# Sparsh Hospice CENTRE FOR PALLIATIVE CARE

# QUARTERLY REPORT **OCTOBER-DECEMBER 2023**







"We think sometimes that poverty is only being hungry, naked and homeless. The poverty of being unwanted, unloved and uncared for is the greatest poverty. We must start in our own homes to remedy this kind of poverty."

Mother Teresa

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## **GOVERNING BOARD**





Smt. Vanitha Datla, Vice Chairperson & MD, ELICO Healthcare Services Ltd.



Shri Jayesh Ranjan (IAS), Principal Secretary, Department of ITE&C & Department of Industries & Commerce



Shri Vinod Agarwal (IAS), Rtd. Principal Secretary



Shri M. Mahendar Reddy (IPS), Rtd. DGP, Telangana Police



Dr. P. Vijayanand Reddy, Director, Apollo Cancer Institute



## **BOARD OF TRUSTEES**



#### From the Trustee's Desk

It is with immense pride and a sense of accomplishment that I present the quarterly report covering the period from October to December 2023, marking another chapter in our ongoing journey of philanthropy and community service.

With an enterprising spirit and fearless thinking, our project has thrived during this quarter, reaching more beneficiaries and making a significant impact in alleviating their pain and suffering. The tangible results of our efforts are evident through the positive project outcomes and the heartfelt testimonials provided by caregivers, who stand as the most vocal advocates for our cause.

This quarter, we embarked on new initiatives, such as a certificate course for volunteers and extensive outreach activities, adding substantial value to the strength of the palliative care community. These initiatives not only broaden our reach but also contribute to the overall growth and sustainability of our mission.

We express our deepest gratitude to our donors and stakeholders who have steadfastly supported us on this journey. Your commitment and generosity have been instrumental in achieving the successes we celebrate today.

A special acknowledgment goes out to the members of the Rotary Club of Banjara Hills, our Trustees, and the dedicated Project Staff.

Thank you all for believing in the cause and for making it possible!

M. Durga Prasad, President CEO, Corpone BPO (A Natsoft Company)



## **CENTRE HEAD'S DESK**



Shashidhar K Centre Head Sparsh Hospice

As winter embraces us, I extend heartfelt wishes for a prosperous year ahead to all. It brings me immense joy to share our excitement in welcoming new CSR Partners such as Maximus & TeraData into our mission. The invaluable support of partners has empowered us to do the greater good.

This quarter has been particularly eventful, marked by significant milestones. We observed World Hospice and Palliative Care Day, conducted a certificate course for volunteers to enhance frontline capacity, and received

recognition from GuideStar India for the year 2023-24 – a remarkable achievement for the eighth consecutive time.

A special expression of gratitude goes to the dedicated Trustees of the Rotary Club of Banjara Hills Charitable Trust for their unwavering support. I am deeply appreciative of the tireless efforts of our 24x7 working staff, the dedicated army of volunteers, patrons, and our supportive peer community network. None of our achievements would have been possible without their collective dedication.

On this note, I extend an earnest appeal to CSR companies, institutions, individuals, and philanthropists to join hands with us in our endeavors.

## **MEDICAL DIRECTOR'S DESK**

As the Medical Director, I have the privilege of seeing the remarkable work done on the ground to extend comfort care. The past quarter was a crucial one.

Palliative care is not just a medical discipline; it is an embodiment of care, kindness, and understanding. Our team exemplifies these values, going above and beyond to ensure that our patients experience the highest quality of life possible. As we move forward, I encourage medical fraternity to come forward and become a part of the legacy.



Dr. Vivekanandam Medical Director Sparsh Hospice

It is not possible by proper guidance. Sparsh's Medical Board plays a crucial role in ensuring care quality, defining care-related strategies, and upholding ethical standards and values. Our esteemed medical board includes Dr. P. Gopal (Chairperson), Dr. Rohini Reganti, Dr. M. Subrahmanyam, Dr. Phani Sree S, and Dr. Anita Patibandla.

With the utmost respect and gratitude!



## **OUR SERVICES**

#### **IN-PATIENT SERVICES**

- Patient and attender stay
- Medicines
- Food
- Home like infrastructure
- Doctor's, nurses & counselling consultation

### **OUT-PATIENT SERVICES**

- Free Consultation
- Medicines
- Medical Equipment's
- Tele Consultation
- Doctor's, nurses & counselling consultation
- Extended OP services at Nizamabad (Indur Cancer Hospital) Karimnagar (CAIMS)

### HOME CARE SERVICES

- Doorstep Services
- Medicines
- Medical Equipment's
- Dry Ration Support
- Doctor's, nurses & counselling consultation

### **TRAINING & EDUCATION**

- Certificate Course in Palliative Care for Volunteers
- GDA Training Program
- Volunteer training
- Collage Students training
  Program

### **AWARENESS & ADVOCACY**

- Raising Awareness in Palliative Care
- Promoting Advocacy in Palliative Care



## **ABOUT US**



Starting 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. It is a standalone palliative care and hospice care center for patients with **serious health-related suffering (SHS)** such as cancer, neurodegenerative conditions, chronic obstructive pulmonary disease, and stroke among others. Sparsh Hospice extends its services through 3 verticals i.e. **in-patient services, out-patient services, and home care services.** 

### VISION

To provide exceptional palliative care services, free of cost, to terminally ill patients hailing from all sections of society.

### MISSION

To render differential palliative care service to add value & provide endof-life comfort for the terminally ill.

### GOALS

To encourage, facilitate and spread awareness about palliative care through education, training, outreach services & research.



## **STATISTICS**

### **751 NEW BENEFICIARIES REGISTERED THIS QUARTER**





## **QUARTER HIGHLIGHTS**

#### Service Excellence Award

The Project was honoured with the **'Sri D V Raju Memorial Service Excellence Award 2023'** by the Kshatriya Seva Samithi (Telangana and Andhra Pradesh) during their 62nd Annual General Body meeting, held in October. Long-term Trustees Mr. Suresh Reddy & Dr. M. Subrahmanyam along with Mr. Ram Mohan Rao Yarrapothu and other team members received the award.



#### Phospice Paliative care news, views and inspiration from around the world

The Healing Power of Presence: A simple act of sitting beside a patient November 3,2023

Contact Us

About Us



## Article published in Int'l newsletter

Dr. V. Kamalakar's story titled **'The Healing Power of Presence: A simple act of sitting beside a patient'** was published in the international newsletter of Indian edition of E-Hospice.

https://ehospice.com/india\_posts/thehealing-power-of-presence-a-simple-actof-sitting-beside-a-patient/

## Building compassionate communities!

A total of 29 dedicated volunteers have completed the first official joint 'Certificate Course in Palliative Care for Volunteers (CCPCV)' by Sparsh Hospice and Indian Association of Palliative Care.







#### Feather in a cap!

Subrahmanyam, Dr. M. Long-Term Trustee, Sparsh Hospice, was honored 'ATA VEDUKALU with Award' at American Telugu Association 2023 Grand Finale program. The recognition acknowledges his contribution towards being instrumental in the setting up the first of its kind hospice, Sparsh Hospice in united Andhra Pradesh along with other members of Rotary Club of Banjara Hills.



#### Shri M. Venkaiah Naidu Sir, Former Vice-President of India, visits Sparsh Hospice

"Caring for the terminally ill people who have no cure options left & ensuring a warm, pain-free & dignified departure from the journey of life, is sacred work," tweeted Shri M. Venkaiah Naidu Sir, Former Vice-President of India, after his visit to Sparsh Hospice. The visit was a part of the Rotary Club of Banjara Hills event where sir addressed members of Interact Club, Rotarians, beneficiaries, caregivers, Sparsh staff, and others.

Former Vice President and Founder of Swarna Bharat Trust also donated Rs 5 Lakh for the cause.

A MoU between Sparsh and Swarna Bharat was exchanged to serve the family members of patients for employability and skilling.



## WORLD HOSPICE & PALLIATIVE CARE DAY

A day of action to celebrate hospice & palliative care around the world

Sparsh Hospice marked World Hospice and Palliative Care Day (WHPCD) on October 13 and 14, 2023, with fervor and enthusiasm, creating a memorable two-day celebration.

A poignant highlight of the event involved inviting family members of past beneficiaries to pay homage to departed souls, drawing the participation of approximately 500 attendees.

The WHPCD celebration reached a milestone with the launch of the "Certificate Course in Palliative Care for Volunteers" on the first day.

Dr. Gayatri Palat, Associate Professor of Pain and Palliative Medicine at the MNJ Institute of Oncology and Regional Cancer Center in Hyderabad, officiated the launch, adding significant а educational dimension to the commemoration.



On the second day of the celebration, Manjula Ghattamaneni, а distinguished movie Producer & Actress, ioined other family members in gracing the occasion with their presence and sharing their care journey. The diverse program included cultural events, a mesmerizing magic heartfelt show, testimonials, and various other engaging activities, contributing to the resounding success of the event.

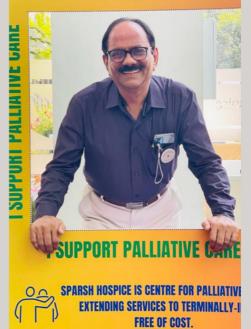
Sparsh Hospice extends its heartfelt homage to all departed souls!

#### **WHPCD 2023**

- WHPCD 2023 theme is Compassionate Communities: Together for Palliative Care.
- A day of action to celebrate and support hospice and palliative care around the world.
- Palliative care also encompasses the health and wellbeing of caregiver.



Let's unite to make compassion a clear, voc dynamic force for Palliative Care and relief of health-related suffering







COMPASSIONATE COMMUNIT TOGETHER OR PALLIATIVE C LD HOSPICE









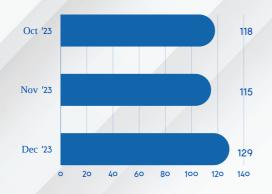


## **IN-PATIENT SERVICES**

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 counseling, 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 now.

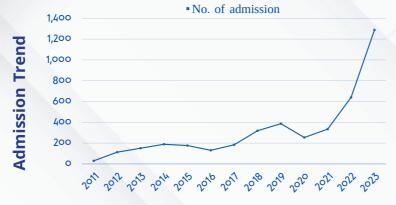


#### **New Admissions**



#### **Occupancy Trend**







### **Emotional Odyssey**

#### Narrated By Ms. YV Prathyusha Psychologist, & Written By Ms. Reema, Volunteer

In the quiet corridors of ward, paediatric touching story unfolded. Meet Tanya, a 14-yearold with a radiant smile, studying in the 9th standard, who captured our hearts during her battle against the relentless of arip Osteosarcoma.

#### **Cherished little girl**

Tanya was an active member of her family, helping her mother before heading to the school. She was the cherished little sister of an 18-year-old brother. Her journey began with mysterious knee pain, leading her concerned mother to seek medical help. Initial advice to increase her intake of healthy foods provided no relief, and her pain grew unbearable.

It was only after a series of tests that the Stage IV Osteosarcoma was confirmed.

Osteosarcoma is the most common malignant (cancerous) bone tumor among children, adolescents and young adults.



Figure 2: Osteosarcoma is the most common malignant (cancerous) bone tumor among children, adolescents and young adults.

#### **Adversity**

Facing this unimaginable adversity, Tanya's family was divided. Her father, an auto driver, reacted with fear and blamed the mother, insisting she should be abandoned. Her mother, however, found solace and hope through social media, discovering Sparsh Hospice.

Tanya's path at Sparsh began as an outpatient but quickly transitioned to inpatient care as her condition worsened. Her mother shielded her from the harsh truth, telling her it was just an infection. She missed her family, especially brother, who secretly visited her occasionally. As her condition deteriorated. Tanya required oxygen support which was provided by the team. She longed to be reunited with her cousins and attend family weddings, which made Sparsh staff possible.

Before her departure, team ensured her family had the necessary supplies, including oxygen. The smile on her face as she bid her caretakers goodbye is etched forever. Currently she is under our home care services.

Supported By:

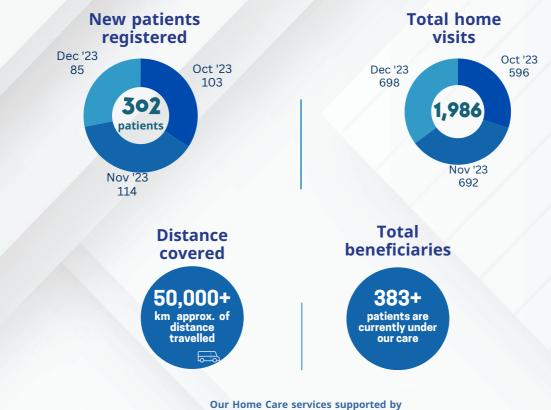
A CSR Initiative by



## **HOME CARE SERVICES**

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 at least 80 new patients on monthly basis through a fleet of 6 home-care vans. The home care project is being supported by **SBI Foundation.** 





**SB** FOUNDATION Service Beyond Banking



### A Spark of Hope: Arafat's Journey with Sparsh

In the bustling lanes of the old city in Hyderabad, amidst the symphony of daily life, resided young Arafat.

His world was small-a modest house radiating warmth from its every corner. But life had dealt Arafat a tough hand; medulloblastoma, а relentless invader, had taken siege of his youth. uninvited Pain, an constant, shadowed his every move, until Sparsh extended its comforting embrace.

#### The family

Sparsh team was much more than a hospital for Arafat and his family; it was like a second family to them.

Team helped relieve Arafat's pain and provided comfort, but also they gave something just as important: emotional support.



Figure 2: The Sparsh team not only assisted Arafat in alleviating pain and offering comfort but also extended a crucial element – unwavering emotional support.

This made dealing with his terminal illness a little less scary because they knew they weren't facing it alone. Sparsh was there to help and support them.

Their care gave Arafat's family hope for better days, despite the difficult times they were going through. On Arafat's 1oth birthday Sparsh orchestrated a

#### Care on wheels



36 visits are completed everyday





celebration, the sparkle in his parents' eyes mirrored the twinkle of the sunlight streaming in the room.

#### Pure Joy

The arrival of his favorite chicken dish, courtesy Sparsh staff Swiggy delivery, and ignited a grin of pure joy. That grin, a fleeting triumph over his pain, a semblance of normalcy in uncertain times, was Sparsh's gift to Arafat and his family.



## **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.

Currently we have operational OP Clinics in Hyderabad, Nizamabad and Karimnagar districts of Telangana where we are reaching around 100+ patients on any given day.



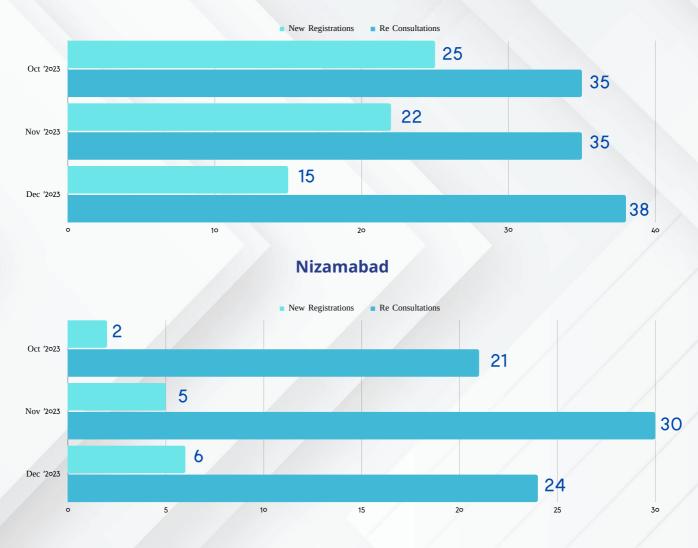






## **387 Consultations**

#### Hyderabad



#### Karimnagar





60

## **TRAINING & EDUCATION**



To enhance expertise and bolster workforce in palliative care, we've initiated several programs to achieve the goals are as follows:

- Offer no cost hands-on training program for General Duty Assistant.
- Started 'Course in Palliative Care for Volunteers (CCCPCV),' a 36-hour offline program, which is a collaborative effort between Sparsh Hospice and the Indian Association of Palliative Care (IAPC).
- Providing college students with internships or observer roles, we offer comprehensive training to raise awareness about the field of palliative care.
- Volunteering opportunity
- Prioritising upskilling our current staff, exploring innovative palliative care approaches to enhance patient care by efficiently managing both patients and their families.

Activities during the quarter are as follows:

- 1. Daily training sessions for nurses, nursing aids and other staff members.
- 2. **'Introduction to Palliative Care'** training session for students from various colleges and institutes such as Roda Mistry college of social work & research center, Administrative Staff College of India (ASCI), Prerana Waldorf school, Chaitanya Bharathi Institute of Technology and others.
- 3. **'Clinical Educational Training Session'** for nurses, Healthcare practitioners from several institutes.
- 4. Guest lectures by renowned speckers such as **Dr. Manisha Anwekar**, Spiritual Consultant, TEDx Speaker.



## **AWARENESS & ADVOCACY**



In India there is very little awareness about palliative and end-of life care which is complicated by the perception that Hospice care is often associated with giving up.

Therefore, it is the need of the hour to spread extensive awareness about palliative care amongst the community including doctors, healthcare professionals and other stakeholders.

Concept of Palliative care is 3 decade old, since then hospice and palliative care services have been developed through the efforts of committed individuals and volunteers.

But now it is time to come together and work on its integration into the national level policies to reach each nooks and corners of the country.

Some of the events conducted during Q3 are as follows:

- Awareness at schools, colleges, public institutes such as St. Nissi School, Sardar Patel College, Roda Mistry College of Social Work & Research, Government High Schools, Government Junior College, Guru Nanak Institute of Technology, Ibrahimpatnam and many others.
- Specialised sessions for institutes such as Prathima Medical College, Administrative Staff College of India, University of Hyderabad, G. Pulla Reddy College of Pharmacy, Renova Soumya Cancer Centre, and others.
- Awareness tour in Visakhapatnam, Andhra Pradesh, where institutes such as Homi Baba Cancer Hospital, Sneha Palliative Care Centre & others were covered.
- Awareness Walk in Karimnagar district of Telangana in partnership with Chalmeda Anand Rao Institute of Medical Sciences & Research



## **ACADEMIC ACHIEVEMENT**



Pratyusha Y V, Hospice Psychologist, and Dean George, Hospice Psychologist, have recently completed a certificate course in Cancer and Palliative Care at Kasturba Medical College. Their dedication to advancing their knowledge in this critical field demonstrates their commitment to improving patient care.



Mrs. Vadapalli Laxmi Venkat Rao, Social worker at Sparsh Hospice, has successfully completed her foundation course in Palliative Care by Trivandrum Institute of Palliative Care with a focus on Psychosocial Interventions.

#### NFPM 2022-2023 Results Index

● Instit... 11/21/2023 ⓒ ← : to me ~

Dear Dr Surekha, We are delighted to inform you that you have successfully cleared the National Fellowship in Palliative Medicine (NFPM) session having passed the examination held on 19th and 20th August 2023.

Surekha, Dr. Palliative Care Physician, Sparsh Hospice, successfully completed National Fellowship in Palliative Medicine by Institute of Palliative Medicine, Kerala in partnership with Christian Medical College, Vellore.



Social Responsibility and its Implications in India' organised by HCL Foundation Academy and CII Telangana.



## **OTHER ACTIVITIES**

**365 days of service at Nizamabad** Marked one-year anniversary of "Extended Pain Clinic" at Indur Cancer Hospital, Nizamabad. Through this unique project, we have reached out to **127 new cancer patients** from underprivileged and marginalised sections of society. And successfully completed **548 consultations.** 





#### **Employee Engagement**

Engaged employees are likely to be committed to the organization's mission leading to increased productivity and a positive work environment. In return it helps nonprofits in awareness and creating pool of volunteers. This quarter employees of **Axtria Insights, Calyx AI, Blue Yonder, & Sero Max** creating a compassionate community.

#### Sparsh 'Mitra'

Mrs. Sudha Reddy, on the occasion of her birthday chose to celebrate it with Sparsh beneficiaries.

She is also a **'Sparsh Mitra'** donor partner for the project. Her commitment to extend caring hand and support towards our beneficiaries are testament of her kindness.





#### **Celebrating life**

We observe festivals, special occasions, birthdays, anniversary of our beneficiaries and their caregivers. It not only brings joy and a sense of belonging but also creates a stronger bond and a more compassionate environment.



## **TESTIMONIALS**



#### AMIRISHETTY DEEPIKA 1 review

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★★★★★ a month ago

I had the privilege of visiting Sparsh Hospice as part of a Employability Soft skills project as a Student from G. Narayanamma Institute of Technology and Science, and the experience left a profound impact on me. The dedication of the staff and volunteers at Sparsh Hospice in providing palliative care and hospice care is truly commendable. Witnessing their commitment to enhancing the quality of life for individuals facing serious illnesses was inspiring.

My visit to Sparsh Hospice made me realize the significance of such care in ensuring that individuals receive holistic support, addressing not only physical needs but also emotional and spiritual well-being. It's evident that Sparsh Hospice is making a meaningful difference in the lives of those they serve.



#### Nagasai Polavarapu 3 reviews

 $\star$   $\star$   $\star$   $\star$   $\star$  3 months ago

We would like to express our greetings and congratulations to the great Dr. Anjaneeyulu garu of SPARSH HOSPICE for their distinct, unique medical care and services.

We are grateful to doctors and their full medical team, specially Ms. Laxmi & Ms. Libiya nursing staff who has been taking care of patient (Mrs. SOWBHAGYAMMA) and giving support to us from the day one to till today. We hope the same services will be continued with the same spirit.

We wish all the best to the entire HOSPICE team to continue their support and services to the patients to give peace in end of their life.

Thank u 🙏 Sparsh Hospice entire team .



#### priyasha 4 reviews

★★★★★ a week ago NEW

Sparsh Hospice demonstrates unwavering compassion and professionalism, creating a supportive environment during a challenging time. From the attentive nurses to the empathetic support staff, every individual plays a crucial role in ensuring the comfort and dignity of your loved one. The facility is well-maintained, fostering a peaceful atmosphere. Thank you for going above and beyond to make this journey as comforting as possible for both the patient and the family. Highly recommended for their outstanding commitment to compassionate end-of-life care.

An Extended and Heart Felt Thanks to Mrs.Sita Lakshmi Garu for helping us get to know Sparsh Hospice better and Thank you for being an extraordinary person and making a significant, meaningful difference in the lives of those you serve.Your ability to provide both physical and emotional support reflects the true essence of a compassionate caregiver.



## **CSR PARTNERS**

### **SB** FOUNDATION Service Beyond Banking



GROUP



## **GLIMPSES**





























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## Sparsh Mospice

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