

Hospice Care Kenya

Winter Newsletter 2016

Registered in England. Charity No. 1141469, Company No. 07540244

We wish all our supporters a Happy Christmas and Best Wishes for the New Year.

Thank You to everyone who has supported us either on a regular basis or with a single donation.

Click to Donate at www.hospicecarekenya.com

Hospice Care Kenya seeks to encourage new grant applicants and spread our support across the whole of Kenya. Below is a map showing where and for what we have given grants in the last two years.



★ Equals grants for training community health volunteers and workers

★ Equals grants for drugs and costs associated with providing services

★ Equals grants for transport

In Nairobi we also sponsor the Diploma in Palliative Care

ADDRESS: HCK PO Box 491, Scarborough, YO11 9FG
tel: 01723 890283e-mail: hck@hospicecarekenya.com web: www.hospicecarekenya.com

THE DIFFERENCE THAT TRAINING CAN MAKE

I am Risper Okello who lives in Mbita Sub-County of Homa-Bay County in South Western Nyanza. I am a Community Health Provider providing palliative care services to terminally ill-patients through community based health care and making referrals to facility based health care and other service providers. I recently participated in the palliative care training that was provided by **VIAGENCO** and funded by **Hospice Care Kenya**. I am very grateful since I gained new skills, knowledge and experience in caring for those under pain & suffering. I promise to disseminate the same information to other caregivers and ensure we improve on the quality of service to our patients. Finally let me thank you for the assistance and continue working with us.



Training Community Health Volunteers

“The grant has enabled the **Nyeri Hospice** to train a big number of volunteers within a span of one year unlike in the past when we could only train twenty or less due to limitation of funds. It has enabled us to empower people who otherwise would have never received such knowledge. It has definitely helped the team to improve the quality of life of the patients under our care as well as their families. The families are assured of a care giver very close to them.”

“The training was very useful since I learned things I didn’t know there before. I am a completely a different person all together. I will educate others in our community on palliative care.”

“The grant has brought so much difference in the communities we have trained because Palliative care is being implemented and also community health volunteers are referring patients to the Hospice. Because of the training, community health workers can access patients who are in need of Hospice care and **Siaya Roselyne Hospice** is always available to receive them.

We have a patient with Parkinson’s disease who is bed bound but has no bed sores. The spouse has continued to make her comfortable by pain relief and symptoms management. This has been possible through grants for if the community health volunteers were not trained and the spouse not provided with on the job training skills then Phenny would not have made it.

“There are times when on home visits a patient with pain looks up to you and you don’t know what to do but with the training I have received from the palliative care team I am able to advise the patients in the community on the importance of pain management”.

My name is Milka Aoko Nyadiang’a. I am a Community Health Volunteer working with 231 households. My role includes home visits, giving health education and checking for danger signs in these households.

After getting training on Palliative Care and learning about the danger signs of Cancer and pain management, I am able to teach and do Counselling. My main aim and objective is to do early referrals for the clients with Cancer and follow up management, to provide health Education to the public and promote a healthy diet and enhancing physical activity .

As a Community Health Volunteer who wants to implement changes in the Community I would like to request **Kisumu Hospice** to continue giving more knowledge thus empowering the Community Members and equip them with more knowledge on Cancer because it is now killing more than any other disease and the Community must be aware of this.”



Milka
Outside Kisumu

DIPLOMA IN PALLIATIVE CARE

Hospice Care Kenya has now provided funding of £31,200 to sponsor, in full or part, four intakes of nurses studying for the 18 month Diploma in Palliative Care at the Kenya Medical Training College. This is the highest level of training in palliative care available in Kenya and many of the students go on to mentor other palliative care units and to carry out the training of Community Health Workers and Volunteers. In December 2015, 24 nurses graduated with a diploma in palliative care and are now trainers, advocates and service providers in their various stations. The second class of 20 nurses will graduate in December this year (2016) while the third class of 18 nurses will graduate in December 2017. KMTCC has just recruited its 4th class for September 2016. 25 nurses have applied for the course this year .



Why it means so much for one student to be studying for the diploma

That's tough," or "that's so depressing," are words you may come across when you tell people that you want to be a palliative care nurse.

People who decide to be palliative care nurses find that, rather than being depressing or sad, it's rewarding to see a smiling face on a patient despite suffering from a condition that is hard to cure. Like everything else, it's not perfect, and certainly not for everyone as sometimes there are frustrating days and more patients than you have hours.

Nevertheless, the rewards outweigh the challenges. It's amazing to be able to ease someone's pain enough so they can enjoy their time left. The purpose of palliative care is not to effect cure of diseases but to improve the quality of life of persons with life threatening illnesses.

Salome works at Mwingi sub county hospital, which is located along the Nairobi-Garissa road about 200 km from Nairobi city. Several of the patients coming to the hospital are being brought in with advanced chronic illnesses and end up suffering and dying in pain. The nearest palliative care unit that the patients can access is in Kitui which is about 100km from the hospital.

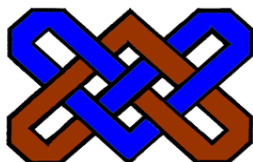
Salome was called by a patient to go and help his father who was discharged from the hospital and he was in a lot of pain at home. On reaching the home, she found the patients' father with a prescription for simple pain killers which were not adequately controlling his pain. Salome noticed the discomfort and called the doctor in charge for advice on what to do next hoping there was a better solution for the patient. To her dismay the doctor explained to her that there was nothing else to be done other than reassuring the patient and the family.

In that instant Salome felt helpless knowing that there was nothing she could do in her power to help the patient who was lying down in agonising pain. Due to this encounter Salome felt compelled to undertake the diploma in palliative care course offered at the Kenya Medical Training College (KMTCC) in Nairobi. She is currently doing her clinical placement and mentorship at The Machakos Hospital (level 5) Palliative Care Unit.

"The joy from palliative care comes out throughout the time spent with patients. When they can move from one stage to another, when they can ask for help and get it, when they can talk openly about what they want and what they can do."

In the two grant rounds we have had this year in June and September we have given out £30,362 in grants of which £23,240 has been for training which we see as vital for the development of palliative care in Kenya. However we also had to turn down applications for a further £88,000 of funding. Our next grant round is in February and any support you can give will be used directly to give out in grants.

Have you seen our new web-site www.hospicecarekenya.com?



Hospice Care Kenya

Patrons

Lord Carey of Clifton
Archbishop Desmond Tutu
Prof. Sir Mike Richards
Mike Wooldridge, OBE

Trustees

Dr Sally Hull (Chair)
Angelika Kitching
(Hon. Treasurer)
Paul Dawson (Vice-Chair)
Dr Mike Hughes
David Worthington
Dr Michael Smalley
Ruth Ogier
Julia Strong

Director

Lee Barker

Working Together So That In Kenya No-one Should Die In Pain — UMOJA!

Friends of Hospice Care Kenya

Ros Hewitt at Secret Pie who has rebuilt our web-site free of charge

Malvern College who nominated us as their Charity of the Year and raised £1500

Poetry in the Crypt who have raised over £500 this year through donations at their regular events

Liz Salmon who has raised nearly £1000 for us with her Coffee Morning and making and selling marmalade

Gordon and Anne Davies who have raised nearly £300 this year from their annual coffee morning

Brandenburg Choral Festival who provide fundraising opportunities at their concerts

Thank You for Your Support.

COULD YOU BE A FRIEND OF HOSPICE CARE KENYA?

HAVE YOU THOUGHT ABOUT MAKING A REGULAR DONATION?

£10 PER MONTH TRAINS A COMMUNITY HEALTH VOLUNTEER

£25 PER MONTH SPONSORS A PALLIATIVE CARE DIPLOMA STUDENT

Return the form below to Hospice Care Kenya, PO Box 491, Scarborough, YO11 9FG

I WOULD LIKE TO SUPPORT HOSPICE CARE KENYA

I wish to make a single donation of £

I wish to make a donation of £ per month/year (delete as appropriate)

Boost your donation by 25p of Gift Aid for every £1 you donate. Gift Aid is reclaimed by the charity from the tax you pay for the current tax year. Your address is needed to identify you as a current UK taxpayer.

In order to Gift Aid your donation you must tick the box below:

☐ I want to Gift Aid my donation of £_____ and any donations I make in the future or have made in the past 4 years to: [Hospice Care Kenya](#)

I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

My Details: Title First name or Initial (s) Surname

Full Home address _____

Postcode _____ Date _____

Please notify the charity if you: · want to cancel this declaration · change your name or home address · no longer pay sufficient tax on your income and/or capital gains.