



ANNUAL REPORT



2018-19



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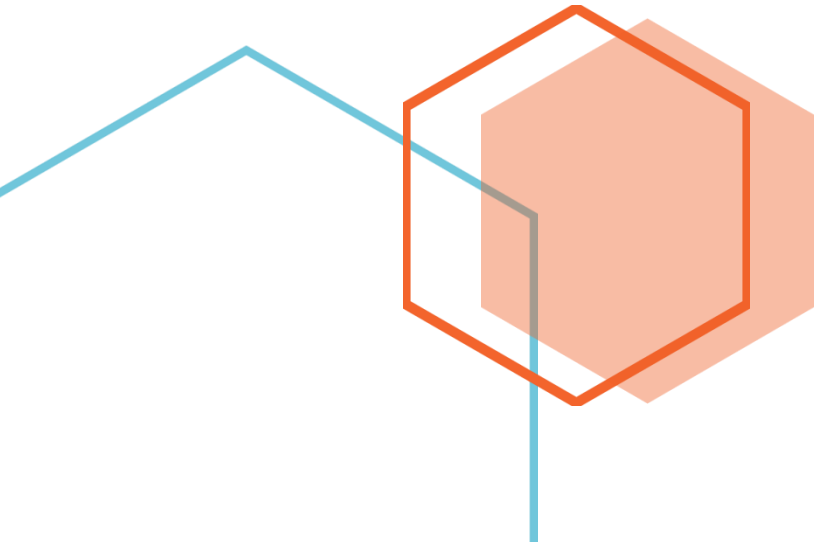




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M R Rajagopal, MD

Chairman

Poonam Bagai

Vice Chairman

(Registered Charitable Trust No. 693/IV/2003)

Pallium India was established in 2003 as a registered national charitable trust.

With the aim to provide and promote quality palliative care in India. Since its inception, Pallium India has worked to improve access to palliative care through training, education, advocacy, and delivery of services.

Vision

An India in which palliative care is integrated in all health care services so that every person has access to effective pain relief and quality palliative care along with disease-specific treatment and across the continuum of care

Mission

To catalyze the development of effective pain relief and quality palliative care services and their integration in health care services across India through delivery of services, education, information, strengthening capacity, policy, research and advocacy.

Core Values

The patient is the most important consideration. Commitment to Pallium India will be secondary to commitment to the patient and family.

- 'Care' is the right of the patient and family and we stand committed to giving it to them. 'Care' is not a charity that we give them. By giving us the opportunity to care for them, they are enriching our lives.



- Compassionate and competent care valuing human dignity is at the very heart of what we do and why we exist. We shall endeavor to do the right thing for the right reason as best as we can.
- We recognize the strength of the social capital and shall engage in a partnership with the community enlisting the support of volunteers and other community entities, creating the capacity to meet community needs.
- Each one of us shall treat everyone else with respect, remembering that every individual is superior to each one of us in some way.
- We shall embrace the ethical principles of autonomy, beneficence, non-maleficence and justice, exercising them to the best interest of those we care for.

Main focus areas:

- Initiation of palliative care facilities, expand facilities where they exist and maintain the services for the benefit of the patient and families.
- Provide palliative care services to the needy as far as possible at their homes.
- Undertake activities at the national level to ensure availability of opioids and other low-cost drugs.
- Develop and ensure provision of minimum standard and quality of palliative care services.
- Generate awareness about palliative care among health care professionals and the general public.
- Support research in palliative care and all aspects of pain and pain relief.
- Provide palliative care training programs for Doctors, Nurses and allied medical professionals.
- Act as an information center to assist patients in identifying palliative care services near to them and also to guide doctors and nurses for palliative care training purposes.



- Help the central and state governments to develop policies related to integration of pain and palliative care services in health care and in the implementation of such policies at the central and state levels.

I. Pallium India Trust – National Level

i. Development of palliative care centres.

- Providing technical support and hand holding with all palliative care centers started across the country with the support of TATA Trust during the period 2015-18.
- Continuing state-wide projects in Andhra Pradesh, Mizoram, Uttarakhand and Himachal Pradesh with the support of grant from Pallium India Inc., USA. Submitted palliative care program proposals in Himachal Pradesh, Orissa and Meghalaya.
- Continuing the project under the Pain Free Hospital Initiative in Cancer Research Institute, Dehradun. Pallium India has prepared modules for training professionals under this initiative and undertaken a virtual training program for professionals.
- Financial support provided to 12 social workers for operating palliative care kiosks based in Thakurpukkur, West Bengal with the support of Jiv Daya Foundation extended for one more year.
- Extended salary support to palliative care centres at Jaipur, Jodhpur, Cuttack, Indore ,Vadodhara and started supporting palliative care center in Gwalior with the support of Jiv Daya Foundation.
- Provided scholarship for attending 6 weeks training program to 32 Doctors and 32 Nurses through TIPS Trivandrum, MNJIO Hyderabad, GCRI Ahmedabad, BMCHRC Jaipur, KMC, Cipla, TMH and CAN SUPPORT Delhi, with funding support from Indo American Cancer Association.
- Provided technical support and guidance in setting up a full-fledged palliative care setup in Goa under IMA Ponda.



ii. Opioid Availability Workshops and Advocacy on Pain Management Drugs

- Conducted opioid availability workshops in different involving government officials, medical professionals, medicine suppliers and palliative care activists. The meeting clarified the objectives of the amendment and possible ways of implementing. These workshops were attended by the Drug controller, representatives from the Excise department, Principals of Medical colleges, Pharmaceutical suppliers and health care professionals from the respective states. These workshops are been organized with the help of Regional project officers located in different regions.

iii. Collaboration with the Department of Health and Family Welfare

- Working with the Ministry of Health, Pallium India was represented in the ASHA mentoring group annual meeting.
- The chairman of Pallium India is chairing a working group established by Ministry of Health of Government of India for implementation of the palliative care component of the National Health Policy.
- Dr. MR Rajagopal chaired a taskforce by National Health System Research Centre to draft palliative care guidelines under Comprehensive Primary Health Care.
- Pallium India, as one of the founding members is actively involved in the “Healthy India Alliance” which is the Indian arm of the Global “NCD Alliance”.

iv. Development of Medical and Nursing curricula:

- Continue following up with Medical Council of India and Indian Nursing Council to integrate palliative care curriculum in undergraduate courses.
- Pallium India entered into a MoU with Sri Balaji Vidyapeeth, Pondicherry for the integration of palliative care in the medical and nursing curricula. The training of one doctor is completed. Nursing curriculum with palliative care has been submitted for copyrights. Students groups are actively involved in palliative care related activities.
- Three major nursing colleges – Mizoram College of Nursing (MCON), Synod College of Nursing and Regional Institute of Paramedical And Nursing Sciences (RIPANSO signed a MoU with Synod Hospital (State partner of Pallium India) for integrating palliative care into their curricula.



- Working with KUHS (Kerala University of Health Sciences) in the implementation of inclusion of palliative care in under graduate medical curriculum.

v. *MOU with the Catholic Health Association of India (CHAI)*

- Pallium India has a MoU with the Catholic Health Association of India (CHAI) to make palliative care accessible to more patients across India through CHAI's vast network of over 3,500 member institutions. In collaboration with CHAI, Pallium India has trained 21 doctors from CHAI through TIPS-ECHO. Training for nurses are also been initiated in this year, have conducted an onsite training program for nurses of CHAI at Hyderabad. We foresee more palliative care centers being run through CHAI hospitals.



II. National Level Advocacy

- In 29 states and UTs, we established links with champions for palliative care and strengthened our advocacy efforts in 21 states and 2 UTs.
- Coordinating government officials involved in implementing the NDPS law or the NPPC in all regions which includes State Health Minister/Governor of a UT, State Principal Secretary Health, State Drug Controller, State National Health Mission (NHM) – Mission Director (MD), State Nodal Officer (SNO), DHS, DME, Director of Regional Cancer Centers, State Medical Colleges, State Excise or Revenue Officer
- Reached out to National Health Missions of 21 states and 2 UTs to collaborate in the implementation of NPPC in all district hospitals in these states.
- With the help of ISA Puducherry, initiated a meeting with representatives of all medical colleges in Puducherry along with one dental college and nursing college. A taskforce developed will take this agenda forward for the implementation of PC.
- Final draft of the MoU with JIPMER was submitted, we are expecting to work with JIPMER to strengthen their palliative care services with community engagement.
- Conducted needs assessment and introduced the concepts of palliative care to transgenders in Puducherry. Efforts continue to train and sensitize community including transgender throughout Pondicherry and other regions.
- Hamrahi team from Australasian Palliative Link International visited Andhra Pradesh. Pallium and Hamrahi team together took many sensitization sessions and submitted proposal to GITAM University on integrating palliative care into dental curriculum.
- Dr. NTR Vaidya Seva Trust agreed to integrate palliative care into all its empanelled hospitals across the state.
- With continuous follow-up and support, Synod Hospital, Mizoram procured its RMI certificate and became the first institute in the state to have RMI.



- Conducted sensitization sessions for the medical fraternity and government officials in different states through different networks: With these efforts NHM Himachal had sent 10 doctors, NHM Tamil Nadu had sent 23 nurses, NHM UP had sent 3 nurses and 2 doctors, NHM Kerala had sent 21 doctors and 14 nurses for palliative care training program foundation course and all of them have completed 10 days foundation course in Palliative care. Tamilnadu NHM had also sent 7 nurses for 6 weeks certificate course in palliative nursing (CCPN).
- Developed a core team at national level to provide training to Palliative care and health care professionals to improve the quality of care through continuous online training program. Most of the discussions and training are based on case presentations by the participants.

Advocacy in Kerala

- APTIV solution, Ernakulam donated a Wheelchair friendly car during a function at their corporate office.
- Conducted rehabilitation product exhibition in KINFRA Park with the help of Ernst & Young, and at Technopark in collaboration with Social organization Prathidhwani.
- Conducted rehabilitation product exhibition in Saphalyam complex and PMS Dental college, Trivandrum
- Documentary on women empowerment under FOMAA supported project was filmed by Ms. Bina Paul and her team in public platform
- Conducted cycle ride in Trivandrum with the support of Indus Cycle Embassy and CET cycle club (College of Engineering, TVM) for spreading palliative care awareness on State Palliative care day. Around 50 members including staff and volunteers participated in the ride.
- Pallium India's volunteers and staff members arranged food festivals at KINFRA park, Kazhakuttom, Technopark and Canara Bank for raising fund for children's Summer camp and Educational support.



- Manjuthulli – Exhibition and sales of painting by group of volunteers and well-wishers for fundraising in Museum Auditorium. This was organized by the volunteers and well-wishers of Pallium.
- Conducted art on wheels in connection with World Disability day, around 50 patients on wheelchair participated in this public function.
- Workshop for developing assistive devices for Patient organized by Pallium India at Mascot hotel.
- Organised disaster Management workshop & Exhibition with the support of Kerala Disaster Management Authority
- Conducted workshop to empower women with disability organized by Pallium India
- Conducted a rural medical camp and community visit at Uliyazhuthura village (Tribal Camp) in connection with world health day.
- As part of our wheel chair friendly Trivandrum initiative, conducted assess audit at UDS , Kovalam, Saphalyam Shopping Center, Trivandrum Railway Station with the help of student from college of Architecture



III. Screening of “HIPPOCRATIC” Film

Hippocratic is a feature-length film (90 min) exploring the life story of Pallium India's Chairman Dr. M. R. Rajagopal, produced by 'Moonshine Agency', Australia. The project was funded by International Association for Hospice & Palliative Care (IAHPC), Lien Foundation, TPI Enterprises, Open Society Foundations, Australasian Palliative Link International (APLI) and Moonshine Agency. The story uses Dr. Rajagopal's narrative to encourage the audience to rediscover the first principles of medicine. The film was screened in around 6 venues in US and 10 locations in India including a screening during short film festival at Trivandrum. The screenings have contributed to fundraising for Pallium India and we received a project under CSR to cover the cost of our home care services during the period 2018-19.

IV. International Collaboration

Partnering with WHOCC at Madison-Wisconsin to overcome regulatory barriers to opioid access. Dr. Rajagopal, Director of WHOCC TIPS, Trivandrum continues to function as a member of the international experts committee of WHOCC at Madison-Wisconsin.

- *University of IOWA, USA*

Pallium India in alliance with University of IOWA, USA conducts a cultural immersion program every year. The program is for a period of 4 weeks, which includes class room sessions, home care, clinical services etc. This year we had 14 students from IOWA University along with two faculty members.



V. Conferences and Trainings

International level

- Dr. Rajagopal attended ICPCN Conference, Durban, South Africa
- Uganda Conference – 10 year Anniversary Conference celebrations of the Makerere and Mulago Palliative Care attended by Dr. Rajagopal
- Dr. Sunil Kumar, Additional Director, TIPS attended in AAHPC Annual assembly at Orlando in USA
- World Cancer Congress, Kuala Lumpur attended by Dr. Rajagopal
- Dr. Rajagopal attended the '17th Anaesthesia, Pain and Critical Care Update' meeting organised by the BAOIA (British Association of Indian Anesthetists), Newcastle.
- Dr. Rajagopal attended Lancet commission on Value of Death meeting at Bristol, UK,.

National level

- IAPC Conference, Kochi, Kerala: This year, 40 members (both staff and volunteers) from Pallium India participated in the IAPC conference held at Kochi. Among them our project officer Ms. Anjali Krishnan gave an oral presentation on "Impact of Arogyakeralam Palliative Care Programme for Infirm In Kerala - Looking Through The Lens Of State Palliative Care Policy", Palliative care physician, Ms. Lijimol presented a paper on "Palliative Care For People With Dementia", Brig. Oommen John presented a paper on "Mentorship - A New Dimension In Education Support By Pallium India", Ms. Sumitha presented a paper on "exploring palliative care needs of Transgender's in south India" - Five other members presented posters on the topics "Universal Health Coverage & Palliative Care – The Way Forward" by Ms. Lijimol, " Yoga And Palliative Care" by Mr. Viju, "Impact Of Half Way Home – A Rehabilitation Project For Spinal Cord Injured (SCI) Patients By Pallium India" by Ms. Reshma Ramachandran, "Online CME for Home-Based Palliative Care in Kerala, India" by Dr. Amirtha and Mr. Lithin, "Development of Compassionate communities for Palliative Care" by Mr. Babu.
- Dr. M R Rajagopal attended ICMR meeting at Bangalore.



- Assam Cancer Care foundation ground breaking ceremony, Dr. Bhubaneswar Borooah Cancer Institute (BBCI) Oration – Assam attended by Dr. Rajagopal
- Dr. Rajagopal attended as speaker - NCG Meeting - Mumbai at Rustom Choksi Auditorium, Golden Jubilee Block, Tata Memorial Hospital, Parel, in Mumbai.
- Dr. Rajagopal attended as speaker in MEDINSPIRE 2019 - Relevance of Palliative care in Anesthesia & Pain Practice) organized by the DY Patil University School of Medicine
- Ms. Vyshnavi, project officer, presented on palliative care in disaster management at MITRA conference & Dr. Rajagopal chair technical sessions of disabled & elderly in the recent flood organised by KSDMA, Government of Kerala.
- World Bioethics Conference at Bangalore attended by Dr. Rajagopal
- Dr. Rajagopal attended meeting with CHAI at Mumbai.
- Ms. Shalini (Project Officer, Pallium India) attended the Healthy India Alliance meeting in Delhi.
- Ms. Rajalekshmi and Mr. Vishnu attended ECHO immersion training program at New Delhi which was supported by ECHO India.
- Dr. Rajagopal had attended convocation in 15 medical institutions across Kerala.



VI. Trivandrum Institute of Palliative Sciences (TIPS).

Pallium India has developed a successful model for the provision of palliative care through its Trivandrum Institute of Palliative Sciences (TIPS). TIPS is a WHO Collaborating Centre for Training and Policy on Access to Pain Relief and an approved centre for Prime Minister's National Relief Fund. The following are the activities undertaken by TIPS

Clinical Services

Trivandrum Institute of palliative Sciences' provides free care to the patients including medicines. More the 90% of our patient population belong to poor socioeconomic background.

Palliative Home Visits

Patients who are bedridden, or who cannot travel long distances either due to their physical problems or due to financial constraints, are seen at home. Five home care teams, comprising of volunteers, palliative care assistants, nurse, social workers and doctors conduct visits. Fourteen Link centres have been set up in rural and urban areas of Trivandrum district that bring local community volunteers to assist the home care teams. Home care is the backbone of our services and most of the patients are been seen at home.

Inpatient services

Patients who need continuous observation and monitoring avail the inpatient services, usually for a period of a few days to three weeks, mainly for symptom control or terminal care and occasionally for respite care. We had our inpatient facility at Arumana Hospital, West Fort, Trivandrum with an inpatient capacity of 18 beds till May 2018. Since we got a rent-free facility in June 2018, the entire operations of the trust have been shifted to Vattappara, which is around 15 Kms away from the city. The current facility is having an inpatient capacity of 13 beds.



Outpatient Clinics

Outpatient services were provided at TIPS on all days, Trivandrum Medical College on all days except Sundays, at Sree Avittom Tirunal Hospital (on Thursdays), General Hospital (Trivandrum), CHC Vizhinjam, CHC Poovar and at link centres.

Adult rehabilitation unit for Paraplegic patients

A halfway home for rehabilitation of Paraplegic patients was started with the support of Social justice department, Govt. of Kerala. Initial three years were financially support by the department and the program is continuing with the support of well-wishers and donors. The objective of the project is to identify physical, psycho-spiritual and social issues of people with spinal injury or stroke and to rehabilitate them physically, psycho-spiritually and socially, as useful members of the community. Currently we have a facility to accommodate two patients with family at a time.

Emergency services are provided on a case to case basis and as per the recommendation of our palliative care physician.

Telephone consultations are encouraged for review – and we find this particularly valuable because our home visit program reaches patients only once a week. One staff member keeps a mobile phone, whose number is made available to all patients and families.

Flood Relief Activity:

Kerala experienced the worst floods in a century. 483 people have been killed and millions displaced since the monsoons caused floods in August 2018. More than one million people have sought shelter in relief camps. The response from across the state, the country and the globe, has been immense. But several categories of the affected people are particularly vulnerable, particularly those with pre-existing serious illness, those with disabilities, the elderly and children. As can be imagined, their plight in the aftermath of a natural calamity could be much worse than that of healthy people. Pallium India had made a special effort to reach out to them. In association with IAPC Kerala, Pallium started working in the flood affected areas. As the first phase of the work, we have collected necessary materials i.e. food, dress, water, medicines etc. from the public, staff & volunteers and the same has been donated to the flood affected areas. In the second phase, we have arranged cleaning materials and rehabilitation materials in the affected area. We were focusing in the most flood-affected



areas in Kerala. Six districts are considered in relief and rehabilitation work. This study stands particularly focusing on the need and importance of palliative care in disaster management. Selected Alappuzha pandanad for the long-term assessment which is one of the most affected areas in this regard.

With the support of Cipla Foundation, Pallium have started project "Punarjani" to support and rehabilitation of patients affects with flood in Alappuzha district. Under this project we have deployed one medical and psychiatry social worker and a palliative care nurse. With the support of this team along with community volunteers we did need assessment to understand the physical, mental, socio-economic status of the people in flood affected areas. Coordinated with social work students, Asha workers, primary health centre to complete the survey in each ward. The team have provided psycho-social assistance to the patients and provided them with physical aids, supporting livelihood, house modifications etc. Initiated regular home care services to palliative care patients by providing medical support by adding a home care team in the affected area.

Field Support Team:

Initiated field support team in 2018 to provide care to vulnerable patients, this team consisting of doctor, nurse and a social worker. This team also attends the pending reviews and visits those patients who need to be visited more frequently than the normal review periods.



In 2018-2019, Pallium India provided care to 4080 unique patient and their families, out of which 1867 are newly registered.

Table1: Number of new patients registered by Pallium India at different link centers in Trivandrum during 2018-2019

Link Centres	No of new cases
Trivandrum Medical College	993
TIPS	551
Muttacaud	46
Palode	57
SAT	39
Kulasekharam	52
Poovar	21
Murukumpuzha	31
Uzhamalakkal	33
Jagathy	12
General Hospital	15
Pallithura	17
Grand Total	1867

Psychosocial Care and Rehabilitation

Pallium India believes and practices active total care. We cater to not just the medical needs of the patients, but also the psycho-social-spiritual concerns of the patient and the family. We provide the following services in this regard.



Bereavement Support 'Unarv' Group is made available to the families who need psychological support to address and work through their grief following the death of their loved ones. This group is being driven by volunteer team and they used to meet once in a month along with the family members of Unarv.

Physical rehabilitation particularly for the patients who needs supportive devices including provision for wheel chairs, commode, hearing aids, walkers etc.

Vocational rehabilitation for the patient and/or the family where they are encouraged to undertake creative activities which also provide an income. Appropriate training will be given by the experts to the patients and their family members on starting a vocation. Initial financial support will also be given to the family to start the initiative. This will be monitored by the vocational rehabilitation team and necessary support will be provided to the patient/family to continue the activity to earn income for their daily needs. This includes starting petty shop, vegetable shops, poultry farming, umbrella making, candle making, tailoring shop, grocery shop etc.

Food kits are provided to those patients and families who are extremely poor and not having any support from the government, this will be assessed by the social worker and the community volunteer. Special food kits are been given to patients who needs diet food, this will be recommended by the treating physician.

Educational Support for children who would have been forced to drop out of school, because of the illness and poverty. This is continued till the student finishes his/her education. Support group for children receiving educational support endeavors to develop their self - confidence, aptitude and skills. Three days summer camp was conducted for all children supported by Pallium India Trust. Special support was also been given to students to undergo higher education based on their merits, such special support are been provided through the support of individual donor. The education support group is been driven by the volunteer group and they act as the mentors to the students who are support through this program. These mentors will monitor the academics of students and act as a channel in between the student, school and Pallium. Mentors used to contact the student, their teachers and family members to understand the needs of the students and support it. This group used to conduct



career guidance program once in a year for the students of 10th, 11th and 12th to prepare them for attending the public exams.

Specialist care services

Specialist Consultations- Based on the need of the patient and the caregiver, the services of specialist consultants are made available based on the need of the patient. Those patients who require specialist care are been referred to the concerned team by the regular clinical team. The team consists of specialists/ consultant doctors who have volunteered their time and services.

Physiatry: A consultant physiatrist, social worker and a physiotherapist leads this program through home visits and in in-patient and out-patient settings of TIPS. Physiotherapy is provided to patients suffering from varying degrees of paralysis because of accidents, stroke or other neurological problems, and cancer with the objective to improve their quality of life.

Mental health in Palliative care: This special team is to addresses the mental health issues of the patients and their families who are enrolled in Palliative care. This team consisting of a psychiatrist, palliative care nurse and a social worker. Dr. Chitra Venkatesh of Mehac Foundation is voluntarily supporting Pallium India Trust. Follow up of these patients will be done on a weekly basis by special mental health team.

Lymphedema care and Colostomy care- Apart from providing lymphedema care and colostomy care to those patients in need, we also train their caregiver in its management. Lymphedema management is done as part of our regular care, but for reducing the lymphatic edema of the patients, continuous massaging is required. So, a special team consisting of Nurse, Physiotherapist and a social worker goes twice a week to manage these patients at home.

Neurology care: New initiative started in 2018 with the help of a volunteer neurologist Dr. Syam. This specialty team visits the patients at home once in a month who require neurology consultation. Further follow-up will be done by the regular home care team in consultation with volunteer consultant.



VII. Education, Training and Capacity Building

To increase awareness of palliative care among the general public and the health care professionals, we conduct awareness programs and training programs.

In Trivandrum, the Pallium India is running six weeks' Certificate Course in Pain and Palliative Medicine (CCPPM) for doctors, Certificate Course in Palliative Nursing (CCPN) for nurses and Certificate Course in Palliative Care (CCPC) for other healthcare workers respectively. Pallium India conducts 10 days' Foundation course in Pain and Palliative Medicine (FCPPM) for doctors and nurses. Also conducts 3 days training program for volunteers.

In addition to TIPS, Certificate Course in Pain and Palliative care is carried out by other three centres catalyzed by Pallium India. These are MNJ Institute of Oncology, Hyderabad, Gujarat Cancer Research Institute and BMCHRC, Jaipur. Pallium India coordinates the fellowship program in palliative care offered by Indo-American Cancer Association (IACA).

Virtual Learning Program: As part of providing continuing education on palliative care, we conduct ECHO (Extension for Community Health Outcomes) sessions through virtual learning platform called "Zoom". We have conducted three TIPS-ECHO sessions in 2018-19, attended by medical professionals from various parts of India. Conducted 3 ECHO clinics - Two Foundation course on palliative medicine with 23 and 22 doctors respectively attended the clinic, one Pain free Hospital initiative with 26 doctors and 21 nurses attended the clinic. TIPS-ECHO is planning to conduct virtual training programs for Nurses, social workers and Pharmacist in the forthcoming year, an integrated curriculum was designed for social workers to start the training program. TIPS-ECHO is also planning to start a training program for Palliative care beneficiaries with the support of WHPCA (proposal submitted and accepted by WHPCA).

National Information Center: The primary objective of the Information Centre run in Trivandrum is to provide information on palliative care and establishments that provide palliative care India. A trained medical professional responds to the calls and provide relevant information. We also disseminate information through email and our website.



Awareness Campaign and Volunteers Training

To empower the community and to ensure their continuous participation in this area, we provide volunteer training programs and awareness campaigns at different levels. Director of Public Instruction issued an order to conduct awareness programs in government and aided schools based on the request given. Awareness class was given in 15 Schools in Trivandrum. This has resulted in a tremendous increase in the number of participants. This has also helped us in strengthening student's initiative in palliative care in schools.

Initiated Students against Needless Suffering and Pain (SANS Pain) – The main objective of this project is to involve students in the palliative care activities. The Education Department (Kerala) has authorized Pallium India for conducting awareness program on Palliative care in schools. Started SANS Pain units in 10 schools in Trivandrum. SANS Pain unit at College of Engineering, Trivandrum launched “DeCARE”; a student's startup to support patients by developing low cost assistive devices and they also help in patient care. The SANS Pain activity entered into new heights as more and more social support groups of the schools and colleges were approved for starting palliative care awareness to their group. This includes National Service Scheme (NSS), Students Police Cadets (SPC) and social clubs in colleges. This has resulted in the increase of social support to patients and their families, food kit support, increased donations through student's forum, also helped in formation of medicos volunteers at Government Medical College Hospital.



Table 2: Data on clinical and non-clinical services rendered at TIPS

Clinical Services	
Patient Care	No. of beneficiaries
1 Number of new patients	1867
2 Number of patient contacts	23106
3 No. of patients admitted in Adult Rehab centre	11
4 Total no of unique patients	4080
5 Total patients seen in Physiatry Team	117
6 Total patients seen by Mental Health Team	37
7 Total patients seen by Neurology Team	18
Psychosocial Care and Rehabilitation	
Programs	No. of beneficiaries
1 Food kit	79 families
2 Physical aid	91 patients
3 Vocational training and rehabilitation	56 families
4 Education and Mentoring Program	233 children
5 "Kuttikkoottam" Summer Camp	48 children
6 Unarv- Support group for bereaved families	60 family members



Table 3: Details of training programs conducted in 2018-19

Training Programs	No. of participants	No. of programs
Foundation Course in Pain & Palliative Medicine (FCPPM)	48	5
Foundation Course in Pain & Palliative Medicine (ECHO)	45	2
Certificate Course in Pain & Palliative Medicine (CCPPM)	27	5
Certificate Course in Palliative Nursing (CCPN)	35	5
Foundation Course in Palliative Nursing (FCPN)	29	2
Number of Nurses from NHM attended Lymphedema Training	22	1
Number of Physiotherapist from NHM attended Lymphedema Training	22	1
Volunteer Training Program	17	2
Community Awareness Program	7600	43
Awareness programs at Schools and Colleges	2500	15
Three days clinical placement for PG doctors from Gokulam MCH	30	15
University of IOWA cultural immersion program	14	1
10 days foundation course for Govt. Medical College Faculties	7	1
Zonal level Palliative Care Nurses refresher course	30	1
Pain free hospital Initiative	26 (Doctors)	1
	21 (Nurses)	



VIII. Awards and Recognitions:

- Dr. Rajagopal received John Mendelsohn MD Award at an event held at The University of Texas MD Anderson Cancer Center in Houston, Texas, USA.
- Honorable Kerala Governor Justice (Retd.) Sadasivam honored Dr. M.R Rajagopal in a public function organized by TIPC.

IX. Major events organized

- Official inauguration of new facility at campus of PMS dental college on 21st November 2018 by Shri Kadakampally Surendran, Minister for Co- Operation, Tourism and Devaswom, Government of Kerala.
- Official launch of Rehabilitation Store at Pallium India, Vattappara on 22nd Feb 2019.
- A one-day workshop "Samarppanam 2018" was conducted on 1 Dec 2018 for women caregivers and patients at Mannam memorial hall under FOMAA supported project. The documentary "Support-a different story" was screened. The workshop was inaugurated by Ms Bina Paul, Artistic Director of IFFK.
- A one-day workshop titled "UHC & Palliative Care in Kerala-The Way Forward, Call for Action Based on Astana Declaration" was conducted on 11 Dec to commemorate Universal Health Coverage Day. This was a combined work by Government Medical College, Trivandrum and Pallium India at Old Auditorium, TVM. More than 150 attendees apart from guests contributed to the workshop. Meeting declaration will be submitted to government of Kerala, Government of India and various state governments. The workshop started with the key note address by Mr. Rajeev Sadanandan, IAS, Additional Chief Secretary (Health), Government of Kerala.
- Official inauguration of "UJJWAL" (Women's collective of Pallium India) project supported by FOMAA.



- Organized patient get together on "World Palliative Care day", taken patients and their family members to "Magic Planet", it was a full day function and around 400 members participated in the program. The management and staff of Magic Planet has helped a lot in making this function a grant success, they have offered the facility at a nominal charge for our patients and their family members.



X. New Initiatives

“Ujwal” supported by FOMAA: Several studies showed that women are the informal care providers to their family members with chronic medical conditions and disabilities. Women patients are also suffering a lot. Social isolation due to the lack of support from family, friends and community members, mental stress, decreased time for personal needs, physical problems (back pain) during positioning and helping the patients (parents / husband/ children) to carry out functional activities are the major problems faced by them. Sometimes they are forced to hear unwanted blames for the child's or husband's condition by the family members or community. Their work is usually unpaid, undervalued and unrecognized. In this context, Pallium India with the support of FOMAA has launched a project named “UJJWAL” to empower women palliative care beneficiaries and thus form a group. In our context, Empowerment is the process through which a woman perceives that she controls her situation through proper interventions which can help them to have a good quality life within the existing environment as a caregiver or as a patient.

“Punarjani” supported by Cipla Foundation: To support and rehabilitation of patients affects with flood in Alappuzha district. Under this project we have deployed one medical and psychiatry social worker and a palliative care nurse. With the support of this team along with community volunteers we did need assessment to understand the physical, mental, socio-economic status of the people in flood affected areas. Coordinated with social work students, Asha workers, primary health centre to complete the survey in each ward. The team have provided psycho-social assistance to the patients and provided them with physical aids, supporting livelihood, house modifications etc. Initiated regular home care services to palliative care patients by providing medical support by adding a home care team in the affected area.

Field Support Team: To provide care to vulnerable patients, this team consisting of doctor, nurse and a social worker. This team also attends the pending reviews and visits those patients who need to be visited more frequently than the normal review periods.



XI. FUNDING SOURCES

- The funding of Pallium India comes from a variety of sources but is primarily based on philanthropic donations.
- Unsolicited donations from friends and families of patients who have been treated by TIPS
- Regular donations by several doctors of Kerala origin working in Western countries or in the Gulf countries.
- The organisation's fleet of ten vehicles that are used for home visits and other patient care, have all come from different organization including banks.

XII. Donations/ Grants received via projects in 2018-19

- Tata Trust – Improving access to pain relief and palliative care in India
- Jiv Daya Foundation (JDF) – Capacity building project in cancer and supportive care at different project location across the country.
- Pallium India incorporated (inc.)- Advocacy for scaling of palliative care services across the country by implementing state wide policies.
- Department of Social Justice, Government of Kerala - “Half way home” for paraplegic patients.
- Indo American Cancer Association – Scholarship for palliative care training programs for doctors and nurses.
- “Punarjani” project supported by CIPLA Foundation – Support and rehabilitation of palliative care patients affected with flood in Alappuzha district.
- “We Care” project supported by IQVIA – Support for five home care team for a year.
- Queens university – Support for Kerala state project.
- “Suraksha” project supported by Kalpatharu Trust – Home modification and renovation for vulnerable patients.



- ECHO INDIA – Resource support for ECHO virtual training program
- Ms. Poonam Bagai -Support on Advocacy work at North and North East.
- “Ujwal” project supported by FOMAA – To empower women palliative care beneficiaries and thus form a group
- APTIV solution - Donated a wheelchair friendly home care vehicle valuing 10 Lakh.
- NSS students of Govt Maranalloor School – Donated an ambulance for patient care.