

## APHN 2021 REPORT

I'm a pediatric palliative care doctor in the Philippines who trained under the clinical program of Two Worlds Cancer Collaboration (Canada) and Hyderabad Centre for Palliative Care (India).

I attended the pre-convention pediatric workshop and the pediatric palliative care track of the APHN 2021 Conference. In a nutshell, my learnings revolve around the art of communicating to families and colleagues in the field of palliative care. Active listening is still the core of good communication and allowing families to freely express their opinions and emotions, whether we agree or not, actually gives us the upper hand to address the issues that matters to them the most. Developing the skills of conversing critical issues around the care of seriously ill children is both challenging and rewarding that's why it is important that we talk about it in detail just how Dr. Poh Heng presented it in a very systematic and practical way. Moreover, putting into practice good communication involves building mutual relationships within the team and creating a safe space where everyone can grow individually and collectively. This is something that I want for our team to develop as we tread this road together so it is worth to intentionally look into having a team building activity in order to identify our strengths and weaknesses, our respective roles, and allow avenues for each of us to build our career for personal satisfaction.

The bursary that APHN generously gave was a great help to sharpen my knowledge and skills with the swift developments in palliative care and also to be connected with our colleagues in the region who have been very fruitful all these years, serving as our inspiration to push further. To receive the bursary is so worth it.

