

## EDITOR'S NOTE

**‘Were there none who were discontented with what they have, the world would never reach anything better.’ - Florence Nightingale**

In this edition of the newsletter I am very pleased to turn the spotlight on Ahammed Khafi, a senior nurse in the Lakshadweep palliative care service who has been honoured with a Florence Nightingale Award for Excellence in Nursing by the President of India. Sarah Begley writes about her experience working with Khafi over successive Project Hamrahi visits to Lakshadweep, highlighting his deep commitment to caring for the people of his home islands.

Florence Nightingale's words 'were there none who were discontented with what they have, the world would never reach anything better' are a fitting descriptor of how palliative care services have evolved in the Hamrahi sites APLI is linked to. People and organisations saw a need in their community and tried to respond to it and from these efforts, some amazing services have grown which we have been lucky to play some small part in. Odette updates us on new sites for 2018 along with the opportunity to become a Hamrahi mentor. Speaking from my experience, it is a chance to meet wonderful, committed, passionate people and to be involved in a community that may unexpectedly school you in how palliative care can be delivered.

In Global News, palliative care continues to slowly become recognized as needing to be on the agenda as part of healthcare policy planning by the UN working group on Ageing and The Economist's report on access to healthcare. Meanwhile, Palliative Care education and resources are also spreading into various social media platforms across the digital domain. Earlier this year I was able to sign up to a Massive Open Online Course exploring how we see death and dying through various media. In the aftermath of this, I have, in this edition of global news included links to a number of different platforms to learn from, communicate and interact with other interested people all around the world. I hope it opens up new avenues for information and collaboration for you!

Lastly, don't forget to register for the annual APLI forum as part of PCA 2017 and to encourage any others that might be interested in participating in the workshop led by Anil Tandon and Christine Drummond.

*Sophia Lam*

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# PROJECT HAMRAHI



## PROJECT HAMRAHI NEWS

Since the start of Hamrahi in 2010, we have linked to 10 sites, conducted 24 visits, with 20 mentors (9 doctors, 9 nurses, 1 bereavement counsellor and 1 project manager). Several mentors have linked to more than one site. All but 2 sites have received 2 or more visits by mentors, with 2 sites having had 4 visits. Evaluating the impact of Hamrahi is not simple, but the feedback from all partners in India has been overwhelmingly positive. The most valued component of the project appears to be the sense of solidarity engendered by the relationship between the mentors and their Indian partners.

We have four new sites for Hamrahi visits in 2017, in addition to the ongoing relationship with Cachar and Lakshadweep. Patna remains linked but no definite visit is planned at present. The new sites span the length and breadth of India, from West Bengal, to Gujarat, Puducherry and centrally, in Indore, Madhya Pradesh (MP). We are looking for new mentors to link to these sites, especially nurses with experience in working in less developed settings. Please contact [Hamrahi@apli.net.au](mailto:Hamrahi@apli.net.au) if you are interested in finding more about this opportunity. If you are attending the PCA conference in Adelaide in September 2017, there will be an APLI workshop and the chance to speak with experienced mentors at that time also.



We have developed a comprehensive Project Hamrahi mentor guide which is available on our website, [www.apli.net.au](http://www.apli.net.au) under Projects/Quick Updates, and can also be sent to you on request at [Hamrahi@apli.net.au](mailto:Hamrahi@apli.net.au). This guide outlines the terms of the project,

responsibilities of each party and reimbursement processes for mentors. We have elected to use the term 'mentor' to describe the Australian /Western travellers, but have defined this term for the purposes of Hamrahi as follows:

*“A fellow traveller, seeking to expand one’s personal understanding of palliative care in a new and unfamiliar setting, by accompanying local palliative care providers who are pioneering the development of palliative care in their local setting. The mentor brings expertise and knowledge about the practice of palliative care in a developed country setting and seeks to collaborate with the local palliative care providers in adapting those practices to the local needs and circumstances. In this way, as much as the mentor is an adviser, counsellor and teacher, so the local provider is an adviser, counsellor and teacher to the mentor. This mutual learning and development is the essence of the Project Hamrahi relationship.”*

Hamrahi is about mutual learning, fellow travelling, and discovery. If this is you, get in touch to find out more.

*Odette Spruyt*



# INTRODUCING A NEW MENTOR: Ed Gaudoin CNC



Ed Gaudoin CNC

I have a 15yr history working in Consultative Nursing Palliative Care positions across the acute, hospice, community and residential aged care sectors.

I describe myself as a “bedside nurse” and I work to optimise compassionate and competent palliative care especially within the aged care realm. I bring an energy and passion in the care of the dying and driven to support and collaborate with families and staff in providing excellent end of life care.

Currently working as a Clinical Nurse Consultant for the Metropolitan Palliative Care Consultancy Service (MPaCCS) in Perth, the role has developed my skills in project development and education.

Education and mentoring give me the greatest satisfaction, seeing confidence and capability grow within a service is very rewarding. Working at grassroots level, through bedside learning, and in development at head office level, I have seen services provide a higher standard of care and outcomes for all that are involved.

I have an Indian background and I have always wanted to invest my skills back where my roots lie. Meeting Dr Rajagopal 10 years ago at an Asia Pacific Hospice Network conference in Perth has given me the chance to fulfill my dream. I have visited Dr Rajagopal's team at TIPS in Trivandrum, Kerala, for 10 days providing supportive education to medical and nursing teams and getting a good taste of the social, cultural, and financial challenges that are met by the team. I am keen to continue my support.

*Ed Gaudoin CNC*

# UPDATES FROM THE REGION

## FROM THE CHAIRMAN

Greetings to all of you and thank you taking the time to read this latest edition of our newsletter giving you an update on the activities of Australasian Palliative Link International. Since I last wrote to you, there have been a few developments which I would like to briefly mention.

First of all, I would like to express the sincere thanks of both myself and Odette Spruyt to Sophia Lam for taking on the role of Editor for both this and our previous newsletter. You may have also noticed that our sponsor for the newsletter has also changed – A. Menarini Australia have very kindly agreed to provide financial support to enable the publication of the newsletter. As the manufacturer of Abstral, sublingual fentanyl tablets, Menarini is committed to the enhancing medical education and the quality use of medicines in the field of Palliative Care, so we are very pleased to be working with Angela Hollins and her team.

Also behind the scenes, work in continuing on this year's version of our annual forum. As you may have already seen on the website for Australian Palliative Care Conference to be held in Adelaide, APLI will be conducting our forum as a half-day workshop on the pre-conference day, Tuesday 5 September. Following along the theme of 'Connection with Community', Christine Drummond and I will be leading participants through a number of sessions designed to give people a taste of what being a volunteer mentor in a remote part of India is really like, look at what teaching techniques do and don't work, and explore the range of emotional responses

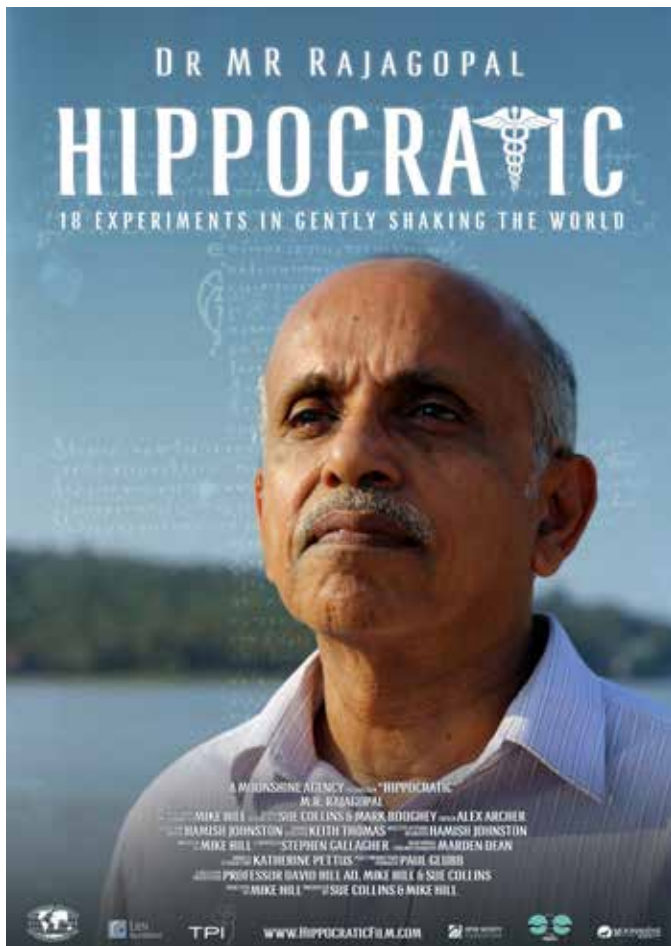
which can be felt as a guest in another country. Please have a think about registering for the workshop – it was the informal gathering of interested clinicians at the Australian Palliative Care Conference in Perth back in 2009 which first introduced me to APLI and introduced me to working in this field.

Finally, in case you hadn't seen the recent online newsletter from the International Association of Hospice and Palliative Care (IAHPC), I would like to take the liberty of reproducing a small part of Mhoira Leng's article on some of what she believes is required to develop palliative care. I encourage you to read the full article on the IAHPC website.

'First, it takes time – perhaps five years – to take inspired young colleagues and nurture their development into excellent, compassionate clinicians able to manage complex palliative care problems and take up senior positions...Crucial to this is ongoing mentorship and clinical modelling, not just knowledge-based training, that allows mistakes, provides opportunities for learning, encourages high standards with the support to meet and exceed expectations whilst ensuring personal, relational support. We encourage rich opportunities to develop academically and work collaboratively with mutual learning across settings and resources....Lastly, let us consciously train and support leadership skills investing in cohorts rather than one champion who then has to shoulder impossible burdens.'

As always, thank you for your support and interest in the work of APLI.

*Anil Tandon*



### *Hippocratic - 18 experiments in gently shaking the world.*

Please consider hosting a screening of Hippocratic. Your efforts will be richly rewarded with a potentially life-changing, career-defining experience by bearing witness to this intimate, uplifting story about one of the world's most unparalleled humanitarian physicians; Dr MR Rajagopal.

The film's Cinema-On-Demand platform of choice is Demand.Film - a platform that empowers you to bring your favourite movies to a theatre near you at no additional cost beyond the usual cost of admission.

Register to host a screening of Hippocratic using this [link](https://us.demand.film/hippocratic):  
<https://us.demand.film/hippocratic>

Want to know more?

It's simple. [Find out How Demand.Film Works:](https://us.demand.film/how-demand-works/)  
<https://us.demand.film/how-demand-works/>

*Mike Hill - Moonshine Agency*

UN Open-ended Working group on Ageing to focus on 'long term and palliative care' as one of 2 focus question for its 2018 session.

<https://eapcnet.wordpress.com/2017/07/13/un-working-group-on-ageing-to-consider-long-term-and-palliative-care/>

Bharat Connect a social platform that aims to voice out the stories of change-makers who are working throughout the length & breadth of India to make lives better features a story on Pallium India.

<https://www.bharatconnect.org/single-post/Pallium-India/>

WHO Model List of Essential Medicines latest update: March 2017.

[http://www.who.int/medicines/publications/essentialmedicines/20th\\_EML2017.pdf?ua=1](http://www.who.int/medicines/publications/essentialmedicines/20th_EML2017.pdf?ua=1)

The Economist publishes report on Global Access to HealthCare: Building sustainable health systems, examining the challenges and opportunities faced by countries to provide access to high quality healthcare.

<http://accesstohealthcare.eiu.com/whitepaper/>

Sign up for the APHN Monthly webinar series – Next session 'Management of Total Pain' by Dr Raymond Kam-Wing WOO on August 16 2017.

[https://docs.google.com/forms/d/e/1FAIpQLSfDHk\\_F-GD77WxEDQ264FGNC9U4sFL4DUki8OUwE-G2HcQTTA/viewform?c=0&w=1](https://docs.google.com/forms/d/e/1FAIpQLSfDHk_F-GD77WxEDQ264FGNC9U4sFL4DUki8OUwE-G2HcQTTA/viewform?c=0&w=1)

VR Technology helps fulfil the wishes of terminally ill patient.

<https://www.digitaltrends.com/cool-tech/vr-great-barrier-reef-terminally-ill-diver/>

'Palliative Care Symptom Guide' App – guidelines by Yorkshire and Humber Palliative and End of Life Care Groups.

<https://appadvice.com/app/palliative-care-symptom-guide/1168941132>

St Christopher's Hospice founded by Dame Cicely Saunders in 1967 celebrates 50 years of providing palliative care.

<http://www.stchristophers.org.uk/video/st-christophers-50th-anniversary/>

Learn about and discuss issues in palliative care with people across the globe via scheduled 'tweetchats' moderated by @hpmchat

<https://twitter.com/hpmchat?lang=en>

# PALLIATIVE CARE FRONT LINE

## NURSE KHAFI HONoured WITH FLORENCE NIGHTINGALE AWARD

On May 12th 2017, Ahammed Khafi, Head Nurse of the Lakshadweep Palliative Care Institute, was presented with the very prestigious Florence Nightingale Nurse Award by the Indian President Shri Pranab Mukherjee.

Each year the Indian president confers the award on thirty-five nurses who have demonstrated exemplary work to their health services. The recipients are required to demonstrate excellence in areas such as nursing education, administration, nursing care and quality management.

Ahammed Khafi, is the quiet leader of the Lakshadweep community palliative care service. He is a gentle, unassuming and hard working man who quietly and competently works in the background to ensure patients get the best of care. He is the glue that keeps his community service together.

Ahammed Khafi is the type person that is born to be a palliative nurse. The type of nurse I want caring for me when my times comes. Time and time again, we would enter patients homes and the smile on their faces spoke volumes of their respect for Khafi and the care he provides for them.

Khafi is deeply respected by his peers and over the years he has trained hundreds of palliative care volunteers, nurses and community members about community palliative care. We watched in awe as Khafi would effortlessly run multi-day courses for community members on palliative care. One visit Khafi was teaching the local community members how to garden to attend to their spiritual care needs.

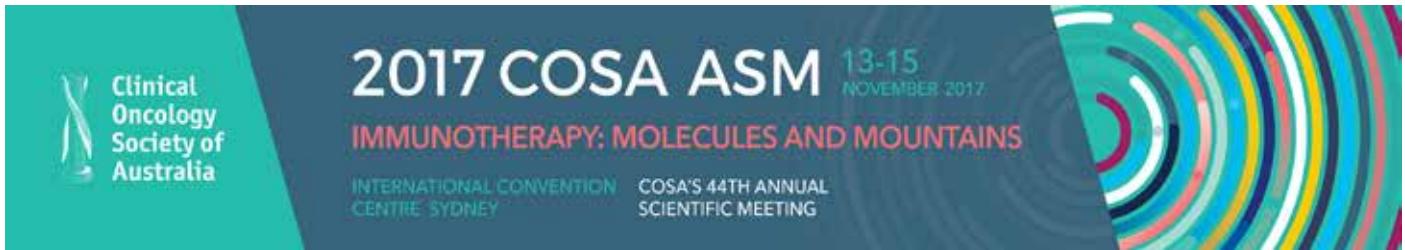
I got to know Khafi over the three visits to the islands. I have the utmost respect for Khafi and have learnt a lot from him. On our last visit he shared his ambitions to learn English to further his ability to teach palliative care. Khafi works full time on the islands to support his wife and three children who live on the mainland. He travels home very rarely but told me he works hard so that his family can all one day all live together.



Ahmed Khafi exemplifies what a palliative care nurse should be; the type of nurse who understands that good palliative care is as simple and as complicated as making a patient comfortable.

Being awarded The Florence Nightingale award is a tremendous honour not only for Khafi but for the Thanal Charitable Society, Kavaratti. It is an honour to have worked with Khafi and I am so pleased that this unsung hero of this service has been recognised.

*Sarah Begley*



**Clinical Oncology Society of Australia**

# 2017 COSA ASM

13-15 NOVEMBER 2017

## IMMUNOTHERAPY: MOLECULES AND MOUNTAINS

INTERNATIONAL CONVENTION CENTRE SYDNEY    COSA'S 44TH ANNUAL SCIENTIFIC MEETING



### Australian Palliative Care Conference 6-8 September 2017 • Adelaide

The biennial Australian Palliative Care Conference is the pre-eminent event in Australia for anyone who is interested in quality palliative care at the end of life. Don't miss out on your chance to attend this unrivalled personal development opportunity.

The conference will be held in Adelaide from 6 – 8 September 2017, with the theme *Connection with Community*.

The conference will attract decision makers of today, the future leaders of tomorrow, those who influence policy and the people involved in the latest research and thinking about palliative care. You will meet clinicians, researchers, allied health practitioners, educators, carers and others who have a passion for palliative care. You'll also be mixing with providers of palliative care, volunteers and consumers.



The growing recognition of the importance of Palliative Care is reflected in the title chosen for the upcoming 25th Silver Jubilee Conference of the Indian Association for Palliative Care - Create, Collaborate and Communicate. On behalf of the Indian Association of Palliative Care and the All India Institute of Medical Sciences - we would like to invite participants from across the world to meet in the heritage city of Delhi, India on 23rd - 25th February 2018. The conference will provide opportunity for the delegates to discuss advances in the field of palliative care around the globe, to debate on how to create, collaborate and communicate new ideas, to assess the integration of palliative care across healthcare systems and facilitate innovation and transformation in multi-disciplinary practice.

Conference organiser is Prof Sushma Bhatnagar, Professor & Head, Department of Onco-Anaesthesia & Palliative Medicine, Institute Rotary Cancer Hospital, All India Institute of Medical Sciences, New Delhi.

### SPONSOR ACKNOWLEDGEMENT



**MENARINI**

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