



(A Project of Rotary Club of Banjara Hills Charitable Trust)

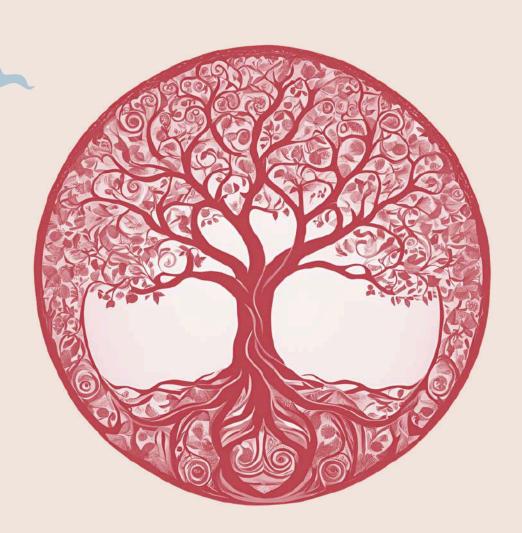




APRIL - JUNE '24

QUARTERLY REPORT

Alleviating pain and suffering





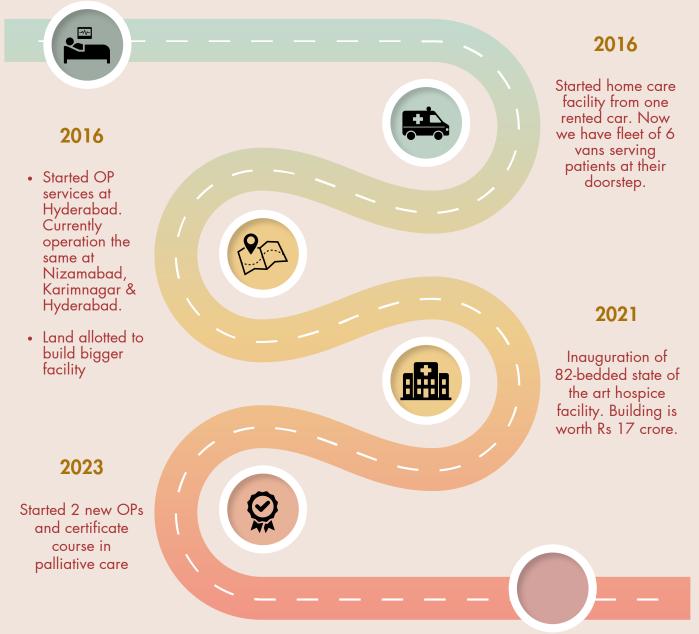


OUR JOURNEY



2011

Started 12-bedded facility from a rented premises







Reached milestone of serving 10,000 terminally and their family members.







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GOVERNING BOARD





Padma Bhushan Shri K Varaprasad Reddy, Chairman Shanta Biotechnics



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



Shri Vinod Agarwal (IAS), Rtd. Principal Secretary



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



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



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

















Dr. M. Subrahmanyam **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 CEO, Corpone BPO (A Natsoft Co.)



Neeraja Godavarthi Secretary & Trustee Director-Ekasila Chemicals Ltd



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



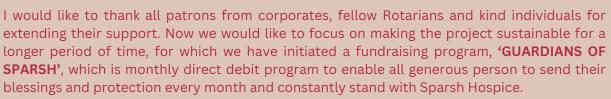
Anand Gupta Trustee, Managing Partner, Thee Knowledge Pro Inc



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

Trustee's Desk

The quarter under review is significant one in the history of Rotary Club of Banjara Hills Charitable Trust, as its brainchild project - Sparsh Hospice - has crossed the milestone of supporting 10,000 terminally-ill patients. The project is a one-of-its kind initiative and has been creating long-term impact in terms of alleviating pain, and suffering. As a result now we are seeing lot of supporters coming forward on their own to be a part of this journey in different ways.



Pledging monthly contribution starts at just Rs. 500 (or multiples thereof). This will ensure the continuous & uninterrupted care for terminally ill patients, by building a corpus enough for sustaining the project for longer period of time.

Therefore, I request each generous individual and philanthropists to come forward and showcase your love by becoming a guardian, and constantly protect us. Any contribution to this will add to a greater good. For details please contact us on 7995027878.



Best Regards M. Suresh Reddy, Long-term Trustee, RCBHCT



CENTRE HEAD'S DESK



Shashidhar K **Centre Head Sparsh Hospice**

With great pleasure, I present our April-June 2024 quarterly report. We welcome the financial new year with fresh energy as we wrap up the exciting FY 23-24. This quarter our home care project with SBI Foundation got renewed through which we aim to reach 1,700 beneficiaries at their doorstep. We also thank Vertafore India Pvt Ltd for donating 42 oxygen concentrators.

This quarter also marked the inauguration of Telangana chapter of the Indian Association of Palliative Care, where I am proud to announce that 3 of our staff members are part of the office bearers. We are grateful to every one of our personnel for their hard work in making this happen. In order to promote community involvement, we initiated CAS Program with school students and 75 of them have successfully completed the program.

Thanks to Trustees, Rotarians, staff members for their all time support.

MEDICAL DIRECTOR'S DESK



Dr. Vivekanandam **Medical Director Sparsh Hospice**

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. My best wishes with IAPC chapter in Telangana for advocating on palliative care.

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!









INTRODUCTION

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 home care 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 exceptional palliative care services, free of cost, to terminally ill patients hailing from all sections of the society



MISSION

To render differential palliative care service to add value and provide comfort in the end-of-life days of terminally ill patients



GOALS

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

12 YEARS OF LEGACY

2017

OP Services, a care provider, is expanding to meet patient needs with a new hospice on a 1-acre land grant from the Telangana government.

2016

Home-based services started with rented cars, now operating a fleet of 6 vans.

2011 12-bedded facility

Started 12-bedded hospice facility in Banjara Hills, Hyderabad.

2024

Reached milestone of serving 10,000 terminally and their family members.









QUARTER HIGHLIGHTS



Telangana Chapter of IAPC

Telangana chapter of the Indian Association of Palliative Care (IAPC) was inaugurated on June 29, 2024, to enhance the accessibility of palliative care services in the state. IAPC is a national forum to connect, support and motivate individuals and institutions involved in the sector. Dr. M. Subrahmanyam, Long-term Trustee, Sparsh, was the Guest of the Honour alongside other stalwarts of palliative care. From Sparsh, Dr Anjaneyulu Konda (Medical Officer), Anusha Cheekati (Head Nurse), K Eshwaranna (In charge - Homecare) were selected as the office bearers of the committee.



Hospice care beyond pain management

Dr. Karen Bullock, Louise McMahon Ahearn Endowed Professor at Boston College School of Social Work conducted a specialized workshop to understand different practices of hospice/palliative care in the context of India and the USA.

Special thanks to Dr. Gautam Yadama, Dean of Boston College School of Social Work, for bringing this opportunity to us. It has also been mutually decided to develop a global partnership for training and building the capacity of social workers in palliative care.





SBI Foundation's field visit

Mr. Rajaram Chavan, Head – Programs (Health & Women Empowerment), SBI Foundation, joined a home care visit on June 21, 2024, as a part of field visit.

SBI Foundation supports operational costs of our home care vertical (6 vans) where we are reaching out approx 90 new beneficiaries and successfully doing 700 home visits every



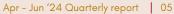
Vertafore India Pvt. Ltd. contributed 42 oxygen concentrators, which will help us manage patients with respiratory issues. This aligns with the hospice care philosophy, where we provide comfort without using invasive medical equipment.

Thank You Vertafore!















Where voices meet!

Sarada Lingaraju, HoD, Psychologist & Counselor, was invited to a special radio talk show, Prerna, on Akashvani, Hyderabad, to share the inspiring story of Sparsh Hospice and raise awareness about the need for palliative care.



PEDICON 2024

Dr. M. Subrahmanyam, Long-term Trustee, was invited as speaker at IAP TCB ANNUAL PEDICON 2024, which was conducted from 29th - 30th June 2024. He advocated about the need of paediatric palliative care and highlighted the contribution of Sparsh in the sector. We also set up a booth at the conference to spread awareness.

















IN-PATIENT SERVICES

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



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
- Need-based 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
- Creativity, Activity, Service Program for school children



AWARENESS & ADVOCACY

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









STATISTICS



741



NEW BENEFICIARIES REGISTERED THIS QUARTER



New beneficiaries

340 Admissions



Statistics since 2011

- **4,849** new admissions till date
- **27,281** home visits successfully completed
- **4,478** new home-based beneficiary served
- **4,058** OP Consultations

Indirect beneficiaries









2,250 kgs

Dry ration distributed







* HOSPICE * CARE



Admission

Apr'24 110

May'24 129

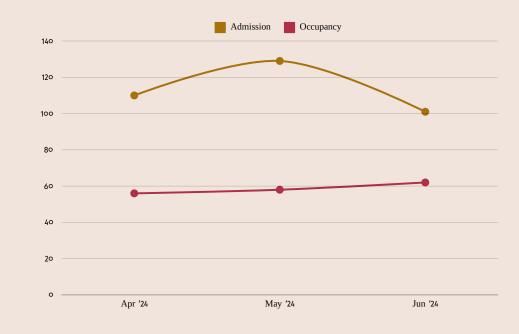
Jun'24 **101**

Occupancy

Apr'24 56%

May'24 58%.

Jun'24 62%



Sparsh Hospice is 82-bedded state-of-the-art facility with all amenities to meet the ends of beneficiaries and caregivers. At a hospice we provide free stay, medicines, attender stay, and other amenities free of cost for the in-patient beneficiaries. We celebrate festivals, beneficiaries & their family members birthdays and any other special occasion 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.











FROM PAIN TO PROGRESS



Alka, a patient at Sparsh Hospice, was diagnosed with cancer. Upon admission, she had been unable to walk for an extended period due to pain and severe discomfort. Over the course of a few weeks. she gradually regained her strength and began to improve. The day she could walk again brought immense joy, allowing her to outside and breathe in the fresh air.

Sigh of relief

This moment of relief had a profound impact on her health and mindset. With consistent exercise and proper gait training, Alka's condition continued to improve, ultimately allowing her to functionally become independent.

Like Surabhi there are examples more of who have patients progressed with better muscle strength, better blood circulation been able ambulate through



physiotherapy palliative care.

What is physiotherapy?

Physiotherapy is the branch of medicine that is used to treat diseases, injuries, muscles spasms or any deformities with the help of exercises and stretching using modalities like heat and cold therapy and ambulation.

it help palliative care patient?

In the palliative care context, the main aim of

physiotherapy provide comfort to the patient, and help them to

The importance of physiotherapy in palliative care is best summarised by Cicely Saunders' quote, "You matter because you are you, and you matter to the end of your life. We will do all we can not only help you peacefully, but also to live until you die."







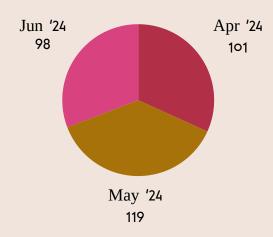




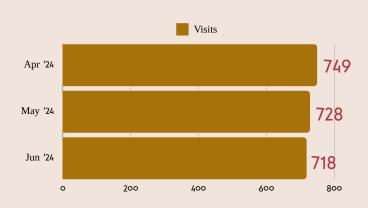




New registered visits



Total home visits



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.

This quarter we have added two halt centres for efficient operating the vans.





Supported by SBI Foundation





SILVER LININGS

Raghavamma, elderly an faced the harsh woman, realities of old age and epilepsy with a heavy heart. Her three children, once the center of her universe, were now distant, their visits a rare occurrence. The loneliness she felt was a burden almost too heavy to bear.



Every day was a struggle for Raghavamma, not just against her health issues but against the sorrow of abandonment. She yearned for the warmth of her children's love and support, a yearning that seemed increasingly unattainable. In her darkest moments, Sparsh Hospice emerged as a beacon of hope.

Each month, Sparsh Hospice provided her with the essential medications she needed and dry rations to keep her nourished. These visits were not just a lifeline but a reminder that she was not forgotten. The staff at Sparsh Hospice treated Raghavamma with the utmost kindness and respect. They listened to her stories, offered comforting words, and ensured she had everything she needed. Their care extended beyond medical help; they brought light into her otherwise lonely world. Raghavamma drew strength from the support she received from Sparsh Hospice. The small acts of kindness and the regular visits became the highlights of her days. She came to understand that family isn't always defined by blood but by the love and care shared by others.

Despite the challenges in her life, Raghavamma's days were also filled with moments of grace and gratitude. Sparsh Hospice's unwavering support became her beacon of hope, demonstrating that even in the darkest times, a guiding light can always be found.

In her own words, Raghavamma expressed her gratitude: "Sparsh Hospice helps me every month with medicines and food. Their kindness and care mean the world to me. They treat me like family when my own doesn't. I am deeply grateful for their love and support."



















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:

- a. Sparsh Hospice, Hyderabad
- b. Indur Cancer Centre, Nizamabad
- c. CAIMS, Karimnagar













प्रत्यापापाद







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 awareness about the field of palliative care.
- Volunteering opportunity
- Prioritising upskilling our current staff, innovative exploring palliative care approaches.
- Initiated Creativity, Activity, Service (CAS) Program to create a compassionate community.

Activities during the quarter are as follows:

- 75 students completed CAS certification program
- Internship cum training to students from Roda Mistry College of Social Work and Research Centre, Christ University, BMS College of Architecture, Bengaluru, GITAM, BML Munjal University, Delhi and many others.
- Regular training classes for our nurses, nursing aides.
- Conducted an special awareness program on ALS management by ALS Group to our care team.











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

Therefore, it is the need of the hour to spread extensive awareness about palliative the care amongst 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:

- Palliative Care sensitisation program at Osmania University.
- Paediatric palliative care awareness program in a urban slum of Malkajgiri, Hyderabad.
- Participated in the recently conducted Mokila Sareethon, with the theme "The Power of Nari, Draped Her Sari,". We joined the program with the aim to create awareness on palliative care and about Sparsh Hospice activities. With walk-ins showing interest and support, the event was effective in raising awareness of this important topic. Meaningful talks and a common goal to improve knowledge of and access to palliative care services characterized the day.









TESTIMONIALS



Bader Begum

2 reviews • 0 photos





★★★★★ 7 weeks ago

Sparsh Hospice: A Beacon of Hope and Comfort

I am deeply grateful for the extraordinary care and compassion shown by the Sparsh Hospice team. Their dedication to providing comfort and support to cancer patients is truly remarkable. With promptness, empathy, and kindness, they address patients' physical, emotional, and spiritual needs with sensitivity and compassion. The warm and welcoming environment, combined with expert care, makes a significant difference in patients' and families' lives. Sparsh Hospice is a testament to the highest standards of healthcare, offering hope and comfort during difficult times. I wholeheartedly recommend them for exceptional care and support.



UMAMAHESHWARI J

2 reviews • 0 photos





**** 14 weeks ago

I feel pleasure that I interned here ...it's very good place for the people who wanna acquire the knowledge of palliative care and counseling and the way showed their care towards the patients if shows protection for improving quality of life thank you for giving me opportunity



Krishna Muvvala

9 reviews • 0 photos





**** 3 weeks ago



We approached Sparsh Hospice for my fathers terminal illness few months back. The doctors and staff were very supporting and helped ease the pain of my father. They were very professional and they scheduled regular visits to home to speak and counsel my father and us and also adjust medication as per the need. My father looked forward to visits by their social workers very much. They were always available on phone when needed. We were very Happy with them and would highly recommend them for terminal patients.









OTHER ACTIVITIES

Ram navmi celebration



Caregiver meeting



'Avakaya pachadi' in making



Cultural program





A day at hospice









Personalised care



Distraction activities



Personal hygiene





Compassionate care













Scan for more info

Sparsh Hospice

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