

Department of Palliative Medicine

ANNUAL REPORT FOR THE YEAR 2008-2009&2009-2010

Department of Palliative Medicine:

Introduction: The Department of Palliative Medicine was separated from the dept of Anesthetics and Pain relief on 4th May 2009.

TEAM:

Palliative care team consists of Doctors, nurses, social welfare officer, volunteers, physiotherapist, clinical psychologist and pharmacist.

OUT PATIENT DEPARTMENT (O.P.D): Out patient department works from Monday to Saturday between 9:00am to 4:00 pm and half a day on General Holidays. Sunday is a holiday.

IN- PATIENT: In patient consists of 20 beds (10 male and 10 female), where in patients are admitted in ward for oral morphine titration, stabilized with required dosage and discharged. During their stay all their concerns will be addressed by the team members. Patient's attender will get the feed back of the patient when they come back for refill of oral morphine solution once in 15 days.

DAY CARE: This is the day when patients come to clinic to have diversion from their regular activities. Majority of the patients come on regular basis to day care centre. Patients who are ambulatory come on this day, where regular entertainment programme like musical chairs, passing the ball, housie-housie, carom are played and later provided with food /snacks by the volunteers.

GROUP THERAPY: This is conducted every Tuesday and Friday for patient's care takers by the team, where in detailed explanation is given to train them to take care of the patient at home. (nutrition, dressing, personal hygiene)

COUNSELLING: This is very important from patient point of view. Patient will be depressed as soon as he /she comes to know about their health condition .Counseling is done to the patient with the help of helping hand volunteers, clinical psychologist for the benefit of patients .

Conferences /Seminar/Workshops conducted by the department.

- 1) Workshop for Doctors and Nurses conducted at JSS Medical College, Mysore in December 2010.
- 2) Workshop for Doctors and Nurses about Pain and Palliative care conducted at Kempegowda Institute of Medical Sciences, Bangalore in June 2011.

Volunteers workshop.

1. Mr. Mohamed Saif from Calicut, Kerala was invited as the guest speaker for this workshop.
2. Mr. Rajareddy and Dr. Alikwaja of Banjara academy conducted the programme along with us at our institute for 70 volunteers.
3. Workshop for the District Medical Officers to train them to use the oral morphine for treating cancer pain.

Workshop on Essentials of Palliative Care.

Twice a year essentials in Palliative care of IAPC is being conducted at the department for doctors and nurses.

Major equipments added during the year 2008-2009 & 2009-2010.

Nil

Staff Position:

Prof and Head : (1)
Administration, Teaching and patient care

Assistant Surgeon: (1)
Attending to patient care and also coordinating with the team members

Assistant Social Welfare Officer: (1)
Rounds with Doctors
Attending to social issues.
Staff Nurses: (4) including ward.
Looking after patients care in out patient clinic and ward.
Pharmacist: (1)
Preparation & dispensing of Oral Morphine Solution
Maintenance of Records & Licenses pertaining to the OMS.
Dispensing Morphine to in patients, follow up patients.
Does ward rounds / Drug rounds.

Attender: (4) including ward

Research activities/projects, completed projects, ongoing and new projects undertaken during this period

Fentanyl Spray for Breakthrough Pain
Oral Transmucosal Fentanyl Citrate for break through pain. (Ongoing)

Participation at Conference /Seminar/Workshops during the year 2008-2009, 2009-2010, 2010-11.

- a). Team participated in International Conference of Indian Association of Palliative Care held at Cochin (February -2008)and Trichy (February -2010)
- b). Attended the International Conference of IAPC held at New Delhi in February 2010
- c). Attended the International Conference of IAPC held at Lucknow, in February 2011
- d).Biennial meeting of International Network in Cancer Treatment and Research (INCTR) held at Brussels, Belgium from 4th to 6th April 2011.
- e)Attended the 9th Asia Pacific Hospice Palliative care Conference held at Penang, Malaysia from 14th to 17th July 2011.

Prof and Head:

1. Examiner for the 1st Certificate course held at Baptist Hospital , Bangalore in January, 2008
2. International conference of IAPC on Palliative care held at Kochin, in February 2008.
3. Invited as the Investigator for the Finds study (Protocol No: CL_700_14_PRO) at Bangkok from 25th to 27th July 2008
4. Examiner for the 2nd Certificate course held at Regional Cancer Centre, Guwhathi, India on 2nd and 3rd August 2008.
5. National Faculty for CME on Palliative Care at Mahaveer Cancer Sansthan, Patna on 27th and 28th September 2008. Topic : “ Cancer Pain management”
6. National Faculty for Certificate Course in Palliative Care at Choitram hospital, Indore, M.P, on 8th and 9th November 2008.
7. International conference of IAPC on Palliative care held at New Delhi ,in February 2009.
8. MCI appointed me as Inspector, for inspecting the Department of Anesthesia at Katuri Medical College Guntur, Andhra Pradesh dated 16th and 17th September 2009.
9. Examiner for the 3rd Certificate course held at MNJ institute of Oncology Hyderabad on 7th August 2009.

10. Together 2009. Perth, Australia from 24th 27th September 2009 and presented a paper "Difficult pain syndromes in cancer patients."
11. Invited as speaker in the International conference of Indian Assn. of Palliative Care held at Trichy, Tamilnadu, India from 12th 14th February 2010.
12. Plenary lecture (Pain Management-an update) at 5th National conference of Association of Oncologists of North East India on 27th February 2010 at Shillong, India.
13. MCI appointed me as Inspector, for inspecting the Department of Anesthesia at Mahathma Gandhi Medical college and Research Institute, Puducherry on 28th April 2010.
14. Pediatric Pain Master Class held at Children's Institute of Pain and Palliative Care, Minneapolis, USA from 5th to 16th June 2010.
15. Guest Lecture for nurses at Gujarat Cancer Research Institute(GCRI) Ahmadabad, on 2nd October 2010.
16. Panelist for issues in Palliative care held at Hotel Capitol on 21st August 2010.
17. Guest Lecture for Ayush doctors at Govt. Ayurvedic Medical College, Bangalore on 13th October 2010.
18. Guest Lecture on Cancer at Jayanagar Study Centre on 23rd October 2010.
19. Chairing the session on Palliative care issues in Gynecological Malignancies at Conference of Assn of Gynecologic Oncologist of India on 13th November 2010.
20. National Faculty for Certificate Course in Palliative Care at Sudarshana Palliative Care centre, Trichy, TN, on 4th and 5th December 2010.
21. Resource Person in CME on Palliative Care at JSS Medical College, Mysore for Doctors and Nurses on 8th December 2010.

22. Guest Speaker on Terminal Cancer issues for Teachers and students of high school at Dabbeghatta, Turuvekere, Tq, on 9th December 2010.
23. Chaired the ICC-ESMO-IAPC Joint Palliative care workshop at Bhuvanewar on 10th February 2011 which was sponsored by European Society of Medical Oncology.
24. Examiner for the Certificate course held at MNJ institute of Oncology Hyderabad on 8th January 2011
25. Panelist at the Indian Cancer Congress on 10th February 2011 at Bhuvanewar.
26. Attended the International Conference of Indian Association of Palliative care held at Luknow, UP in February 2011.
27. Appointed as the Executive committee member of Asia Pacific Hospice palliative care Network at the meeting held at Penang , Malaysia from 14th to 17th July 2011, during the Asia Pacific Hospice Conference.
28. Biennial meeting of International Network in Cancer Treatment and Research(INCTR) held at Brussels, Belgium from 4th to 6th April 2011.
29. Presented the paper "Incidence of pain in patients presenting to a regional cancer centre in India" at 9th Asia Pacific Hospice Conference 2011 held at Penang, Malaysia from 14th to 17th July 2011.

CME / WORKSHOPS ATTENDED

1. National faculty workshop for the examiners in palliative care teaching held at Calicut in January 14th 2008
2. International workshop for Community volunteers in Palliative care held at Manjeri, Kerala in January 2008
3. National Workshop on "Improving Psychological care in Palliative care" at Cochin on 31st October and 1st November 2008.
4. Invited as the Investigator for the Quintiles study (Protocol No: INS-06-007) at Mumbai on 4th October 2008 for the treatment of Breakthrough cancer Pain.

5. Media Workshop held at Karunashraya , on August 22nd 2009
6. Workshop on “ end of life care “ held at Karunashraya on 31st October and 1st November 2009
7. Workshop on Care of the elderly held at Trichy, on 11th February 2010.

Assistant Surgeon

1. Presented a poster on “Incidence of Oral Candidiasis in patients referred to Palliative Care” at International Conference of IAPC on Palliative care held at Trichy in February 2010

Pharmacist:

1. International conference of IAPC on Palliative care held at Kochin, in February 2008.
2. International conference of IAPC on Palliative care held at New Delhi ,in February 2009.and won II Best Poster Presentation
3. International conference of IAPC on Palliative care held at Trichy, in February 2010
4. Presented a paper on Effect of Morphine solution on trismus

Papers published in National and International Journals.

Prof and Head:

1. Management of Difficult pain syndromes in cancer patients – International Journal of Cancer. 18th UICC International Cancer Congress, Oslo - Norway.
2. “Opioids in the treatment of pain” – Souvenir of the XII Indian Association of Palliative care, Guwahati.
3. “Assessment of pain in Cancer patients” – Souvenir of the X Indian Association of Palliative care, Hyderabad.
4. Journal of the Multinational Association of Supportive care in Cancer. “Incidence of Pain in Patients presenting to a regional cancer centre in South India”.

Pharmacist:

- 1) "Oral Morphine solution as a rinse /gargle for Mucositis Pain": Indian Journal of Palliative Care

Related statistics of the department

✚ Number of Patients referred to Dept :

2008:1444

2009:1527

2010: 1725

✚ Number of Patients on follow up:

2008: 5743

2009: 4568

2010: 5643

✚ Number of patients started on Oral Morphine:

2008:708

2009:827

2010: 1065

✚ Total amount of Morphine utilized:

2008:11kgs

2009:8.8kgs

2010: 10.4Kgs.