

I am Dr. Kazi Maksoda Akter, working as a medical officer in Palliative Medicine department, Bangladesh. It's been seven years I am in Palliative Medicine department and I got the ToT programme of APHN but still there is so much to learn and know about palliative care. I always eagerly wait for any scope of knowledge gain so, this programme was a great chance for me. I was very delighted to see all of my mentor in one screen. I have loved every session, everyone was talking with lots of information, knowledge and in a very simpler form. There are so many new things that I got to know through these sessions like – morphine in heart failure, cochrane recommendation on management of dyspnea, works that has been done during COVID pandemic, update of new setup in Kenya and so many thing. As I am a co investigator of APPROACH study in Bangladesh, I was delighted to see the update of APPROACH study and papers those are coming through it. Outcome of ToT programme of APHN in different sites including my country made my eyes wet as I became nostalgic to see those days. But one session that stole my heart was spoked by Dr. Tatsua Morita, Japan and chaired by one of my mentor Prof. Cynthia Goh. As I love research and their experience and stories inspired me a lot. I was amazed to see the improvement on advance care planning in some countries as this area is the mist neglected part in our country.

Now I know, where I have to work more, where should I use my capacity. I think I will be more confident on managing dyspnea patients. I had some ideas of research during the programme where I am now working. Beside knowledge gaining I must say that those 2 days were like healing therapy to me.

Thank you so much for the bursary and making it an easier, without that I couldn't made it. I will love to attend programme like this.

I am really sorry that I haven't taken any screenshot.