

CHRONICLES OF COMPASSION

Institute of Palliative Medicine

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Promoting Palliative Care Education in Punjab...

The Institute of Palliative Medicine (IPM) has initiated a significant step towards advancing palliative care education through a strategic Memorandum of Understanding (MoU) with Sri Guru Ram Das University of Health Sciences (SGRDUHS) in Amritsar. This collaboration aims to equip healthcare professionals, including doctors and nurses, with the essential knowledge about palliative care and skills necessary to provide support during times of grief.

In the backdrop of this MoU, IPM and the University jointly organized a Bereavement Companionship workshop and a three-day foundation course in palliative care. This educational endeavour was conducted under the guidance of Dr. AP Singh, the Dean of SGRDUHS, with the able coordination of Dr. Harjot Singh and Dr. Paramjot Bindra.

This event marked the launch of the Bereavement Companionship Programme (BCP) in North India. BCP, a unique initiative developed by IPM WHO CC in collaboration with the Death Literacy Institute Australia, seeks to empower participants with an insightful understanding of grief and bereavement. It addresses the essential dos and don'ts when providing companionship to those in need.

Participants found the program to be an eye-opener, dispelling misconceptions surrounding bereavement. One participant shared, "This program has enabled me to unlearn myths about grief, and I now feel more confident in offering support to someone experiencing loss."

EDITOR'S DESK

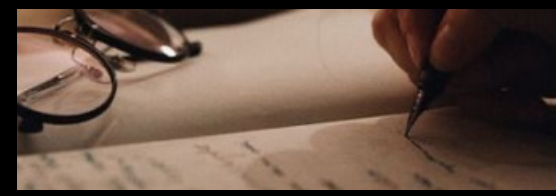
Dear Readers,

August was a month of unity and celebration at IPM, where we commemorated Independence Day and celebrated the spirit of Onam. These moments of togetherness remind us of the bonds that strengthen our resolve to provide compassionate care. We are thrilled to present you with the latest stories from IPM in this edition of our newsletter.

Our collaboration with Sri Guru Ram Das University of Health Sciences in Amritsar stands as a testament to our commitment to advancing palliative care education. The LIC Golden Jubilee Foundation's partnership with IPM to embrace green energy exemplifies the fusion of compassion and environmental responsibility. The National Fellowship Programme in Palliative Medicine and Nursing (NFPM&N) graduates its latest cohort, leaving behind a legacy of compassionate professionals in palliative care.

As we journey forward, remember that compassion knows no boundaries. Join us in making a mark, not just in our own lives but in the lives of those we touch. Together, we'll continue to illuminate the path of palliative care with the radiant light of empathy and love.

Thanking You



A Compassionate Second Innings



In our special segment, "Compassionate Second Innings," we proudly introduce two remarkable individuals who are painting their retirement years with colours of compassion. Meet Mangala Kumari and Chandramohan, lovingly known as the 'Teacher and Maash' duo. Their retirement has taken a purposeful turn as they dedicate their time to supporting patients in need of palliative care.

Their journey into the world of palliative care began long before retirement when they actively supported a local community-owned palliative care unit in their area. After retiring, they joined hands with the Institute of Palliative Medicine (IPM) as volunteers. Three days a week, you can find them at IPM's Outpatient Department, where they extend warm greetings to patients and their families. They assist them with the registration processes and, most importantly, provide a compassionate presence.

They lend a listening ear, empathetically understanding the physical, psychosocial, and spiritual challenges faced by patients. They record their observations, which are then shared with the medical team. Their comforting presence is a source of solace for patients and bystanders approaching IPM for the first time. Needless to say, many who arrive with heavy hearts.

When asked about their motivation, they humbly express that it's their way of giving back to society's most vulnerable. They believe in offering kindness, compassion, and empathy to those who need it the most.

LIC Golden Jubilee Foundation Empowers IPM with Green Energy

In a remarkable union of compassion and environmental consciousness, the LIC Golden Jubilee Foundation has joined hands with the Institute of Palliative Medicine (IPM). This partnership will support the installation of solar panels worth one million Indian rupees, marking a significant step towards a brighter and more sustainable tomorrow.

The LIC Golden Jubilee Foundation, renowned for its commitment to social welfare, was established in 2006 with the primary objective of promoting education, healthcare, poverty relief, and the advancement of other initiatives for the general public's benefit. To fulfill these noble goals, the foundation collaborates with the human and capital resources it receives from LIC.

This partnership signifies a significant leap towards energy sustainability at IPM, concurrently reducing carbon footprints while ensuring an uninterrupted power supply for the institute's vital work. Such generous support will enable IPM to allocate even more resources towards providing palliative care and assistance to patients and their families during their most trying moments.



The IPM-LICGJF partnership exemplifies the potential synergy between compassion and green energy, serving as a reminder that every small step can lead to transformative change, benefiting both individuals and the health of our planet.

Interning at IPM...



Vishnu is a second-year psychology student pursuing his education at JDT Isam College under IGNOU University

Internship at the Institute of Palliative Medicine (IPM) has been a eye-opening journey for me. As a psychology student, it provided me with a unique perspective on palliative care in its right practical sense. I was able to understand the spiritual and psychosocial dimensions of palliative care, and the significance of compassion and empathy while dealing with issues of patients. The hands-on experience at both the Inpatient (IP) and Outpatient (OP) facilities enriched my understanding of patient care in ways I could never have anticipated.

My exposure to Home Care was an incredible learning opportunity. Witnessing patients in their own living environments brought an entirely new dimension to my comprehension of their needs and challenges. One of the most remarkable experiences was attending family meetings during admissions at IPM. Internship at IPM, I believe will shape my approach to life.

BCCPM



Doctors Practicing Communication Skills During a Role-Play Session

The Basic Certificate Course in Palliative Medicine , organised by IPM WHO CC, is a six-week program for doctors. This is designed to equip the participants with practical skills and knowledge in palliative care. The course covers a range of vital topics including communication skills, pain management, spiritual care, and ethics in medical practice.



Advanced Communication Skills Workshop

Effective communication is the cornerstone of providing comfort and support to patients and their families in need of palliative care. Understanding this vital need, IPM recently hosted an Advanced Communication Skills Workshop led by the Dr. Jairam, a renowned psychiatrist and honorary consultant at IPM.

Over three interactive days, the workshop catered to different groups of participants, including doctors, nurses, and dedicated volunteers. The sessions delved into the art of structuring conversations, skilfully assessing the mental well-being of patients and their loved ones, and mastering the art of empathetic communication.

Participants left the workshop with better skill sets, to build strong rapport and trust with those in their care.

Nanma Drug Bank Inaugurated

The Institute of Palliative Medicine (IPM) proudly inaugurates its exclusive Drug Bank, thoughtfully named 'Nanma.'. Nanma stands for goodness and virtue in Malayalam. This significant milestone equips IPM with a wholesale and retail drug licence. Nanma Drug Bank will facilitate cost-effective procurement and dispensing of high-quality medications to patients across its Inpatient (IP), Outpatient (OP), and Homecare facilities. IPM also plans to extend its support to other palliative care units within its reach, helping them in procuring essential palliative care drugs. The Drug Bank is another milestone in IPM's commitment to enhancing the quality of palliative care.

Embracing Life's Final Design

Death and dying are universal aspects of life that touch us all. Recognizing this profound truth, a delegation of 100 architects from The Indian Institute of Architects, Kerala Chapter, made a visit to the Institute of Palliative Medicine (IPM).

During their visit, these architects engaged in a meaningful dialogue with Dr. Suresh Kumar, our founding director, exploring into matters related to death and dying. The interaction allowed them to gain insights into the world of palliative care and opened doors for potential collaborations with IPM.

This unique alliance between the world of design and the world of compassion demonstrates the intersection of two seemingly contrasting fields, each seeking to enhance the human experience. It's a reminder that in the face of life's most profound moments, diverse perspectives can come together to create spaces and environments that honor the dignity and comfort of those journeying towards life's final moments.

IPM's August Celebrations ...



August at IPM was a double delight, as we celebrated Independence Day and embraced the spirit of togetherness during Onam. The IPM family came together to mark these special occasions with joy and unity, creating lasting memories of celebration and camaraderie.

The National Fellowship Programme in Palliative Medicine and Nursing

The latest batch of the National Fellowship Programme in Palliative Medicine and Nursing (NFPM&N) has successfully completed their training. NFPM&N is an initiative committed to offering comprehensive palliative care training to both doctors and nurses. Every year, a new cohort of students embarks on this learning expedition.

Spanning one year, this program is primarily based on distance education. It includes coursework modules, assignments, theoretical classes conducted during contact sessions, and invaluable hands-on clinical training. Below, we present testimonials from a couple of participants who have been a part of this programme.

The NFPM course has been a wonderful experience with virtual classes from the expert faculties and assignments from a very practical approach that helps you research on the topics and really dive into its depth. It has truly been mind opening to learn and make friends from all walks of medical fraternity. -

Dr Amrita Shrestha, Nepal

Applying for NFPM was an impulsive decision, I had never thought it would be such an eye opener. Approach taken in Palliative medicine and IPM has changed my way of looking at medicine and more importantly way of looking at death itself. Not just a better doctor, I feel this one year made me a better human as well -

Dr Mamta Goswami, India



In life, we are defined not by the paths we tread, but by the indelible tracks of compassion we leave behind. We welcome the readers to come together with the Institute of Palliative Medicine (IPM) and etch your mark in the magical sphere of empathy. Regardless of who you are or what you do, there's a place for you here. Compassion, indeed, is magic. Palliative care is everyone's responsibility.



Scan the QR code to discover what "Tracks We Leave" is all about and how you can become part of this journey