

IAHPC News On-Line

Hospice & Palliative Care News & Information

International Association for Hospice and Palliative Care (IAHPC)

William Farr, PhD, MD - Editor
Liliana De Lima, MHA - Coordinator
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Dear Members and Colleagues:

The May issue of our newsletter may now be found in our website at:
<http://www.hospicecare.com/news/11/05/>
Please find below an abbreviated version.

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Regards,

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

Message from the Chair and Executive Director

Dear readers:

We are pleased to announce that IAHPC has received a grant from the Diana Princess of Wales Memorial Fund (DPWMF) to support individuals working in Ethiopia, Kenya, Malawi, Rwanda, Tanzania, South Africa, Uganda, Zambia and Zimbabwe. The grant will go towards covering the costs of:

- Post-qualification certified courses in palliative care, and
- Courses to build competence and skills in research in palliative care.

We are deeply grateful with the DPWMF, especially with Olivia Dix, Head of the Palliative Care Initiative, for this grant and their confidence in our organization, and especially for their support of the development of hospice and palliative care in Sub Saharan Africa. In a few weeks we will be sending a call for applications. We look forward to participating in this extraordinary opportunity.

One of the most critical tools to enable and facilitate research to improve patient care is access to new information and transfer of technologies. In this regard, scientific publications and peer reviewed journals are a couple of the most powerful tools. However, access to publications is very limited in developing countries for several reasons, but most importantly because of high subscription costs and/or membership fees that are required by some of the journals and organizations.

Many of you are aware that last year IAHPC signed an agreement with EBSCO, to offer access for our members to a large database of journals and publications (CINAHL). Providing the CINAHL database to our members at no cost is one of our efforts to help provide access to important palliative care literature. Through this database, our members are able to see thousands of citations, as well as have full online access to hundreds of journals, including the following:

- *Indian Journal of Palliative Care*



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- *International Journal of Palliative Nursing*
- *Internet Journal of Pain, Symptom Control & Palliative Care*
- *Journal of Palliative Medicine*
- *Journal of Pain and Palliative Care Pharmacotherapy.*
- *Palliative Medicine*
- *Progress in Palliative Care*

This edition of the newsletter includes instructions on how to access the CINAHL database and how to download full text articles located in these journals.

We also want to highlight Pallipedia, IAHPC's online Palliative Care Dictionary, at <http://www.pallipedia.org> The dictionary has 775 terms and 881 definitions related to the field of palliative care, and currently registers almost 200 daily visitors. Please visit Pallipedia and enjoy this extraordinary resource.

Until next month,

Roberto Wenk, MD
Chair

Liliana De Lima, MHA
Executive Director

The CINAHL database and how to use it

A member only benefit

Access to the CINAHL database is achieved by using the following:

1. You may use the link <https://www.hospicecare.com/membersonly/journals/> (bookmark it in your browser for later use), or

2. Go to our homepage at <http://www.hospicecare.com> (bookmark it in your browser for later use) and follow these instructions:

A . on the left hand side, in the second box named "Join IAHPC" find a link Access to CINAHL database, click on this and you will be at the entry page, or

B . on the top of the homepage find a Tab that is listed as IAHPC Members. When you click on this tab, the Members' section will open. The first paragraph is related to the journals. At the bottom of this paragraph you will find "If you are already a member and wish to log in into the CINAHL database and the online palliative care journals go to <https://www.hospicecare.com/membersonly/journals/>."

In all cases you will need your membership number and your email address to log in.

Once at the CINAHL site, you may find the following information helpful for easier and faster searches.

Follow these steps:

First, you must uncheck block pop-ups (if so configured) because the full text articles will appear as pop-ups! To accomplish this, go to tools, options and then content. Uncheck "Block pop-up windows" if it is checked.

Step 1: Locate the journal by clicking on "Publications" at the top of the page – type in the journal's name in the browsing window and click Browse.

Step 2: Click on the selected Journal - it will take you to that Journal

Step 3: select the year you wish to see

Step 4: Select the issue you wish to see. A window should open with a list of articles in that issue. Below each title there will be various links depending of the particular journal. Click on one of the full text links visible in the window for the particular journal:

A. LINKED FULL TEXT will be found for the *Journal of Palliative Medicine*, *Palliative Medicine*, *Progress in Palliative Care and Pain* *Indian Journal of Palliative Care*, *International Journal of Palliative Nursing*

THE SELECTED ARTICLE SHOULD APPEAR AS FULL TEXT.

If you have problems retrieving articles, we recommend changing your Internet browser (Mozilla Firefox seems to be the best for this case)

If you are not a member, please consider joining IAHPC in order to access this member benefit—for details click: <http://www.hospicecare.com/join.htm>

Article of the Month

Depression in husbands of breast cancer patients: relationships to coping and social support

Bigatti SM, Wagner CD, Lydon-Lam JR, Steiner JL, Miller KD

Support Care Cancer (2011) 19:455-466

Data in the literature show that between 20% and 30% of spouses of patients with cancer suffer from mood disturbances: the data also suggests that:

- partners who experience depressive symptoms may be less supportive of the patient than those who are adjusting well.
- patients with supportive husbands do better physically and emotionally.
- when patients draw support from sources other than a partner, it does not compensate for the negative effects of a relationship that is not helpful....

The objective of this study was to better understand the relationships of social support and coping strategies employed by husbands of women with breast cancer (HBC) compared to husbands of women without a chronic illness....

The stage of the disease in the wives, the time since diagnosis, the type of surgery and the nature of adjuvant treatments were all unrelated to the husbands' depressive symptoms ($p > 0.05$)....

The cut off for depression (CES-D score) is 16. Thirty percent of HBC scored at or above 16 and were therefore classified as depressed while only 11% of comparison husband were depressed $p = 0.006$

There was no significant difference in perceived social support between HBC and comparison husbands. A significant difference was found in coping strategies: HBC utilized **less** confrontive, distancing, self-controlling, social support seeking, accepting responsibility and planful problem solving than the comparison group of husbands. No differences were found between the two groups in the degree to which they utilized escape-avoidance and positive reappraisal coping.

Among HBC, higher social support was associated with lower scores on depression while higher use of escape-avoidance, distancing, accepting responsibility and confrontive coping were associated with higher scores on depression. In the comparison group, higher social support was also associated with lower depression, but scape-avoidance and accepting responsibility coping were associated with higher depression.

There was a significant difference between the 2 groups regarding the relationship between depression and social support ($p = 0.035$), distancing ($p < 0.001$) and confrontive coping ($p < 0.001$). The relationship between social support and positive reappraisal ($p < 0.001$) and distancing ($p < 0.001$) was also significantly different.

Why I choose this article

In the palliative care setting great emphasis is given to the care of the patients and their families. This study shows that husbands of breast cancer patients can have problems with both depression and coping even when the health status of their wives is not in the terminal stage.

Are we paying enough attention to family members of cancer patients in our clinical practice? Are we aware that if we find needs and provide support to families we are also helping the patient during the course of his/her illness?

Much more effort should be given to assessing and supporting patients and their families.

Reviewed by Dr. Carla Ripamonti (Italy). Dr. Ripamonti is a member of the IAHP Board and her bio may be viewed at http://www.hospicecare.com/Bio/c_ripamonti.htm

Palliative Care Book of the Month

TEXTBOOK OF INTERDISCIPLINARY PEDIATRIC PALLIATIVE CARE.

Wolfe, Hinds and Sourkes (Eds)

A comprehensive review of pediatric palliative care with a focus on interdisciplinary care.

To read the review go to <http://www.hospicecare.com/news/11/05/reviews.html>

Other Reviews

CD: *OLD CHESTNUTS.*

Bev Walker, Room217

A most enjoyable collection of WWII songs and jazz classics. Excellent.

To read the review go to <http://www.hospicecare.com/news/11/05/reviews.html#1>

SUPPORTIVE CARE FOR THE PERSON WITH DEMENTIA .

Hughes, Lloyd-Williams and Sachs (Eds)

Applying the principles of palliative and supportive care to dementia.

To read the review go to <http://www.hospicecare.com/news/11/05/reviews.html#2>

END-OF-LIFE ISSUES, GRIEF, AND BEREAVEMENT. What Clinicians Need to Know

Qualls and Kasl-Godley (Eds)

An informative and practical guide to the issues involved in end-of-life care.

To read the review go to <http://www.hospicecare.com/news/11/05/reviews.html#3>

Reviews by Dr. Roger Woodruff – April 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

Regional Reports

Achieving a morphine breakthrough in Tanzania

In Tanzania, it is estimated that 40,000 new cancer cases are diagnosed each year, but only 4,000 reach the Ocean Road Cancer Institute (ORCI) for care while 21,000 die (1). The country is also home to over 2 million people who are HIV-positive...

Despite an obvious need, Tanzania remains one of many developing countries where the use of morphine for the treatment of pain is extremely low... The consumption of morphine is negligible in Tanzania when compared to countries with better pain management, like the USA....

Due to the ongoing efforts of key organisations such as the Tanzanian Palliative Care Association, ORCI, and the Evangelical Lutheran Church in Tanzania, and after a very successful meeting with TFDA authorities in February 2011, we secured TFDA permits for the procurement and use of oral morphine in 15 hospitals located in resource-poor rural settings. ORCI agreed to provide training for the staff....

On Friday 4 th March 2011, the first group of trainees completed their clinical placement on the use of oral morphine... They were able to take home their first supply of five litres of oral morphine which became available for patient use on 7 March 2011. Three more hospitals have since completed another course at ORCI and morphine is now available for their eligible clients.

This breakthrough marks the very first time that widely scattered rural health facilities in Tanzania can use morphine for the management of severe pain...

Author:

Paul Zebadia Mmbando (MBChB, MPH, DrH)
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To read the entire report go to <http://www.hospicecare.com/news/11/05/regional-reports.html>

From Grahamstown South Africa

"In Grahamstown, South Africa, HIV and TB co-infection rates are over 70% and the number of drug resistant TB patients is rising steadily... Some have described the rise of MDR as a ticking time bomb. In an attempt to reduce this pending problem USAID (<http://www.usaid.gov/>) has generously funded a one year trial in four hospices in the Eastern Cape to work with the Department of Health to treat MDR patients."

David Barker
Director Grahamstown Hospice

Uniting Lawyers with Hospices in Georgia

by Tamar Ezer

... Helping patients and their families address legal and human rights issues is a crucial part of the holistic approach of palliative care.

People living with AIDS or cancer often face complicated legal questions related to the disposition of property, planning for children, accessing social benefits, and combating discrimination. Caregivers may be particularly vulnerable to human rights abuse. Over the past four years, the Open Society Foundations have supported efforts to link palliative care providers with legal advocates to address these issues in Georgia, Kenya, South Africa, Tanzania, Uganda, and Ukraine....

Today, three law firms have partnered with the hospices in Georgia to provide patients with comprehensive care that addresses legal needs. Twenty-five patients have had legal issues successfully resolved through this project. The lawyers have further expanded beyond helping individual patients to working with the hospices on their legal matters, such as cooperation agreements with insurance companies...

Georgia has provided us with a successful model of integrated legal and palliative care services. But this collaboration between lawyers and health providers is all too rare, and there is much more work to be done to provide palliative care patients with good, holistic care. Please stay tuned for an update from our projects piloting these integrated services in Africa."

Tamar Ezer

Tamar Ezer is a Senior Program Officer in the Law and Health Initiative of the Open Society Public Health Program.

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Good News from Nepal

Dear Colleagues,

I just returned from visiting Dr. Bishnu Paudel in Nepal and would like to announce some good news. As of two weeks ago, both morphine syrup and 10 mg scored morphine tablets are available cheaply in Nepal, and both are manufactured in Nepal. It was Dr. Bishnu's determination and hard work that made this happen....

Best regards,

Eric L. Krakauer, MD, PhD
Director, International Programs Harvard Medical School Center for Palliative Care

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New and renewing list of members plus donors

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

View the complete list go to <http://www.hospicecare.com/news/11/05/support.html>

Announcements

FROM AUSTRALIA: NEW GUIDELINES DEVELOPED

“Clinical practice guidelines for the psychosocial and bereavement support of family caregivers of palliative care patients”

The details may be found at the following link: http://www.centreforpallcare.org/assets/uploads/CP-Guidelines_web.pdf

7th World Research Congress of the EAPC

It is a pleasure for us to invite you to participate at the 7th World Research Congress of the European Association for Palliative Care (EAPC) which is to be held in Trondheim 7-9 June, 2012.

A major part of the scientific programme will be based on submitted abstracts... Guidelines for the preparation and submission of abstracts are available at the congress website: <http://www.eapcnet.eu/research2012>

The abstract submission deadline is 15 October, 2011.

Early Researcher Award:

The EAPC would like to honour an outstanding young person for his/her contribution to research in palliative care with the Early Researcher Award. The successful candidate will be asked to give a plenary lecture at the congress.

Application deadline is 30 November, 2011.

Welcome to the 7th World Research Congress of the EAPC!

1st international seminar of the European Palliative Care Research Centre (PRC) and the European Association for Palliative Care Research Network (EAPC RN)

Dear fellow researchers and clinicians,

The registration for the 1st international seminar of the European Palliative Care Research Centre (PRC) and the European Association for Palliative Care Research Network (EAPC RN) has opened. This event will take place in Copenhagen on 6 and 7 October, 2011. This seminar will focus on research projects in the planning, initiation, conduction and closing phases; primarily projects conducted within the PRC and EAPC RN.

To see the full programme, read more about the seminar and to register please visit <http://www.pallres.org> .

We hope to see you in Copenhagen in October!

The 2nd national cancer program of Switzerland

The 2nd national cancer program of Switzerland for the period 2011-2015 is now available. As you see at the following link, there is a substantial paragraph on palliative cancer care.

http://oncosuisse.ch/krebsprogramm_EN.html

From the Editor's Desk – A correction

In last month's issue of the IAHPIC Newsletter under Regional reports, I inadvertently changed the name of an author from Harford to Harper – my apologies! The correct citation is: Harford, Joe B. *Breast-cancer early detection in low-inc* that highlights how individuals, organizations, or countries attempt to get their message out about what it is we do in hospice/palliative care.

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.

Hospice Palliative Care Association of South Africa (HPCA) - The Association was founded in February 1988 and is a membership organisation for South African hospices. HPCA has 7 regional association members from each province (W Cape, E Cape, KwaZulu Natal, Free State, N cape, NW Province) with the Association of Northern Hospices representing hospices in Gauteng, Limpopo and Mpumalanga.

<http://www.hospicepalliativecaresa.co.za>

Until next month!

Anne Laidlaw
IAHPIC Webmaster

Letters to the editor!

William Farr, PhD, MD

Newsletter Editor

May be submitted at: billfar@hospicecare.com

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

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<http://www.hospicecae/donate.html>

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