



CANSUPPORT

April-June 2023 | LXVI

From CEO's Desk



I am delighted to share this Newsletter with you and provide an overview of the amazing work that has occurred in the first three months of the new financial year.

We have added three pain and palliative care clinics at three new areas in Delhi. The clinics have grown out of the understanding that despite the excellent home care service we provide, there are still unmet needs among the wider cancer population, especially those who are under active treatment.

We believe that palliative care education is an crucial public health approach to improving its utilisation. You will read about many educational activities that took place for both healthcare providers and communities to develop a comprehensive understanding of palliative care.

Finally, it was a landmark day for CanSupport as we launched our pilot project in Gurugram on 13 June 2023, towards development of a model integrating palliative care and symptom relief into primary health care so it is accessible by anyone in need. We are deeply grateful to Dr Sonia Trikha, DGHS Haryana, who paved the way for this pilot in Haryana. We are extremely thankful to Dr Virender Yadav, Civil Surgeon Gurugram who took this on as a medical and ethical responsibility for preventing and relieving suffering due to serious or life-threatening health conditions. We greatly appreciate the support we have received from his office, lead by Dr Priya Sharma and backed by Dr Pallavi and Neeru.

Affectionately,

Dr Ambika Rajvanshi

PILOT FOR INTEGRATION OF PALLIATIVE CARE INTO THE PUBLIC HEALTH SYSTEM



On 12 June, CanSupport signed an MOU with the Civil Surgeon, Gurugram to run a 6-month pilot in its three rural sub district, which are high in cancer prevalence.

Under this project, CanSupport is going to implement a project in Pataudi Rural sub division of Gurugram district to integrate Palliative care with the prevailing public primary and secondary healthcare system from Primary Health Centre (PHC) level to district level towards overcoming fragmentation in Palliative care services at the community level.

Dr Sonia Trikha, Director General Health Services, Haryana, joined the inaugural session that boosted the project even further.



Since its inaugural session, 7 doctors, 9 Nursing Officers and 14 Community Health Officers from PHC Bhangrola, PHC Mandpura, Community Health Centre (CHC) Pataudi and District Civil Hospital, Gurugram have undergone intensive training on Palliative Care.

Community Health Officers, nurses and doctors of PHCs, CHC and District hospital, Gurugram have already started accompanying CanSupport staff on home visits. 168 ASHA and 42 ANM workers have also been successfully trained in PHC Bhangrola and CHC Pataudi.



PROGRAM HIGHLIGHTS FROM APRIL TO JUNE 2023

Home Based Palliative Care

27 TEAMS

Comprising of a doctor, nurse and counsellor. Home Care teams operate through 17 Home Care centers across 5 states of India

764 New patients enrolled



2220

Concurrent patients under care

9754

Home visits



Day Care



25 Sessions Held

933

Patients Attended



505

Caregivers Attended

Telephone Helpline



2567

Calls served

299

Service referrals extended



Community Outreach

119

Awareness Sessions Held

1093

Community Health Workers Trained



Resource Facilitation



6116

New patients enrolled

6080

Patients successfully facilitated



49.85 lakh

Mobilized for tests and treatments from Central and State Government Schemes

65 lakh

Worth of resources mobilized in-kind for patients through various networks

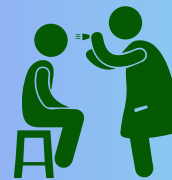
Outpatient Clinics

7

Clinics

4599

Patient visits



1779

New patients enrolled

YOU CAN SUPPORT OUR PROGRAMS BY CHOOSING TO DONATE FOR ANY OR ALL OF THE FOLLOWING:

- Support a Home Visit to a patient @ Rs 1240/-
- Support a patient's visit to one of our Outpatient clinics @ Rs 640/-
- Patient Livelihood Support @ Rs 10,000/-
- Support Pain Management of a patient for a month @ Rs 1500/-

To donate, visit www.cansupport.org
For details, contact, Navdha @ 9599558368

PROGRAM HIGHLIGHTS



Effective management of side effects enables patients to cope with their therapies and remain motivated to complete them. Comprehensive nursing care complemented with psychosocial and spiritual support to patients as well as their caregivers preserves the holistic nature of the care, even in an Outpatient set up, resulting in better treatment outcome.

The five clinics are located at the following locations in Delhi:

- South Delhi OPC: A 2, Gulmohar Park, Opposite Kamala Nehru College, New Delhi - 110049
- West Delhi OPC: A/5B/A-5C/109B, Janakpuri Opposite Bikanerwala, Near C2 Bus Stand Janakpuri, Delhi - 110058
- North Delhi OPC: D7, Sushant Eye Care, Sector 6, Near Vishram Chowk, Rohini, Delhi - 110085
- East Delhi OPC: Delhi Bharat Bikas Foundation, PLOT -6 A, Facilitate Center, Opposite Sports Complex, Tiharpur, Dilshad Garden, Delhi - 110093
- North East Delhi, Property No. 1, Main Road, Johripur, R.S.T. Enclave, Delhi - 110094
- Mobile Clinic, is stationed outside Safdarjung Hospital every Monday, Wednesday & Friday and outside Lok Nayak Jai Prakash Hospital every Tuesday & Thursday.

OUTPATIENT CLINICS

CanSupport now runs five Outpatient Clinics and a Mobile Clinic in Delhi for providing Palliative care to patients. The patients are triaged in these OPCs and those who really require home care are referred to our home care teams. This is done to ensure that patients at an advanced stage or end of life can get maximum care in the comfort of their homes. Anyone undergoing cancer treatment can visit any of these clinics and can avail of our free palliative care that includes - symptom management, nursing support, free medication and psychosocial counselling.

SMALL AID FUND



A 'Small Aid Fund' of amount Rs 10 lakh was established in CanSupport in 2021 under its Third Party Resource Facilitation program to support basic chemotherapy medication support in the treatment of cancer patients belonging to the economically weaker sections of society. The need for setting up Small Aid Fund was felt when there were a few cases every month under our Resource Facilitation program where

patients did not have all documents required to avail government benefit schemes or whose documentary processes and approvals were delayed. This disrupted their treatment or put them in a position of not affording their treatment till the approvals were obtained. With a capping of Rs 10000/- per patient, the 'Small Aid Fund' helps fill this gap in starting their treatments timely, ensuring that no patient is left devoid of therapy due to lack of a small sum. In the last quarter under this program we were able to support 51 patients for amount Rs 106691/-.

You can donate to our Small Aid Fund and help us support many more cancer patients. To donate contact, Rajvinder @ 9315905187

TRAINING, EDUCATION & RESEARCH



NATIONAL ROUNDTABLE CONFERENCE ON ONCOLOGY

On 5 April, a team from CanSupport attended the National Roundtable Conference on Oncology, hosted by ECHO India in collaboration with the NCD division, Dte GHS, MoHFW. The gathering aimed at bringing together key stakeholders and opinion leaders from the field of Oncology and Cancer care to assess the most critical local and regional necessities of the workforce development in cancer care delivery. Also, to investigate approaches to upgrade training over the whole range of cancer care - from analysis to treatment, patient direction, backing, endurance, and palliative care.

'PHYSIOTHERAPY - PALLIATIVE CARE' INTERFACE

CanSupport participated Indian Association of Palliative Care's Course in 'Physiotherapy – Palliative Care Interface' on 29 April. The aim of this course was to sensitize palliative care professionals about the benefits of integrating physiotherapy in their routine practice, so that every patient benefits from functional improvement and rehabilitation.



SESSIONS ON PALLIATIVE CARE

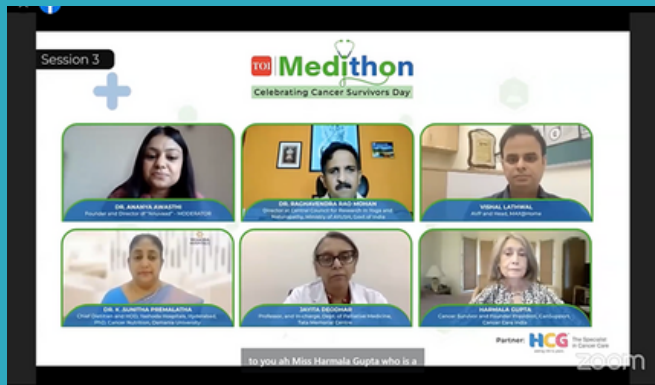
In the last quarter, the training team conducted sessions and workshops on 'Palliative care' for the students and faculty of Army Hospital - College of Nursing, Sant Parmanad School of Nursing, Kasturba Gandhi Hospital - School of Nursing and Enactus Club, Jamia Milia Islamia. A session on Palliative care was also held for the staff of HelpAge India, working in Tamil Nadu & Uttar Pradesh.

These workshops and sessions comprised theory, case studies and role play. The main focus in these workshops was CanSupport's holistic approach in providing Palliative care that gives patients and their families a chance to make informed choices. The 'low tech, high touch' approach in nursing was one major focal point.

These sessions and workshops are conducted in a fun interactive way, where the students are made to take part in role play to make learning experiential.

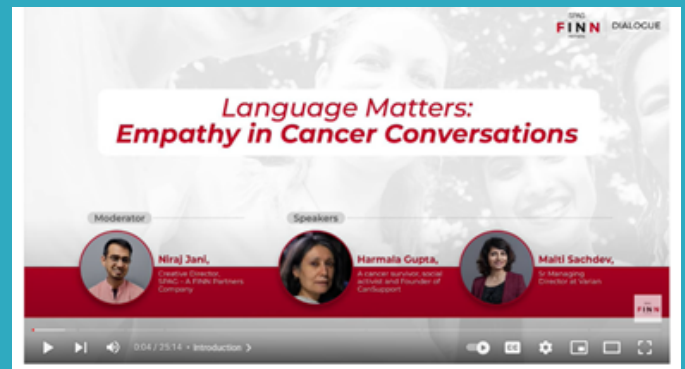


TRAINING, EDUCATION RESEARCH



TOI'S 'MEDITHON'

On 4 June, National Cancer Survivors Day, Harmala Gupta, CanSupport Founder President was invited by The Times of India, to its 'Medithon' - series of back to back marathon of webinars focusing on different aspects of cancer. Harmala Gupta's session titled 'The pivotal role of Palliative Care in the life of a cancer survivor'. The entire webinar can be watched at this link <https://www.facebook.com/TimesofIndia/videos/649430316565577/>



'LANGUAGE MATTERS: EMPATHY IN CANCER CONVERSATIONS'

To mark National Cancer Survivors Day, Harmala Gupta was also invited for an online dialogue with Niraj Jani, Creative Director, SPAG - A FINN Partners Company and Malti Sachdev, Senior Managing Director at Varian. The dialogue titled 'Language Matters: Empathy in Cancer Conversations' can be watched on YouTube at this link: https://www.youtube.com/watch?v=q9k0YhxZ_A&fbclid=IwAR38bu8IP77fCFIhbHdd8TeZQU4yqHPbIJMK3LI2uq8HpLHj-M7YWuEzM14



COUNSELLING TRAINING PROGRAM FOR VOLUNTEERS

Congratulations to all the nine, Day Care volunteers - Kajal Aswani, Amy C Potter, Meenakshi Kaur, Shalini Kataria, Neeta Bhalla, Manju Dogra, Dr Upasana Mathur, Meena Datta, Yashika Gupta for successfully completing the 16 hours' IAPC Counselling Training Program for Day Care volunteers. You can also join CanSupport as a Volunteer Counsellor, and enroll for this training . For more details write to, Savita Luka at savita.luka@cansupport.org

EMPLOYEE ENGAGEMENT ACTIVITIES

ORIENTATION ON PALLIATIVE CARE FOR CIPLA FOUNDATION VOLUNTEERS

The training unit at CanSupport conducted a two hour workshop on Palliative care to orient the volunteers of **Cipla Foundation** from Delhi NCR. It was an interactive workshop that included lectures, case studies and role play for effective learning. There were a total of nine participants who were very keen to understand 'Palliative care'. The participants were totally involved in the session and shared that they gained immensely from this workshop.



SESSION ON ANGER & STRESS MANAGEMENT

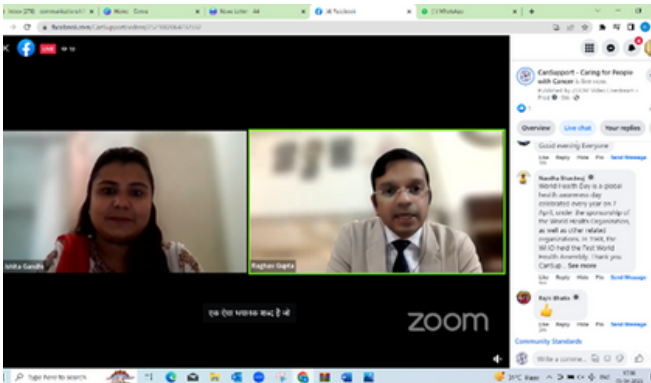
We express our heartfelt gratitude to Srinivasan Kuselan, DGM Customer Services, **Barco Electronic Systems Pvt Ltd** for conducting a session on Stress & Anger Management for CanSupport's headquarters staff on 18 May. It was a joyful and interactive session that helped everyone destress. Ways of dealing with stress and achieving work life balance was one of the key messages of the workshop. *"We visited CanSupport after covid for the 1st time for a Stress & Anger Management session by our expert Srinivasan K. CanSupport audience being Doctors and Nurses, focus was on how to manage workplace stress and channel the anger towards positive outcome."* - Surbhi Sehgal, H R Manager, Barco Electronic System Pvt Ltd

DAY CARE ACTIVITIES



We are grateful to Indian Dental Association South Delhi Branch, for conducting free dental checkup for Day Care patients and their caregivers on 3 April. In this quarter there was a special session on 'Water Conservation' that educated Day Care patients on the need of water conservation. On another occasion, the patients learnt to make sandwiches and hair bands.

OTHER HIGHLIGHTS



'FACEBOOK LIVE' TO COMMEMORATE WORLD HEALTH DAY

We were very privileged to have Dr Raghav Gupta, Assistant Professor, Department of Onco-Anesthesia and Palliative Medicine National Cancer Institute (Jhajjar), AIIMS, New Delhi, join us for a Facebook Live session on World Health Day (April 7). The interactive Question and answer session focused on various aspect of good health and tips on adopting a healthier lifestyle.

WEBINAR TO CELEBRATE INTERNATIONAL NURSES DAY

We thank Prof Dr Raminder Kalra, Founder Principal, Holy Family College of Nursing, New Delhi, Harvinder Kaur, Faculty, College of Nursing, ABVIMS and RML Hospital, Alice Stella Vergina National Faculty For Palliative Care, IAPC & ELNEC and Monika Bahri, Palliative Care Nursing Coordinator, SGRH, New Delhi for being our panelists on the special webinar to celebrate International Nurses Day. It was an interactive session that brought out different aspects of the nursing profession with some candid anecdotes shared by the panelists. The entire webinar can be watched at this link <https://fb.watch/kyXsWO5S95/>

FREE HEALTH CAMP FOR WOMEN ON INTERNATIONAL MOTHERS DAY



To celebrate 14 May, International Mother's Day, a 'Free Mega Health Camp' for women was organised at CanSupport office. The health camp included: - Cancer Screening, Eye Check-up, Dental Check-up, Cardio Consultation, Neurological Consultation and Blood Test. The camp that benefitted about 60 women was sponsored by Anju Gupta Memorial Trust and supported by - Clove Dental, Max Healthcare, Centre For Sight, Metropolis - The Pathology Specialist, PanTum Detect, Delhi Union of Journalists.

NIDARR HAMESHA



CnaSupport participated in Max Cancer Congress 2023 organised by Max Institute of Cancer Care on 20 & 30 April. MICC was established in 2009, with a commitment to drive clinical excellence, patient care, oncological teaching and research.

The event was an exciting comprehensive, scientific meet that focused on various aspects of oncology.



WE THANK OUR DONORS AND SUPPORTERS

THE INVINCIBLES



BINEETA MALHOTRA

Bineeta Malhotra, Day Care coordinator has been associated with Day Care since 2015. She is a trained counsellor, meticulous and a brilliant problem solver. With her dedication to patients and caregivers, she is an asset to CanSupport. A stickler with excellent listening skills, she is an epitome of patience. It won't be an exaggeration to say that one of the reasons that Day Care runs smoothly is because of her abilities and her love for patients who come to Day Care.

DONATIONS RECEIVED FROM APRIL TO JUNE 2023

Donation amount Rs 1,00,000 and Above

- Ania Loomba
- Automat Industries Pvt Ltd
- Bharti Gupta Ramola
- Cipla Foundation
- Embassy of The Federal Republic of Germany
- G4S Secure Solutions (India) Pvt Ltd
- Hari L Mundra
- Indians for Collective Action
- Kotak Mahindra Bank Ltd
- Madhu Pathak
- Meenakshi Devi Mattoo Charitable Trust
- Optum Global Solutions (India) Pvt Ltd
- Pfizer Products India Pvt Ltd
- Perna School of Inspiration
- Rajeshwar Susheela Dayal Charitable Trust
- Suri Seva Foundation
- Varian Medical Systems International India Pvt Ltd

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

- Gita Sarup Mehta
- Lions Club of Fairlop
- Manjula
- Metta Foundation
- Rotaract Club of DTU Regency
- Namita Kataria
- Onkar Singh Chadha
- Rajiv Kumar Jain
- Sharat Kumar Charitable Trust

In-Kind Medicines and Equipment

- Meenakshi Dhingra
- Somendera Basu
- Sakshi NGO

Ration & Nutritional Kit valued Rs 10,000 and above

- Delhi Langar Seva Society
- Gyanendra Singh
- Humanity Trust
- Kajal Palli
- Uday Shankar Gupta

Wish List

- Milk Powder 400 grams (55 pkts)
- Dry fruit (Almonds, Cashews, Raisins, Pistachio, 2 Kgs)
- Kettles (55 Nos)
- Flasks (100 Nos)
- Children's Masks (150 Nos)
- Crepe bandage 2 inches wide (150 Nos)
- Crepe bandage 6 inches wide (50 Nos)
- Moxikind 625 CV (5 strips of 10)
- Azithromycin 500 mg (10 strips of 10)
- Diclofenac Gel (30 Nos)
- Protein Supplement (Hinx XT, 120 Nos)
- A4 Sheets for printing (10 reams)
- 1 table
- 1 Chair

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

'Compassionate Communities: Together for Palliative Care'

A Live Concert by Shubha Mudgal to Celebrate World Hospice & Palliative Care Day, 2023

Come and join us for a musical evening with Shubha Mudgal to celebrate **World Hospice & Palliative Care Day** on Tuesday, 3 October at Baha'i House of Worship, Lotus Temple Road, Bahapur, Kalkaji, New Delhi, 110019 from 6 pm to 8 pm. To register, scan the QR code



SAVE THE DATE



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E: info@cansupport.org
www.cansupport.org

CanSupport Helpline
Numbers: 011- 41010539/
9899011212, Monday to
Saturday - 9 am to 6 pm

**Head Office and
Palliative Care & Training Centre**