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### IAHPC News On-Line

Hospice & Palliative Care News & Information

International Association for Hospice and Palliative Care (IAHPC)

William Farr, PhD, MD - Editor  
 Liliانا De Lima, MHA - Coordinator  
 Anne Laidlaw - Layout and Distribution

September, 2010

RE: IAHPC's September 2010 Newsletter

Dear Members and Colleagues:

The August edition of our newsletter is now on our website at URL:  
[www.hospicecare.com/news/10/09/](http://www.hospicecare.com/news/10/09/)  
 Please find below an abbreviated version.

### Table of Contents

- Message from the Chair and Executive Director
- Essays by IAHPC Board Members- Geoffrey Hanks and David Currow
- IAHPC Book of the Month and Other Reviews
- Announcements
- Webmaster's Corner - Website Of The Month

Best wishes,

Roberto Wenk, MD, Chair  
 William Farr, PhD, MD, Vice-Chair and Editor

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### Message from the Chair and Executive Director

Dear readers:

Hello to all.

This month we will comment on four issues.

1) The aim of the **IAHPC's Traveling Scholarship Program (TSP)** is to support the travel of individuals from developing countries to attend courses, workshops, seminars, fellowships and congresses around the world. ... it has supported more than 230 scholars. At this time we are happy to announce that the TSP committee has made the selection of 17 grantees to attend the 18th International Congress in Palliative Care in Montréal on October 5-8, 2010. We are grateful to the United States National Cancer Institute for providing funds to partially support the scholars.

Of the scholars, seven devote 100% of their time to palliative care, seven spend 75% of their time and three devote 50% of their time. All of the above scholars are either presenting a poster or an oral presentation. Congratulations to all.

2) One important goal of IAHPC is to **facilitate the access to new information** for its members and particularly those living in developing countries. Access to our new member benefit, the CINAHL full text database, has seen a progressive increase in usage.

3) We acknowledge and offer our thanks to the palliative care institutions that are participating in the Phase II of the Delphi



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[Donate to IAHPC](#)

[Main Index:](#)

[IAHPC Home](#)

[Newsletter](#)  
[Archives](#)

[News Table of Contents](#)

[Message from the Chair and Executive Director](#)

[Essays by IAHPC Board Members- Geoffrey Hanks and David Currow](#)

[IAHPC Book of the Month and Other Reviews](#)

[Announcements](#)

[Webmaster's Corner - Website Of The Month](#)

process to identify the **Essential Practices in Palliative Care**. We also thank our members who are participating in the first round of the Delphi process to establish an **Opioid Essential Prescription Package**. We appreciate your enthusiasm to take part in our research projects.

4) During a couple of days in this past month our **website had problems due to several causes, including problems generated by updates of the hosting company** . ... Fortunately, IAHPC's IT team has effectively managed it each time. We express our sincere thanks to Anne Laidlaw and her team at Alou Web Design and to Danilo Fritzler for their first-rate work.

Best wishes to all and until next month,

Roberto Wenk, MD  
Chair, Board of Directors

Liliana De Lima, MHA  
Executive Director

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## Essays by IAHPC Board Members

### How to get your papers published: part II

The second of my inspirational books is "Talking Sense" by Richard Asher. Asher was a consultant physician in London and died in 1969, a year before I qualified in medicine. In the blurb on the outside cover of this book, Richard Asher is described as "one of the most outstanding medical thinkers of our time: a brilliant writer with a sparkling and devastating wit; and a distinguished clinician".

... It is a collection of Asher's most important papers and is a marvellous tour de force. This is a really enjoyable book to read and every time you do read it you are bound to learn something new or relearn something that you had forgotten.

My intention in writing these short articles was to give you advice about getting your papers published in scientific journals...

Asher goes on to say "you need not read this if you *can* write, but you probably will; and if you *can't* write, you ought to read this but you probably won't". Whether you can write or not you will enjoy this book and your writing is bound to improve.

Simple English is a much more effective use of the language than complex English, and being brief enormously enhances understanding and learning. The Editor has indulged me and found space for a third and final piece, which will follow soon.

Professor Geoffrey Hanks

Professor Hanks' biography may be viewed at <http://www.hospicecare.com/Bio/hanks.htm>

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## What do we mean when we say that caregivers are part of the unit of care?

Care giving is not an easy task in any circumstance let alone when someone is dying. Palliative care has continued to assert that caregivers are part of the 'unit of care'. The evidence to support that palliative care services have genuinely operationalised this definition is actually difficult to find...

Many people clearly feel under intense pressure from family and friends to provide care... As palliative care service providers, it is imperative that we understand the circumstances in which this person came to be a caregiver... Many people providing quite intense care would, as a result of the ambiguity of this transition, not identify themselves as caregivers. Because they do not see themselves as caregivers, they may not reach out for help from family and friends or from services set up to provide support for them.

For palliative care the challenge is to:

- a) identify caregivers often before they consider that they are in the role; and
- b) provide targeted supports specifically for caregivers independently of patient assessment.

Most often support for caregivers is only framed in the context of the patient but there are increasing arguments that such assessment and support need to happen directly and specifically for caregivers.

As we talk about caregivers being part of the 'unit of care', we must look to their improved physical and psychological health throughout the time they provided care and in the years after they have provided care if we are to truly ensure the best possible outcomes are available.

Professor David Currow

Discipline of Palliative and Supportive Services  
Flinders University, Daw Park, South Australia, Australia.

Professor Currow's biography may be viewed at <http://www.hospicecare.com/Bio/currow.htm>

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## Palliative Care Book of the Month

### ***THE GRIM READER. Writings on Death, Dying and Living On.***

Spiegel and Tristman (Eds)

A wonderful collection, old and new.

[Click here](#) to read the review..

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## Other reviews

### ***AUDACITY TO LOVE. The Story of Hospice Africa.***

Anne Merriman

A quite remarkable story

[Click here](#) to read the review..

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### ***ON DOGS AND DYING. Inspirational Stories from Hospice Hounds.***

Rivera

Both enjoyable and informative

[Click here](#) to read the review..

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### **DVD: *DEPARTURES.***

Masahiro Motoki

A very different film about the dignity and value of human life. Won the Oscar for Best Foreign Film, 2009.

[Click here](#) to read the review..

**Roger Woodruff, MD (Australia).  
(August 2010)**

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Dr. Woodruff is a Life Member of the IAHPC Board of Directors, to read the full reviews please go to the following URL  
<http://www.hospicecare.com/news/10/09/reviews.html>

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## Announcements

### IAHPC's Ethics Page Contributor, Dr. Paulina Taboada, wins Bioethics Award



The Board of Directors of the Pan American Health and Education Foundation (PAHEF) selected Dr. Paulina Taboada as the winner of the Manuel Velasco Suárez Award for excellence in bioethics for the year 2010 ... Paulina Taboada earned both a PhD and MD degree, she is the Director of the Center for Bioethics at the Pontificia Universidad Católica de Chile and is also a long time contributor to the IAHPC Ethics Page in our newsletter and has served on our Board of Directors. Congratulations Paulina!

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### National Health Service (NHS) Evidence – supportive and palliative care

Dear all ,

Each month there is a wide range of new items added to the NHS Evidence specialist collection on supportive and palliative care. From last month's list of entries, Dr Jason Boland has selected those which may be of particular interest (see below). Jason is a clinical lecturer at the University of Sheffield, where he is currently undertaking a PhD. He can be contacted via: [jasonboland@doctors.org.uk](mailto:jasonboland@doctors.org.uk)

Users who cannot easily access the web links below from their email software should access the full list via the link near the top of the home page: <http://www.library.nhs.uk/palliative/> or [See the full lists of new records added each month](#)

Best wishes,

Richard Stevens, Project Manager, NHS Evidence - supportive and palliative care

See our website for the entire September list at:  
<http://www.hospicecare.com/news/10/09/announcements.html>

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### Opioid Inaccessibility and Its Human Consequences: Reports From the Field

[Eric L. Krakauer](#) , [Roberto Wenk](#) , [Rosa Buitrago](#) , [Philip Jenkins](#) , and [Willem Scholten](#)

*Journal of Pain and Palliative Care Pharmacotherapy* , September 2010, Vol. 24, No. 3 , Pages 239-243

... The three cases reported here from three diverse countries provide examples of the terrible and unnecessary suffering that occurs everyday when this essential, inexpensive, and safe medication is not adequately accessible by patients in pain. The reasons for this lack of accessibility are explored, and ways to resolve the problem are proposed.

*Because of our new member benefit, IAHPC members can now access the full text of this paper (and many others) at no charge by going to the following website and logging in: <https://www.hospicecare.com/membersonly/journals/> You will need to provide your IAHPC membership number and email address.*

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## Webmaster's Corner

Each month we publish one website that highlights how individuals, organizations, or countries attempt to get their message out about what it is we do in hospice/palliative care.

This month we present "**St Christopher's Hospice**"

Dame Cicely Saunders founded St Christopher's as the first hospice to link expert pain and symptom control, compassionate care, education and clinical research.

St Christopher's has been a pioneer in the field of palliative medicine, which is now established worldwide.

<http://www.stchristophers.org.uk>

Anne Laidlaw  
IAHPC Webmaster

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### Letters to the editor!

**William Farr, PhD, MD**

Newsletter Editor

May be submitted at: [billfar@hospicecare.com](mailto:billfar@hospicecare.com)

\*\*\*\*Thanks to all contributors to this issue.\*\*\*\*

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