

I am Dr Wah Wah Myint Zu. I am a Consultant Radiation Oncologist and Palliative Care clinician from Yangon General Hospital, Myanmar. I am also a volunteer consultant responsible for the supervision of the clinical aspect of U Hla Tun Hospice Cancer foundation. I am also the founder and president of NGO group, known as the Padummar Cancer and COVID-19 support group, which is aimed for Psychosocial and spiritual care activities. For Religious care, Dumma workshop of “How to increase the value of our lives minute by minute” and one day meditation practice for cancer patients were done at Yangon General Hospital. For different religion, religious care support was done depend on their religions and wishes in the end-of-life care.

During the second and third wave of COVID-19, we recruited about 300 volunteers and online training for psychosocial and spiritual care was done and started online program for Patients with COVID-1 and their families, people in quarantine. Our group also implemented the online bereavement support and helped in religious and ritual matters at the end of life and memorial ceremony for the bereaved families. As we also hired 10 L Oxygen concentrator to those patients of COVID and Cancer as a charity work collaborated with the Rotary club Great Myanmar.

Summary of events attended and what have you learnt:

Plenary Session 1 – Palliative Care is the bridges between the life-threatening sufferings and health services. Developing Palliative care in different disciplines is like building the bridges. And Bridges are gifts – Powerful and Inspiring talk by Dr Frank Brennan.

Palliative Care in COVID in various countries is that we are inspired by the implementation of new paradigm of Palliative Care in COVID.

Breathlessness and its impact on quality-of-life lecture was also interesting. Knowing integration on Palliative Care in Dyspnea management guidelines of heart failure patients is quite interesting and also excited to learn about the non-pharmacological intervention like research for different types of fans. This session brought up many research ideas on role of palliative Care in Dyspnoea.

I am excited to learn the session of developing evidence for clinical palliative Care- as we are also parti of APPROACH study and excited to learn about the data of other participating countries. It is also inspired to learn about consensus and national projects to evaluate the quality like IPOS.

On Day 2, Update about ACP is very interesting especially the serious illness program which is very comprehensive. Capacity building is the important topic, and inspired to learn the presentation of Kenya and Kerala and also education and training in Thailand and India. And the last not the least is the great lecture of Prof Goh, our mentor.

In addition to that, I also excited to learnt the hard work behind the online program of Conference and also on demand vimeo of all talks and presentation. These indeed needs high IT and web technology and I am thankful to learn the missed program from the demand vimeo.

How would you use the knowledge that you learnt:

The knowledge and experience that shared by speakers were very informative and evident. The journey of each and every country was very impressive. I also learnt the training and education, Advanced care planning, new paradigm of Palliative Care in COVID,

I would like to share the evidence-based data of Palliative Care in serious illness to my colleagues in Myanmar. I would like to put the new evidence and modern concept in palliative education in Myanmar. Seeing the new program like serious illness program, encouraged me to start a program like that. I would also like to share the journey of palliative care in Myanmar not only in cancer but also in COVID management. Learning about different methods of researches for different modalities of researches were inspiring and encouraging. The idea and enthusiasm behind each research are enormous and I wanted to implement that kind of research with the supporting administrative.

As like the plenary session talk of Dr Frank Brennan from Australia -" Building Bridges"; palliative Care is the bridge to people quality of life and health. We would like to use those information and inspiring talk in our advocacy to stake holders and policy makers.

Testimony for future bursary recipients:

Words cannot describe how much we thanked APHN. I am grateful for your kind consideration and financial support for the bursary for the online registration. Due to COVID-19 and current situations, it is very difficult for us to attend the APHC 2021 Japan. With the bursary for Palliative Care team in Myanmar, I am very thankful for having a good opportunity in having a chance to attend the conference and learn a great deal of palliative Care knowledge and information around the world. And I am very impressed and felt more dedicated to Palliative Care development in Myanmar.



