

## IAHPC News On-Line

### Hospice & Palliative Care News & Information



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### International Association for Hospice and Palliative Care (IAHPC)

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

Dear Members and Colleagues:

The April issue of our newsletter may now be found in our website at:  
<http://www.hospicecare.com/news/11/04/>  
Please find below an abbreviated version.

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Regards,

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:

This issue marks the 15th Anniversary of the IAHPC Newsletter! We are very proud of our Newsletter, but most of all we are appreciative of the hard work and dedication of our editor, Dr. William Farr, who has edited and produced each issue during the past fifteen years!...

Thanks also to our webmaster, Anne Laidlaw and her team at Alou Web Design, for their excellent work in the lay out, setting and distribution of the Newsletter....

We also wish to thank the many contributors and board members who have supplied us with outstanding content each month. We especially thank Dr. Roger Woodruff for his monthly book reviews and Dr. Carla Ripamonti for her Article of the Month. We also send thanks to our members and readers who submit news and articles about their programs, efforts and the developments in their countries.

Please remember that we accept articles for our Newsletter describing the progress and programs in your countries, as well as news from your region....

### 54th Session of the UN Commission on Narcotic Drugs

The 54th session of the UN Commission on Narcotic Drugs (CND) was held March 21-25 in Vienna. IAHPC was represented by Liliana in this session.... This year, the Commission addressed opioid availability for medical and scientific purposes while continuing to discuss the issues of raising awareness about the risks of abusing drugs; improving the understanding of drug addiction as a chronic health disorder; and the importance of research and data collection.

The week-long session of the Commission included consideration of two important draft resolutions:

(A) the first titled "Promoting adequate availability of internationally controlled narcotic drugs and psychotropic substances for medical and scientific purposes while preventing their diversion and abuse" sponsored by ... and

(B) the second titled "Improving the participatory role of civil society in addressing the world drug problem" ....

Both resolutions were adopted and Member States are obligated to put them into practice.

### Opioid Availability Workshops

This past month IAHPC co-organized, with the European Association for Palliative Care (EAPC) and the Ukrainian League of Palliative and Hospice Care (ULPHC), a workshop in Kiev, to improve availability and accessibility of opioids in the country....At the end, a document was developed and adopted by all which lists the areas of work, problems and solutions. We thank the ULPHC and particularly the Chair of its Board, Vasyl' Knyazevych, as well as to Viktoriya Tymoshevska and Kseniya Shapoval for their hospitality and great work. This workshop was funded by the Open Society Foundations. We are also very grateful for their support, trust and work on this initiative.

At the end of this month, **IAHPC will be hosting, with the Latin American Association for Palliative Care and the Ministry of Health of Panama, a workshop on opioid availability.** The workshop is aimed at six Central American countries.... During the workshop we will identify the barriers that unduly restrict access to medications and possible solutions to minimize or eliminate them while ensuring their safety and the prevention of diversion. This will be the beginning of a new strategy for several countries, while others such as Panama and Costa Rica will serve as examples of progress to their neighboring countries in the region.

Until next month,

Roberto Wenk, MD  
Chair

Liliana De Lima, MHA  
Executive Director

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## Please Welcome our Three New IAHPC Board Members

### Dr Fraser Black - Canada



**Dr. Fraser Black (MD, CCFP, FCFP)** is Associate Director of the Palliative Access Program (PAX) of the International Network for Cancer Treatment and Research (INCTR) and has worked on palliative care initiatives in many countries including Nepal, India, Tanzania and Brazil. He has practised palliative care over the last 14 years providing care to both

adults and children. He is currently the Medical Director of Victoria Hospice in Victoria, Canada as well as a Consultant with the BC Cancer Agency. He is an Associate Clinical Professor with the University of British Columbia as well as International Associate Faculty Member with the Institute of Palliative Medicine at San Diego Hospice.

#### **Dr Yvonne Luxford – Australia**



As CEO of Palliative Care Australia, Dr Yvonne Luxford interacts and collaborates with all levels of government, health professionals, service providers and advocacy bodies in an effort to achieve high quality health care which is accessible and culturally appropriate.

Yvonne has particular interests in Indigenous health, chronic disease prevention, and equity of access to healthcare. Her previous roles include Manager of Policy and Advocacy for the Royal Australasian College of Physicians, SEO of the Australasian Faculty of Public Health Medicine, and several years as a university lecturer in various health related subjects....

Yvonne is keen to assist the development of strong links with other countries, particularly those in the Asia-Pacific region, where access and levels of expertise in palliative care need to be more equitably shared. She also hopes to increase levels of local member engagement and to raise the local profile of the mission and vision of IAHP.

#### **Professor Lukas Radbruch - Germany**



Professor Lukas Radbruch is the chair of palliative medicine at the University of Bonn, in the Western part of Germany. He was the first chair of palliative medicine at the RWTH Aachen University in Aachen from 2003-2010. Professor Radbruch attended medical school in Bonn, Germany, specialized in anaesthesiology and completed his habilitation (the German equivalent of a PhD) in 2000 in Cologne.

His main research interests include symptom assessment, opioid treatment, fatigue, cachexia and ethical issues in palliative care. Professor Radbruch is involved in European palliative care research collaboratives and coordinates the project Access To Opioid Medication in Europe, which is funded by the Seventh Framework Programme of the European Commission.

He is president of the European Association for Palliative Care (EAPC), a board member of the Worldwide Palliative Care Alliance and a member of the Drug Commission of the German Medical Board, the EAPC Research Network Steering Committee and the Expert Commission of the German Narcotic Control Agency. He also is editor of *Der Schmerz*.

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## Regional Reports

### A Journey with Chivantarak — a Travelling Hospice Foundation in Thailand —

#### Hospice work and Ancient practices

We wake up in the middle of the night. The monsoon rains flooded the land during the day and some of the roads had turned into rivers. The traffic is bogged down in one meter of water, but this doesn't frighten the Thai bus driver or the twelve experienced voluntary workers of *Chivantarak*. This night the bus is travelling 700 km north... to the province of Roi Ed where we will first visit a Buddhist monastery that provides AIDS sufferers with accommodation, medical treatment and spiritual care.

At the beginning of the journey, Dr Mano, President of the *Hospice Foundation of Thailand*, laughingly said, "It is only two days, but we will all be exhausted afterwards". He is a man who is very familiar with the vulnerability of life and the great authority of death since his early childhood....[He] himself is a trained medical doctor who spent half of his life as a Buddhist monk and scholar until he set aside his robe to offer his knowledge and skills to the social development of his country and to those in need.

There is little talk, everybody prepares themselves for their meeting with seriously ill patients. I am told "The secret of a good hospice carer is that she is a master in self-care." Chainat, a pharmacologist and deputy secretary of the foundation, suddenly tunes up his mouth organ and we all join in song....

After an extensive ceremony in the monastery...we take paths that lead...to a modest wooden building in an idyllic setting. Approximately 25 people live here.... Maybe they don't expect good news because AIDS patients in Thailand are occasionally excluded from society, but they can feel safe here. Today is different, they will meet a group that has managed to win their trust. Chainat deliberately sits amongst the people as Dr Mano begins to speak. He tells an allegorical story of confidence and hope and talks empathetically about the overwhelming, yet conquerable, feeling of being a victim. They are guided by his mellifluous voice as he delivers a meditation of deep religious significance which leads them into their bodies. White light is imagined to slowly float through their nostrils into the middle of their body to become embedded like a second soul-body. This enables the experienced person to transcend suffering and pain – even while passing towards, through, death. The government fosters this special technique of meditation as a form of alternative medicine....

The Chivantarak group is full of cheer. They have come here to infuse sufferers with a sense, and spirit, of joy – a means of preventing them from deteriorating into isolation. Pure joy fills the whole room along with music and dance....



The next day we arrive at Roi-Ed-Hospital which is dedicated to treating cancer patients. I experience another impressive program offered to patients and staff that to a large extent consists of a mix of traditional religious and cultural practices.

Basic medical information is also provided along with instructions on how to develop a positive lifestyle. There are panel discussions, dance, films, meditation, questions and answers, and more....

For a European, this journey offered me a unique opportunity to witness the transforming effects of medical and spiritual skills provided in a culturally sensitive manner that support those who until now had little hope for the future.

*Katja Fiedler-Löffelholz lives in Frankfurt a.M./Germany and is a teacher and author.*

*This article was previously published in Bundes-Hospiz-Anzeiger 1/2011, p 7, der hospiz verlag Caro & Cie oHG, Ludwigsburg, Germany. This revised and edited version is published here with full permission.*

To view the entire report with pictures, please see <http://www.hospicecare.com/news/11/04/regional.html>

## From Bangladesh

The 2<sup>nd</sup> International Conference on Public Health and Palliative Care took place in Dhaka, the capital of Bangladesh on 21<sup>st</sup> to 23<sup>rd</sup> January, 2011. The theme of the conference was '**Compassionate Care for the Incurably Ill**'. There were three hundred and thirty participants.... A pre-conference workshop was offered on 20<sup>th</sup> January, titled '**Developing a Palliative Care programme for Bangladesh**'....



Most of the local deliberations focused on basic palliative care issues whereas the papers from abroad detailed the public health approach to palliative care. The topics of discussions were diverse in nature reflecting local and international expectations and experiences – a mix of pondering, aspirations and reality on the ground that exists both locally and globally.... Basic clinical issues such as pain management and symptom management were also discussed. Delegates shared their experiences....

The conference was unique and occurred at a time when palliative care has begun to find its place in the health care system of Bangladesh.... The public health approach to this relatively new topic was most timely as we contemplate its future direction. In a broader sense, the public health issues have probably been underrated at the expense of fulfilling local needs and understanding.

In conclusion, this first international conference on palliative care and public health in Bangladesh was a milestone in the first five year history of our endeavors and hopefully will inspire ongoing program development in the country.

Dr. Nezam Uddin Ahmed Ahmed

To view the entire report please see <http://www.hospicecare.com/news/11/04/regional.html#2>

## From the UK - NHS Evidence - supportive and palliative care

### Keeping UP with the Palliative Care Literature – from the National Health Service,

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).

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

To view all the links to the literature cited please see <http://www.hospicecare.com/news/11/04/regional.html#3>

## From the US

**Harford, Joe B. *Breast-cancer early detection in low-income and middle-income countries: do what you can versus one size fits all.***

*Lancet Oncology* 2011 ; 12 (3) 306 – 312.

Dear Colleagues,

I am providing a link (below) to a paper of mine that was just published in *Lancet Oncology*. It addresses the issue of what to do regarding breast cancer in low resource settings. There is a fair amount of "pressure" on policy makers to institute organized breast cancer screening via mammography. Much less attention is being paid to the women with symptoms including those that are diagnosed very late in the disease process. One point of the article is that resources might better be used to deal with women who HAVE breast cancer rather than screening the whole population, the overwhelming majority of whom do NOT have breast cancer. One place where resources are scarce is in palliative care services. I hope the paper will be of help to you since all of us are striving to do what we can with what we have.

<http://www.thelancet.com/journals/lanonc/article/PIIS1470-2045%2810%2970273-4/abstract>

Best,  
Dr Joe B Harford

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## Palliative Care Book of the Month

***HOW WE GRIEVE. Relearning the World. Thomas Attig***

A different view on grief. Very alive and non-medical.

To read the review go to <http://www.hospicecare.com/news/11/04/reviews.html>

## Other Reviews

***SUPPORTIVE ONCOLOGY. Davis, Feyer, Ortner, and Zimmermann (Eds)***

Comprehensive resource on the management of physical and psychosocial symptoms.

To read the review go to <http://www.hospicecare.com/news/11/04/reviews.html#1>

***DELIRIUM. Acute confusional states in palliative medicine 2e. Caraceni and Grassi***

An update of this comprehensive review.

To read the review go to <http://www.hospicecare.com/news/11/04/reviews.html#2>

## **TOWARDS A PHILOSOPHY OF PALLIATIVE CARE.**

**An Exploration of the Nature of Knowledge, Culture and Ethics . Philip**

An exploration of the multifaceted heart of palliative care.

To read the review go to <http://www.hospicecare.com/news/11/04/reviews.html#3>

### **Reviews by Dr.Roger Woodruff – March 2011**

Dr. Roger Woodruff (Australia). Dr. Woodruff is a Lifetime member of the IAHP board and his bio may be found at [http://www.hospicecare.com/Bio/r\\_woodruff.htm](http://www.hospicecare.com/Bio/r_woodruff.htm)

## **New and renewing list of members plus donors**

We wish to thank all of the following people and institutions for their support during the past month.

### **DONORS**

<b>Name</b>	<b>Country</b>
Flavia Firmino	Brazil
Deborah M. Gagne	Canada
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Rona P DiPietro-Staunton	USA
Saint Thomas Pulmonary Services	USA
Vincent C. Piscitelli	USA

### **MEMBERSHIP RENEWALS**

<b>Name</b>	<b>Country</b>
Palliative Care Center - Korca Albania	Albania
Marium Lubna	Bangladesh
Hospice Victoria Society	Canada
Judith Simpson	Canada
Samy Alsirafy	Egypt
Carlos Eduardo Rivas Salguero	El Salvador
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Kathleen Faulkner	USA
Norma Del Rio	USA
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Valerie Maasdorp	Zimbabwe

## NEW MEMBERS

Name	Country
Marina Jazmin Macchi	Argentina
Tamar Kezeli	Georgia
Akihko Hamaguchi	Japan
Angela Gati Mwita	Kenya
Brigid Sirengo	Kenya
Catherine Ajuoga	Kenya
Jesca Ng'ang'a	Kenya
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Michelle Muhanda	Kenya
Mildred Omondi	Kenya
Peninah Sidi Mramba	Kenya
Saraphina Gichohi	Kenya
Balsam- Lebanese Center for Palliative Care	Lebanon
Ganesh Dangal	Nepal
Fundatia Hospice Casa Sperantei	Romania
Fhaied Almobarak	Saudi Arabia
Roger Cummins	South Africa
Julia Pekas	USA
Rachel Miller	USA

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## Announcement

### Fifteen Commonwealth Scholarships available

We are delighted to announce that for 2011 we have secured 15 Commonwealth scholarships for 2011 from the Commonwealth Scholarship Commission. These scholarships will pay full fees for students in India and neighbouring countries to undertake the Postgraduate Diploma and MSc in Palliative Medicine....

Applications for the course and the Commonwealth Scholarship need to be made before the deadline of MAY 30th 2011 ...

All applications can be done on line – you will also need to have 2 supporting written references which can be faxed or scanned and uploaded.

The minimum requirement in English.... View the entire announcement at <http://www.hospicecare.com/news/11/04/announcements.html>

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## Webmaster's Corner

### Website Of The Month

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.



[Hungarian Hospice Foundation](#) - We contribute to the personalized care and pain control of cancer patients free of charge to help them preserve their dignity until the very last moments as well as to the psychological support of their families.

<http://www.hospicehaz.hu/> Hungarian

<http://www.hospicehaz.hu/en/> English

Read more here: <http://www.hospicecare.com/news/11/04/webmaster.html>

Until next month!

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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