

I am Dr. Thawdar Pa Pa Tun, a medical oncologist from Magway Teaching Hospital, Myanmar. I have attended APHC 2021 virtually on 13<sup>th</sup> and 14<sup>th</sup> November, 2021.

The events I attended in that conference are

- (1) Palliative care in COVID-19 era
- (2) Breathlessness and its impact on Quality of Life
- (3) Holistic care for patients and families in end-of-life
- (4) Updates of advanced care planning around the world
- (5) HINOHARA Memorial lecture
- (6) Capacity Building in palliative care
- (7) Reflection on the APHN development

APHC 2021 is a very unique conference and I have learnt a lot from our mentors, leaders and colleagues in palliative care around the world.

First of all, I am really encouraged by the conference theme for this year "Building Bridges, Hospice Palliative Care Beyond Borders".

It is really honoured to attend Dr. Rosalie Shaw's pre-recorded lecture about the patron of APHN Dr. Shigeaki Hinohara and Prof Cynthia Goh's presentation on APHN development.

On Day 1 I have learnt how to solve the challenges in palliative care during COVID-19 era, role of opioids in breathlessness including how to rapidly titrate opioids, Hospice Palliative care Act, how to approach patients to discuss about end of life issues, etc.

On Day 2, I have also learnt a lot in lectures on advanced care planning including emotional challenges, culturally adopted advanced care plans, gaps between patients and health care providers and misunderstanding of advanced care plan by patients and family.

And I have also learnt about how the hospice care in Kenya was established and palliative care via telecommunication in Bangladesh.

I will use the knowledge in the care of cancer patients and other patients who need palliative care in Magway. And I will also share the knowledge to my colleagues.

I am really thankful to those who allow me to attend this very special conference as a bursary recipient. I will use the knowledge I have learnt from this conference in taking care of the patients who need hospice and palliative care and I also want to learn more in the future.

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