

Hospice Care Kenya

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THANK YOU TO
OUR SUPPORTERS
WE WISH YOU A
HAPPY CHRISTMAS

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Hospice Care Kenya

Newsletter

Winter 2014

How is Your Money Spent by Hospice Care Kenya?

Why is it Needed?

Developing Palliative Care in Kenya

By Dr Eleanor Protheroe



Dr Eleanor and the team at Malindi

Dr Protheroe has now left Kenya but here she describes how she was instrumental in getting palliative care off the ground in Malindi.

Two attempts to establish palliative care at Malindi had failed. But the need for it remained. So when I was assigned to Malindi for three years in 2011, by Africa Inland Mission, I was determined to make it succeed.

It was difficult – no dedicated building or room to see patients, no trained palliative care staff, no allocated funding. Early hopes of Rotary Club support fell through. But I had the support of the hospital, I had skills, I saw the need – so I started!

I approached some communities around Malindi who were keen to learn, and with the help of the Palliative Care Toolkit Trainers Manual (**HCK funded copies of the Palliative Care Toolkit and Trainers manual to be printed and distributed**), I taught basic awareness and caring skills.

I identified patients needing palliative care and opened a clinic. A building was promised – but then fell through, but ultimately another building, already refurbished – was offered.

And so, in February 2014, the Malindi sub-County Palliative Care unit was launched!

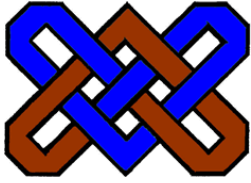


The new unit

The work is expanding. About 15 new patients are seen every month, mainly cancer, but other terminal diseases too. There are in- and outpatients, patients in the wards and some home visits are also made.

Teaching continues, continuous medical education, community training – and clinical pastoral care will start soon. The need is for dedicated, full time staff who will carry on when I leave. There are two nurses studying for the Palliative Care Diploma – but who are not assigned full time to the unit. Perhaps **HCK** – with your help – can step in and provide the salary for a nurse for one or two years!

This great initiative must continue!



'We Can't Do Everything But We Mustn't Do Nothing.'

By Dr Eleanor Protheroe, ex Medical Director, Malindi Palliative Care Unit

Mary (not her real name) died yesterday. I was at her bedside with her family. She had wanted to remain at home but at the end things became too difficult so she came to hospital for what turned out to be her last 3 days. It was not easy for her husband to grasp that she would not get better, though her daughter understood. Her open wounds and gross swelling of the shoulder and arm were a result of breast cancer and she was not able to lie down or sit up straight – she was most comfortable leaning forward on her lap.

It was our goal to treat the pain to the extent that she would be able to sit straight or lie down, but with any increase in morphine she developed a reaction and various compensating

medications were either ineffective or not well tolerated. For the most part we were able to keep her comfortable in her bent over position.



(File Photograph)

While it was not quite the end of life scenario one might hope for in a highly resourced setting, Mary did receive palliative care. Most of her discomfort and other symptoms were

relieved by medication (**some provided by HCK**), she received compassionate assessment and the love and care of her family, church, and community. Mary was given the dignity to choose when she wanted to be at home and when she wanted to be in the hospital. The family received advice, support, and answers to their questions from the Palliative Care department.

It would have been nice to have another opioid available to give her, the option of nerve blocking medications and an air mattress for her bed, but within the scope of what is available she received good palliative care. **Our thanks to HCK for their part in making this possible!**

Never Say “We Can’t Do Anything” as a Palliative Care Provider

Machakos palliative care team visited a 64 year old lady with cancer of oesophagus who was unable to swallow even fluids. The family had exhausted all available resources and seemed to be waiting the weak/ hungry lady to die. She was admitted in hospital and the following day she was found swallowing at least 100 mls of milk, sitting on her own and smiling widely, “my life today is because of you and God who sent you to me as I was dying”, she told the palliative care team in the ward. “May the Lord God bless you for the effort you took to rescue my life”, she said

The quick response was due to the utility van which was purchased in 2013 by **Hospice Care Kenya (HCK)** to Machakos palliative care unit. As the patients/families bless Machakos PCU, HCK will be even more blessed.



Transport is essential to deliver palliative care to local communities
Hospice Care Kenya supports the purchase and running costs of many such vehicles

Hospice Care Kenya - Raising Awareness and Supporting the Development of Palliative Care Through Sponsorship and Training



Why Attendance at the Conference is so Important to the Promotion of Palliative Care by Dr Zipporah Ali, Executive Director, Kenya Hospices and Palliative Care Association

The provision of quality palliative care for people living with life limiting illness, their family members and carers requires partnerships by many different people and organisations. The core principle of hospice and palliative care is the focus on the needs of the patient and carers and the role of the multidisciplinary team in meeting these needs. This year's conference theme is 'Palliative care is everyone's business' The theme highlights the role of individuals such as community members, family members, health professionals as well as different organisations and all others involved in supporting hospice and palliative initiatives. It is only through partnerships that we will achieve access to quality hospice and palliative care for all those who need it.

Hospice Care Kenya is supporting 15 participants from 15 district hospitals and 7 participants from 7 mission hospitals to participate in the conference.

The aim is to create a platform for the participants to share knowledge and experiences, learn from each other and gain new knowledge that they will use to improve the quality of life of their patients and families in their respective work places.

The training has changed my attitude towards life limiting illness patients and now I feel I can handle them holistically. My knowledge will help other staff members understand the importance of palliative care services to life limiting illness.

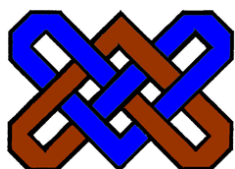
I have learnt that in our community there are people with life threatening conditions and they are not aware of where they can get care. Now I know how I can take care of them

With the knowledge and skills acquired I will teach them in my campus and practically provide the services at home or in the hospice



Palliative Care
Diploma
Students
Sponsored by
HCK

I am also grateful to say that the training has stimulated the administration to start a palliative care unit in our hospital which is picking up slowly. The staff is showing positive change towards palliative care. With your support, many more nurses could benefit to gain the knowledge in order to reach a bigger number of suffering Kenyans.



Hospice Care Kenya

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Hospice Care Kenya

GIVE A GIFT THAT COUNTS! HERE WE LAUNCH OUR RANGE OF VIRTUAL GIFTS

Nurse for a Day

£10.00

Nurse for a Week

£70.00

We provide grants to hospices and palliative care centres to enable them to employ nurses trained in palliative care.

Drugs for a Day

£10.00

We provide grants to hospices and palliative care centres so that they can buy drugs for their patients free of charge. Without the free drugs many patients would suffer great pain or have debilitating symptoms as they can not afford to buy the drugs themselves.

Supporting Transport for Community Care for a Month

£20.00

We provide grants to buy transport including four wheel drive vehicles and even motor bikes in order that trained palliative care nurses and doctors can visit patients in their own homes. We also provide grants to fund the running costs of these vehicles, for centres which are starting up, in order to pump prime palliative care development.

Running Costs of a Palliative Care Centre for a week

£25.00

We provide grants to hospices and palliative care centres to support their running costs. Usually such payments are made to hospices and centres who are just starting to get off the ground and the grant acts to pump prime their development.

Training Staff in Essential Palliative Care Skills

£50.00

We provide grants to hospices and palliative care centres to enable them to train their staff in the essentials of palliative care. Raising awareness of the benefits of palliative care and the difference it can make to a patient, is paramount to the development of palliative care in Kenya.

Sponsoring a Student on One Term of a Palliative Care Diploma

£250.00

We provide grants to hospices and palliative care centres to enable them to send key staff to study for a Diploma in Palliative Care. Having specialist palliative trained staff is paramount to the development of palliative care in Kenya.

e-mail your order to hck@hospicecarekenya.com. Payment may be sent as below. Payment will be acknowledged with a gift card. If you include the e-mail address for each recipient we will send them a gift card acknowledging that you have purchased a gift for them including a short description.

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Ways to donate to or pay Hospice Care Kenya

By mobile phone: Text KENH05 (that's K-E-N-H-zero-five) followed by a space and your donation of £1, £2, £3, £4, £5 or £10 to **70070**, e.g. 'KENH05 £10'. Your donation will be charged to your mobile bill or mobile credit.

By cheque or CAF voucher: Please send cheques or vouchers to HCK, PO Box 491, Scarborough, YO 11 9FG, UK. Please enclose a Gift Aid Declaration form if you are sending a cheque and pay tax in the UK, or ask us to send you a form. HCK can claim an extra 25% from HMRC for all Gift-Aided donations, at no extra cost to you.

Via BACS or electronic banking: via HSBC to: CAF Bank Ltd, Account Name: Hospice Care Kenya, Sort Code: 40-52-40, Account No: 00005079.

Online: Please visit www.hospicecarekenya.com/donate