

PALLIATIVE CARE - NEPAL

Support and Care for the Poor at the End of their Lives



LOCAL CONTEXT

Nepal is the poorest country in Asia and the 15th poorest country in the world.

More effective treatments are now available for Infectious diseases resulting in greater longevity. However, with increasing widespread poverty, more and more people die in the street or in deplorable conditions.

The number of people developing cancer as a result of tobacco use and from carcinogens transmitted into the environment by the extremely high level of pollution is increasing.

Palliative care is still a very unfamiliar concept in Nepal. Despite the growing need of the population, very few institutions offer this type of care.

PROJECT STRATEGY

Offer patients at the end of their lives the possibility to receive care and be surrounded by a nurturing atmosphere:

➤With a hospice providing palliative care for patients living in poverty or patients without a family.

➤Conducting home visits to underprivileged patients at the end of their lives.

Palliative Care is a medical specialization centered on patients suffering from incurable diseases, or patients at the end of their lives. It seeks to relieve pain and offer counseling and comfort to the patients as well as their families.

Project Manager: Karuna-Shechen via the Shechen Clinic

Location: Boudhanath (a particularly poor area of Kathmandu), Nepal

Sector: Health

Direct Beneficiaries: 52 patients per year, on average

Annual Operating Budget: \$46,455 USD

PROJECT DESCRIPTION

Since 2004, the Shechen Clinic's Palliative Care Unit has offered patients living in poverty the possibility of medical care and counseling:

- Elderly people at the end of their lives.
- Adults and infants suffering from incurable illnesses (cancer, etc.).

In the palliative care unit, patients maintain a link to life around them by participating in a variety of activities.

A medical team from the Shechen Clinic also performs residential visits for patients who wish to spend the end of their lives at home.

Shechen Clinic's Palliative Care Unit has established a partnership with other palliative care centers in Kathmandu in order to share their experiences and improve their services.

A partnership agreement was also signed in September 2010 with the Palliative Care Unit at the University of Rouen's hospital in France.

PROJECT GOALS

To offer people living in poverty in Kathmandu and its surroundings the possibility of palliative care, in order to provide them with the best end of life experience possible:

- Relief from their suffering through appropriate treatment.
- Emotional, psychological, social, and spiritual support for patients and their families.

DIRECT BENEFICIARIES

52 patients per year, on average, in Kathmandu and its immediate surroundings.

INDIRECT BENEFICIARIES

The relatives of the patients are relieved to know that they are properly cared for. Free care allows the families to provide for other essential needs.

EXPECTED RESULTS

- An annual occupancy rate of 95% in palliative care services.
- Patients are relieved from their suffering as much as possible.
- Patients spend the end of their lives in peace and in a calm atmosphere, emotionally and psychologically supported by the medical teams as well as their relatives.
- Relatives of the patients have peace in the knowledge that their loved ones are spending the end of their lives in the best possible conditions.

SERVICES OFFERED BY THE PALLIATIVE CARE UNIT AT SHECHEN CLINIC

- Four rooms with two beds and a bathroom in each,
- Completely free care, medication, and housing,
- An extra bed in each room for relatives,
- Patients and their families contribute by helping the unit by preparing strips of gauze and paper bags for the pharmacy, watering the plants, etc.
- Social and artistic activities organized by the patients

« The guiding principle of our work: compassion, care, and the heart to listen to our patients»

Sushila, Head Nurse

« We support not only the patients, but also their relatives in order to help them accept the reality of imminent death, enhancing the time they have left with their loved ones and accompanying them in the last stages of life. »

The Palliative Care team at Shechen Clinic

FUNDS NEEDED

Karuna-Shechen is raising funds for the annual operating budget of the Palliative Care Program at Shechen Clinic.

Annual operating budget: \$46,455 USD

To receive more information about this project, please contact one of Karuna-Shechen's branches.



PROJECT MANAGER: KARUNA-SHECHEN

Karuna-Shechen is a humanitarian organization that implements health and education projects in the Himalayan region.

Founded and directed by Matthieu Ricard and inspired by the ideal of compassion (*karuna*) in action, the organization is deeply rooted in the traditions and values of the communities it serves.

Since 2001, Karuna-Shechen has initiated and developed 111 projects in India, Nepal and Tibet, propelled by the conviction that access to basic health care and education is a right for all.

www.karuna-shechen.org

Karuna-Shechen Asia Ltd

9/F, 32 Wellington St., Central, Hong Kong

asia@karuna-shechen.org

Karuna-Shechen USA

511 Avenue of the Americas, Box 339, New York, New York 10011, USA

usa@karuna-shechen.org

Karuna-Shechen Europe

20 bis rue Louis Philippe, 92200 Neuilly-sur-Seine, France

europe@karuna-shechen.org

Karuna Canada

580 Grand Allée Est, bur, 440 Québec, G1R 2K2

Canada
canada@karuna-shechen.org