

I'm Dr Aye Aye Naing from Mandalay, Myanmar. I'm a Medical Oncologist and a Palliative Care physician as well.

I've learnt a lot of things about effective and meaningful works for our patients.

I summarized the events I attended in two divided groups, Patients and Families level Palliative Care and National level Palliative Care.

#### **Patients and Families level Palliative Care**

I attended Holistic care for patients and families in end of life. I realize that the Holistic care is a wide range of spectrum and nature of illness is a play a role.

I learnt how to improve QOL in patients suffering from breathlessness.

Among so many topics, Palliative care in Covid 19 era was the very interesting topic and new one for us. I think it's very important for us because people around the world including our patients are recently in Covid 19 waves.

#### **National level Palliative Care**

The sections I picked up are Consensus in quality palliative Care and National project to evaluate the quality of palliative care.

I recognize the major role of Government awareness and support for palliative care is how important.

Another interesting and valuable information is the collaboration between LIEN Foundation and Ministry of Health of various countries in Asia Pacific regions.

#### **The items I've learnt in this Conference**

- Knowing the education program and giving services for patients and families in Asia Pacific region and other countries such as UK, USA.

- Importance of the Palliative Care Outcomes Collaboration

- Need community involvement, information available from Government agencies and good understanding of palliative care

- Need to use relevant and meaningful outcome measures for patients and families

#### **How to use the Knowledge that I learnt**

- The most important is Sharing the knowledge

- Educates among health care providers

- Coverage of Palliative Care in all levels of health care sectors including station hospitals

- Can improve individualized patient-center care

- Promote and upgrade to the National Health Plan

- Sharing the role of Complementary, alternative and integrative medicine in Palliative Care

- To elevate about the Advance Care Planning in our services

#### **Testimony for future bursary recipients**

I've so many advantages to attend this APHC 2021.

I must confess that I really burned out because of our political situation and the violence in our country.

But, amazingly, I regained my power after attending this conference!

I have encouragement from excellent speakers and my mind refreshed via the discussion among chairman and all speakers.

So, I am really proud that I'm the one of the APHN members and thank all authorized persons let me give a chance to attend this meeting.

I conclude my report with a screenshot of APHC 2021 which gave me excitement!  
This photo brings me back into our training period and I was in between my two faculties Prof Meera and Dr Akilesh.

