

Project Hamrahi: A Ten-year Evaluation



O. Spruijt^{1,2}, R. Coghlan^{3,2}, A. Ganesh⁴, A. Tandon^{5,2}

1. Western Health Network, Melbourne, Australia, 2. Australasian Palliative Link International, Australia, 3. Deakin University Centre for Humanitarian Leadership, Melbourne, Australia 4. Indian Association of Palliative Care, India, 5. Sir Charles Gairdner Hospital & Goldfields Regional Palliative Care Service, Perth, Australia

Background

- Project Hamrahi ('the project') is an international mentorship project between Australasian Palliative Link International (APLI), and Pallium India which commenced in 2010.
- The project aims to support palliative care development in India through long-term relationships between Australasian (mentors) and Indian (mentees) clinicians. Mentor teams visit annually for a week, for three or more years.

Aim and Objectives of the Evaluation

- Aim: to assess the outcomes and lessons of Project Hamrahi in order to inform the future development of the project.
- Key objectives:
- o To understand the benefits and challenges of the project for mentees, mentors and the supporting project officers (POs) of Pallium India.
- o To explore the impact on the sustainability of palliative care activities at partner sites in India.

Methods

- A mixed-methods study comprising: an on-line survey of 83 clinicians (28 mentors, 49 mentees, and six POs); eight semi-structured interviews with mentees; and a review of 24 project visit reports authored by mentors from 13 sites.
- Interviewees were purposively sampled to reflect the diversity of sites, health disciplines, and years of experience with the project.
- A coding framework was developed and data was extracted using this framework.
- Data analysis involved an iterative process of independent coding, review, discussion and interpretation of data by two researchers.



Results

50 Mentoring visits 20 different palliative cares services in India

Survey response rate: mentors **61%**; mentees **45%**; POs **100%**.



Project Hamrahi facilitated ongoing and mutual education and development of confidence

- Mutuality of learning greatly valued by all participants
- Positive impact on Knowledge, Attitude and Skills of mentees

Theme 1: Education

Theme 2: Advocacy

- PH provided opportunities for promotion of palliative care development in India
- Impact within link site: eg. resource allocation, service expansion, etc.
- Impact beyond link site: eg.
 Media, government officials

"Definitely a two-way learning process – we learn as much from them as they from us" MentorQ29_1

"It made a huge impact on social systems, people started to think more about palliative care. The visits opened the eyes of administration and health care professionals." MenteeQ23_21

"Each visit was unique and it opened avenues for mutual academic learning, fostering relations, capacity building and collaborative research across cultural, resource and other barriers" MenteeQ13_17

Project Hamrahi created a space for deeper engagement and sharing of challenges and expertise

- Built a community of practice
- Strengthened partnerships
- Growth of Mentor-Mentee engagement over time

Theme 3: Theme 4: Project Development

Need for strategies to improve the clarity of purpose and engagement between participants including:

- Better planning of visits
- More monitoring and feedback between partners
- Dedicated opportunities for debriefing

"Improving post training followups and ongoing mentoring till next visit. May be assigning faculty to small groups" POQ26_5

Conclusion

- Project Hamrahi has assisted in building confidence, skills and knowledge at mentee sites, and has fostered positive relational links for all participants, despite operational constraints.
- Future project development will be based on the outcomes and recommendations of this evaluation.

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