

APHN BURSARY REPORT

Maria Astheria Witjaksono

INTRODUCTION

I'm a palliative care physician. I started working as a volunteer at the Northern Territory palliative Care in Darwin, Australia while I studied in Post Graduate Certified program in Palliative Care through Flinders' University, which was completed in 2004. I went back to Jakarta working in Palliative Care session at Dharmais Cancer Center which was part of Rehabilitation Department at that time, and completing a Master Program in Palliative Care in 2008. After several clinical attachment and courses in various Palliative Care Centers in Australia, Singapore, Hospice Malaysia, M.D Anderson Cancer Center, Houston Texas and St. Christopher Hospice, my colleagues finally recognize me as a palliative care physician.

Every day, I start working early at the palliative care clinic, continue with home visit 3 times a week and visiting inpatients, including general ward, ER and ICU.

My interest most are in pain management, communication and end of life care.

The major barrier to develop palliative care comes from physicians. The low number and late referral to palliative care urged me to conduct a study on this area, aims to 1) to identify the meaning of palliative care referral among physicians working in oncology 2) to understand how those meanings influence their decision to refer patients to palliative care 3) to find dimensions and indicators of the referral and 4) to evaluate the impact of the criteria on the quality of care among adult cancer patients who need palliative care. This research grand me a doctoral degree in January 2021.

I was also interested in knowing the patient's and family's perspective about palliative care. I have just completed research in this area in December 2021

I like teaching. I have responsibility in mentoring Internist residents from University of Indonesia and giving lecture in several undergraduate and post graduate medical school and nursing school.

SUMMARY OF THE EVENTS ATTENDED

The 14th APHC was different to the previous congresses. It was quite challenging attending the congress through webinar. The 2 days congress, however, gave me some more understanding of areas that need to be explored and developed such as the importance of highlighting community palliative care and palliative care education

WHAT I HAVE LEARNED

- a. The Hinohara lecture
- b. Public education material
- c. Care in the community by volunteer and its training
- d. Fan therapy can be used to reduce dyspnoea
- e. The effectiveness of palliative care in addressing symptoms, discussing cancer treatment effect and decision making, EOL planning, relationship and rapport building, and engaging the patient
- f. The output and outcome measure in Palliative Care

HOW I WOULD USE THE KNOWLEDGE

- a. Palliative care practice should emphasise the preciousness of life
- b. To develop public education material which much more communicative in informing about ACP
- c. Plan to train volunteers in out of Jakarta area
- d. Using more fan in breathlessness
- e. To define output and outcome in each setting of palliative care

NOTES FOR FUTURE BURSARRY RECIPIENTS

APHC is a forum to connect with other palliative care professionals from various settings in many countries, to update knowledge in palliative care through experience and result from the latest studies.

Attending an APHC is recommended, not only as an opportunity to share our studies, but also to visit the host country where we can learn other culture and enjoy its beauty.

Thank you APHN for the bursary granted to me. I hope that will be many more applicants in the next APHC

PICTURE

I did not take any picture