



International Association for Hospice and Palliative Care (IAHPC)

William Farr, PhD, MD - Editor
Liliana De Lima, MHA - Coordinator
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October 2011

RE: IAHPC's October Newsletter

Dear Members and Colleagues:

The October newsletter is now on our website at <http://www.hospicecare.com/news/11/10/>
A very abbreviated version of our newsletter may be found below.

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Warm regards,

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

Message from the Chair and Executive Director

Dear readers:

October is a very important month for the global Palliative Care community:

1. **Members' Month:** October is the IAHPC Members' month and we are celebrating the support we receive from individuals and institutions around the world by awarding prizes in two categories...please click link to read more <http://www.hospicecare.com/news/11/09/iahpc-announcement.html>

We hope that you will take advantage of this opportunity and continue to support IAHPC and our mission to promote and advance palliative care globally.

2. **World Hospice Palliative Care Day:** Saturday October 8th is the World Hospice Palliative Care Day (WHPCD), a great initiative campaign coordinated by the Worldwide Palliative Care Alliance (WPCA)...The message is that palliative care improves the quality of life of patients and families and that appropriate policies and funding mechanisms need to be in place to ensure access to palliative care for those in need....see the World Day website at <http://www.worldday.org/>

3. **Traveling Scholarship awards:** We are happy to announce that this past month we gave several grants through our Traveling Scholarship program to the following individuals:

- **Dr. Layth Mula Hussain from Mosul, Iraq** a Traveling Scholarship to support his travel as a visiting scholar to

the International Palliative Care Institute at San Diego Hospice.

- **Eight grants** were awarded to the following individuals as part of the *Diana Princess of Wales Memorial Fund – IAHPC Traveling Scholarship program* to support postgraduate education in palliative care....
- We also recently announced that the IAHPC will award **20 traveling scholarships to support the travel of individuals working in developing countries to attend the VI Congress of the Latin American Association for Palliative Care (Asociación Latinoamericana de Cuidados Paliativos - ALCP)**. This edition of the NL has a copy of the announcement.

4. **Traveling Fellowship awards** : We are also happy to announce that we awarded three grants under our Traveling Fellowship program....

Congratulations to the grantees on their selection – we hope their fellowships will help advance palliative care and have the impact they are aiming for. We look forward to their reports after they return.

Many thanks to our generous donors who make these programs possible and enable us to continue helping the development of palliative care. Donations make it possible for us to continue supporting extraordinary efforts by individuals in developing countries who are working very hard to promote and develop hospice and palliative care around the globe. A large part of our support comes from public donations. We have started our annual fundraising campaign; several of you will receive a letter requesting support by email – please consider donating and supporting our work. For additional information on how to help us, please go to <https://www.hospicecare.com/give/donate.html>

Later this month we will send an announcement asking for your nominations of candidates to our board. We hope that many of you will respond to our invitation and become a part of this great organization by helping us with the board selection process.

To read the entire report, please go to <http://www.hospicecare.com/news/11/10/chair.html>

Until next month,

Roberto Wenk, MD
Chair, Board of Directors

Liliana De Lima, MHA
Executive Director

IAHPC's Traveling Scholar's Report



Dr. Holly Yang (on left), Director of the IPMF Program, and Dr. Thanh Quach Khanh

From Dr. Thanh Quach Khanh

To my dear teachers, mentors, colleagues and friends,

As the completion of my training approaches, and as I reflect upon my experiences here in San Diego, I realize how much good has been infused into my life during my time here. I can see how in the not too distant future this experience will impact the lives of my patients in Vietnam. During the course of this training, we were able to establish the first palliative care department in Ho C hi M inh City... started a homecare program... trained hundreds of doctors and nurses in Ho C hi M inh City and in all of Southern Vietnam. We have been able to bring peace, comfort, better pain control, and an improved quality of life to many of our patients and their families.

...I would like to personally thank Dr. Eric Krakauer for referring me to this wonderful program for he has been a great support to me ...and has taken the time to teach many of my colleagues in Vietnam as well....

I also wish to thank Dr. Frank Ferris, Dr. Holly Yang, Dr. Shanon Moor and San Diego Hospice Medicine for creating an excellent teaching and learning experience....

I also want to thank Liliana De Lima and the IAHPC for providing me with travel scholarships that made it possible for me to travel to San Diego 5 times during the course of this training.

I also want to extend my t hanks to the Board of Directors and administrators in the Ho C hi M inh City Cancer Hospital for their trust and for providing me the opportunity to advance my knowledge and skills. I'm also grateful to my family for their endless support....

To read the entire report, please go to http://www.hospicecare.com/news/11/10/travel_scholar.html

Sincerely,

Khanh Quach, M.D.

Report from an IAHPC Board Member Dr. Fraser Black, Victoria BC, Canada

Building Bridges through Twinning Partnership – People of Nepal and Canada working together to improve hospice palliative care



By Dr. Fraser Black

The concept of twinning between towns and cities has been around for some time. The idea behind this has been to promote cultural and commercial ties....

More recently we have seen the concept of twinning emerge between palliative/hospice care programs. ...this article highlights two twinning projects between sites in British Columbia, Canada and Nepal that have come out of a broader palliative care initiative in Nepal with the International Network for Cancer Treatment and Research (INCTR) and the Nepal Network for Cancer Treatment and Research (NNCTR).

The PAX (Palliative Access) team of INCTR (<http://www.inctr.org/programs/palliative-care-pax>) has been visiting Nepal since 2002.... In the years following, the INCTR PAX international faculty has assisted programs through site visits, education, training and mentorship as well as meeting with government officials and policy makers to help improve access to opioids and other essential medications in Nepal.

From these collaborations, some centers in Nepal expressed a desire to also enter into a closer relationship with a specific hospice palliative care provider. The first of these “twinning” relationships occurred in 2007 between Nanaimo Hospice and Bhaktapur Cancer Care Hospital (BCCH) and then subsequently between Victoria Hospice and B.P. Koirala Memorial Cancer Hospital (BPKMCH) in Bharatpur.

Both twinning projects seek to provide mutual benefits through the transfer and exchange of knowledge and expertise in palliative care between organizations and individuals....

Since the beginning of these twinning projects, there have been multiple visits by Canadian health professionals as well as support for Nepalese health professionals to obtain additional palliative care training in Hyderabad, India at the [MNJ Institute of Oncology](#). The latter collaboration between [INCTR](#) and Pallium India resulted in a one month training program led by Dr. Gayatri Palat, an IAHP Board Member. Most recently through the support of IAHP and local fundraising in Victoria, nurse Mina Ranabhat and Dr. Bijaya Neupane (Medical Director) visited Victoria Hospice. Mina's experiences are highlighted in the IAHP September newsletter at http://www.hospicecare.com/news/11/09/travel_scholar.html . To learn more about the twinning project between BPKMCH and Victoria Hospice, please visit the website at <http://sites.google.com/site/nepalhospicetwin>

Following the establishment of these twinning relationships Susan Breiddal, a counsellor with Victoria Hospice, created a Canadian website, “OneHospice” with the mission to advance palliative care through the promotion and support of twinning projects by providing the tools for Canadian Hospices....

By supporting individual projects they hope to advance towards fulfilling their vision: “A twin for every Canadian hospice”. For more information please visit the site at www.onehospice.com or to see a video about the Nanaimo Bhaktapur project and learn more about twinning visits see <http://partnersincompassion.wordpress.com>



Dr. Robin Love (Nanaimo) with the team in Bhaktapur

Read the entire report at <http://www.hospicecare.com/news/11/10/twinning.html>

View Dr. Black's biography at <http://www.hospicecare.com/Bio/black.htm>

Article of the Month

Effect of massage therapy on stress levels and quality of life in brain tumor patients - observations from a pilot study

Keir, Stephen Thomas

Supportive Care Cancer 2011;19:711-715

Data in the literature show that patients with brain tumours experience more stress, anxiety, and depression across the disease continuum than any other cancer population....

Dr. Keir prospectively studied a sample of 25 patients with a histological diagnosis (newly diagnosed, or advanced malignancy) of brain tumours, with a life expectancy ≤ 3 months and Karnofsky Performance Score ≤ 70, who were able to speak, read and write English, lived close to the Hospital and were diagnosed as "stressed" on the Perceived Stress Scale -10 (PSS-10) and who signed an informed consent.

... Each participant received two massage therapy sessions of 45 minutes each/week for a total of 4 weeks = 8 sessions....

The assessments were performed at baseline, after 1, 2, 3, 4 weeks and 1 week following the last therapy using 2 validated tools

After the start of the massage therapy the stress intensity significantly decreased between weeks 2 and 3 ($p = 0.010$) with the trend continuing through week 4 ($p = 0.063$). The intensity was below threshold for stress at the end of week 4.

Although the stress scores increased 1 week after massage therapy, it was below the baseline score. At week four (*i.e.*, the end of the massage sessions) improvements were registered in four areas....

Stress is frequent in patients with brain tumours and massage therapy represents a useful therapeutic tool to reduce its intensity and improve the well-being of patients.

Why I chose this article

While treating the physical and psychological symptoms in cancer care, the pharmacological approach, unfortunately, is often considered first, and by some the only approach. This could be because of a lack of knowledge about other treatment modalities directed at suffering, and/or because of a paucity of human resources.

This study provides additional data on the beneficial effects of massage therapy in the treatment of patients with brain tumours. This should be an incentive to consider a non-pharmacological therapy in patients with a poor prognosis who are already on multiple drugs.

This review was written by IAHPHC Board Member Dr. Carla Ripamonti, Italy. Her biography may be viewed at http://www.hospicecare.com/Bio/c_ripamonti.htm

The entire article is at <http://www.hospicecare.com/news/11/10/aom.html>

Palliative Care Book of the Month and Other Reviews

Palliative Care Book of the Month

LAST RITES. Rescuing the End of Life from the Medical System.

Stephen P. Kiernan

How we can help people get the most out of the last bit of life?

To read the review go to <http://www.hospicecare.com/news/11/10/reviews.html>

Other Reviews

***DEMENTIA
From Advanced Disease to Bereavement.***

Pace, Treloar and Scott (Eds)

A concise A to Z of dementia in a pocket-sized book.

To read the review go to <http://www.hospicecare.com/news/11/10/reviews.html#1>

OXFORD TEXTBOOK OF PALLIATIVE MEDICINE 4e (Paperback).

Hanks, Cherny, Christakis, Fallon, Kaasa and Portenoy (Eds)

The paperback edition of *OTPM* 4e. At less than half the price.

To read the review go to <http://www.hospicecare.com/news/11/10/reviews.html#2>

Dr. Roger Woodruff is a Lifetime member of the IAHPHC Board and past Chair. He lives in Heidelberg, Victoria, Australia and his biography may be found at http://www.hospicecare.com/Bio/r_woodruff.htm

Regional Report

From India:

The International Network for Cancer Treatment and Research's Palliative Access Program in India, is based at the

MNJ (Mehdi Nawaz Jung Bahadur) Institute of Oncology in Hyderabad, Andhra Pradesh, India. In August, it achieved a major milestone when the state government gave both the program at MNJ, and the specialty of palliative care, official status.... The director of the program is Dr. Gayatri Palat a member of the IAHPC Board of Directors.

Read the entire report at <http://www.hospicecare.com/news/11/10/regional.html>

Announcements:

From IAHPC – 20 Traveling Scholarships are now available

The International Association for Hospice and Palliative Care (IAHPC) is pleased to announce **20 (twenty)scholarships** from the IAHPC Traveling Scholarship Program, to help support the travel of palliative care workers in developing countries to the **VI Congress of the Latin American Association for Palliative Care (Asociacion Latinoamericana de Cuidados Paliativos - ALCP)**....

Preference will be given to individuals who have

- not received an IAHPC grant in the past three years
- who have an accepted poster or oral presentation in the Congress or
- who live and work in a developing country in either the Latin American or the Caribbean region....

Applications are available through the IAHPC website in <http://www.hospicecare.com/Travellscholars/>

Deadline to apply is December 31st, 2011 . Results will be announced by January 2012....

Additional information about the ALCP Congress can be found in <http://vicongresoalcp.org/bienvenidos/>

Read the entire announcement at <http://www.hospicecare.com/news/11/10/announcements.html>

From the Hospice Palliative Care Association of South Africa

View their recent August congress as a video on your computer by going to www.hpca.co.za and **clicking on To View the HPCA Congress presentations**.

From the International Palliative Care Resource Center, The Institute for Palliative Medicine at San Diego Hospice – Treat the Pain/ Life Before Death Video Series

There are many new updates available at www.IPCRC.net ...including open access to several key resources....

Please read the entire announcement about the many pain treatment videos available and a call to action at : <http://www.hospicecare.com/news/11/10/announcements.html>

Webmaster's Corner

Website Of The Month - The National Council for Palliative Care (NCPC)

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.

The National Council for Palliative Care (NCPC) is the umbrella charity for all those involved in palliative, end of life and hospice care in England, Wales and Northern Ireland. We believe that everyone approaching the end of life has the right to the highest quality care and support, wherever they live, and whatever their condition. We work with government, health and social care staff and people with personal experience to improve end of life care for all. <http://www.ncpc.org.uk/>

Until next month!

Anne Laidlaw
IAHPC Webmaster

New and Renewing Members Plus Donors for August

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

DONORS

Name	Country
Mary Butterfield	UK
Ana Allen and Dave Desing	USA
Annette and Andy Merlo	USA
Barbara Gionet	USA
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MEMBERSHIP RENEWALS

Name	Country
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K B Lingegowda	India
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NEW MEMBERS

Name	Country
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Lupe Macchi	Colombia
Aweke Yilma Dubi	Ethiopia
Sylvia Blijdenstein	Guatemala
Modu Health Management Centre	Kenya
Marie Stella Bolton	New Zealand
Mary Potter Hospice	New Zealand
Rachel Whaanga	New Zealand
Nzale Nzali Ntumbanzondo Arnold	South Africa
Elika Issowe	Tanzania
Cynthia Kalies	USA
Steven Freedman	USA

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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