

Hospice Nepal



Annual Report

2021 July -2022 July

(BS 2078 -2079)

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Introduction

In the year 1999, four friends came together to unite for a cause – the initiation of palliative care in the country. It was a humble beginning- four beds in a private hospital providing free palliative care service for the patients sponsored by four persons with big hearts. Working as doctors in a busy hospitals, we realized that there were many patients who presented with advanced cancer whose only option was palliative care but were having to suffer in silence as there was no such service in the country.

Soon we realized that we had to move out of a hospital to a more homely environment. So we leased a land near Patan Hospital and built a 8- bedded independent unit. The building was built for us by CE Construction and Comfort Housing, companies which were led by one of the four founding members , Mr Om Rajbhandary. This was completed in year 2000 where we moved as 'Hospice Nepal' , a Non-profit Non -Government Organization duly registered with the Government.

We felt that there were many patients who prefer to be cared at home or patients who come to Hospice and return home after improvement in their symptoms who would like to stay at home as far as possible. So in 2005 we started home care services with the help of a van donated by INCTR.

In 2003, Prof. Max Watson, a palliative care specialist who had worked as a General Practitioner in Tansen Hospital in Nepal, visited us. Soon we became very good friends. He ran the Princess Alice Palliative Care Course at Patan Hospital. We modified this course to suit the context of Nepal and started running this course on a regular basis. Since 2005, we have trained more than 1200 health professionals.

80% of the population live in rural areas of Nepal and by logic, 80% of palliative care need is in rural Nepal. Therefore, it becomes imperative for us to develop palliative care in rural areas of the country. To this end, we have been working in rural area of Makwanpur, a hilly district 5 hours drive from Kathmandu since 2014. We are working to develop a rural model of palliative care. Initially two local health care workers were trained and are now providing community based palliative care services in Makwanpur. Last year we extended the service to four surrounding village municipalities in Makwanpur and one urban municipality in Kathmandu valley following a one month long training for the health workers.

This year we have been successful in bringing all the municipalities in the palliative care loop with tri-partite agreement signed between Hospice Nepal, Patan Academy of Health Sciences and the local municipalities of Makwanpur.

Inpatient service

This year we admitted 62 patients in the inpatient Unit. **This service is provided free for patients.**

Disease

Disease	numbers
Carcinoma of stomach	3
Carcinoma gall bladder	11
Carcinoma of oesophagus	
Carcinoma of ovary	3
Carcinoma of lungs	25
Carcinoma breast	5
Carcinoma of rectum	6
Other cancers	4

Age group

1-10	0
11-20	2
21-40	2
41-60	38
61-80	49
Above 81	8

Community service in Kathmandu Valley

This year we cared for 184 patients in the community. Because of Covid pandemic most patients preferred to stay home.

Disease	numbers
Carcinoma of stomach	9
Carcinoma gall bladder	19
Carcinoma of oesophagus	9
Carcinoma of ovary	6
Carcinoma of lungs	34
Carcinoma breast	9
Carcinoma of rectum	12
Leukemia	8
Other cancers	80

1-10	0
11-20	3
21-40	8
41-60	51
61-80	110
Above 81	8

Rural community service (Makwanpur)



map of Makwanpur District showing where palliative care has started.

Since 2014, we have been trying to develop a rural palliative care model based on the model of ‘**For the locals , by the locals**’. Apart from providing clinical care of the patients in the community, we have also been running orientation program for local public, local leaders and develop a cadre of local volunteers. We have been advocating with the local elected leadership for taking ownership of the program. **This service is provided free for patients.**

Clinical care of patients

Patients are usually identified by Female Community Health Volunteers (FCHVs) and referred to our palliative care health professionals who visit patients at home and provide continuing care.

The service is provided for cancer and non-cancer patients in the community. This year we have been able to extend the service to whole of Makwanpur district following a training of the health workers deputed by the municipalities.

This fiscal year we cared for 185 cancer patients and 619 non-cancer patients in Makwanpur District in collaboration with Patan Academy of Health Sciences. For some municipalities , this is the first year of service following the training. **All community based services are provided free of cost for the patients.**

New cancer patients at Thaha Nagarpalika

	No.
Lungs	3
Uterus/endometrium/ovary/ cervix/vulva	7
Breast	3
Tongue	2
Esophagus	1
Stomach	2
Intestine	4
Rectum	2
Liver	1
Gall bladder	1
Urinary bladder	2
Chondrosarcoma	1
Others	2
Total	41
Old cancer patients	81
Total	122

There were 9 deaths among cancer patients this year- 7 old patients and 2 new patients died in our care.

Non- cancer patients (new) at Thaha Nagarpalika this year

Condition	nos.
COPD	15
AKI	1
CKD	1
Stroke	2
Frailty due to old age	2
Chronic liver disease	1
Mental illness	5
Buerger's disease	2
Other Chronic illness	20
Total	49

Other Municipalities

nos	municipality	cancer	Non-cancer
1	Hetauda	26	16
2	Bagmati	2	9
3	Bakaiya	2	4
4	Makawanpurgadhi	4	4
5	Manahari	5	2
6	Rakshirang	4	54
7	Kailash	0	1
8	Bhimphedi	19	269
9	Indrasarowar	1	5
	Total	63	364

Training the Health Care Professionals

Two days Palliative Care Training

This year we conducted five training sessions which included 178 participants of which one training was conducted in Green Pasteur Hospital, Pokhara.

Palliative Care training for Rural Health Care Professionals

This year we conducted one four weeks training for rural health care professionals. There were 27 participants from the ten municipalities of Makwanpur and four district hospitals, namely Beni, Bayalpata, Bardiya and Rolpa. All of them have now started working in their local area.



Training session at Hospice

The training was conducted in collaboration with Patan Academy of Health Sciences with training being conducted at Patan Hospital, Hospice Nepal, Bhaktapur Cancer Hospital and in local community in Makwanpur.



Training session at Bhaktapur Cancer Hospital



Closing session at Hetuada

The New Building Project

The designing phase has been completed and the design has been submitted to Lalitpur Municipality for approval. Fund raising for the building is continuing both in the country and outside. The Challenge Fund in UK and Fairfield Rotary in New Zealand are working hard to raise fund for the building.



SOUTH-WEST VIEW



Interior: the Foyer



SOUTH ELEVATION

In Appreciation....

We are grateful to all our friends in the country and around the world who have been helping us to develop palliative care in Nepal by supporting us technically to develop human resources, by providing and raising fund for the building project so that we can realize our dream of having a centre of excellence and supporting our rural palliative care project.