



Quarterly Report

Jan-Mar '23

Sparsh  Hospice



**Rotary Club of
Banjara Hills
Charitable Trust**
(Reg No.139/2011)



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*Painted by Ashwathi, a beneficiary of Sparsh Hospice.
One can always find her painting or reading. During her stay she is
actively involved in all celebrations and events at the centre.*



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Board of Trustees

Dear Friends,

It gives me great pleasure to present the Quarterly Report of Rotary Club of Banjara Hills Charitable Trust projects for January - March 2023. I am glad that this quarter too, like previous quarters, has been one of tremendous growth in our journey to alleviate pain and suffering of the terminally ill.

We announced a new project in Nizamabad district of Telangana where our team extend free palliative services to cancer patients. On its successful completion of pilot phase we are formally collaborating with our local partner organisation to continue the services.

We look forward to such partnerships to educate and propagate palliative care to people the country.

On behalf of Sparsh Hospice and Rotary Club of Banjara Hills Charitable Trust, I would like to extend my deepest gratitude for the unwavering support of the Governing Board, fellow Rotarians, fellow Board members and the Sparsh team. The project has gained accolades not only at a national level but also by being recognised internationally.

Currently our signature project Sparsh Hospice is operationalised successfully.

I would like to thank all patrons from corporates, educational institutions, fellow Rotarians and kind individuals for extending their support. My sincere gratitude to the Sparsh team, who work around the clock on the frontlines every single day to ensure comfort and care to our patients and their families.



Dr. M. Subrahmanyam
Long-term Trustee

Centre Head Desk



Mr. Shashidhar K
Centre Head

Wishing all our friends a happy and prosperous new year 2023, time seems to fly...

This quarter saw several new initiatives in the rural connect and community outreach areas, 2 aspects that were relatively under-addressed in the past. Rural connect started with partnering with Indur Cancer Center, Nizamabad, to run a fortnightly OPD. This was very well received by beneficiaries of Nizamabad &

contiguous areas, especially for those who could not avail medication and palliative care needs at Hyderabad. Our endeavor to reach more beneficiaries resulted in reinvigorating an existing relationship with well known cancer treatment centre i.e Basavatarakam Indo-American Cancer Hospital and Research Institute, Hyderabad. As a consequence of these untiring efforts there has been 10% increase in the beneficiaries count.

I would like to extend my thanks to all our donors, CSR partners, volunteers, beneficiaries & their families and the Trustees of Rotary Club of Banjara Hills Charitable Trust for their wholehearted support.

Medical Director's Desk



Dr. Vivekanandam
Medical Director

Death with dignity is everyone's right & essential even at the last events of life. Health system strengthening is key and must to achieve Universal Health Coverage considering factors specific to family members, loved ones and communities. Therefore, there is an urgent need of increased sensitisation and community awareness in hamlets of India to reduce the care gap.

At Sparsh the care team aims to alleviate the pain of suffering and reducing the family's burden in whatever way we can. Team of doctor, social workers, counsellors, nurses & paramedical staff round the clock to extend holistic care.

Sparsh Medical Board oversee care quality; set care related strategic direction; establish ethical standards, values, and compliance. Our medical board consisting of

Dr. P. Gopal (Chairperson), Dr. Rohini Reganti, Dr. M. Subrahmanyam, Dr. Phani Sree S & Dr. Anita Patibandla.

Governing Board Members



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“It was only a sunny smile, and little it cost in the giving, but like morning light it scattered the night and made the day worth living.”

- F. Scott Fitzgerald, Novelist



Who we are?

Started with the vision to alleviate the pain in society the Trust embarked on the journey to establish a state of the art 82-bedded hospice facility in Hyderabad, Telangana.

Standalone model

It is a standalone palliative care and hospice care centre for patients with serious health-related suffering (SHS) such as cancer, Parkinson's, lung failure, stroke among others.

Sparsh Hospice extends its services through 3 verticals i.e in-patient services, out-patient services and home care services.

Sustainable Development Goals

Sustainable Development Goals (SDGs) were adopted by all United Nations Member States in 2015 to create a an equitable world ensuring that no one is left behind.

Sparsh Hospice is working to achieve

- Goal 3 (Good health & well-being)
- Goal 10 (Reduced inequalities)
- Goal 17 (Partnerships for the goals).

Palliative care

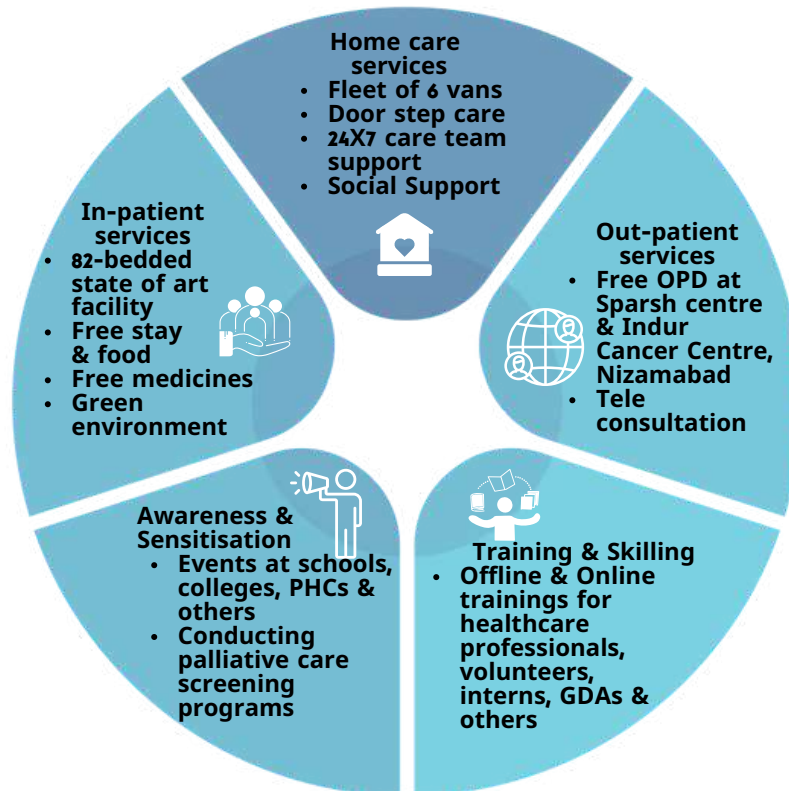
According to World Health Organisation (WHO), palliative care is a crucial part of integrated, people-centred health services. Relieving serious health-related suffering, be it physical, psychological, social, or spiritual is a global ethical responsibility.



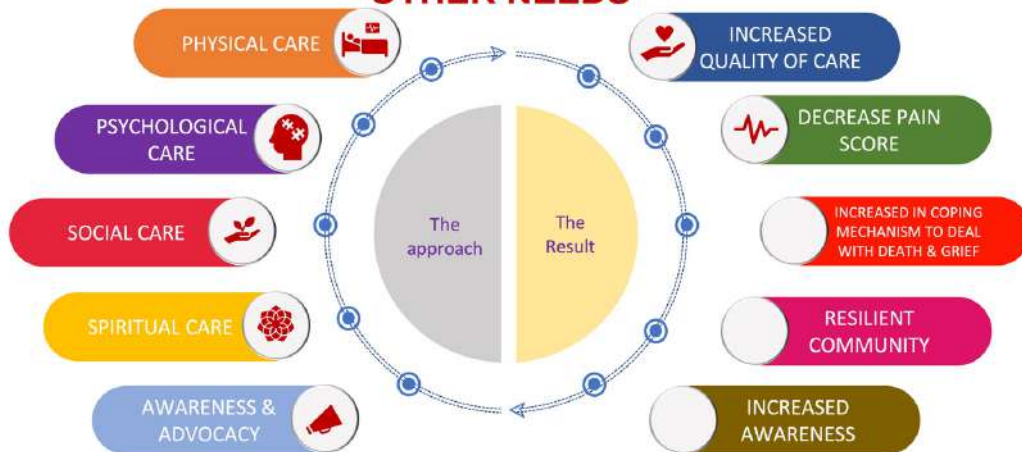
Our Projects for Greater Good

Driven by our shared goals, and led by our collective efforts, we adopted an holistic and innovative approach across these services to help people suffering from serious ill and their family members to overcome their physical, psychological, spiritual and social issues.

Our work for an inclusive society

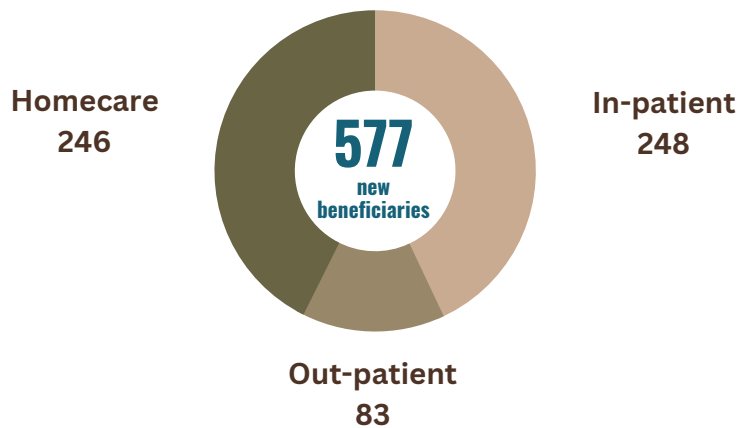


OUR STRATEGY TO EXTEND PALLIATIVE CARE SERVICES & OTHER NEEDS



Quarter Highlights

Thought of Sparsh Hospice took birth in an environment where there was a gap in the support to the patients and their families, in terms of balanced medical, emotional, social, and spiritual care. In the quarter (January 2023 to March 2023) we extended our services to **577 new beneficiaries** and their family members.



1,824

Total home visits

5,472

indirect beneficiaries

7,500+

Follow up calls

200+

Hours of palliative care training



STATISTICS



1,000+

kgs of dry ration support



70+

Medical equipment distributed



270

Volunteering hours



1,824

caregivers trained

Fan moment: Ram Charan, celebrity actor visited 9-yr beneficiary at Sparsh Hospice to meet his little fan. This was possible due to Make a Wish Foundation team.



New wing: With the support of Xilinx India (AMD) physiotherapy wing was inaugurated on March 15, 2023.



Impact Assessment: As a part of the project supported by SBI Cards & Payment Services, PWC conducted field visit to the site.



Recognition: Seven team members of Sparsh Hospice received recognition from Rotary Club of Banjara Hills for their contribution to the service project.





No words to express our gratitude for the staff who really make a difference in aged people life. Their moto to provide high class quality service without charging any cost is commendable and they are making a huge difference in our life's.

- Srinivas Danapala, Caregiver



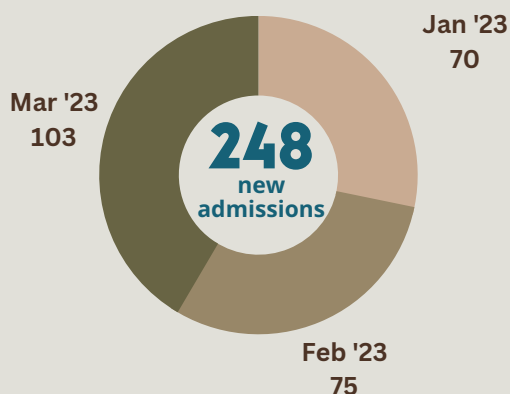
In-patient Services



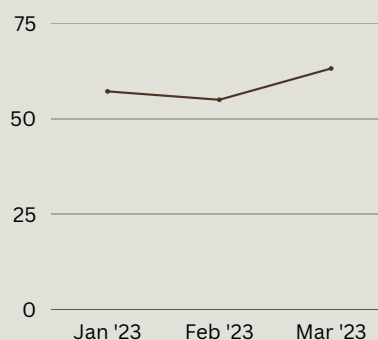
As palliative care workers catering to patients with serious health-related suffering, this means that we take holistic care of the person and their caregivers. Medical, psychological and spiritual counselling, pain and symptom management, conflict management, and mobilizing social support for needy families, are just some of the things we do.

Our 82-bedded hospice facility is fully functional and inauguration of dedicated paediatric ward was conducted on October 8, 2022 by Rana Daggubati, Indian celebrity.

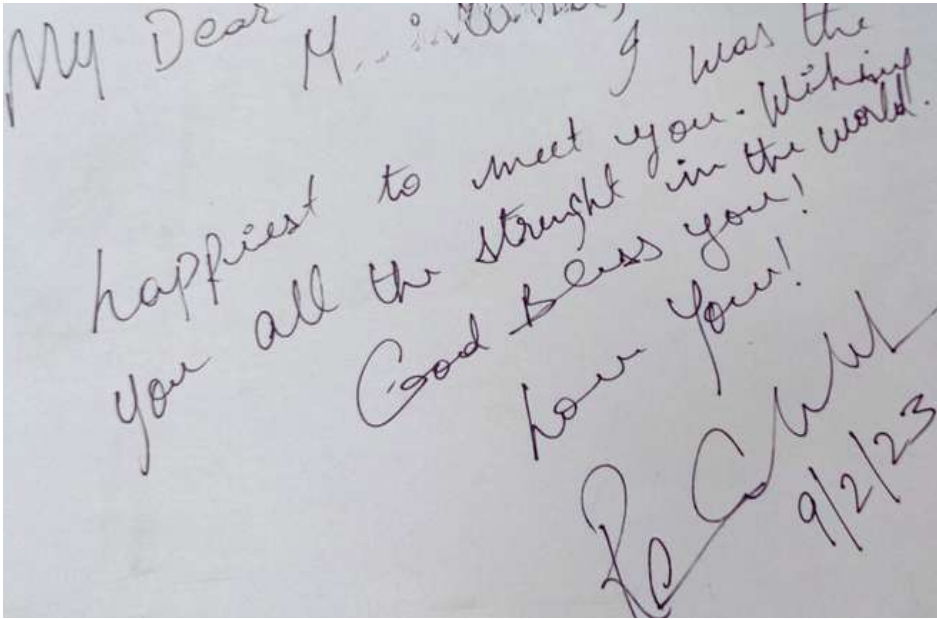
New admissions



Occupancy Trend



Story 1:



We can't change the outcome, but we can affect the journey!

Manav was 9-yr old, lying on a bed with his parents beside him, had Prathyusha not known, she would have guessed he was 12 year or more, as his body was swollen due to his terminal illness. He was suffering from osteosarcoma, a notorious cancerous bone tumour mostly occur in children. After coming to Sparsh he was on continuous pain medication, which made him comfortable and improved his food take, thereby increased quality of life. But there was no masking the sadness and anxiety he felt. His parents were also going through silent distress which had no words or sentence to express their state.

After building a good rapport with the family the team was able to interact more and tried to make his days count by organising different activities, making his wishes come true, or providing his favourite food (chicken). In his 3 months and 16 days stay with us we celebrated his blue-themed birthday (his favourite colour) and made his wish to meet his favourite 'hero' Ram Charan, Indian celebrity and RRR actor to visit at Sparsh. Once he expressed his love for the dog and team organised for the pet therapy where one of the doctor brought her pet dog to the hospice to let him spend some time with Manav.

His smile expressed it all. Not only the beneficiary, palliative care is also about the family members and the loved ones, where we tried to make their stay comfortable at the hospice and involve them in regular activities, acknowledging their strength and by giving them chance to vent out.

Manav passed away few days later after meeting his 'hero', the family which had faced many social, emotional obstacles in the past, however, for a few golden moments they were able to forget about those issues.

In honour of young Manav and his love for music the family donated a wifi speaker set to Sparsh.



I am so glad that I reached out to them for support. The team is so dedicated and cares unconditionally for the patient. It is impossible to expect such service from any paid service provider. Big thanks to nursing team, grooming team, doctors and social counselors who attended my mother and us and will be forever grateful for this.

- Narayanreddy Chavva, family member



Home-care Services

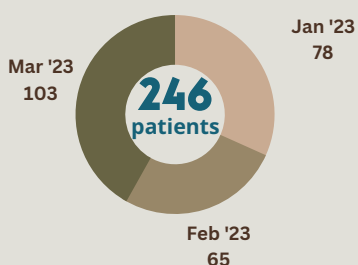
-Supported by SBI Foundation



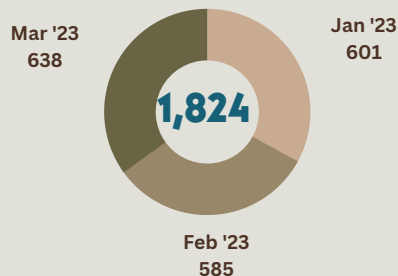
Home is where one feels connected and comfortable. During the process of dying one always prefers to be surrounded by loved ones to bid adieu in peace.

With the same philosophy Sparsh has started home-care services in 2016, and currently we are reaching around 80 new patients on monthly basis through a fleet of 6 home-care vans. The homecare project is being **supported by SBI Foundation**. We thank you SBI Foundation for the support.

New patients registered



Total home visits



Distance covered



Story 2:



Holistic approach is must

*Mani was 24 years old, very calm and confident. She was married, but during her last leg of life she was staying with her maternal family of 5, in a one room rented apartment situated on a hill with little amenities. Her parents earn living by ironing and doing laundry, whereas husband used to visit once in a while.

Tragedy

Few years ago she had a surgery to remove a 3 kg tumour in her liver while she was pregnant, the 2nd such case in the world. The surgery was successful but it already had spread into her bones, diagnosing her with terminal cancer. Tired by all

the medications and hospital round up, one of her parents' customer emailed Sparsh hospice regarding her medical condition and social issues, without losing anytime the next day Sparsh team visited *Mani and the family. Despite being confident, she expressed her anxiety of staying away from her husband, not having the children, being a burden on her parents and other things like that.

Shared responsibility

Our counselling team spent time with her and sister, who recently lost her husband to eye cancer. Our medical interventions has reduced the pain of *Mani and also tried

to address the psychological issues. One day her pain got unbearable and we had to convince the family to shift her for hospice care at our facility, which was 25 kms away from her home.

Dignified departure

Followed that her pain subsided but she missed her family a lot. One day we organised for a family meet where all her loved ones were present beside her, few days later she passed away.

The concept

A good palliative care follows the concept of taking holistic care and now the family is relieved that we were there during her most painful time.



Doing some impeccable work, true altruism shown by every single staff. A well designed Hospice for the final golden days dedicated for the patients

- Anonymous



Out-patient Services



Out-patient (OP) consultations can often be a neglected area in palliative care. Sparsh Hospice is committed to providing high-quality care to our service-users who choose to come in periodically for pain management, wound dressings, counselling, and to share a sense of community at the hospice.

At the new centre a separate space has been specifically allocated for caring of out-patient cases, in addition follow up calls and video consultations are done at the convenience of the patient and the family.

New admissions



1,000+
OP Follow Up
Calls

2,00+
hours of
video
consultation

Story 3:



New chapter in palliative care

In India only 2% of needy people receive palliative care. With the aim of closing the gap Sparsh Hospice has partnered with a cancer institute in Nizamabad district of Telangana to bring the palliative care closer to the community.

Thought process

After several meetings with different cancer hospitals in Hyderabad and other districts, Indur Cancer Centre, which is a public charitable trust, accepted our proposal to establish a palliative care OPD services.

Without losing anytime a team of doctor, nurse, nursing aide, social worker

started its services on fortnightly basis. After a pilot of 3 months we observed that the need of palliative care much in the district and nearby areas due to increased rate in cancer diagnosis. Started with handful of patients, now the clinic looks after around 100 of patients in any month.

Services

All the services are free of charge. We provide:

- Guidance to patients and their caregivers through the maze of cancer care
- Pain and symptom management, especially keeping the patient comfortable and

motivated during the diagnosis and prognosis

- Stress management
- Wound management
- Psychosocial support for patients and families
- Referrals to hospice care
- Free medicines and required consumables
- Continuous follow ups

Way forward

With the successful implementation of the project we are looking to collaborate with such other institutes to come forward and partner with us to establish a palliative care OPD services in different districts of the Telangana and Andhra Pradesh state.

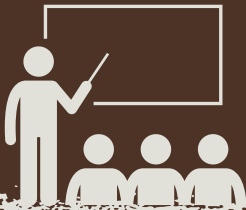


I visited Sparsh for a training under AYUSH Dept. I do not think there is such institute who provide the care with this dedication that too free of cost. All there services such as pain management, symptom management, wound dressing are done in hygienic environment. I learn a lot from the care team of Sparsh.

-SPARSHĀYUSH Project trainee



Training & Education



Creating livelihood opportunities

With the aim to build capacity and add human resources in the field of palliative care we have started training General Duty Assistants in partnership with other institutions. Along with increased resource it will also contribute to the livelihood opportunities for underprivileged women.

Internship opportunities

We have created a module for interns deployed at Sparsh Hospice from various educational institutes. The module focuses on giving detailed information and hands on training to students on basics of palliative care.

Palliative care certificate course

SPARSHĀYUSH project, a palliative care course designed by Sparsh Hospice was successfully delivered to 150 students from 4 different colleges of Department of AYUSH, Andhra Pradesh.

Over 8 months students received online and offline training including hands on training at the Sparsh centre. Way forward we have increased our outreach activities to partner with such other institutions.



**Scan here to
read the report**





Capacity building: 150 students successfully completed the 38 hours palliative care module through online and offline mode including hand on training.



Strengthening resources: To increase the quality care to paediatric patients around 20 nurses, nursing aides successfully completed a certificate course from International Children's Palliative Care Network. Regular exams, training classes and skills training are being conducted.



Valuable experience: Training and sensitisation of the students from different institutes add value in understanding the palliative care. With a set of internship process we train students and contribute to their knowledge.

Awareness & Advocacy

Awareness at Montfort Social Initiative.

Stall at Srinivasam Kalyanam.

Outreach at Land Rover launch program in Hyderabad.

We conducted series of community awareness program on the occasion of Republic Day.

Reaching rural areas of Telangana.

Cancer screening camp conducted at Mahabubabad district of Telangana.

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Stall at Srinivasam Kalyanam.



We conducted series of community awareness program on the occasion of Republic Day.



Cancer screening camp conducted at Mahabubabad district of Telangana.

Donor Activity



TS Online under its CSR activity donated towards the Sparsh Hospice project. Mr. V. Rajanna, Senior Vice President, TCS, handed over the cheque to Long-term Trustees, Mr. Suresh Reddy and Dr. M. Subrahmanyam.



CALYX team visited the hospice facility under its employee volunteering program. We sensitised the team about palliative care. They are also one of the CSR Donor for our project.



VIAPLUS by Vinci Highways India and international team visited to understand our project services.



Mr. Jagadish Ramadugu, Long-term Trustee and Mr. Shashidhar K in conversation the **NetAmbit** CSR team.



Pure Foundation donated books, fruits, and stationary items for paediatric beneficiaries.



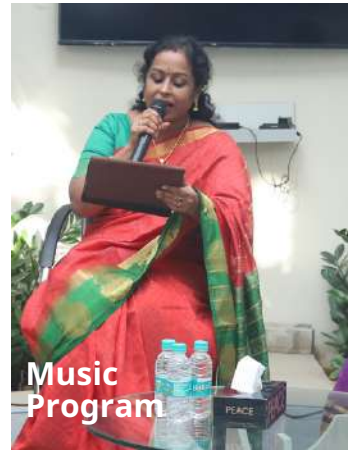
On the occasion of World Cancer Day, **Le Méridien** sponsored lunch for in-patients and their caregivers staying at hospice facility.

Celebrations & Special events

Chamber Concert



Music Program



World Cancer Day



Women's Day



Sriramnavmi



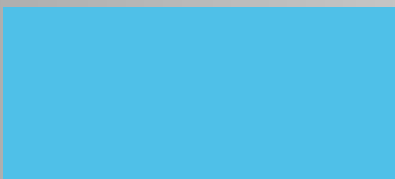
Bhogi



Valentine Day



Gallery



A Special Note of Thanks to all Our Stakeholders

We are deeply thankful to hundreds of individuals, philanthropists, institutions and agencies who have come along with us till here.

Please know that each and every contribution means a lot to us. In times, when there is no option available for patients and the family is in distress the donations strengthen our efforts to extend palliative care services to those beneficiaries.

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