

PROJECT HOSPICE NEPAL



TO CARE
COMFORT
and CONSOLE

A Rotary club project created to help
provide a 24 bed hospice in Kathmandu



Hospice Nepal



BACKGROUND

Hospice Nepal grew out of the vision of four friends in the year 1999. The friends hired four beds in a local hospital, and each sponsored and paid for a patient and the cost of their bed. Increasing demand over a relatively short period of time resulted in more beds being added. Eventually, the friends leased a small building to continue their work. Today, it is the leading hospice and palliative care centre in Nepal, which allows terminally ill patients to die painlessly and with dignity.

Hospice Nepal's goal is to provide patients at the end of their lives, their family members and other significant people with state-of-the-art palliative care and supportive services 24 hours a day, seven days a week, both at home and in a facility-based setting. A clinically directed interdisciplinary team consisting of patients, families, professionals and volunteers provide physical, social, spiritual and emotional care for the patients;

- Throughout the duration of the disease;
- Mainly in the last stages of an illness;
- During the dying process; and
- At the bereavement period.

Dealing with dying and death is hard on the hospice staff. Since opening their eight-bed facility in 2000, Hospice Nepal has seen roughly a hundred deaths a year. *"It's difficult, no matter how hard we care, we can't save our patients. It's not like other medical fields, where you get to see them get better and leave,"* said Sanu Maiya Rana, the head nurse at Hospice Nepal.

Hospice Nepal has now outgrown its current facilities and desperately needs a new building, it needs more beds, a small ward for the care of children, as none currently exist in Nepal and a facility to train more medical staff. The doctors, nursing staff and volunteers have achieved so much.

Just imagine what could be achieved, given better resources, access to modern training facilities and better equipment.

The future vision is to build a 24 bed hospice surrounded by a small garden where patients can take a walk and relax with nature. The ultimate goal is to make the patient and their relatives as comfortable as possible by medication for their physical comfort, and by providing for their spiritual and mental comfort in a peaceful, homelike atmosphere.

In the grounds of the hospice, we hope to build a small guesthouse for patients relatives, so they too can live comfortably whilst taking care of their loved ones.

To meet the patients and relatives spiritual needs, we would also like to provide a small meditation hall, temple and stupa

HOSPICE NEPAL MILESTONES

- Founded in 1999 by four medical friends
- Subsidized 4 beds for hospice patients in local hospital
- Built an 8 bed unit in 2000
- Created a Charitable Trust
- Cared for 85 patients in the first 18 months
- Home care & outreach service began in 2005
- 200 Home Care patients treated annually
- Rural Community Service began in 2014
- Treats 150 - 200 in-patients annually
- Trained more than 1,200 Health workers
- Trained 16 GPs in Palliative Care to date
- On-going research into Palliative Care
- Designed plans for a new 24 bed unit 2019
- Through donations within Nepal and overseas we purchased the land for the new unit 2019
- Phase Two commenced - August 2019



CHILDRENS WARD

Currently there are no hospice services for children in Nepal.

We aim to change that with the provision of a five bed children's unit with the appropriate facilities and play areas for the children at the new hospice.

NATIONAL TRAINING CENTRE

On the top floor of our new Hospice we will include a National Palliative Care Training Centre where Medical and Nursing staff from across Nepal can be given Palliative Care and End-of-Life training. To date we have trained 1,200 health workers in palliative care.

EDUCATION AND RESEARCH

There will be teaching areas for visiting doctors, nurses and health workers. Two rooms are planned; one being a large lecture style room and a seminar room. There will also be an associated library with facilities for tele-conferencing and tele-mentoring (through the Project Echo Programme)



OUR FUTURE VISION

Thanks to generous donations from within Nepal and from overseas we have now been able to purchase the land on which to build the new hospice. After nearly 20 years of hard work our staff are excited to see their long held dream slowly becoming a reality.

As we move into Phase Two of the project we need to build the Hospice and then, using grants and foundation donations we will fit out the Hospice and Training Centre, which we hope, will become a "Centre of Excellence" and model for the improvement of Palliative Care services across Nepal, in collaboration with the Government supported Strategic Plan for Nepal, and the Government Health Care system.

RURAL COMMUNITY SERVICE

Nepal is a developing country which is beginning to provide palliative care services. However, most initiatives are limited to the capital city Kathmandu. There are many patients who live in the rural area who could benefit from the service but lack access.

Some 80% of the population live in the rural areas of Nepal and therefore 80% of palliative care need is in those rural areas. It is imperative then for us to develop palliative care in those areas of the country. To this end, we have been working in Makwanpur, a hilly district 5 hours drive from Kathmandu, since 2014.

We are working to develop a rural model of palliative care, based on the principles 'For the locals, by the locals'. Two local health care workers have been and are now providing community-based palliative care services in Makwanpur. Patients are usually identified by Female Community Health Volunteers (FCHVs) and referred to our palliative care health professionals who visit patients at home and provide continuing care.



HOW CAN YOU HELP ?

The Rotary Club of Fairfield, is located in Hamilton, New Zealand.

It is inviting Rotarians and Rotary Clubs to join with them to help provide a state of the art 24 bed Hospice and Palliative Training Centre in Kathmandu, Nepal.

However you decide to help, your support will be greatly appreciated and recognised.

Your gift will help us provide care for people who need it - and you will also be helping to make every day a better day.

To express your interest in supporting this project we ask that you email our project management team with your individual or club details so that we may gauge the level of support and interest.

Please email your details to; nepal@xtra.co.nz

Club Name:

Name of contact:

Email address:

Tel no:

If you have any queries or require further information, please visit our website: www.hospicenepal.com or phone +64 (0) 21 328084.



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HOSPICE NEPAL

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