



CANSUPPORT

July-October 2023 | LXVI

World Hospice & Palliative Care Day Special Edition



Message from Founder President

Dear readers,

Every year World Hospice & Palliative Care Day is held to bring attention to the growing need for palliative care services all over the world. The theme this time calls on all of us to help build compassionate communities

that will come together to support and look after those amongst us who are undergoing health related suffering.

The founder of the concept of compassionate communities, Prof Allan Kellehear, a medical sociologist, explains it this way: "It is about getting schools and workplaces, neighbourhoods, faith groups, to take up their responsibility to participate in end-of-life care..." This follows from his clear understanding that death is primarily a social event with a medical component and not a medical event with a social component as modern medicine would have us believe.

This is why quality of life matters at all stages of an illness and can not be confined only to relief from distressing physical symptoms or left to medical experts alone. The human being has multifarious needs that are best met when the community combines with medical and nursing expertise to offer treatment that uses a wholistic approach. One that makes space for psychosocial and spiritual concerns.

The sick person's family members also need support from friends, neighbours, colleagues, etc, as they face uncertainties and tend to their ailing loved one who could be a child or an adult.

It is in many ways harkening back to a past what we had a community that lived and died together. The world today has undoubtedly changed but can we not rebuild our communities to care for each other as they once did?

After all, the inescapable truth, shunned by many, is that we are all going to die one day. But does it have to be a lonely and excruciating death that denies us our right to leave this world in peace and tranquillity? The community voice must be heard and all relevant resources deployed on this crucial matter.

This World Hospice and Palliative Care Day, we appeal to each one of you to join hands with us to build compassionate communities that will ensure that those who suffer, especially the marginalised, will receive the love, attention, respect and care they deserve as citizens of a civilised country and a world that cares.

With best wishes,

Harmala Gupta
Founder-President

WORLD HOSPICE AND PALLIATIVE CARE DAY CELEBRATION



Padma Shri awardee, Shubha Mudgal performing at the Baha'i House of Worship on 3 October to mark CanSupport's World Hospice and Palliative Care Day 2023

Read the entire report inside

HOME CARE IN PUNJAB & HARYANA

In 2017, CanSupport made the strategic decision to extend its palliative care services to the states of Punjab and Haryana, both of which face a substantial burden of cancer cases, particularly in the Malwa region. The prevalence of cancer in these regions is significantly exacerbated by the widespread use of carcinogenic pesticides in agricultural practices, leading to their seepage into the soil and water.

Numerous districts within these states exhibit alarmingly high cancer incidence rates, with more than 120 cancer patients per 100,000 population, well above the national average. Bathinda district in Punjab, often referred to as the "cancer capital" of the country, and Haryana, contributing to 35% of cancer-related deaths in India, exemplify the gravity of the situation.

Initiating our home-based palliative care program in Amritsar, CanSupport has since expanded its reach to include Bathinda and Mansa districts in Punjab, as well as Rohtak, Sonapat, Jind, Faridabad, and Gurugram districts in Haryana.

Furthermore, in 2022, we took a significant step by establishing two outpatient clinics in Bathinda, located at the Advanced Cancer Institute and AIIMS Bathinda. These outpatient clinics serve as vital resources, offering free palliative care services to cancer patients seeking assistance with pain management, symptom control, side-effect management, nursing care, and counseling during their visits to these medical facilities.



PROGRAM HIGHLIGHTS

Home Care



- Teams: **28**
- New patients enrolled: **1023**
- Concurrent patients under care: **2213**
- Home visits: **12943**

Day Care



- Sessions held: **33**
- Patients attended: **1095**
- Caregivers attended: **827**

Resource Facilitation



- New patients enrolled: **6212**
- Patients facilitated: **6168**
- Amount mobilised for tests treatments from Central and State Government: **19.79 lakh**
- Amount worth of resources mobilised in-kind for patients through various networks: **45.18 lakh**

Outpatient Clinics



- Clinics: **9**
- New patients enrolled: **1891**
- Patient visits: **6280**

Telephone Helpline



- Calls Served: **3452**
- Service referrals extended: **366**

REJUVINATING ACTIVITIES FOR CHILDREN ATTENDING DAY CARE

Tanisa foundation is very keenly involved with the Day Care programme at CanSupport. Meenakshi Dhingra along with her team of young volunteers come regularly to Daycare to spend quality time with children battling cancer and their caregivers. They prepare interesting educational presentations and plan suitable activities like origami, art and craft, story telling etc. The kids really enjoy the puppet/magic shows generously sponsored by them. Children look forward to their visits for they carry gifts for them as well! A Big thanks to them for the joy they bring to our little ones!

We express our deepest gratitude to Tanisa Foundation, a volunteer based, non profit organisation that is working in the field of cancer care for patients, survivors and caregivers. It was founded in April 2022 in the memory of Tanisa Dhingra to celebrate the person she was and to continue her work and legacy in the field of cancer care.



TRAINING, EDUCATION & RESEARCH

TRAINING FOR KING GEORGE'S MEDICAL UNIVERSITY, LUCKNOW'S PALLIATIVE CARE CENTRE

From August 16 – 18, six Palliative care staff from 'King George's Medical University, Lucknow's Palliative care centre, took part in an exposure/training program at CanSupport.

The team of six was trained through lectures and presentations. They also accompanied the home care teams for home visits. They interacted with the Helpline, Out patient clinic and social work staff and our data management team to learn about capturing input, output and outcome data.



SESSION ON PALLIATIVE CARE FOR CIPLA FOUNDATION'S FIELD STAFF IN MANESAR

On September 15, a session on Introduction to Palliative Care was held for CIPLA's field staff at Best Western Manesar. The session covered topics such as:

- Introduction to Palliative Care
- Financial assistance to patients
- Role play to demonstrate Palliative care
- Brief about CanSupport and Saath Saath Helplines

A total of 100 participants took part in this interactive session. At the end of the session, many participants expressed a keen desire to support CanSupport's activities in their individual capacity.



WORKSHOP ON PALLIATIVE CARE AT HINDU RAO HOSPITAL COLLEGE OF NURSING, NEW DELHI

The training unit organized a two-day Continuing Nursing Education (CNE) workshop on Palliative care at Hindu-Rao Hospital, College of Nursing in New Delhi. The workshop sessions were led by a team of experts, including Dr Reena Sharma, Savita Luka, Pallika Choudhary, Mausumi Bhansali, and Manju Bhatnagar. The primary goal of this workshop was to raise awareness and enhance the understanding of Palliative care among BSC student nurses and the faculty.

Some of the opening sessions were also attended by Medical Superintendent Dr Mukesh Kumar, Additional Medical Superintendent, Dr Renu Pathak and Principal Usha Singh and other faculty members. The session by the laughter therapy group brought awareness about meditation and relaxation during the session which was highly appreciated by the students and faculty.



TRAINING, EDUCATION & RESEARCH

SESSIONS ON PALLIATIVE CARE AT RAJIV GANDHI CANCER INSTITUTE & RESEARCH CENTRE

On 11 October, the Quality Management and Research Unit conducted an Introductory Palliative Care Workshop at Rajiv Gandhi Cancer Institute & Research Centre, Rohini, New Delhi. 31 people attended the workshop including a team of oncologists, nurses, counsellors, social workers and administrative Staff. The topics covered included - Introduction to Palliative Care, Care of bedridden patients, Communication in palliative care. The session was a valuable opportunity for them to delve into the essential aspects of palliative care. There was active active participation of everyone who attended the session.



On 14 October, Dr Ishita Gandhi was invited by Rajiv Gandhi Cancer Institute, Delhi to make a presentation. In her presentation she talked about CanSupport's Home Based Palliative Care Service and the challenges faced by the teams such as: Insufficient awareness of palliative care and trained palliative care health providers. Other barriers like access to home based palliative care, weakness in legal issues on home care and limitations on providing oral narcotic medications at home.

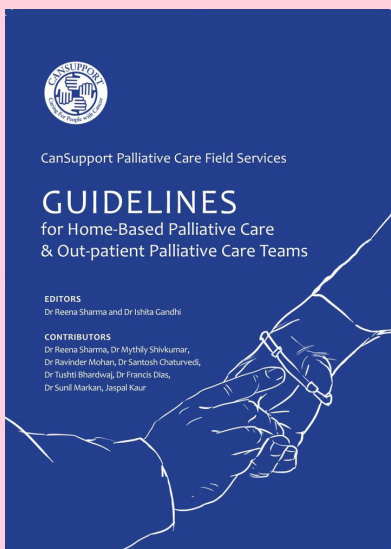


GUIDELINES FOR HOME BASED PALLIATIVE CARE & OUT PATIENT PALLIATIVE CARE TEAMS

CanSupport launched its latest publication – 'Guidelines for Home Based Palliative Care and Palliative Out-patient Palliative Care Teams'.

In the words of Founder President Harmala Gupta in the Foreword, "This book is the culmination of more than twenty-five years of experience and exemplary service rendered by CanSupport's trained and talented palliative care teams".

To get a copy of this book, please contact Dr Ishita Gandhi, Director Palliative Medicine at 9829709351/Ishita.gandhi@cansupport.org



WORLD HOSPICE & PALLIATIVE CARE DAY EVENT, DELHI

On Tuesday, 3 October 2023, CanSupport held a music concert by Padma Shri awardee Shubha Mudgal to celebrate World Hospice & Palliative Care Day at Baha'i House of Worship. The concert was attended by more than 450 people that included representatives from corporates, distinguished citizens from different fields, students and medical professionals and 40 cancer patients in our care.

Harmala Gupta, Founder-President of CanSupport thanked the audience and supporters for being associated with CanSupport. The Chief Guest at the event was Dr Vinod Kumar Paul, a member of NITI Aayog where he leads the Health, Nutrition and HRD verticals. In his address he congratulated CanSupport for its brilliant work over the last 27 years and said that the way forward is to truly make palliative care part and parcel of our public health care system, which will ride on comprehensive palliative care system paradigm built on health care centres. We couldn't agree with him more.

Some of CanSupport's key supporters - Kotak Mahindra Bank Ltd, G4S Secure Solutions India Pvt Ltd, Barco Electronic Systems Pvt Ltd, and Delhi Langar Seva Society were also recognised at the event and were presented a scroll of honor each. Prof Manju Jain who helped CanSupport in setting up its first Outpatient clinic in East Delhi in 2013 was also felicitated. A special Souvenir and CanSupport's latest publication, a book titled 'Guidelines for Home Based Palliative Care & Outpatient Palliative Care Teams' were also released at the event.

The event was a huge success and lived up to the theme of Compassionate Communities: Together for Palliative Care by bringing people of the community together in support of palliative care. The auditorium full of people from all walks of life was a testimony to our work.

We thank each and every person who attended the event and our volunteers and staff for making this event a grand success. We also express our gratitude to Shubha Mudgal who sang compositions by Bhakti poets and mesmerised the audience with her soulful and reverberating performance.



REMEMBRANCE DAY, JAMSHEDPUR

'Remembrance Day' was held for the very first time in Jamshedpur on 1st September at Pritpal Healing Garden. About 70 people participated in the event that included 40 caregivers.

The Chief Guest at the event – Ms Daisy Irani, former board member, Tata Steel, in her address said that Suri Seva Foundation has been doing very significant work in Jamshedpur for many years, the latest being its collaboration with CanSupport to provide Palliative Care to those battling cancer. She further added that even though there are hospitals in Jamshedpur that offer curative treatment for cancer but the post-surgery care or pain, symptom management of advanced cancer patients was something that only home based palliative care can provide. Therefore, this work is very crucial – offering palliative care in the homes of those who are suffering.

Many caregivers also came forward to thank the home care team that looked after their loved one and their family when they were going through a difficult time in their lives. They lit diya in the memory of their loved one, wrote messages on leaf cut outs and put them up on the 'Remembrance Tree'.



OUTPATIENT PAIN AND PALLIATIVE CARE CLINIC INAGURATED IN JAMSHEDPUR

On 16th October, Pritpal CanSupport Home Palliative Care Services in Jamshedpur inaugurated its first Out-patient Clinic to mark World Hospice & Palliative Care Day 2023. The clinic was inaugurated by Mr Kulvin Suri of Suri Seva Foundation, the Home Care team in Jamshedpur and a Home Care Patient.

Speaking at the occasion, Mr Kulvin Suri also mentioned plans of opening a Day Care for cancer patients at the same premises sometime very soon. Many of our Home Care patients and caregivers present at the occasion expressed great joy at the opening of this new facility.

The Out-patient clinic is located at Office No. 508, 5th Floor. Aaksahdeep Plaza, Golmuri-Jamshedpur, Jharkhand - 831003



EMPLOYEE ENGAGEMENT ACTIVITIES



KOTAK MAHINDRA BANK LIMITED

On 25 July, 9 employees from different branches of Kotak Mahindra Bank Limited from Delhi NCR, visited CanSupport's Day Care to support children undergoing cancer treatment. They distributed coloring kits that included crayons, sketch pens and a drawing booklet to the children and joined them in the drawing and coloring activity that followed. The children felt greatly encouraged and enjoyed the session with full participation of Kotak employees. At the end of the session, the employees also distributed healthy snacks to the children.



On September 18, Kotak employees again visited the Day Care. Apart from interacting with the children and their caregivers, they had arranged for the viewing of animated 'Panchtantra' stories and explained the moral of each story. They further engaged the children in a discussion on the moral of each story.

PRICOL LIMITED

On 20 and 21 July the Resource Mobilisation team with the support of Rajiv Gandhi Cancer Institute and Research Centre organised a free cancer screening camp for the employees of Pricol Limited in Gurgaon, Manesar. 472 employees were screened. The camp was highly appreciated by the staff.



CIPLA FOUNDATION

On 18 August, Cipla Foundation sent 17 volunteers to a training program on Palliative Care at CanSupport. Post the training, Vijay Dahiya, Vice President & Head Business Development & Licensing, praised CanSupport and its work on his LinkedIn handle and said, "Really appreciate the great work being done at CanSupport led by its CEO, Dr Ambika Rajvanshi."

EMPLOYEE ENGAGEMENT ACTIVITIES

FORMULA CORPORATE SOLUTIONS INDIA PVT LTD



On 25 September, 10 employees of Formula Corporate Solutions India Pvt, Ltd visited Day Care for children and engaged with them. They had even arranged for a magic show for the children that brought much laughter to all the 38 children and their caregivers present. The children also received a goodie bag that included a colouring book, colours, pencils, a geometry box, an eraser and a packet of biscuits. Formula Corporate Solutions India Pvt Ltd also donated Rs 1 lac to CanSupport towards medicine, nutrition and other Day Care activities. The children and their caregivers enjoyed the show. The Employees too enjoyed spending time with children and by being part of Day Care.

OPTUM GLOBAL SOLUTIONS INDIA PVT LTD

On 3 October, 22 employees of Optum Global Solutions India Pvt Ltd, visited Day Care to interact and spend time with Day Care patients. They had also organised a fun, dance activity for Day Care patients and their caregivers, which was a great hit.



ABOUT EMPLOYEE ENGAGEMENT PROGRAM

CanSupport has been organizing Employee Engagement activities with Corporates since 2018. The employees have striven to give back to the society through both online and in-person activities.

There is evidence to show that companies that help their employees volunteer for social causes develop an edge over others. It helps employees in their careers, develops leadership skills, boosts enthusiasm and confidence. It also instills a deep sense of well-being and healing.

Our Employee Engagement Program designs unique activities which suit employees' skills and interests for a meaningful experience with cancer patients.

For more details, contact Manjusha Singh at 9818566052

OTHER HIGHLIGHTS

HARMALA GUPTA HONORED & FELICITATED



On 29 July, Harmala Gupta was invited to the 11th Annual Conference of Association of Breast Surgeons of India (ABSICON) in Ahmedabad. She was invited to deliver the prestigious 'Dr Ushalakshmi Oration' to share her Journey of Cancer Survivorship and her Contributions to the Fields of Advocacy, Supportive Care and Awareness. She was also felicitated at the conference for her contribution in these fields.

On 30 September, 'The Brand Story' invited Harmala Gupta, to 'India Brand & Leadership Conclave' as a Social Guest & Panelist. At the event that was held at ITC Sheraton, Saket, she was recognised & honored for her tireless efforts and dedication that has paved the way for a more compassionate and supportive environment for cancer patients in India.



On 6 October, at the Second International Conference of National Association of Palliative Care for Aayush & Integrative Medicine (NAPCAIM), Harmala Gupta was conferred the 'Lifetime Achievement Award for Services Rendered Towards Palliative Care'.

A SESSION ON "GIVING AWAY POWER"



Komal Mathur - Consultant, Independent Counsellor, Facilitator, and CanSupport Volunteer conducted a session on 'Giving away power' for our headquarters staff. It was an empowering and thought-provoking session with many takeaways!

DOCTORS DAY CELEBRATION



On 1 July, we celebrated Doctors Day to show our appreciation to all the doctors at CanSupport for their tireless efforts to bring relief to our patients with their dedication and compassionate care. We also express our gratitude to Gunjan Ladies Club for donating saplings as gifts to our doctors.



An original article titled 'Cultural Adaptation of Patient Health Questionnaire-9 in Hindi for Use with Patients with Cancer in Community Palliative Care Settings' jointly worked upon by Dr Bhim Rao Ambedkar College & Home Care CanSupport, was published by Indian Journal of Palliative Care website. You can access the article at this link: <https://jpalliativecare.com/cultural-adaptation-of-patient-health-questionnaire-9-in-hindi-for-use-with-patients-with-cancer-in-community-palliative-care-settings/>

WE THANK OUR DONORS AND SUPPORTERS



On 15 August, during their Annual Independence Day celebration, Punjab National Bank (PNB) made a CSR grant to CanSupport, to support our home care activities.

Sambal Foundation donated 240 oxygen canisters for our home care patients.



IRCON International Ltd is our new CSR partner for providing home based palliative care to patients in Faridabad.



CanSupport and Medidect India signed an MOU on 12 July to jointly hold Cancer Screening Camps across Delhi/NCR.



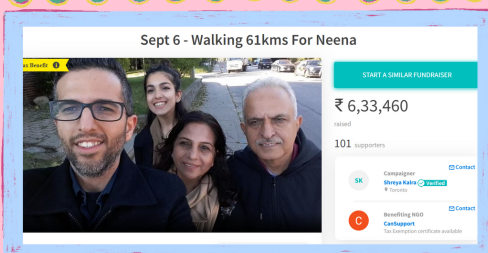
Ms Situ Puri raised Rs 1 lakh through her family and friends to celebrate her 75th birthday and donated that amount to CanSupport for the care of those living with cancer.



Sujit Dilip, the proprietor of Rambo Circus, provided 45 free entry passes to our Day Care patients and helped them have a great outing that added so much joy to their lives.



WALKING FOR A CAUSE!



We express our heartfelt gratitude to Neena Kalra's family, comprising Suresh, Shreya, Sid, and Nandita, for their dedicated fundraising efforts on behalf of CanSupport. Their noble initiative, undertaken in loving memory of Neena, who bravely fought Grade 4 Glioblastoma, an aggressive form of brain cancer, and ultimately passed away on June 6, 2023, has made a significant impact.

A total of 97 individuals from both India and Toronto, including extended family members and friends, came together to participate in a fundraising walk. Their collective efforts have not only honored Neena's memory but also raised vital funds to support cancer patients in need. CanSupport extends its profound appreciation to the Kalra family for their remarkable contribution to this noble cause.

WE THANK OUR DONORS AND SUPPORTERS



MAKING GIFTING MEANINGFUL!

CanSupport signed an MOU with Sparkle gift to kick start Sparkle Gift Cards venture. The Sparkle Gift Card is a unique gifting opportunity. It allows an individual to give the 'gift of giving', and the receiver gets to 'spend' on a cause that is close to their heart. To know more, visit this link: <https://sparklegiftcards.com/> and choose CanSupport for your meaningful gift card.

DONATIONS RECEIVED FROM JULY TO OCTOBER 2023

Donation amount Rs 1,00,000 and Above

- ABS Foundation
- Automat Industries Pvt Ltd
- AVL India Pvt Ltd
- Barco Electronic Systems Pvt Ltd
- BASAID
- Bharti Gupta Ramola
- Blue Whale Advisory Services Pvt Ltd
- Cipla Foundation
- Dixon Technologies India Ltd
- Embassy of The Federal Republic of Germany
- Formula Corporate Solutions India Pvt Ltd
- HelpAge India
- Ircon International Ltd
- Ketto Online Ventures Pvt Ltd
- MK Hamied Foundation
- Narayan Swamy Nagaraj
- Nissin ABC Logistics Pvt Ltd
- Optum Global Solutions (India) Pvt Ltd
- Paramount Products Pvt Ltd
- Pehel Foundation
- Play Games 24x7 Pvt Ltd
- Prerna School of Inspiration
- Real Time Data Services Pvt Ltd
- Salil Gupta
- Sophie Ahmed
- SRF Ltd
- Tata Capital Financial Services Ltd
- Tata Capital Housing Finance Ltd
- UK Online Foundation
- Volkart Foundation Indian Trust

Donation Amount Rs 50,000 to Rs 1,00,000

- Bhai Sahib Ditta Mal and Sons Charitable Trust
- Harinder Kaur Charitable Trust
- Manjula
- Mission of Mercy Foundation
- Rajendra Bhawan Trust
- Sangeeta Murthi Sahgal
- Sharad Malhotra
- Sharada Nagarajan
- Upasana Sharma
- Vatsala Balakrishnan

In-Kind Medicines, Material and Equipment

- Ankur Public Charitable Trust
- Dr Ajay Sharma, Sambal Foundation
- Dr Ambika Rajvanshi
- Durga Prasad
- Moksha Fine Wovens
- Prof Shreekant Gupta
- Roohi Thakur
- Rotary Club of Delhi Regency Next
- Santosh Kumari
- SUTC India
- Vishal Duggal
- Embassy of Sweden
- Meena Jain
- Sanjay Ahuja & Vikram Bajaj

Ration & Nutritional Kit valued Rs 10,000 and above

- Anchal Bhalla & Madhu Bhalla
- Delhi Langar Seva Society
- Manavta Ek Ahsas
- Mission of Mercy Foundation
- Optum Global Solutions India Pvt Ltd
- Otsuka Pharmaceutical India Pvt Ltd
- Priti Wadhwa
- Vandana Kohli
- Vasant Vihar Ladies Club

Wish List

- Milk Powder 400 grams (55 pkts)
- Sugar 1 kg (65 pkts)
- Tata Premium Tea 1 kg (45 pkts)
- Kettles (55 Nos)
- Flasks (100 Nos)
- Spiral Notebooks A5 (50 Nos)
- Registers (100 Nos)
- Children's Masks (150 Nos)
- Crepe bandage 2 inches wide (50 Nos)
- Crepe bandage 6 inches wide (50 Nos)
- Protein Supplement (Hinx XT, 120 Nos)
- A4 Sheets for printing (10 reams)
- Moxikind 625 CV (5 strips of 10)
- Diclofenac Gel (30 Nos)

For more details, please contact our donor relations team @ 9667718209.

SAVE THE DATE



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Head Office and
Palliative Care & Training Centre