

# Annual Report 2019-2020

## Pallium India

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## Chairman's Message

*"Millions in India experience serious illness-related suffering – some writhe in pain, some gasp for breath, many are submerged in the depths of depression, tens of thousands take their own lives while other hundreds of thousands try to and fail.*

*They are not vote-bank. They cannot vote because they are too weakened by suffering. Their voice is mute. They don't have a seat at the table where decisions are made. They become invisible.*

*The health system focuses only on diseases, turning its back on this unmitigated suffering.*

*We refuse to turn away.*

*We will make them visible.*

*We will ease any pain we can.*

*We will wipe any tears we can."*

- Dr M.R Rajagopal



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## Board of Trustees



### **Dr M. R. Rajagopal, Chairman**

Dr M.R. Rajagopal is also the director of Trivandrum Institute of Palliative Sciences, the flagship of Pallium India. He founded Pallium India in 2003, with a mission to catalyse and facilitate the integration of palliative care with healthcare in India. In 2018, the Indian Government honoured Dr M. R. Rajagopal with the Padma Shri award.



### **Poonam Bagai, Vice- Chairman**

An ex-bureaucrat, Ms Poonam Bagai is a cancer survivor. Her fight with cancer left her with the determination to do something about it and she founded “Cankids...Kidscan”, a very successful Non-Government organisation that provides comprehensive cancer care to children in many parts of India. She is also a joint secretary of the Indian Cancer Society. In 2011, the American Cancer Society chose her to be a “Global Cancer Ambassador”. She is based in New Delhi.



### **Ashok Chitale**

A senior lawyer in the Supreme Court of India, he devotes much of his time to charitable work and is involved with seven different charitable trusts in the country, three of them, dealing with cancer. He volunteered his services free and represents the Indian Association of Palliative Care in its Public Interest Litigation in the Supreme Court of India.





### **S.M Vijayanand**

Former secretary for Rural Development of Government of India and later Chief Secretary of the government of Kerala. Retired and based in Trivandrum. Enjoys a great reputation as a person with integrity, commitment and exceptional pragmatism. Has been active as an advisor to Pallium India for two years before becoming a trustee.



### **Keshav Desiraju**

Mr Keshav Desiraju is an officer of the Indian Administrative Services of 1978- batch and an alumnus of the Universities of Bombay, Cambridge and Harvard. He has made his mark in many positions in the Government, including that of the Union Secretary of Health & Family Welfare.. He was the deciding factor behind the creation of India's National Program for Palliative Care (NPPC).



### **Dr C. Mohanan**

An Anaesthesiologist by training and till recently a member of the teaching faculty at a Medical College, he was volunteering as Senior Administrator of Trivandrum Institute of Palliative Sciences since its inception. He has been associated with Pallium India activities since 2006.



### **Ashla Rani**

Ashla Rani had come to Pallium India as a care receiver in 2014, became a full-time volunteer and is now both a caregiver and a care provider. She works with people with disabilities and also acts as a counsellor for children whose families have been devastated by serious illnesses.

She won Kerala Government's "youth icon" award in 2017. In the same award, she also won the state award for the most efficient employee in the non-government sector.

**Binod Hariharan**

Binod Hariharan is an engineering graduate and has over 18 years of experience in different capacities in the IT industry. He is currently the Chairman of the board of two companies; Astro-Vision Futuretech Pvt. Ltd. and Malayogam Pvt. Ltd. He has been involved with the activities of Pallium India since its inception and has been working more closely over the last year, providing consultancy on professionalizing the management of the organisation.

**Dr K. S. Lal**

Founder of Vazhakulam Pain and Palliative Care Society, one of the earliest palliative care initiatives in Kerala, India. An Anesthesiologist by training, he has been a very active trustee of Pallium India from its beginning. At the moment he is on an assignment outside India.

**Dr T.S. Guruprasad**

A caregiver for his wife living with MS and father who passed away due to Parkinsonism and Alzheimer's for many years, Dr Guruprasad is the Co-Founder Trustee of Swarga Foundation, an NGO based in Coimbatore, Tamil Nadu, that supports people with neurological diseases and disorders. He has a doctorate in Supply Chain Management and is an alumnus of IIM Kozhikode. He has 24 years of industry experience in Supply chain planning & Logistics and is the brain behind Sarathi, Tamilnadu's first transport facility for people with disabilities.

## About Palliative Care

In much of history, the reduction of suffering was at the core of medicine. As medical science evolved and better diagnostic and treatment modalities became available, the focus shifted to successful treatment and cure of diseases and illnesses. While this benefited humankind in countless ways, we started losing sight of the fact that not every illness can be treated beyond a point, however patients living with serious health related suffering and nearing the end of life, are also deserving of care. There has been unintended neglect and marginalization of palliating health-related suffering. Palliative Care Services continue to be severely inadequate in India.

## About Pallium India

Pallium India works to integrate Palliative Care with all healthcare, through demonstration, education and facilitation.

Pallium India ([www.palliumindia.org](http://www.palliumindia.org)), a Non-Governmental Organization, has been a pioneering organization in the field of Palliative Care in India. In line with principles of Universal Health Coverage we are committed to reaching the patient where they are and when they need it. A model of care where palliative care services are delivered by a healthcare team in the patient's home was established to complement facility based care. This is particularly important as many patients may not be mobile and cannot come to the hospital. Our TIPS and home care teams currently deliver care to over 4000 patients a year.

## Vision

An India in which palliative care is integrated into all health care 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 across India through the delivery of services, education, building capacities, policy, research, advocacy and information.

## Core Values

The patient is the most important consideration. Commitment to Pallium India will be secondary to a 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 allowing us 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 endeavour to do the right thing for the right reason as best as we can
- We recognise 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 in the best interest of those we care for.



## Our Work- Facilitation

### National Outreach

#### Implementation of the National Program of Palliative Care

The Ministry of Health and Family Welfare, New Delhi, in collaboration with the Government of Tamil Nadu and WHO India, organized a review meeting on 4-5 November 2019 in Chennai. The meeting called upon attendees to share their experiences, collate best practices in palliative care in India, and discuss the implementation of the National Program of Palliative Care (NPPC).

The programme was a part of the National Health Mission (NHM) and has a vision of ensuring the availability and accessibility of quality pain relief and palliative care to the needy. Dr Rajagopal was a member of the Expert Group.

#### Work with the Government of India for implementation of the amendments to the Narcotic Drugs and Psychotropic Substances Act.

Pallium India engaged with the Government of India's Department of Revenue and Ministry of Health to facilitate the appropriate revision of the "State Narcotic Drugs and Psychotropic Substances Rules" and create simple, standard operating procedures for state governments to follow. The State NDPS Rules which were announced in May 2015 need revision because of several gaps. This involves working with both the Department of Revenue and the Ministry of Health of the Government of India.

- We had three meetings with officials of the Department of Revenue. Discussions are ongoing.
- We had two meetings with the Ministry of Health and Family Welfare.

#### Work with the individual state governments for implementation of the state rules of 2015, under the Narcotic Drugs and Psychotropic Substances Act in collaboration with local pioneers.

In India, health is a "state" subject and it is necessary to work with 29 State Governments and 6 union territories to ensure that the amendments to the NDPS Act are implemented without bringing in additional barriers. We propose to work in 1-2 states every year, selecting states in which palliative care pioneers can be found who can collaborate with the WHOCC. In the selected states, we propose also to educate professionals by working with the State Departments of Health and with the National Medical Commission for the introduction of palliative care into the medical curriculum. It is also proposed to work with the State Department



of Health and with the state representatives of the National Health Mission to ensure implementation of the National Program Palliative Care (NPPC). In each state, a review of barriers will be performed to ensure that the amended regulations are implemented.

- Conducted opioid availability workshops involving officials and palliative care doctors and other activists in Jammu and Kashmir on the 27th of July 2019.
- Worked with state champions in Uttarakhand, Goa, AP, Puducherry, Meghalaya.
- Key officials educated about opioid access in-depth in Jammu and Kashmir.
- Approval of Recognised Medical Institutions following new NDPS rules became a reality in 4 states and 1 union territory:
  - Haryana (district hospitals)
  - Himachal Pradesh (district hospitals)
  - Uttarakhand (Ganga Prem Hospice)
  - West Bengal (Ruma Abedona Hospice)
  - Goa (Dilasa Hospice)
  - Andhra Pradesh (Age Care Foundation)

## International Level

### Access to Internationally Controlled Essential Medicines

The Director -Programmes of Pallium India has been part of a group of international experts to discuss common barriers to accessing Internationally Controlled Essential Medicines (ICEMs) for low-and middle-income countries (LMICs), to study barriers to accessing ICEMs across care fields like anesthesiology, epilepsy, harm reduction, mental health, and pain and palliative care.

### WHO guideline development group

Dr. M.R Rajagopal has been selected as a member of the WHO Guideline Development Group or Expert Review Group for the review and update of the WHO Guidelines on the pharmacologic treatment of persisting pain in children with medical illnesses published in 2012.

The role of members of the WHO guideline development group is to advise WHO in the interpretation of the evidence for making recommendations taking into consideration: (i) desirable and undesirable effects of this intervention; (ii) the quality of the available evidence; (iii) values and preferences related to the intervention in different settings; and (iv) the cost of options available to health-care workers in different settings.

## Our work- Education

### Onsite Training:

To increase awareness of palliative care amongst health care professionals, we conduct training programs in Trivandrum. 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 a 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).

TIPS has been training medical professionals in Palliative Care since 2007.

Courses we offer:

- Six Weeks Certificate Course in Pain & Palliative Medicine (CCPPM)
- Six weeks certificate Course in Palliative Nursing (CCPN)
- Ten Days Foundation Course in Pain & Palliative Medicine (FCPPM)
- Ten Days Foundation Course in Palliative Nursing (FCPN)
- Volunteers Training Program (VTP)
- Training the Trainer programs

## Online Training



Project ECHO® is an online lifelong learning and guided practise model that revolutionizes medical education and exponentially increases workforce capacity to provide best-practice speciality care and reduce health disparities through its hub-and-spoke knowledge-sharing networks.

To spread the knowledge of palliative care and attain more expertise in the medical field, TIPS collaborated with ECHO India to widen the horizon and thus initiated TIPS-ECHO. Through the TIPS-ECHO platform, TIPS looks forward to building the capacity of healthcare professionals and spreading awareness among the masses. TIPS-ECHO Program helps to connect, assess, monitor, support and educate palliative care teams across the country.

All levels of providers including Physicians, Nurses, and Allied health-care providers (including pharmacists, psychologists, social workers, occupational therapists, physiotherapists, play specialists, and others) and beneficiaries of Palliative Care can be a part of TIPS-ECHO training.

### Courses:

- Foundation Course in Pain & Palliative Medicine
- Foundation Course in Palliative Nursing
- ECHO programme in Palliative Care for Psychosocial clinicians and Allied Health Workers.
- Aarohan: A project on empowering beneficiaries of Palliative Care
- Pallicovid ECHO: ECHO on palliative care for healthcare providers treating people with Covid-19

Training Programs	No. of certified participants	Participant Profile	No. of Programs	Location
Foundation Course in Pain & Palliative Medicine (FCPPM)	10	Doctors	1	TIPS, Trivandrum
Foundation Course in Pain & Palliative Medicine (ECHO)	40	Doctors		Zoom video conferencing
Certificate Course in Pain & Palliative Medicine (CCPPM)	23	Doctors	3	TIPS, Trivandrum
Certificate Course in Palliative Nursing (CCPN)	23	Nurses	3	TIPS, Trivandrum

Lymphoedema Training Programme- Physiotherapist	22	Physiotherapist	1	
Lymphoedema Training Programme-Nurses	27	Nurses	1	
Lymphoedema Training Programme- Nursing Students	225	Nursing Students	1	
Lymphoedema Training Programme- Caregivers	23	Caregivers	1	TIPS, Trivandrum
Volunteer Training Programme	54	Volunteers/ Civil Society	5	TIPS, Trivandrum
Foundation Course in Palliative Nursing (ECHO)	9	Nurses	1	Zoom video conferencing
Psychosocial Issues in Palliative Care (ECHO)	29	Social Workers, Psychologists, Administrators	1	Zoom video conferencing
Aarohan- Empowering the voices of those who suffer” (ECHO)	12	Beneficiaries of Palliative Care	1	Zoom video conferencing

<b>Total no. of states and Union Territory covered:</b>	Kerala Andra Pradesh Himachal Pradesh Uttar Pradesh Tamil Nadu Karnataka Nagaland Maharashtra
<b>Professionals sensitised:</b>	House surgeons-105 Psychiatry PGs - 25 Physiatry PGs - 3 MPH-19

## Project Aarohan



# AAROCHAN

Giving Voice to Lived Experiences



With generous support from the Worldwide Hospice and Palliative Care Alliance (WHPCA), we launched Project Aarohan – Empowering the voices of those who suffer”.

The word Aarohan means “to rise”, and through this project, our aim was to strengthen the voice of direct palliative care beneficiaries (i.e: people and caregivers who are

currently living with conditions that require palliative care now or may require it in the future), and improve their impact as advocates to improve access to quality palliative care in their communities. This was in line with WHPCA’s vision to improve the power balance and dynamics and look at who is speaking on behalf of whom to develop a more impactful social justice movement on palliative care in low and middle-income countries, and worldwide.

We conducted online sessions using the ECHO (Extension for Community Healthcare Outcomes) platform over 5 months, wherein 20 selected participants were familiarised with various aspects of advocacy, related strategies and tools.



## Other Trainings

### A Visit to Timor Leste

Pallium India's Director- Programmes visited Timor Leste in August 2019 for conducting a training needs assessment to support the capacity building of palliative care services in the country. This was followed by a 10-day long training visit of a 3 member delegation including two nurses and a doctor, to the Trivandrum Institute of Palliative Sciences in October 2019.

#### Timor Leste team in India

- 1 Doctor and 2 nurses - Dr Celestina, Sr. Epifania and Mr Antonio - visited TIPS from 21st October 2019 to 30th October 2019 for exposure and training on the model of care delivery provided in Trivandrum, via community-based home care, in-patient and outpatient units.
- The 10-day hands-on training was provided to the Timor Leste team.
- They were oriented to the services and activities at the TIPS facility and accompanied the TIPS teams into rural as well as urban home care settings and OPDs. Specific emphasis was given to nursing-related issues and pharmacy management, keeping in mind the competencies and the requirements of the two nurses, as well as the issues of procuring, stocking and dispensing Essential Narcotic Drugs (ENDs) back in Timor Leste, as identified during the Director-Programmes' visit.

### Trainee Tracking

45 doctors were given hands-on training during the 2019- 2020 period to doctors from Kerala, Andhra Pradesh, Himachal Pradesh, Uttar Pradesh, Tamil Nadu, Karnataka, Nagaland, Maharashtra and Pondicherry. From the 2019 batch, we have effectively launched a feedback form (online) to assess their palliative care practice. This tracker is also used to analyse the feedback of previous year batches.

## National Outreach: Onsite Training & Events-

### National Outreach- Capacity Building Programs



Name of the program	No. of Events	No. of Participants	Location
<b>Opioid Availability Workshop</b>	1	30	Regional Institute of Health and Family Welfare, J&K.
<b>CME</b>	18	1752	<ol style="list-style-type: none"> <li>1. Shantikunj, Haridwar</li> <li>2. District Hospital, Bageshwar</li> <li>3. District Hospital, Nainital</li> <li>4. District Hospital, Champawat</li> <li>5. District Hospital, Gopeshwar</li> <li>6. SPS Govt Hospital, Rishikesh</li> <li>7. King George Medical University, Lucknow</li> <li>8. District Hospital, Pauri</li> <li>9. SDM PG College, Doiwala</li> <li>10. Uttarakhand Hospital</li> <li>11. Himalayan Ayurvedic Medical College</li> <li>12. Govt Ayurvedic College, Haridwar</li> </ol>

13. Cancer Research Institute, Jollygrant 14. RK Mission Hospital 15. Mela Hospital, Haridwar 16. Gandhi Shatabdi Eye Hospital, Dehradun 17. NEIGRIHMS, Shillong 18. Christian Institute of Health Sciences and Research, Dimapur			
<b>Sensitization Programme</b>	15	472	
1. Govt Medical college , Rajkot 2. Sir T Hospital, Bhavnagar 3. Vasundhara Enclave, New Delhi 4. SPS Govt Hospital, Rishikesh 5. Empower Her, NGO, Rishikesh 6. Lions Club, Haridwar 7. Adarsh Yuva Samiti, Haridwar 8. Shri Badarinath-Shri Kedarnath Mandir Committee, Dehradun 9. GPH, Rishikesh 10. Shalom Rehabilitation Centre, Dimapur 11. Naga Hospital Authority Kohima, Kohima 12. Cachar Cancer Hospital & Research Centre, Silchar 13. Dr.B.Borooah Cancer Institute, Guwahati 14. Satribari Christian Hospital, Guwahati 15. MIND India, Guwahati			
<b>Foundation Training for Doctors and Nurses - 10 days</b>	2	75	1.State Institute of Health & Family Welfare, Punchkula, Haryana 2.NEIGRIHMS, Shillong

## New Partnerships

### Public Health Foundation of India



Public Health Foundation of India (PHFI) and Trivandrum Institute of Palliative Sciences (TIPS), a WHO collaborative centre for training and policy on Access to Pain Relief under Pallium India have partnered together to develop a Certificate Course in Palliative Care (CCPC) for doctors. The pilot project will be launched in 2021.

## Our Work- Demonstration- Trivandrum Institute of Palliative Sciences (TIPS)



**Trivandrum Institute of  
Palliative  
Sciences**



**World Health Organization Collaborating Centre  
for Training and Policy on Access to Pain Relief**

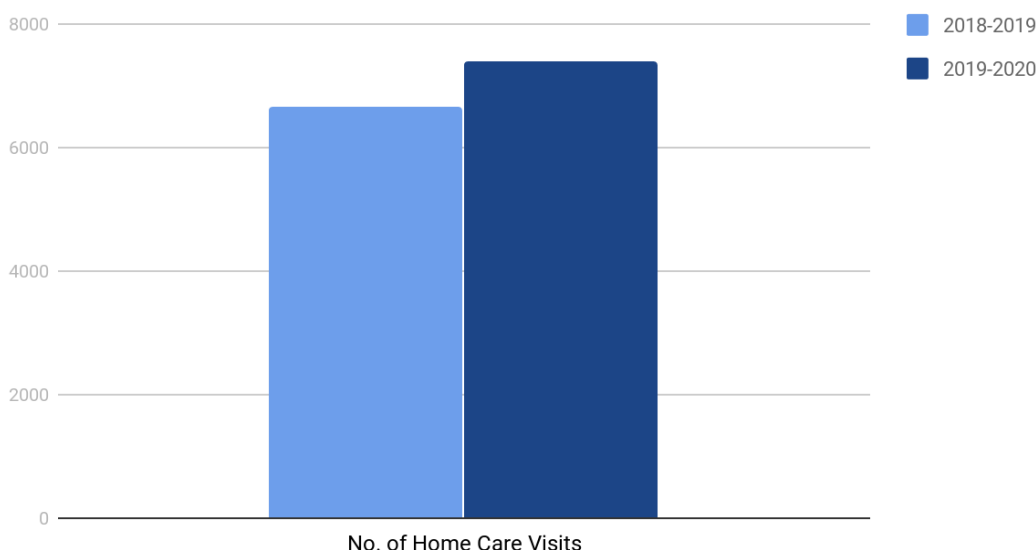
Pallium India provides service delivery and training through the Trivandrum Institute of Palliative Sciences (TIPS), the flagship programme of Pallium India. It has been accredited as a WHO Collaborating Centre for Policy and Training on Access to Pain Relief. Services are provided through Out-Patient Clinics, In-Patient Services, and Home Visits.

### Home Care

Home Visits form a crucial part of our services. There are thousands of people who cannot access a healthcare facility because they are bed bound, elderly, living alone with no one to accompany them or geographically isolated. At Pallium India, we strive to meet them, where they are, when they need us, honouring the Universal Health Coverage tenet of leaving no one behind.

Total no. of Home Visits - 7403

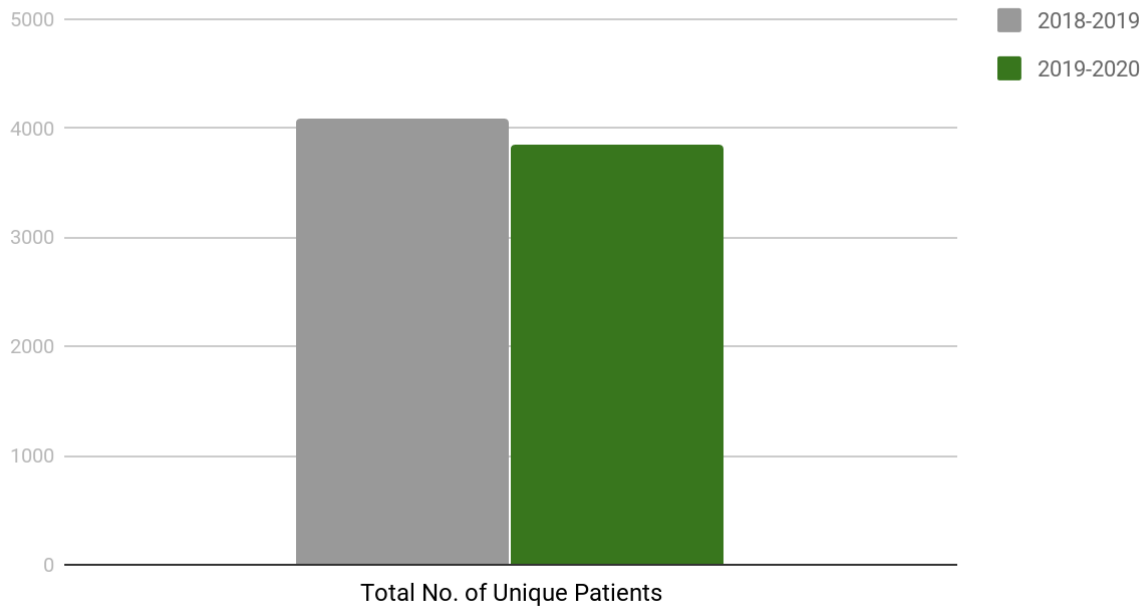
#### Home Care





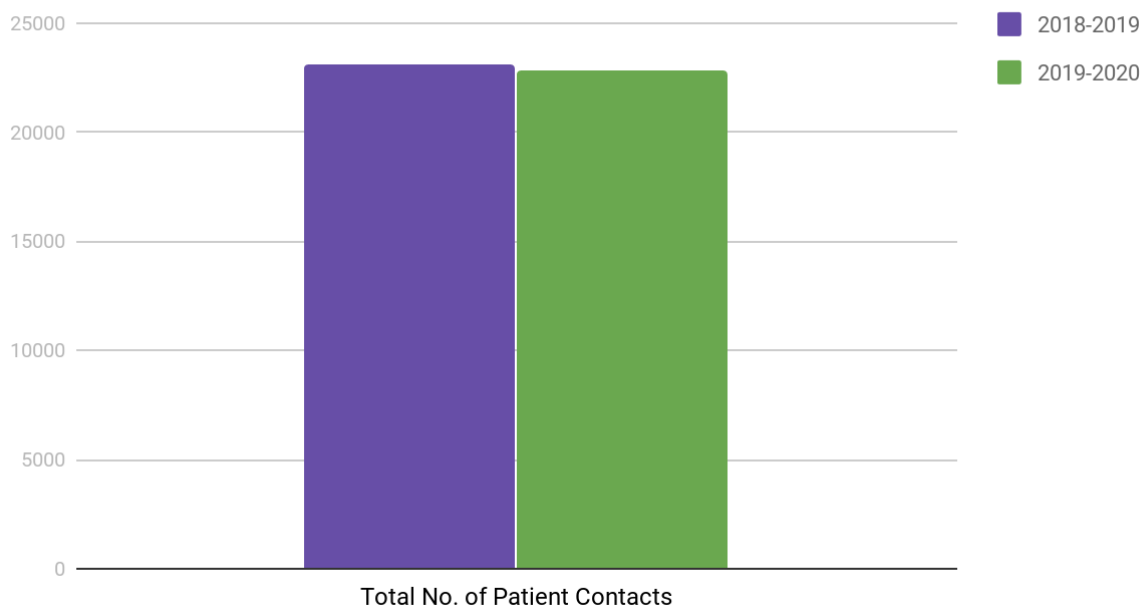
Total no. of unique patients- 3842

### Unique Patients



Total no. of patient contacts- 22,823

### Patient Contacts



## Out-Patient

We provide Out-Patient Services at the Trivandrum Institute of Palliative Care facility as well as in the following locations:

In collaboration with hospitals:

- Trivandrum Medical College Hospital
- General Hospital
- Community Health Centre in Poovar
- Vizhinjam
- Sree Avittum Thirunal Hospital (for paediatric palliative care)

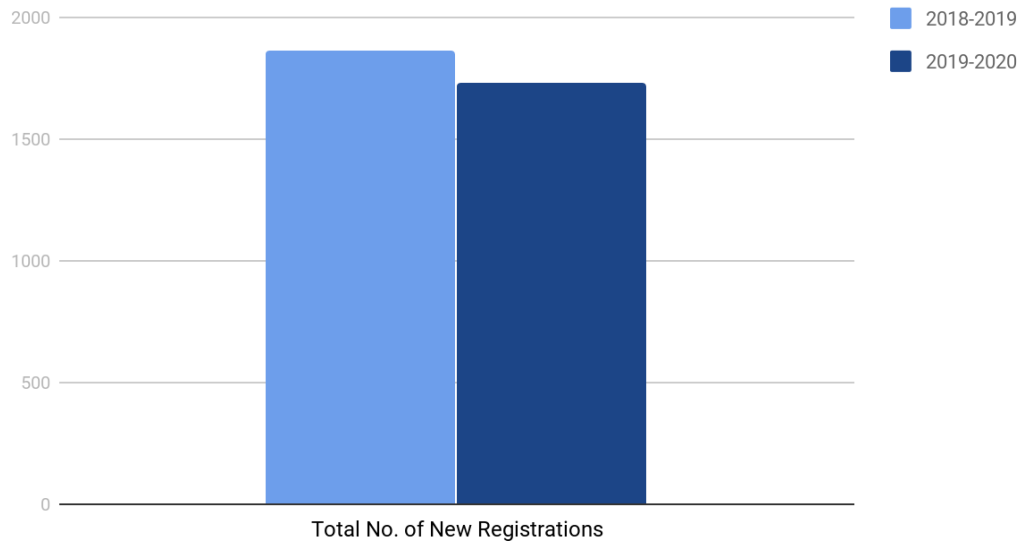
In association with various volunteer-led Pain and Palliative Societies in and around Trivandrum:

- Jagathy
- Palode
- Karakulam
- Murrukumpuzha
- Pallithura
- Kulasekharam
- Muttacaud



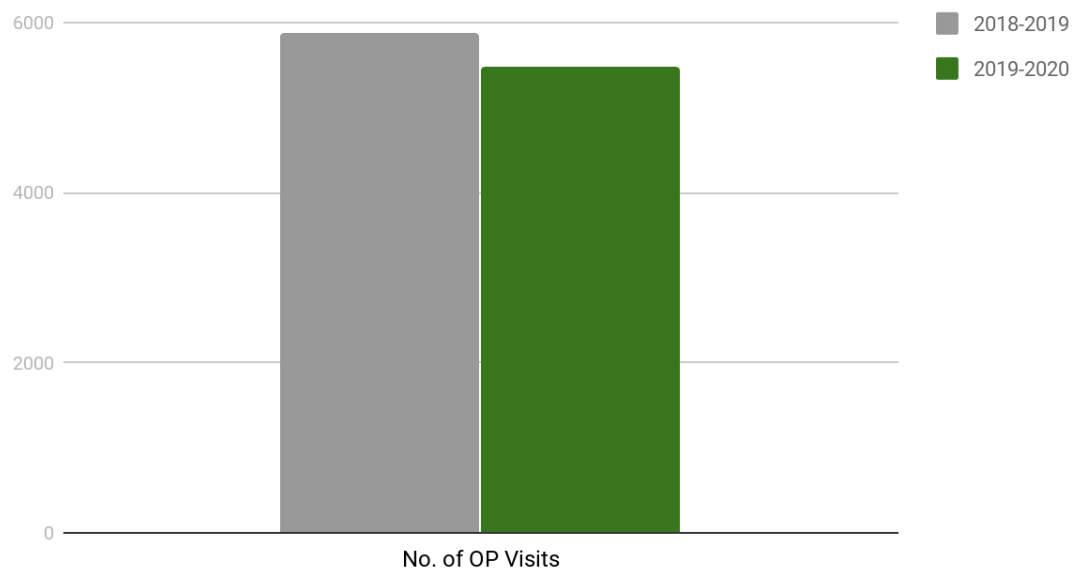
**New patients registered- 1731\***

**New Registrations**



**No. of OP visits- 5481\***

**Out Patient Visits**

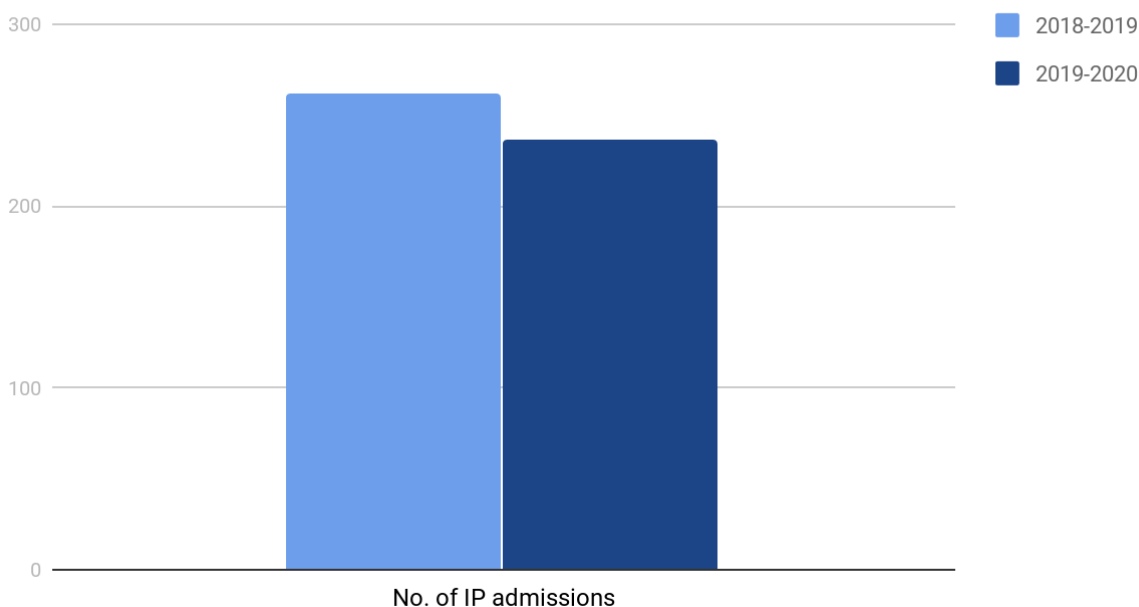


## In- Patient (IP)

In-patient services are available at the Trivandrum Institute of Palliative Sciences and delivered by a Multidisciplinary Team involving Doctors, Nurses, Medical Social Workers, and Physiotherapists. Patients are admitted for short or long term symptom control as well as for hospice services to facilitate appropriate end of life care.

**No. of patients admitted in IP- 236\***

### In-Patient Admissions



## Rehabilitation and Psychosocial Care

Pallium India is committed to improving the overall quality of life of patients and families. We recognise that illness-related suffering has many aspects – physical, mental, socio-economic and spiritual. Therefore, rehabilitation services form an integral part of the support we offer. This has several components and programmes under it:

### Halfway Home

Pallium India runs a unique “Halfway Home” Programme where patients with spinal cord trauma are housed and rehabilitated in a facility that includes a kitchen, a wheelchair accessible room, and restroom so they can be trained in using these facilities before they are sent home. This year a total of 11 beneficiaries were admitted in Halfway Home.

## Psychosocial Support

Type of Support	No. of patients/families
No. of food kits distributed	72 families
Vocational rehabilitation	30 families
Physical Aids	122 patients
Educational Support	288 families
House Modification	7 families

## Projects

### Ujjwal

With generous support from the Federation of Malayalee's Association of America (FOMAA), we launched Project 'Ujjwal'.

Through this project, our aim is to strengthen the women caregivers, thereby empowering them and promoting gender equity. We provide vocational and psychosocial support for caregivers of patients, to prevent complete financial destruction as well as to combat caregiver burnout.

Through project 'Ujjwal' we provide support to women beneficiaries' vis-a-vis aid for basic food, water and shelter, vocational support, medical/ procedural support, educational support for the children. 44 families have benefited through this project.





## Kuttikootum



Loosely translating to “Children’s Collective”, our Kuttikootam programme supports the educational needs of children whose families have been financially destroyed by health related expenditure.

Very often, one of the first collateral damages seen in a family navigating a serious and chronic health crisis is the discontinuation of the children's education, as those funds are reallocated to treatment costs. At Pallium India, we try and ensure that children do not slip through these cracks. We also run summer camps for children listed under this programme, where they share experiences, make friends and learn life skills. This year we have supported 287 children through this initiative.

## Unarv

Unarv is a bereavement support group for families who need psychological support to address and work through their grief following the death of their loved ones. This group is driven by a volunteer team who meet once in a month along with the family members of Unarv. A total of 70 beneficiaries have been attending Unarv on a regular basis.

## Facilitation - State level

### Volunteer/ civil society engagement at state level.

- By 2019, we have initiated 149 palliative care clubs under Kerala University in collaboration with National Service Scheme in 6 regions of Kalam Technological University (KTU). Last year, we initiated 15 palliative care clubs in collaboration with Student Police Cadets (SPC) in Trivandrum.
- In addition, close to 120 volunteers have registered with Pallium India for COVID relief work. This is in addition to the existing 100 active volunteers.
- As part of pallium India compassionate community for care campaign we have sensitized 5000 public in different locations of Venganoor, Poovar grama panchayats and last year we have developed 3 new centers under compassionate community there are Ranigiri compassionate community, Life care pain and palliative care, Bharathannoor and Thanal charitable trust Kaniyapuram.
- Pallium India is an active member of Indian Association of Palliative care, a national professional organisation of palliative care professionals in India.
- Pallium India along with other palliative care civil society organisations meet every month under the umbrella of Thiruvananthapuram Initiative in Palliative care.
- We are associated with IMA, Indian Association of Palliative Care India (IAPC), Indian Association of Palliative Care India Kerala Chapter, Thiruvananthapuram Initiative of Palliative Care (TIPC), Kerala Association of Professional Social Worker (KAPS), National Service Scheme (NSS) for college level student Initiative in Palliative care. Student Police Cadet (SPC) at school level. Association with Social Workers College in Kerala (especially Loyola extension center). Federation of Residents Association in Trivandrum (FRAT), Social Justice Department (SJD), Kerala Social security Mission (KSSM). Association with individual clubs like Lions club, Rotary club, Freemason club, Sreemoolam club, Trivandrum Club, Inner wheel, Manaveeyam theruvora kuttam, Indus cycle embassy, Blood donors Kerala, NILA, NISH, Kanthari, Pradidwani (A welfare organisation for techno park employees), Program Management Institute(PMI), Red Cross Society, Ashrya theeram (patient rehabilitation center), Karunya Vishranthi Bhavan Kattayila, Marthoma Guidance Center, YWCA, YMCA and Bank employees Union(officers forum).
- Pallium India is a part of Interagency group (IAG) under Kerala state disaster management authority.

## Revision of Kerala Policy of Palliative Care

The Pallium India team met the Health Minister of Kerala on the 1st of August to propose changes in the existing Palliative Care Policy which was created in 2008. The Health minister called for a workshop with representation by Palliative Care experts across the state. The 2 day workshop resulted in a revised draft policy which was submitted to the Health Minister and Health Secretary for further review. On September 16th, all Government officials from the Health Department got together to review the revised policy and suggest changes. The revised policy was announced on 13th December at the eve of Universal Health Coverage Day. The new policy had significant changes with the focus on secondary and tertiary healthcare, livelihoods, roles of NGOs and CBOs to name a few. The action plan of the revised policy is yet to be formulated.

## Community Engagement

We believe that Community engagement is the essence of Palliative Care and that health for all is health with all, and that for it to be sustainable, it must be owned by the community.

To this end, we initiated the following programmes aimed at Community engagement.

- Compassionate Communities
- SANS Pain – Students' Palliative Care initiative
- Unarv
- Volunteer programme

We also conduct events like 'Patients Get together', 'Life and Death with Dignitea', food festivals, flash mobs, exhibitions and sales of patient-made products over the course of the year, as well as on occasions like World Hospice and Palliative Care Day and Elisabeth Kubler Ross's birthday.

Over 150 active volunteers have been catalysed to promote awareness and build demand at the individual and household level in Trivandrum. We also catalyse the panchayats and volunteers within our link centers

Nationally, members from Pallium India have addressed members of civil society at various events like TEDx talks, Rotary meets, colleges and so on.

## Key Events

### World Hospice and Palliative Care Day- Patient Get-together at IHMCT, Trivandrum:



Every year, Pallium India commemorates World Hospice and Palliative Care day by taking the people we care for (including their families, of course) for an outing to a local amusement spot, beach, museum, zoo, park, etc. Many of these people are denied opportunities to see beyond the four walls of their houses and they cherish the memory of these fun-filled days and eagerly await the next one.

This year Pallium India organized a get-together of patients and their family members on 12th October 2019 at Institute of Hotel Management and Catering Technology (IHMCT), Kovalam from 9 a.m to 4 p.m. This program was supported with the enthusiastic support of the staff and students of IHMCT.



## New Initiatives

### Pallium India's new address

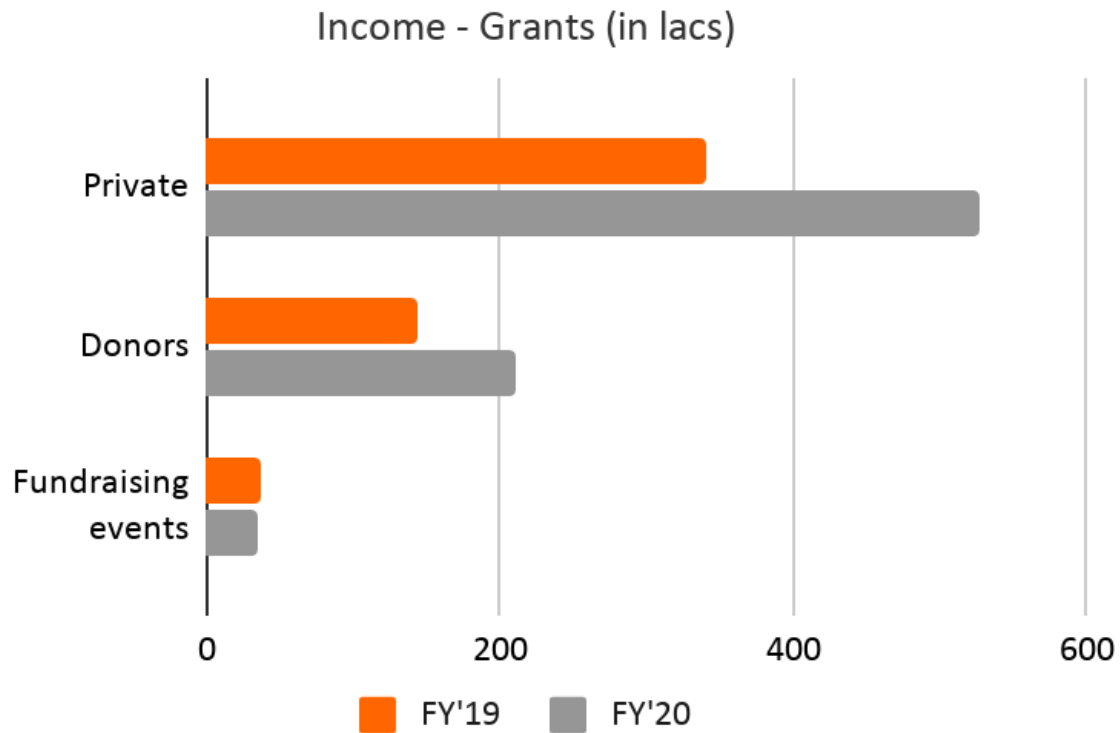


Pallium India's headquarters, which was functioning at PMS Dental College Campus in Vattappara, has shifted to a new location from 8 February 2020. **The address is:** Pallium India, Aisha Memorial Hospital, Manacaud P.O., Paruthikkuzhy, Thiruvananthapuram – 695009

It is by the side of the national highway as you drive from the city towards Kovalam, 2.7 kilometres south of Enjakkal.

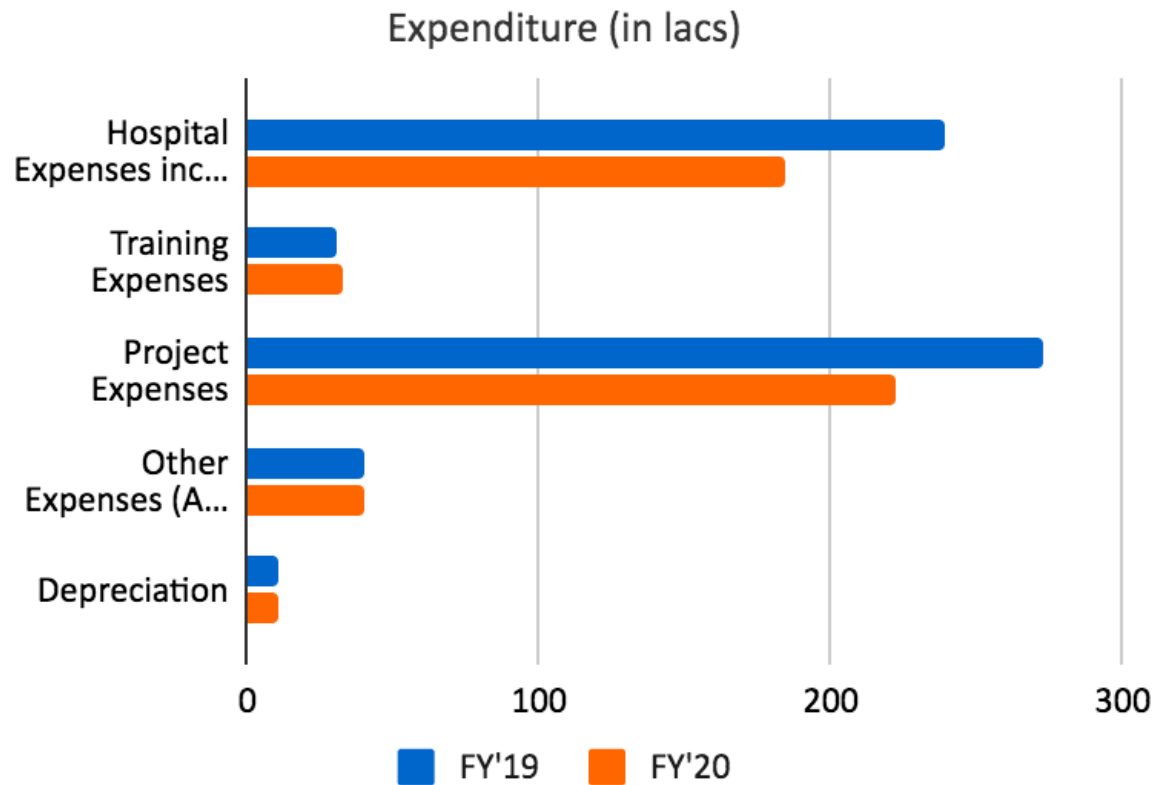
## Financial Report

### Income :



Income (in lacs)	FY'19	FY'20
Private	340.46	526.25
Donors	143.84	210.25
Fundraising events	37.63	35.08
<b>Grants Total</b>	<b>521.93</b>	<b>771.58</b>

## Expenditure:



Expenditure (in lacs)	FY'19	FY'20
Hospital Expenses including aids	238.91	184.23
Training Expenses	30.44	32.58
Project Expenses	272.39	222.35
Other Expenses (Admin)	40.65	39.82
Depreciation	10.97	11.02
<b>Expenditure Total</b>	<b>593.36</b>	<b>490</b>



## Donors & Partners

### Donors:



TATA TRUSTS

**Savitri**  
THE SAVITRI WANEY CHARITABLE TRUST



Partners:



## Team



Pallium India team comprises 84 full time staff, 10 consultants, and a network of over 150 active volunteers. The staff consists of 10 doctors, 21 nurses and 12 non medical clinical staff, providing direct services, and 10 homecare/opd teams. We also have a national outreach team of 6 program officers who handle expansion at a zonal (multi state) level.

## Senior Management



### **Manoj Gopalakrishnan**

Operations and finances are handled by the Executive Director of TIPS. He holds an MBA in operations and marketing, with 21 years of experience in the corporate as well as the NGO sector.



### **Smriti Rana**

Programmes and constituent projects are led by Director – Programmes, Smriti Rana, who also manages donor relationships and heads the National Outreach team. She has a Masters of Science in Integrative and Holistic Psychological Counseling, with 18 years of experience in palliative care.



### **Dr. Sunil Kumar**

Dr. Sunil has a Diploma in palliative medicine (India and Cardiff) and a Masters in Palliative medicine (Cardiff) with 15 years of experience in palliative medicine. He oversees Clinical services.



### **Sr. Geetha**

Sr. Geetha holds a degree in General Nursing and Midwifery, and has been certified in nursing administration. She has 35 years of experience in nursing.

## Testimonials



In early 2015, I went on a home visit with the Pallium India team for the first time. My friend and colleague, Dr. Jo Eland from the College of Nursing, asked me months earlier if I would join her in co-teaching a cultural immersion course for health profession students from the University of Iowa in the time between semesters. She KNEW that once I went on a home visit, I would be hooked. I have returned to Pallium India now for 5 years for the friendships, the learning and the ongoing collaboration (I also escaped the Iowa winter, to be sure). While back in Iowa, I have helped with the activities of Pallium India USA. It is a privilege to introduce Pallium India to international visitors from Canada, the US, New Zealand, Australia and the UK. The spirit of collaboration and support is remarkable. While here at Pallium India, each year I try to discover one new cultural site, and do a new hike in the Western Ghats and keep my yoga practice going. I am making some attempts to speak Malayalam, and eat spicy food (I am very grateful for the kindness of people in India).

*Ann Broderick, M.D. MS*

*Director, Hospice and Palliative Care Program*

*VA Medical Center , Iowa City, U.S.A*



How did I even make the transition from one end of the scale of being a practising gynaecologist to a Palliative Medicine doctor, at my age?

That's a long story for another occasion.

But, am I glad I took this plunge at this stage of my life at least.

I feel blessed for making this decision.

At Pallium India, the dedication, simplicity, humility and the hunger to help, begins at the bottom.

How does that happen?

Believe me, a single soul is responsible for this beautiful situation. Dr. RAJAGOPAL.

How does he achieve this? An extraordinary visionary, an extremely simple, humble person, with mighty dedication, who talks the talk and walks the walk. He does not work at numero uno, he is one with everyone else.

That is why his word is literally and happily accepted by all who work at Pallium India.

The 6 week course on Palliative Medicine, conducted by extraordinary dedicated teachers or doctors and nurses, recognised by the World Health Organisation is the best.

Similarly the work being done by every member of the team is with great care, warmth and sincerity.

I have worked on 2 different occasions, and must say I am highly impressed and touched, by the extent to which every team member contributes for the ultimate joys of all the people they care for. I hope to be able to renew these positive emotions repeatedly. I wish all at PALLIUM INDIA, GODSPEED.

*Dr. Uma A Narayan*

*Mumbai, India*



Since first being hosted in 2017 and then sponsored by Dr Rajagopal as a visiting Fulbright specialist in 2018, I have had a wonderful experience learning from the world-renowned team of palliative specialists at Pallium India.

The patient care, advocacy, and education provided by Pallium are exceptional. The work being accomplished by this team is vital, timely, and an important example for other countries interested in expanding palliative care to their populations.

Currently, Pallium is one of the host sites for GPEC, a palliative collaborative between Harvard, UCSF, and Tulane, and we have been honored to send our next generation of palliative fellows to Kerala to learn and grow.

*Marcia Glass*

*Associate Professor of Medicine ;Program Director, Hospice and Palliative Medicine Fellowship  
Tulane University, New Orleans*



## Contact & Donation Information

### Donation Details:

#### For Foreign Transfer:

Dhanlaxmi Bank

Branch: Vazhuthacaud, Trivandrum

Beneficiary: Pallium India Trust

Account No: 0037009000000036

IFSC Code: DLXB00000037

SWIFT Code: DLXBINBBXXX

Pallium India is authorized by the Government of India to receive Foreign Donations under Foreign Contribution Regulation Act (FCRA).

#### For Domestic Transfer:

State Bank of India

Branch: Pattom, Trivandrum

Beneficiary: Pallium India Trust

Account No: 30086491915

IFSC Code: SBIN0003355

MICR No: 695002007

**For online transfer:** visit <https://palliumindia.org/donate>

### Contact Details:

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Manacaud P.O., Paruthikkuzhy,

Thiruvananthapuram – 695009

Kerala, India.

Phone : +91 9746745497, +91 9387296889

Email: [info@palliumindia.org](mailto:info@palliumindia.org)

For any feedback and queries, write to us at <https://palliumindia.org/contact>

