Palliative care (Fourth)

Date: August 18,2007

Venue : Hotel Raddisson

Participants :

<b>S.N</b>	<b>Name</b>	<b>Address</b>
1	*	Kaski Branch
2	*	Kaski Branch
3	*	Chitwan
4	*	Chitwan
5	*	Makwanpur
6	*	Makwanpur
7	*	Surkhet
8	*	Bhaktapur
9	*	Bhaktapur
10	*	Lalitpur
11	*	Lalitpur
12	*	Lalitpur
13	*	Lalitpur
14	*	Bhaktapur
15	*	Bhaktapur
16	*	Nuwakot
17	*	Nuwakot
18	*	Shankhuwasabha
19	*	Sindhupalchowk
20	*	Sindhupalchowk
21	*	Kathmandu

Instructors :

Dr Rajesh Gongal

Dr Pradeep Vaidya

Mr Om Rajbhandary

Some Highlights :

1. This program was conducted at the request of Nepal Cancer Relief Society.
2. All participants were highly motivated.
3. Very Interactive
4. encouraged to hold such activity in the district as well.

## Workshop for Non-medical Personnel on Palliative care (Fourth)

Date: June 18,2007

Venue : Comfort Housing Office complex

Participants :

S.N.	Name	Address
1	*	Nardevi
2	*	Koteshwor - 34
3	*	Sitapaila - 2
4	*	Baneshwor
6	*	Satdobato - 15
7	*	Patan
8	*	Bijeshwori - 15
9	*	Thamel
10	*	Chhauni-13
11	*	Kalanki
12	*	Tripureshwor-11
13	*	Koteshwor-34
14	*	Lagan
16	*	Shantinagar-34
17	*	Bhaktapur

18	*	Thaiba-2
19	*	Kuleshwor - 14
20	*	Satdobato - 15
21	*	Samakhusi
22	*	Sitapaila
23	*	Minbhawan - 34
25	*	Babarmahal
26	*	Bijeshwori - 15
27	*	Thaiba -2
28	*	Baneshwor
29	*	Bijeshwori - 15
30	*	Ason
31	*	Lazimpat - 2
32	*	Sitapaila - 2
33	*	Panipokhari - 2
34	*	Jhamsikhel, Lalitpur
35	*	Sitapaila - 2
36	*	Jyatha - 30
37	*	Jorpati - 5
38	*	Lagan
39	*	Sinamangal - 9
40	*	Bijeshwori - 15
41	*	Kalanki
42	*	Jyatha - 30
43	*	Bijeshwori - 15
44	*	Baneshwor

45	*	Bijeshwori - 15
46	*	Bijeshwori - 15
47	*	Ichangu
48	*	Jwagal, Lalitpur
49	*	Sitapaila - 2
50	*	Kuleshwor - 14
51	*	Sitapaila - 2
52	*	Sitapaila - 2
53	*	Jorpati - 5
54	*	Rukmani Iron and Steel, Maitidevi
55	*	Rukmani Iron and Steel, Maitidevi
56	*	Rukmani Iron and Steel, Maitidevi
57	*	Rukmani Iron and Steel, Maitidevi
58	*	Rukmani Iron and Steel, Maitidevi
59	*	Rukmani Iron and Steel, Maitidevi

Some highlights:

1. Most participants were young and had not thought about death and dying.
2. The participants from Rukmani Iron and Steel donated Rs 1 lakh after this program.



## Financial Report on the Educational Activities:

### Palliative care courses :

1. Course Patan Hospital , Date :  
Administrative cost paid to Hospice Nepal : Rs 15,000
2. Course Patan Hospital , Date :  
Administration cost paid to Hospice Nepal : Rs 15,000  
Travel and living allowance to participants  
from outside Valley : Rs.26,600
3. Course , WRH Pokhra , Date:  
Administration cost paid to Hospice Nepal Rs 15,000  
Travel and living expenses of three instructors Rs 50,564
4. Course , UMH Tansen , Date :  
Administration cost paid to Hospice Nepal Rs 15,000  
Travel and living expenses for Three instructors Rs 33,915
5. Course, Nepalgunj, Date :  
Administrative cost paid to Hospice Nepal Rs 15,000  
Travel and living expenses for Three instructors Rs 58,528
6. Course, Patan Hospital Date : May 7-8,2008-06-07  
Adminstrative cost paid to Hospice Nepal Rs 15000

## Palliative Care workshop

1. venue : Sitapaila

Administrative cost paid to Hospice Nepal	Rs 10,000
Dinner	Rs 18,000

2. venue : Hotel Raddison

Administrative cost paid to Hospice Nepal	Rs 10,000
Dinner	Rs. 20,000

3. Venue: Hotel Raddison

Administrative cost paid to Hospice Nepal	Rs 10,000
Dinner	Rs 16,000

4. Venue : Comfort Housing Office Building, Lazimpat

Administrative cost paid to Hospice Nepal	Rs 10,000
Dinner	Rs 24,000

### **Printing of Handbook ( 300 copies)**

Administrative cost for editing and arranging	Rs 20,000
Printing charge	Rs 27,800

Printing of information brochure	Rs 20,700
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PS : All instructors in both the palliative care course and the workshops have worked voluntarily without any financial incentives.)

**Summary :**

Fund received	Rs 4,48,000	\$7000
Total expenses	Rs 4,45,507	

Fund received	Rs 4,48,000	\$ 7000
Total expenses so far	Rs 4,45,507	\$ 6964
Remaining	Rs 2,493	\$36

**Acknowledgement:**

Hospice Nepal is extremely grateful to American Nepal Medical Foundation for the support for its Educational Activities which is one of the prime objectives of Hospice Nepal . It is only through these activities that we will be able to educate both the health care workers and the public to the importance of palliative care in a caring society.

The financial support that we have received from ANMF has taken the burden off the need to look for finance to conduct a course specially outside Kathmandu and focus on the quality of the course.

I look forward to continuing support from ANMF in the future in our quest to make sure everyone lives and dies in dignity.