



Hospice Care Kenya

Summer Newsletter 2016

Hospice Care Kenya

Registered in England
Charity No. 1141469,

Company No. 07540244

**Making a Difference with Funds From Hospice Care Kenya.
In 2015 –16 we gave out £47,296 in grants.
Thank You For All Your Support!**

"With your financial support our patients have received drugs to control pain and other symptoms continually. The team has managed to respond to patient's needs through home follow up due to availability of transport." Busia Hospice

Hope for Cancer Kids supports children with cancer, who come from families experiencing financial hardships. The costs of treating cancer are high and these families are not able to afford it. By providing funds to pay for the National Health Insurance Fund, **Hospice Care Kenya** eases the financial burden that comes with cancer treatment

"Given these parents have financial difficulties, they are forced to worry about looking after their children at the hospitals and going out to work so as to be able to pay for the treatment and support their families. This is very difficult for them. It is emotionally, psychologically and physically draining for them. Some parents are forced to leave their kids the whole day as they go to work to raise money for the treatment while others lose hope and abandon their kids in the hospitals so as to support the rest of their families.

HCK contributes by making sure that the kids get the best treatment offered by the hospitals, in the hope to cure and improve their quality of life and is a tremendous benefit to the families."



Children's Ward



Opening of Kitui Palliative Care Unit

Working in partnership with the Kenya Hospice and Palliative Care Association **HCK** sponsors students on the Diploma in Palliative Care. Many of these students take their learning back to their own organisation, training fellow health workers and as in the case of Kitui Hospital above, setting up a Palliative Care Unit in the hospital. Their skills are then used to outreach in to the community where they train community health volunteers in the basics of palliative care. **Hospice Care Kenya** works in partnership with many of the participants to support the delivery of this training and mentorship.

"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 who are not aware of where they can get care. Now I know how I can take care of them and set up referrals where necessary."

FOCUS ON COMMUNITY HEALTH VOLUNTEERS

If you live in rural Kenya and get ill, Community Health Volunteers (CHVs) may be your first source of help. The eyes and ears of the government community health centres, many will have had a relative die from cancer or are survivors of illness themselves. Each covers a home patch of about 100-150 households, close to where they live. As volunteers, they often run a business alongside this important work. Concerning cases are referred to the health centre nurse, and they meet monthly for mentoring. Some have had training in cancer and palliative care, and all are hungry for more and longer sessions.



Community Health Volunteers
Training at Kisumu



Community Health Volunteers in Their
Village near Kisumu

“The Training Courses for Community Health Workers have so far gone well with much satisfaction from the participants since the training workshop was increased to 3 days, which they say has greatly increased their knowledge and skills. We continue to see more and more referrals to our Centre from the community showing that the training the Community Health Workers are getting is of great importance and much use.”

Kisumu Hospice

REPORT FROM LAIKIPIA PALLIATIVE CARE CENTRE WORKING IN THE CENTRAL KENYA COMMUNITY WITH SUPPORT FROM HOSPICE CARE KENYA

LPCC provides home based care supported by clinic visits, day-care, and visits patients in hospital. In any month we have up to 35 patients mostly self referrals due to word of mouth. Unfortunately these referrals are usually very late and we support patients and families for an average of 3 months. Awareness raising is vital to encourage families, patients and communities to involve us much earlier.

We have had two training awareness days one for community health workers and the other for the patients and their care givers. For the palliative care week in October we visited four wide spread communities creating awareness

and visiting patients.

The average age of our patients is 40 and many require morphine which we can now provide **thanks to HCK**. When providing homebased care we find the psychological care is most required, followed by explanations on physical care .

Our patients are unable to contribute to the cost of our services and we must continually look for fundraising activities and donors. Thank you for your ongoing support and the difference you make to the care we are able to provide.

HOW MACHAKOS IS USING HCK FUNDS TO MAKE A DIFFERENCE

Machakos Palliative Care Unit has extended care to patients and families at the centre and in their homes thanks to **support by HCK**.

The project has helped the unit to reach more patients in 2015 compared to previous year by 28%. 137 patients and families had their quality of life, functional capabilities or both improved in the last quarter of the year. With a mobile phone the unit has been doing follow ups of patients and families (average 40 per month). Patients promptly had their vital signs taken after the unit acquired a digital blood pressure machine. 10 palliative care higher diploma students were attached in the unit for practice and mentorship.



Day Care Patients



Home Care Visit

The unit conducts home visits to patients and their families once a week. This has improved the quality of patients' lives and they have highly appreciated the service. The PCU managed to conduct 76 home visits in 2015, 117% increase compared to 2014.

The patients attending monthly day care increased from 12 to 20 per session. This has helped some of the patients to accept their conditions and adjust positively through other patients' experiences and sharing. The patients support one another psychologically which improves their quality of lives.



Students on a Home Visit

The PCU coordinator spoke on the local language radio station on issues of palliative care with specific emphasis on care at community level aimed at patients with life-limiting illnesses.

The message from Machakos “ Ndukenyituke” (Don't give up, Don't lose hope).

With Your Support We Can Help Many More Patients So That They Don't Lose Hope.



Hospice Care Kenya

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

Organisations Supported 15-16	£
Kenya Hospice and Palliative Care Association	11,988
Coast Hospice	4,052
Garissa Palliative Care Centre	2,843
Kisumu Hospice	2,781
Living Room International (Kimbilio)	1,473
Laikipia Palliative Care Centre	4,220
Machakos Palliative Care Centre	4,517
Nakuru Hospice	6,604
Nyeri Hospice	3,054
Olkalou District Hospital	1,856
Siaya Hospice	2,054
Tenwek Hospice	1,854

PLEASE SUPPORT US TO MAKE MORE GRANTS IN 2016 –17

£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

Pay straight to the Bank: Hospice Care Kenya, A/c No 00005079, Sort Code 40-52-40

Pay through Just Giving — <https://www.justgiving.com/hospicecarekenya>

I WOULD LIKE TO SUPPORT HOSPICE CARE KENYA

I wish to make a single donation of £

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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:

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