



Sparsh Hospice



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

JAN - MAR '24

QUARTERLY REPORT

Alleviating pain and suffering

Celebrating
10,000
beneficiaries

Sparsh is honoured to support over 10,000 beneficiaries, for reposing their faith & trust in us during their most vulnerable moments, as we strive to ease their pain & suffering.



+91 7995027878/9



www.sparshhospice.org/



info@sparshhospice.org

ROTARY SPARSH HOSPICE

(Centre for palliative care)

- ఇది ఇల్లు కాదు దేవాలయం అంతకన్నా కాదు కానీ 100 ఏళ్ల జీవితాన్ని కళ్ళ ముందు చూపించే ఓ ప్రయోగశాల. జీవితం అంటే ఏమిటో నేర్పే పాఠశాల ఇందులో ఉన్నవాళ్లు స్వంత అక్క చెల్లెళ్ళు కాదు అన్నదమ్ములు కాదు అంతకు మించిన తల్లి తండ్రులు అసలే కాదు కానీ నేను చూడని మదర్ థెరిస్సా నా జీవిత చివరి చరణానికి లా లా పాడి, జోల పాడి బుజ్జగించే ఓ కల్మషం లేని కాలువ పువ్వుల క్షేత్రం లో వసంతాలు ఎన్ని పూసిన అవి వాడకుండా చూసేవారు.
- తను తల్లి కాదు కానీ తల నిమిరి ముద్దు పెడుతుంది "సురేఖ మేడం"
- అక్కచెల్లి అసలే కాదు కానీ బాధను పంచుకొని బాధ్యతగా చూసుకుంటుంది "శారదా మేడం"
- ఇల్లు ఉడ్చీ తల్లి నుండి ఉయ్యల కట్టి పంపే తల్లి వరకు అన్నం పెట్టే అమ్మ నుండి చేయి పట్టుకొని నడిపే చెల్లివరకు..రెప్ప పాటు కోపం లేదు మాట తప్పురు మనసు నొప్పించరు "అనుష మేడం"
- దేవుడి మీద నమ్మకం లేదు కానీ దేవత లేవరో చూసాను.నేను మధర్ థెరిస్సాను చూడలేదు కానీ. నేను చూసిన మదర్ థెరిస్సాలు.(శారదా మేడం సురేఖ మేడం అనుష మేడం కమలాకర్ సార్) గారు ఒక వేళ అవకాశం వస్తే స్వర్గం లో మీ రుణం తీర్చుకుంటా



SPARSH HOSPICE (Centre for palliative care)
నా 30 ఏళ్ళ జీవితానికి 100 ఏళ్ళ చివరి క్షణాలకు వరం లాంటిది...

ధన్యవాదాలు

ఇట్లు

మీ ధామ అనిల్(కాన్సర్ పెసింట్)

MISS YOU...

గ్రా.గంభీర్పూర్,మం.కథలపూర్,జిల్లా.జగిత్యాల(కరీంనగర్),505306

Sparsh Hospice is touched by the heartfelt sentiments penned by our own Anil, who departed peacefully. His handwritten note, thoughtfully framed and gifted to us, remains a cherished treasure for the entire Sparsh team. The frame is displayed in our premises in remembrance of Anil's zest for life, his compassion and love.

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OVERNING BOARD

Leading the way!



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Shri K Varaprasad Reddy, Chairman
Shanta Biotechnics



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



Shri Vinod Agarwal (IAS), Rtd.
Principal Secretary



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



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



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

BOARD OF TRUSTEES

Compassionate,
& Dedicated!



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Long-Term Trustee
HoD - Anaesthesia, Rainbow Hospitals



Mr. M. Suresh Reddy
Long-term Trustee
MD, Pride Motors



Mr. Jagadish Babu Ramadugu
Treasurer & Long-Term Trustee
MD & CEO, Pragati Finserv



M. Durga Prasad
President & Trustee
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Neeraja Godavarthi
Secretary & Trustee
Director-Ekasila Chemicals Ltd.



Dr. Pranathi Reddy
Trustee, Clinical Director - Obstetrics
& Gynaecology, Rainbow Hospitals



Anand Gupta
Trustee, Managing Partner,
Thee Knowledge Pro Inc



Babita Jhabakh
Trustee, Director,
Adishwar Auto Diagnostics Pvt Ltd.

From the Trustee's Desk

"The best way to find yourself is to lose yourself in the service of others."

– Mahatma Gandhi, Father of Nation

Sparsh Hospice has grown leaps and bounds only because we are standing still while nurturing talent within, revisiting our processes & practices, continuous community engagement and has put us on a path of continuous improvement. This quarter Sparsh has reached milestone of serving more than **10,000+ beneficiaries.**

As last quarter Sparsh has seen a surge in enquiries Trust has pulled its effort to connect more partners for strengthening the financial support for the project.

4th quarter was filled with new activities, onboarding new CSR partners, foundations and HNIs. The appreciation towards our transparency & accountability has gained lots of appreciation from partners.

On behalf Board of Trustees, I thank you to all members of Rotary Club of Banjara Hills, volunteers & beloved team members for giving their best in making the project a success one.

**Best wishes,
Jagadish Ramadugu
Treasurer & Long-term Trustee**

Dear well-wishers,
I am pleased to share our quarterly report for January-March 2024. As we close the eventful FY 23-24, we usher in the new year with renewed vigor. Our partnership with Basavatarakam Indo-American Cancer Hospital & Research Institute thrives, aiding nearly 1,000 terminally ill patients by December 2023. The SBI Foundation-backed Homecare Program has transformed palliative



Shashidhar K
Centre Head, Sparsh Hospice

care, assisting over 1,000 patients last year, with plans to expand. We extend gratitude to new supporters like Infosys, Maximus, Sanskruti Shikhar, Sri Pharmaceuticals, Techno Comp, and others. Crossing a significant milestone, we've served

over 10,000 patients in 13 years. This achievement is owed to the dedication of all our staff. We plan to shortly introduce a structured volunteering program for school students to foster community engagement. We thank donors, Trustees, Rotarians, volunteers, staff, and all contributors for their unwavering support. Your trust fuels our mission. Thank you for standing by us.

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



Dr. Vivekanandam
Medical Director, Sparsh Hospice

highest quality of life possible. As we move forward, I encourage medical fraternity to come forward and become a part of the legacy. 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.

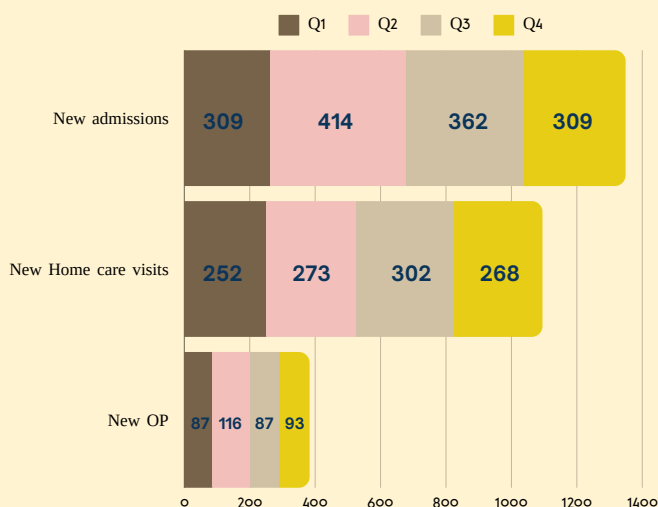
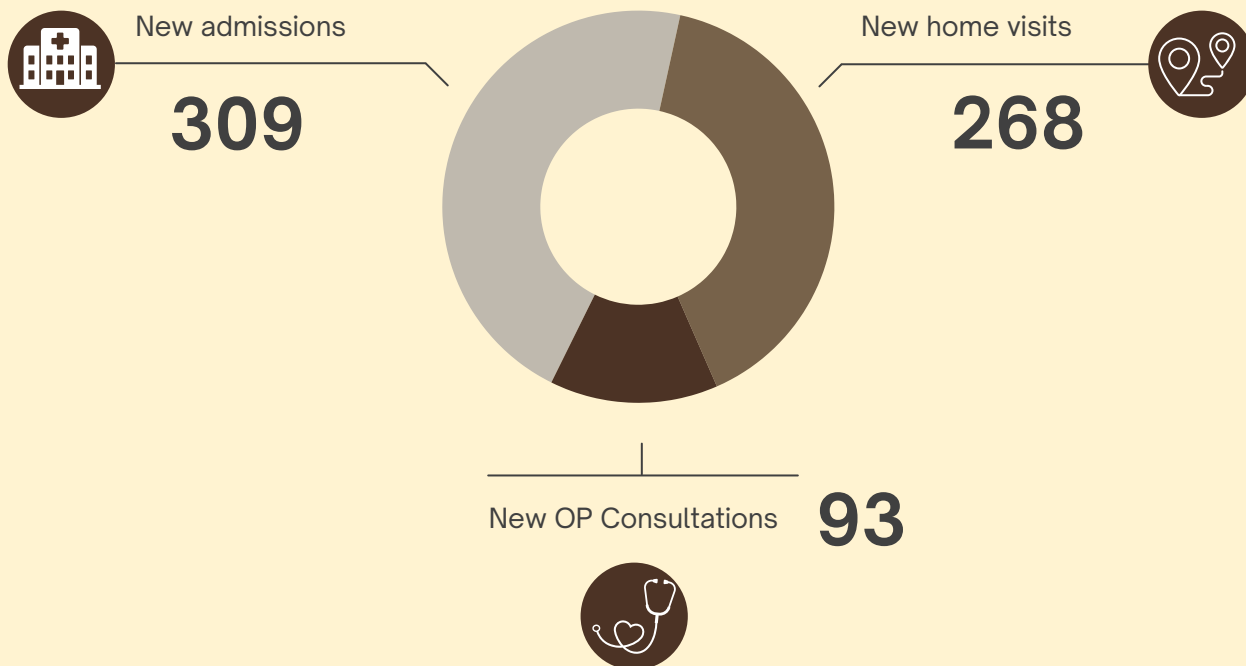
Our esteemed medical board includes:

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

With the utmost respect and gratitude!

STATISTICS

Contributing to
Quality of Life
Index!



When compared to FY 22-23

Admissions	New OP	New HC Reg
↑	↑	↑
45%	14%	17.7%
increase in admissions	increase in OP consultations	increase in hc registrations



QUARTER HIGHLIGHTS

Formally signed MoU with Basavatarakam Indo-American Cancer Hospital & Research Institute (BIACH & RI) to extend on-based and hospice care to terminally patients referred by the hospital. Till this quarter we have served 1,000 beneficiaries referred from the cancer hospital.



Leveraging partnership: Jagadish Ramadugu, Treasurer & Long-term Trustee (3rd from left), & Dr Kurapati Krishnaiah, CEO, BIACH & RI (3rd from right) along with other delegates during the exchange of MoU on February 2, 2024.



Recognition: Mrs. Sarada Lingaraju while accepting the award.

Mrs. Sarada Lingaraju, Head-Counselling, received prestigious award from The FICCI Ladies Organization (FLO) and Young FICCI Ladies Organization (YFLO). Over the past 8 years, Mrs. Sarada has not only helped develop standards of care at Sparsh, she also trained a team of psychologists, social counsellors & nurses to deliver signature care to the terminally ill. The awards were presented during Hyderabad business awards at a glittering function in the erstwhile British residency building in the Koti Women's College.

7 Sparsh staff represented the institute at recently conducted International Conference of the Indian Association of Palliative Care (IAPCON) 2024 in Ahmedabad. The team has presented 3 papers and 4 e-posters during the conference, which was well received by the scientific community.

Participants were Dr. Kamalakar Vujjini, M. Mounika, Sita K, Prathyusha YV, Dean George, Allu Ramana, B. Vahini.

In addition to this, Sparsh Hospice has been selected to host the prestigious 33rd International Conference of the Indian Association of Palliative Care (IAPC) jointly with BIACH&RI in 2026.



Academic achievement: Sparsh Team at the IAPCON 2024 which was conducted in Ahmedabad, India.



New partnership: (From centre to right) Ram Mohan Yarrapothu, CEO, Sparsh Hospice, Nanha Ram D, MD & CEO, Maximus Arc Ltd, and other staff members of Maximus. (From Centre to left) Narayana Prasad A, Sr Vice President & CFO, Maximus Arc Ltd, Shashidhar K, Centre Head, Sparsh Hospice, and others during the introductory session.

Maximus ARC Ltd has supported the project by contributing to our operational expenses for the period of 4 months.

Going Green



Sustainability: Sanskruti Shikhar donated solar power panels of 50 KWp, which will help reduce the operational cost. Currently we are spending Rs 2,60,000 /month on an average as electricity charges and we aim to achieve SDG 7 by choosing solar energy.



Every bit counts: Padmaja Ramani, Sr.Manager, Talent Planning & Deployment-ADM, Infosys, and Suresh Reddy, Long-term Trustee, Sparsh Hospice, while exchanging the MoU. Infosys will be supporting the installation of grid connect solar power panels at the Sparsh Hospice facility. The capacity of the panels are 73 KWp which will additionally contribute in reducing our electricity cost.



Generosity: On the occasion of World Cancer Day Shri K.T. Rama Rao Garu, MLA, extended his helping hands and donated towards alleviating pain and suffering of terminally ill. During the visit he spent time and interacted with beneficiaries, caregivers and the team. While addressing to the gathering he thanked all the members and patrons associated with the project for their unwavering commitment and dedication.

INTRODUCTION

Alleviating
pain &
suffering!



Joyous moment: A beneficiary celebrating his birthday alongside his family.

Sparsh Hospice is a center for palliative care where **free of cost** symptom care and pain management services are delivered to the terminally ill through a state-of art in-patient & outpatient facility.

Our free services are also extended to the needy beneficiaries at their respective homes through 6 fully equipped and staffed homecare vans. We have also started OP clinics on fortnightly basis in the two other districts of Telangana. The services

are under the umbrella of Rotary Club of Banjara Hills Charitable Trust and all statutory compliances are up to date including **80G, 12A, CSR 1 Certificate**, audited balance sheet.

The trust is registered under Registration Act 1908, guided by Indian Trust Act 1882 having Registration no 139/2011. We are also registered under **FCRA Act** under the social category. We are also certified by GuideStar India with 'Platinum' Rating, highest category for the institute.



Vision

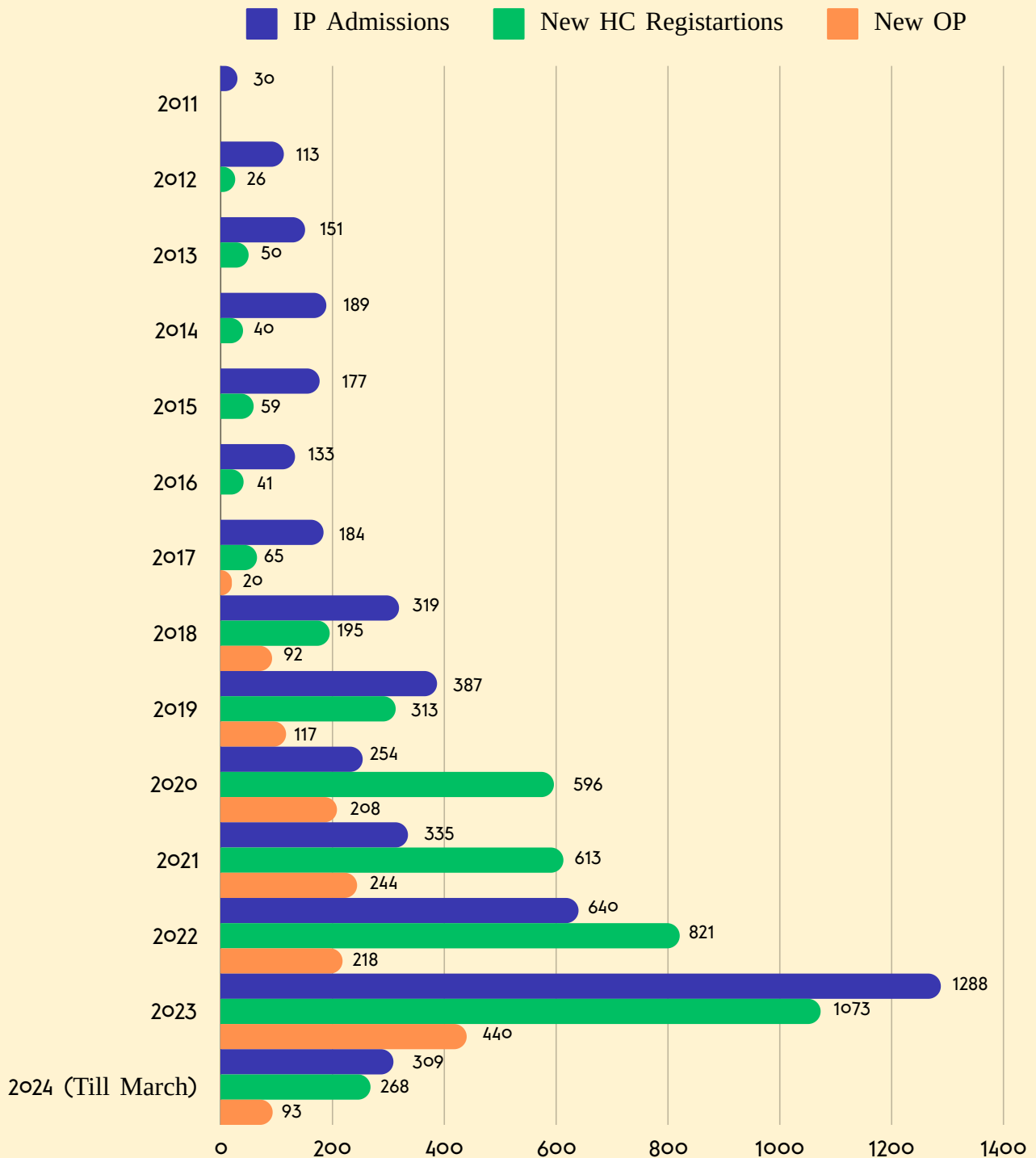
To provide quality palliative care services, free of cost, to terminally ill patients hailing from all sections of society.



Mission

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

10,000+ families impacted





THE BIG PROBLEM


>4% of India's population has access to palliative care

Millions of individuals do not have access to palliative and hospice care at the appropriate juncture, leading to considerable suffering for both patients and their families. This often results in exhaustive searches for suitable healthcare facilities, where, unfortunately, many individuals are kept on life support without meaningful outcomes.

This problem has to be addressed holistically to give the terminally ill a comfortable and dignified departure. Which is their right!

 **96%**
needy terminally ill do not have access to palliative care

 **1 in 5 suicides**
are committed by a person living with an advanced, chronic or life-limiting condition.

 **HUGE GAP**
The National Health Policy of 2017 focused on instituting palliative care as part of primary health care. But there is huge gap in the implementation of the policy

 **20,000**
cancer patients are being termed as 'terminal' monthly only in Hyderabad imagine adding non cancer and other cities and areas of India.

Challenges!

- **Access & availability:** Only a handful of palliative care centres are present, and not integrated into the healthcare system
- **Stigma & misconception:** Leads to patient die in loneliness.
- **Financial crunch:** The financial burden of treatment prevents people from coming forward for palliative care.
- **Lack of awareness:** Limited knowledge among the public, but also amongst the medical fraternity.

OUR STRATEGIES

Activities

PHYSICAL CARE	<ul style="list-style-type: none"> • Pain Management • Symptom Management • Medicines assistance • Nutrition and hydration • Personal hygiene and grooming • Oxygen support
PSYCHOLOGICAL CARE	<ul style="list-style-type: none"> • Emotional well-being • Calm & peaceful environment • Managing fear, anxiety, depression, stress • Counselling • Management of fear of death • Caregiver stress management
SPIRITUAL CARE	<ul style="list-style-type: none"> • Assessing spiritual needs • Assessing existential crisis • Value-based attitude management • Religious consideration
SOCIAL CARE	<ul style="list-style-type: none"> • Free food • Laundry and hygiene support • Funeral support • Mortuary facility • Library • Bereavement Support



In-patient services

Home care services

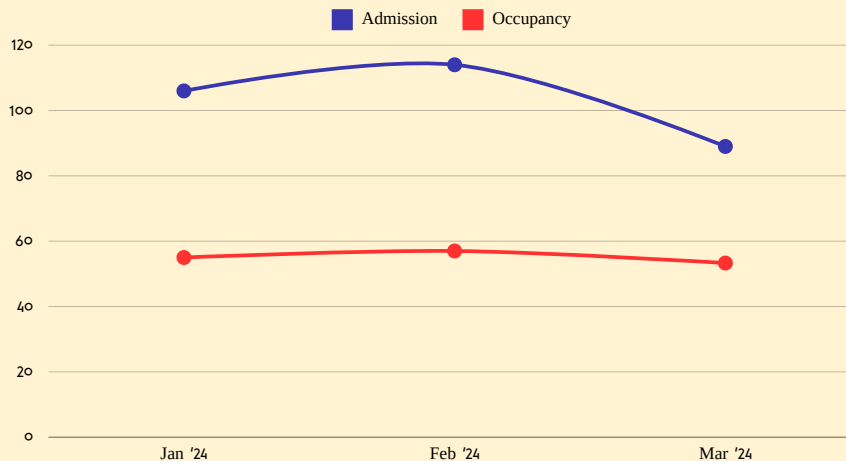
Out-patient services

Training & education

SERVICES

New admissions and Occupancy trend in chart

Admission in no.s and occupancy in %



Admission

Jan'24	106
Feb'24	114
Mar'24	89

Occupancy

Jan'24	55%
Feb'24	57%
Mar'24	53%

Sparsh Hospice is 82-bedded state-of-the-art facility with all amenities to meet the ends of beneficiaries and their caregivers. At a hospice we provide free stay, food, medicines, attender stay, and other amenities free of cost for the in-patient beneficiaries. We also celebrate festivals, beneficiaries & their family members birthdays and any other special occasion at facility. Our center features dedicated wards for pediatric patients, females, and males. We provide comprehensive medical, psychological, social, and spiritual care under one roof, entirely free of charge.





Festive spirit

Celebrating festivals fosters a sense of community, normalcy, and inclusivity, providing opportunities for joy, memory-making. This quarter we celebrated Sankranti, Ugadi, Holi and others.

Person-centric care

At Sparsh we respect each & every patients' preference and dignity, therefore, extending a person centric approach of care helps address most of the physical and psychological issues.



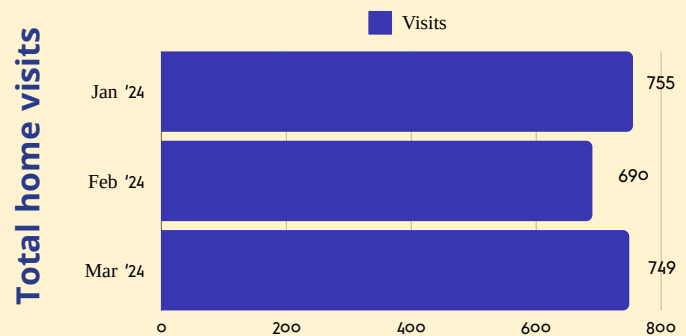
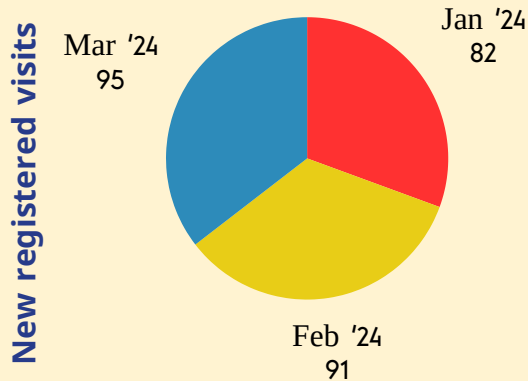
Make a wish

*Sarita expressed her longing wish for a drive and team took prompt action to arrange the same for her. They took her to a ride to nearby lake, away from the bustling streets of the city. The escape made her share all her feelings.

Beneficiaries' special days

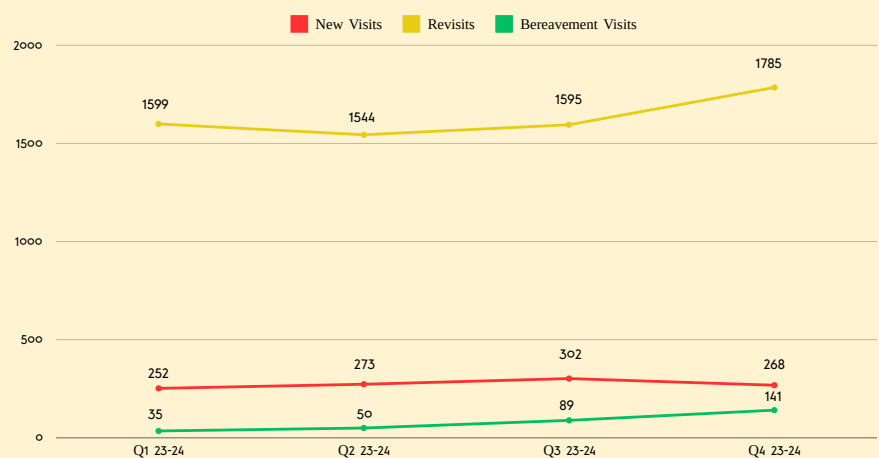
A hospice is a home away from home, and to make the beneficiaries feel at home we celebrate any special occasions, birthdays, wedding anniversaries at our facility, which may be the last celebration for them.





Home is where the heart finds comfort and connection. In the final stages of life, being surrounded by loved ones and departing in peace is a universal desire. Guided by this philosophy, Sparsh introduced its Homecare services in 2016, ensuring that patients receive compassionate care in the comfort of their own homes. Our fleet of 6 Homecare vans now reaches around 80 new patients every month, thanks to the generous support of SBI Foundation. We extend our heartfelt gratitude to SBI Foundation for their unwavering support, enabling us to bring solace and dignity to those in need.

FY 23-24 Statistics





Keeping festival spirits alive

Keeping the spirits alive for home-based beneficiaries, especially those facing health challenges, is incredibly important for their well-being and morale. This quarter we celebrated Pongal, Holi and others at their home.

Prioritising compassion

We adopt a philosophy of addressing any suffering due to serious illness by compassion to tackle health disparities which extends beyond the confines of medical treatment. The multidisciplinary team spend ample time to address it.



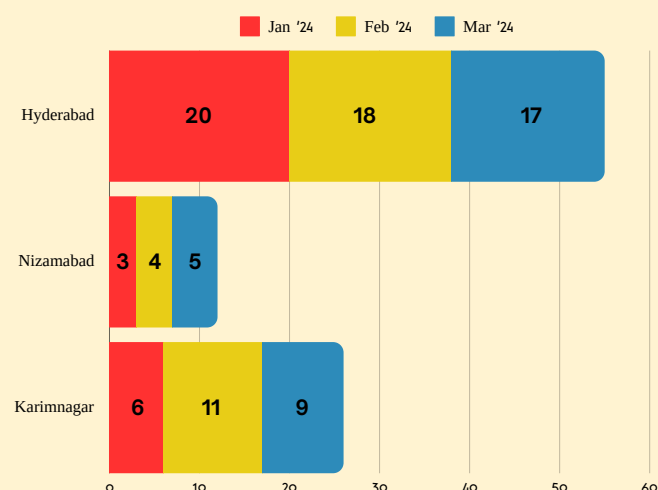
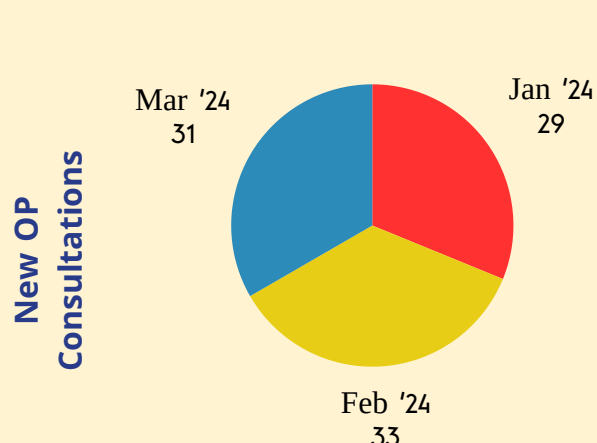
Bereavement Support

Bereavement visits are offered to support grieving families. These visits provide a safe space to process emotions and share memories, alleviating the emotional burden with compassionate presence.

Nightingale

Nurses play a vital role in delivering palliative care within the home setting, leveraging their expertise in symptom management, family education, and disease monitoring to enhance the quality of life for terminally ill individuals.





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.

Having the extra layer of support can make a big difference to the quality of life. Expert pain management and telephonic medical advice can help avoid those unwanted trips to hospitals. Currently we extend the services with 3 OP Clinics and they are at different locations:

- Sparsh Hospice, Hyderabad
- Indur Cancer Centre, Nizamabad
- CAIMS, Karimnagar





Coming closer to the community!

In the partnership of link hospitals we have started pain clinics in Nizamabad and Karimnagar district of Telangana with the aim to increase accessibility of palliative care.

If you know someone who can be benefitted from the clinics, reach out to us:

Nizamabad: +91 78931 18921

Karimnagar: +91 78931 16562

Tele-health

In cases where patients are unable to travel, tele-consultation facilitates remote medical appointments. One family member can attend, facilitating communication. This is particularly valuable for patients requiring pain medication, ensuring access to necessary care without physical travel.



Social Support!

It is part of a whole family approach. No matter how an intervention is delivered there is a direct correlation between perceived level of social support & the positive outcomes of that support. We assist the low income families with dry ration, nutritional support, milk and others.



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

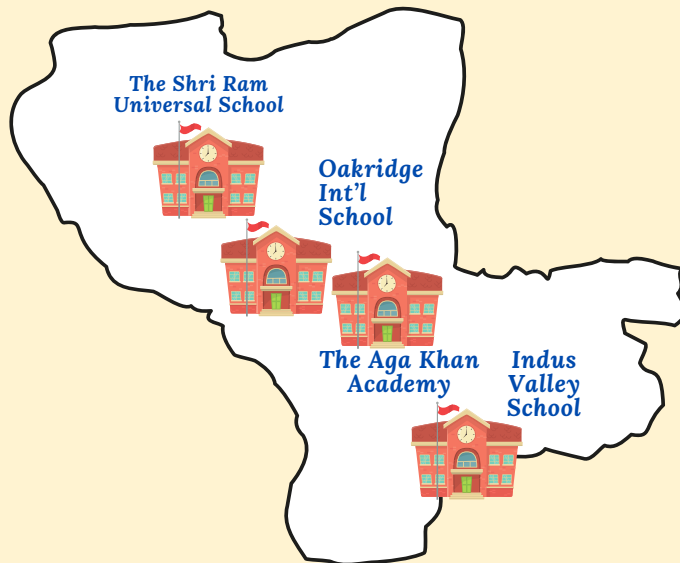
- Offer no cost hands-on training program for General Duty Assistant.
- Started 'Course in Palliative Care for Volunteers (CCCPCV),' a 36-hour offline program, which is a collaborative effort between Sparsh Hospice and the Indian Association of Palliative Care (IAPC).
- Providing college students with 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.
- Initiated Creativity, Activity, Service (CAS) Program to create a compassionate community.

Activities during the quarter are as follows:

- 500+ hours of training session conducted
- Internship cum training to students from Central University of Hyderabad, ICFAI, Roda Mistry College of Social Work and Research Centre, NIT Patna and other institutes.
- Initiated CAS program for integrating Sparsh as community service partner in IB schools of Hyderabad.
- Regular training classes for our nurses, nursing aides.

CAS INITIATIVE

**Creating Compassionate Community
through Creativity, Activity and Service**



Piloting: Currently CAS has been running successfully in 4 IB schools of Hyderabad, Telangana.

What is CAS?

Creativity, Activity, Service project is an approx 40 hours community service program to enhance holistic education by fostering personal development and instilling a sense of social responsibility in school students.

Module:

Level 1: Educational Workshop

Level 2: Volunteering

Level 3: Fundraising & Outreach

Learning Outcome:

- Increase in confidence in decision making
- Increased skill in initiating and implementing activities
- Knowledge gained in collaboration and team work
- Learned importance perseverance and commitment
- Understanding of global issues
- Recognise and consider the ethics of choices and actions.

Thinking of exploring the CAS opportunity with Sparsh?

Contact us:

training@sparshhospice.org



In action: CAS Sessions conducted with several IB schools.



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.

Activities during the quarter are as follows:

- 45+ sessions of sensitisation program conducted in and around Hyderabad.
- Distributed pamphlets in 10+ PHCs.
- Special awareness program conducted on the occasion of Republic Day.
- Awareness at schools, colleges, public institutes, pharmacy colleges and others.



Revolutionising palliative care: An awareness program conducted at a women's college near Golconda fort, Hyderabad.



Taking to mohallas: Conducted an in-person meeting with a medical officer in a PHC.



Reaching every nook and cranny: (From left to right) Ram Mohan, volunteer, during a sensitisation program on elderly care. Team members can be seen distributing pamphlets amongst the students of Osmania University, Hyderabad, during its 100 years of celebrations.



Staff wellbeing: An evening dedicated to staff, their family members and volunteers.



Celebrating commitment: World Social Work Day 2024 was celebrated with fervour. The day is being observed to highlight the achievements of social workers and raise awareness about need of social service in the society.



Blessing in disguise: *Charan was suffering from a rare disease. He and his family found peace during their stay at hospice.



Andhranatyam: Cultural dance program was organised for beneficiaries and caregivers.



A day out: A women beneficiary during an outing.



Social responsibility: The Teradata senior leadership team and other employees joined us in volunteering to support our efforts in providing palliative care. Earlier the institute has also supported through CSR Grant.



Good samaritans: Members of Jain Social Group Hyderabad Charitable Foundation Trust supported by contributing towards corous funds and became a 'Sparsh Mitra' partner.



Employee engagement: Calyx AI team members contributed their time and energy towards making of cotton balls, and gamjee pads, which are being used for nursing care.



Corporate Social Responsibility: Vertafore India Pvt Ltd extended supported through CSR Grant for purchasing of 40 oxygen concentrators.



Leadership: Jhansi, renowned presenter and actress, while addressing the staff member during International Women's Day 2024. Sparsh Hospice is honored to have a workforce where 80% of our team is composed of remarkable women.



Nutritional support: Indian Cancer Society, Karnataka Branch, came forward to support our beneficiaries by extending much needed nutritional support.



Scan for more info

Sparsh  Hospice

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