

## Hamrahi report, Visit to Patna: Feb 26th - March 2<sup>nd</sup> 2018

### Hamrahi Team:

- Dr. Odette Spruyt, Peter MacCallum Cancer Centre, Melbourne, Aus; APLI
- Ms. Mary Duffy, Peter MacCallum Cancer Centre, Melbourne, Aus; APLI
- Ms. Shalini AJ, Pallium India, India

During the visit, three of us visited four major medical institutes in Patna:

1. Indira Gandhi Institute of Medical Science (IGIMS) (RCC) (Fully Autonomous Body)
2. All India Institute of Medical Sciences, Patna (AIIMS) (Centrally Sponsored)
3. Paras Hospitals (Chain of private hospitals in North India)
4. Mahavir Cancer Hospital (Hospital run by a Trust)

The objectives of the visit were:

1. Current state of projects (IGIMS) and palliative care units if any
2. Continue Hamrahi link with IGIMS
3. Capacity Building
4. Awareness Raising

➤ **Visit to IGIMS, Patna : Feb 27<sup>th</sup> 2018**

The visit included:

1. Rounds - OPD : Dr. Odette, Ms. Mary and Dr. Richa handled a “Breaking the bad news” scenario with a patient
2. Documentations - Patient and Opioids: Absence of individual patient’s case sheets. Process of dispensing opioids is working well and records are maintained as per the new rules and forms.
3. CME – Dr. Odette, Ms. Mary Duffy and Shalini – presented on different aspects of palliative care and Pallium India national projects
4. Meeting with the Director, Dr. N.R. Biswas : He extended his support for the NPPC program and the opioid availability movement

● **Key Findings:**

1. The change in the leadership at IGIMS resulted in positive development for the palliative care unit
2. The current consumption is 5000 tablets per month morphine
3. There are approx. 5500 new patients every year and 35000 follow up patients
4. A combined OPD with Anesthesia and oncology is due to come up soon
5. Two doctors and one nurse trained at Pallium India in the past
  - a. Dr. Vinod Verma, Anesthesiologist (trained in year 2009)
  - b. Dr. Rajesh Kumar Singh, Professor and Head, Clinical Oncologist (trained in year 2011)
  - c. Sister Sujata, Oncology Nurse (trained in year 2011)
6. Two docs and two nurses are being trained at AIIMS Delhi with Lien Foundation
  - a. Dr. Richa Madhawi, Assistant Professor Oncology
  - b. Dr. Mumtaz
  - c. Sister Neelam
  - d. Sister Daisy

The training plan with Lien Foundation

- 6 days classroom training happened in AIIMS in Jan 2018
  - 11 days training to happen in April 2018 with Dr. Sushma Bhatnagar’s team
7. The financial support provided by Pallium India in 2008-2010 (approx. 2 lakh ) is being utilized to purchase morphine for the needy patients.
  8. Patients have to pay for all services in the hospital through a nominal charge. One morphine tablets costs them Rs 2
  9. Currently in the institute, Jiv Daya is sponsoring
    - a. Medicines
    - b. Two data operators
    - c. Two nurses
  10. The hospital has uninterrupted supply of morphine , both injectable and oral, as they order much in advance however they are still following the licensing process

11. Two sessions of palliative care of 45 minutes each is included in the curriculum of medical and nursing colleges under IGIMS
12. Documentations being maintained : Cancer registry, Morphine consumption per patient, Stock maintenance at the store, Estimated annual requirement, Form 3I
13. The institute has proposed for a PC Unit and to be the State Palliative Care Cell in the current year's budget under the NPPC program. The letter was sent to Mr. Mahesh Kumar Sinha, State Program Officer, State Health Society – Bihar, where they have requested the proposal (Rs. 53.8 Lakh) to be incorporated in the PIP for the year 2018-19. The proposal was submitted to the State Nodal office on Oct 16<sup>th</sup> 2017, final status update is awaited

• **Recommendations:**

1. Hamrahi team should continue to support
2. Establish an integrated PC services responsive to the needs of all patients at IGIMS
3. Consult services - visits to other wards for palliative care referrals and OPD
4. Dedicated In-patient unit to be set up
5. Developing links with community to enable homecare
6. Individual patient case studies to be created
7. Dr. Richa and Dr. Mumtaz to be supported as future leaders
8. Establish Department of Palliative Medicine
9. Pallium India to support training and capacity development and state wide advocacy and awareness campaign
10. Explore ways to better prepare the caregivers along the lines of Shravan Kumar Program (Nursing/Supportive services available for patients on payment)
11. NHM NPPC program to be implemented and budget to be proposed to state NHM
12. Echo platform can be utilized as a possible way for training
13. Opioid Availability workshop to be conducted
14. Dr. Vibhuti, Special duty Officer to spearhead the implementation of the NDPS Amendment
15. SOP for running a combined OPD to be created

• **Future Possibilities:**

1. Another doctor, Dr. Avinash Kumar Pandey, Asst Professor - Medical Oncology, interested in palliative care approach, recommended to take on the 10-day course
2. Dr. Neeru, HOD Gynecology provided a lead for setting up a palliative care center in Nagpur. Talks in progress with Mr. V.S Garg in Nagpur. Also connected him to Dr. Mona Rai in Snehanchal.
3. Dr Sangeeta Pankaj would like gynecology surgical fellows to receive training in palliative medicine

**Picture 1: IGIMS Palliative Care team:**

From Left to right : Dr. Avinash Kumar Pandey, Ms. Mary Duffy, Dr. Rajesh Kumar Singh, Dr. Odette Spruyt, Dr. Manish (Surgical Oncologist), Dr. Vinod Verma, Dr. Mumtaz, Dr. Richa Madhawi, Ms. Shalini AJ, Sister Neelam



**Picture 2: Dr. Odette taking the session**



**Picture 3: Holi celebration with the IGIMS team**





## Visit to AIIMS, Patna: Feb 28<sup>th</sup> 2018

The visit included:

1. Meeting with Dr. Pritanjali (Oncologist), Dr. Chandani (Anesthesiologist), Dr. Badhani - HOD Anesthesiology and Dr. Prabhat Kumar Singh, the Director. Dr. Prabhat was the HOD Anesthesiology at Sanjay Gandhi Post Graduate Institute of Medical Sciences (SGPGIMS) in Lucknow when Pallium India had set up a palliative care unit there
2. Oncology OPD round: Case studies –
  - a. Pediatric patient - Prince – asked to review as father distressed at deterioration in his son's condition. Rhabdomyosarcoma kidney with large abdominal mass. lengthy discussion with his parents about his poor prognosis, with Dr Pritanjali, her fellow and Dr Odette. Wife had only just learnt of the diagnosis, husband had been shielding her from the news.
  - b. Grandmother of a medicine student, Sangam –cancer of gall bladder, complaints of pruritus, nausea and fatigue. Follow up by WhatsApp between Odette and Sangam, patient died on 8<sup>th</sup> March in ICU at AIIMS after brief discharge home. Developed acute haemorrhage and deterioration. Period on inotropes but not ventilated in ICU.
  - c. Elderly woman with metastatic colon cancer. Mild delirium. Recurrent severe constipation with impaction
  - d. Man with advanced lung cancer. Had attended anaesthetics and received a posterior neck nerve block by Dr Badhani earlier that morning. Pain relieved.
  - e. Another young woman with advanced gall bladder cancer
  - f. Another young woman with advanced endometrial cancer with tumour extruding from her umbilicus.

3. CME – Dr. Pritanjali (Oncologist),  
Dr. Chandani (Anesthesiologist),  
Dr. Ruchi Gupta (Radiologist),  
Dr. Odette, Ms. Mary Duffy and  
Ms. Shalini  
– presented on different aspects of pain  
and palliative care in oncology and  
anesthesiology and Pallium India national projects

**Picture 4: Banner for the CME in AIIMS, Patna**

4. Experiences shared by the medical staff



- **Key Findings:**

1. Similar to Delhi AIIMS, 6 more AIIMS campus has been built across India – Patna, Raipur, Rishikesh, Bhopal, Bhuwaneshpur and Jodhpur
2. Dr. Pritanjali, is leading the Oncology Department and collaborating with Dr. Badhani to build a palliative care unit
3. A Palliative Medicine department is already ear marked
4. In Patna, 80% of the patient come in 3<sup>rd</sup> or 4<sup>th</sup> stage of disease, hence the need of palliative care begins from first presentation
5. The Director has extended his full support to palliative care with a commitment for a 20 bedded in-patient ward for palliative care
6. For now, the radiotherapy patients are going to Mahavir Cancer Hospital and palliative care patients to IGIMS
7. Kudos to the efforts put in by Dr. Pritanjali and Dr. Chandani, AIIMS Patna is acquiring opioids through the new process and have a good morphine supply since 2015 – 10 mg, 30 mg oral and injectable
8. AIIMS has a telemedicine unit to reach out to the patients in the remote areas as Patna city provides the most of the healthcare across Bihar
9. For patients, a service, called caregivers 24, is available on payment, if anybody needs support at home [www.cq24.org](http://www.cq24.org)
10. AIIMS has also trained 60-70 Community Health Workers – called The Shraavan Kumars (mostly males). They provide chargeable services to geriatric patients
11. Morphine at AIIMS 10mg x 9000 tabs, 30mg x 2000 tabs

- **Recommendations:**

1. Establish Department of Palliative Medicine
2. Pallium India to support training and capacity development and state wide advocacy and awareness campaign
3. ECHO platform can be utilized as a possible way for training
4. Developing links with community to enable homecare

**Picture 5: Dr. Pritanjali delivering her session**



**Picture 6: Dr. Odette answering a query**

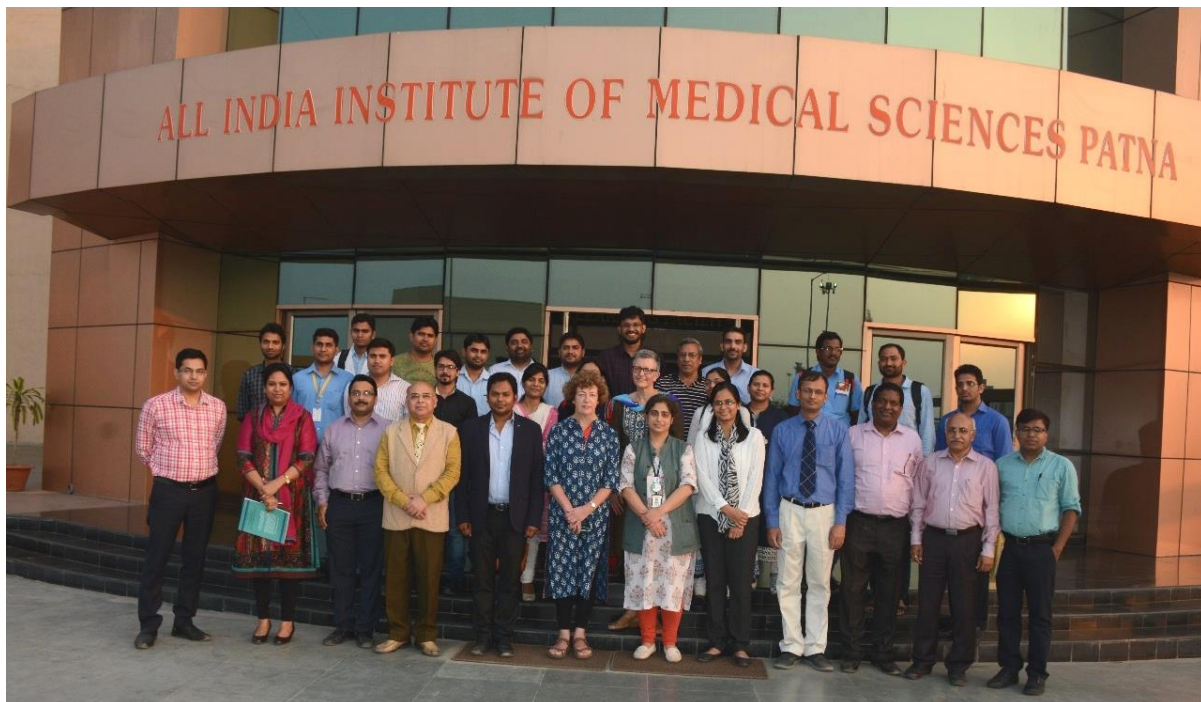


**Picture 7: AIIMS team outside the auditorium**

Dr. Pritanjali (Second from left in the front row)

Dr. Badhani (Fourth from left in front row)

Dr. Chandani (Fifth from right in the front row)





➤ **Visit to Paras Hospital, Patna : March 1<sup>st</sup> 2018 Morning**

The visit included:

1. Meeting with Mr. Talat Halim, the Director, Dr. Shane Miraz, an Anesthesiologist, and Dr. Shekhar Keshari, Palliative Care physician
1. CME – Dr. Odette, Ms. Mary Duffy and Ms. Shalini – presented on different aspects of palliative care and Pallium India national projects
2. Experiences shared by the Nurses with Ms Mary Duffy

• **Key Findings:**

1. Dr. Shekhar Keshari is a trained palliative care trained physician from CMC, Vellore
2. Paras Hospitals do not have regular morphine supply
3. They need to apply for RMI status

• **Recommendations:**

1. Apply for RMI Certification

**Picture 8: Ms. Mary presenting to the team in Paras Hospital**



**Picture 9: Dr. Odette answering a query**

## Visit to Mahavir Cancer Sansthan, Patna: March 1<sup>st</sup> 2018 afternoon

The visit included:

1. Meeting with Dr. Biswajit Sanyal, The Director, Dr. Manisha Singh, HOD Chemotherapy and the Associate Director, Dr. Vinita Trivedi, HOD-Radiotherapy, Dr. Rita Rani, Consultant Radiation Oncology and Dr. Khandelwal, visiting consultant
2. CME – Dr. Odette, Ms. Mary Duffy and Ms. Shalini – presented on different aspects of palliative care and Pallium India national projects

- **Key Findings:**

1. This hospital caters to 3 lakh cancer patients every year
2. Morphine is available but through the old process only
3. The hospital intends to begin a palliative care set up

- **Recommendations:**

1. Apply for RMI Certification
2. Capacity building needed for palliative care
3. Dr. Rita Rani intends to come for the 10-day course in July

### Picture 10: The organizing team

From left to right – Dr. Rita Rani, Dr. Vinita Trivedi, Dr. L.B. Singh (Medical Superintendent), Dr. Manisha Singh, Dr. Biswajit Sanyal

