

APHN Bursary Recipient Report—Lailatul Ferdous

I am Lailatul Ferdous, palliative care nurse from Bangladesh. It is a great honor for me to write a report as the recipient of the bursary to attend the 14th Asia Pacific Hospice Conference which held on the 13 to 14 November 2021 in virtual format. The conference theme this year was Building Bridges, Hospice Palliative Care Beyond Borders.

Words cannot describe the massive amount of knowledge and experience that I gained by participating in this event. This was not only a personal achievement for me but also benefitted my professional and social life.

I enjoyed the conference. It was so informative. I listened to the various experts on palliative care from around the world. Many hidden areas were explored during the workshop and participants had time to ask interactive questions. I learned a lot on different aspects in palliative care, different settings in palliative care and so many things.

The whole day was filled with lectures and discussions with many topics to choose from. There were concurrent sessions held in different rooms, providing comprehensive lectures on palliative care. I also enjoyed the self-reflection lectures which encouraged us to reflect on our services. lecturers share their own country experiences that was great to hear. for example- Japanese and Taiwan experiences was worth to hear.

The next day was also filled with informative lectures from world-renowned experts. I also enjoyed the self-reflection lectures which encouraged us to reflect on our services. I enjoyed Tele Hospice home care, About community palliative care and community volunteers, APHN ongoing research projects any many more. These topics has been playing in my mind and inspired me to go one step further to improve the quality of service we provide.

I am going to share my knowledge and experience with my colleagues I got from the conference. That will directly affect the patient care of my palliative care setting.

It gave me a chance to improve my knowledge and know new people from around the world. I am already looking forward to participate in the next conference.



Palliative Care in Kerala – What is being delivered?

- + Volunteer support: Trained volunteers involved in mobilizing/ offering psychosocial support
- + 1000 primary units run by LSGI
- + Follow up home visit by trained palliative care nurse regularly. Frequency of visit depends on the condition of the patient
 - + Empower family in basic care of bed ridden patients
 - + Wound care
 - + Catheter care and change
 - + Nasogastric Tube care and change
- + Special care like lymphoedema care and ostomy care
- + Basic physiotherapy support
- + Supervision by the Doctor in Primary Health Care/ Outpatient Clinics/ Visits when needed
- + Medicines from Primary Health Centers
- + Supplementation of services by palliative care units run by CSOs/ Political Parties
 - + 400 units by NGOs
 - + 200 Units by Political parties
 - + Number of units growing steadily

Suresh Kurian