



CHRONICLES OF COMPASSION

Institute of Palliative Medicine

DECEMBER 2024

Phone: +91 495 2354166 Email: palliativecare@gmail.com

Web: instituteofpalliativemedicine.org | ipmcalicut | fb: [Institute of Palliative Medicine](https://www.facebook.com/InstituteofPalliativeMedicine)

EDITORS DESK

Dear Friends,

2024 has been a truly incredible year. We have a lot to celebrate – new agreements, great projects, many training programs and some amazing new initiatives that we've brought on board. An MOU was signed between IPM and Marie Curie Palliative Care Research Department at University College London for a period 5 years. This collaboration offers training and research in palliative care on a global scale and aims to achieve universal access to palliative care services around the world.

The purpose of training programs is to develop skills, enhance capacity and improve the quality of care to patients and their families. A new batch of doctors and nurses began the National Fellowship Program for Palliative Medicine and Nursing in September. Participants from across the world also attended the Fellowship in Palliative Care – Masterclass 2024, an international program for those who want to initiate or expand palliative care services in their respective communities.

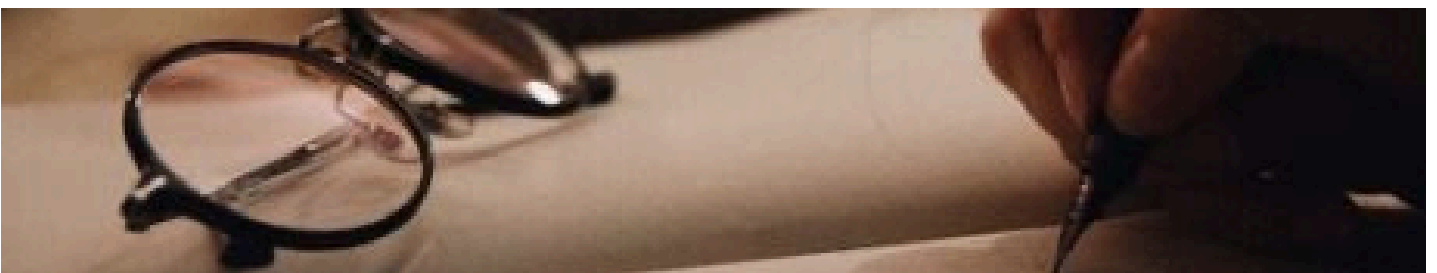
Student volunteers are the heart of our organization & we are grateful for their time, energy and compassion. From orientation programs to World Palliative Care Day and initiating fundraising campaigns, these activities help to support the development of palliative care and build a better future.

We also had many guests including a team sent by the Department of Health in Timor-Leste to learn about the 'Kerala Model', a community-based palliative care model that empowers local communities to take responsibility and provide compassionate care to patients and their families.

On behalf of all at IPM we want to thank you for your wonderful support over the past year and I wish you and your families all a happy holiday season.

Thank you!

Anjali Cherian



MOU between IPM and Marie Curie Palliative Care Research Department (London)

A Memorandum of Understanding (MOU) was signed between IPM, the World Health Organization Collaborating Centre (WHOCC) for Country Capacity Building in Palliative Care and Long Term Care and Marie Curie Palliative Care Research Department at University College London. This collaboration is for training and research in palliative care on a global scale. The term of the MOU is for a period 5 years and aims to share knowledge and expertise and improve the quality of life for patients and their families who are facing life-threatening illness.

Dr Suresh Kumar (Director WHOCC IPM) and Dr. Libby Sallnow, an Associate Professor and Head of Department of the Marie Curie Palliative Care Research Department formally signed this agreement at Vythiri Holiday Resorts in Wayanad on Wednesday, November 20th, 2024 during the Masterclass Conference.



Celebrating World Palliative Care Day



A day to celebrate and support palliative care around the world, this year the Theme was, ; **Ten Years since the Resolution: How Are We Doing?** which asks the global community to explore some of reasons for failing to provide palliative care services to everyone.

Held at Calicut beach, nearly 60 student volunteers from 12 different colleges took part in celebrations that were aimed at creating awareness and raising funds for patients requiring palliative care. The students had organized cultural musical programs and fun games like treasure hunt and football shootout to attract and engage visitors.

More than 200 people took part in these celebrations! Placards and signboards conveying information about palliative care were made and volunteers distributed beautiful quotes about volunteering and giving back to the community. These inspiring messages have made the public more aware about palliative care and all of them were eager to learn more about IPM

(Scan here for the full story)



FELLOWSHIP IN PALLIATIVE CARE – MASTERCLASS 2024



This Masterclass is an advanced international interactive learning program in palliative care and aims to address the global shortage of leadership in palliative care by providing high-quality, accessible and affordable training for participants mainly from low and middle income countries.

Held every 2 years for former participants of the Fellowship Program, this is a chance to evaluate their professional development and assess if they have created a positive change in their community. 48 candidates from 17 countries attended this program at Vythiri Holiday Resorts in Wayanad from November 18 th – 22 nd, 2024.

The Masterclass was a big success due to the 'dynamic, interactive format and the rich, cross-cultural exchange that took place among participants' said Mohammed Saif. It has also helped participants set clear, realistic and measurable goals which can help them perform better and accurately evaluate results. We hope that these classes will 'establish a worldwide platform for palliative care professionals to assist each other and improve patient care by promoting the free flow of information across borders'.

(Scan here for the full story)



New Nurses Manual released at IPM

A handbook for nurses in palliative homecare services was released on Sunday, September 8th, 2024 at IPM. The book has been translated into Malayalam by Dr KT Mohammed Hashim, an English teacher, working at Government Mappila Vocational Higher Secondary School in Koyilandy.

'Home-based Palliative Care - A Manual for Nurses' is an attempt to provide knowledge and information for nurses working in palliative homecare programs and covers all aspects of nursing especially when providing palliative care at home. Also as this nursing manual has been translated into Malayalam, it is better suited for our nurses who are not fluent in English.

The book is available for sale at IPM.

Payasam Festival



Around 200 volunteers from over 20 colleges in and around Calicut took part in this new fundraising initiative by student volunteers. From procuring orders, to picking up inventory and ensuring that orders are properly prepared and delivered, every part of this campaign was undertaken entirely by student volunteers.

The campaign was a huge success and more than 1800 liters of payasam was sold, and all proceeds from the sale of payasam went towards the welfare of patients at IPM and the cost of services for patients requiring palliative care at home. Heartfelt thanks to all the student volunteers, their hard work and commitment has made a significant difference to the lives of our patients.

(Scan here for the full story)



Onam Celebrations

Around 250 members including staff, volunteers, Footprints members, inpatients, caregivers and Governing Body members took part in Onam celebrations held at IPM. Festivities included fun party games like tug of war and musical chairs followed by a traditional Onam sadya.

During Onam it is believed that the mythical King Mahabali visits his kingdom and there was thunderous applause and everyone cheered on as they greeted Mohammed Saif (Academic Consultant - IPM) who was dressed up as King Mahabali for this special occasion. Onam is one of the most important festivals in Kerala and this is a chance to lift morale, keep the team united, celebrate and spread happiness and cheer at IPM.



National Fellowship in Palliative Medicine and Nursing

The new batch of 68 doctors and 12 nurses began classes for the National Fellowship in Palliative Medicine (NFPM) and National Fellowship in Palliative Nursing (NFPN), both one-year distance learning programs offered by IPM in collaboration with the Christian Medical Association of India.

Aim of the Program

The program aims to sensitize doctors and nurses by creating awareness about palliative care. It exposes them to the clinical and practical aspects of palliative care so that they are better equipped to deal with patients and this leads to an overall improvement in the patient's quality of life and well-being. Feedback for these training programs has been positive with participants saying that faculty was always accessible to the students providing them with strong mentoring and guidance. 'It was a great learning experience', said Satya Sita, one of the participants.



(Scan here for the full story)



SIPC Orientation Programs



Senior student volunteers held orientation programs in over 40 colleges and institutions in Calicut and Mallapuram district to spread awareness about palliative care and attract potential new volunteers for SIPC. The aim of this program was to cast a wider network and to identify and increase student engagement in palliative care.

Young people are the greatest agents of change in a society and hold the key for creating a better tomorrow! These orientation programs introduce students to the concept of palliative care and expose them to the activities of IPM and SIPC. Volunteering at SIPC raises awareness in the community about palliative care and we hope that after listening to these programs, many new students will come and join this movement.

(Scan here for the full story)



IAPC GOLD MEDAL FOR NURSES 2024

Indian Association of Palliative Care (IAPC) has introduced a national-level exam to encourage excellence in palliative care nursing. The initiative aims to encourage palliative care nurses to advance their skills and knowledge and achieve excellence in palliative care.

Congratulations to Ms. Sneha .P. working with the Government of Kerala's Health Service for securing the first place. Ms Meenu Yadav, a Nursing Officer from AIIMS in Jodhpur came in as the runner-up.

We would like to thank Dr. Lulu Mathews (Coordinator) and Ms. Alice Stella Virginia (National Faculty) for their guidance and support in conducting this exam.

Team from Timor-Leste visits IPM



The World Health Organization (WHO) has initiated a project with IPM to deliver comprehensive training and establish patient-centered palliative care facilities at Timor-Leste by 2025. The project aims to build palliative care centers based on the community-led approach to palliative care that has been developed by IPM and is commonly referred to as the 'Kerala Model'.

A 4-member team came to IPM and spent time engaging and interacting with patients, caregivers, community volunteers, staff, health care professionals etc. They were given clinical training in pain and symptom management and shown how to develop managerial skills like setting up a new unit, building a team etc. They also accompanied the homecare team to see how care and comfort was provided to patients and their families in their own homes.

The team hopes to soon create a quality patient-centric Palliative Care Centre having inpatient, outpatient and homecare facilities for patients in Timor-Leste.

(Scan here for the full story)



Rekha Vijayshankar who works in the UK came down to learn about the 'Kerala Model' of community-based palliative care. In a recent conversation over email, Rekha spoke with me about what brought her to Calicut, what she has learnt and would like to take back home and implement. These are excerpts of our conversation, which have been edited for length and clarity. Why the 'Kerala model' for delivery of palliative care?

My aim is to create a more 'equitable, culturally aligned and community-based palliative care access. 'I believe the Kerala model is aligned to this vision and hence my interest in this model of delivering palliative care'.

Can the Kerala model of palliative care be replicated to serve as a model for the rest of the world?

Countries around the world are spending less and less on healthcare and the Kerala model reverts the responsibilities of death and dying back with families and communities who work together and create a supportive community for the patient. This gives patients a sense of connection and belonging and that is why 'I think this is a very relevant and sustainable model'.



(Scan here for the full story)

FELLOWSHIP IN PALLIATIVE CARE

An international program to educate palliative care workers by providing a comprehensive understanding of organizing palliative care services at the grassroots level while keeping them informed about current advancements and challenges in palliative care & community involvement on regional, national and global scale.

Admissions Open - JAN 2025
Let's Learn Together!

For further information, please contact:
fellowship.palliativecare@gmail.com