

# What is Palliative Care ?

THE CARE WE ALL NEED SOMEDAY



## Among those over 60 years of age

- 10% (about 10 million) suffer from physical immobility.
- 10% are hospitalized every year.

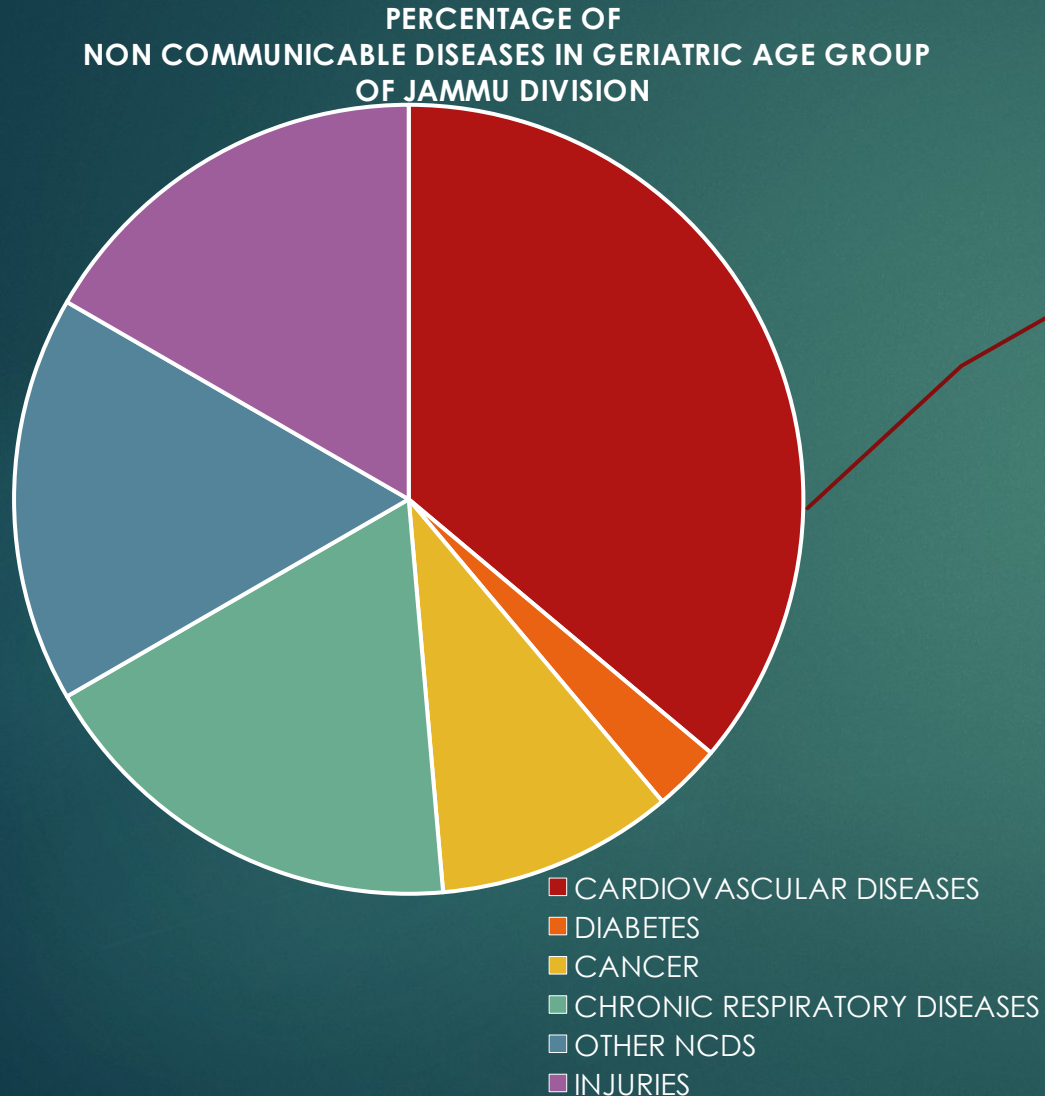
## Among the population over 70 years of age

- 50% suffer from one or more chronic conditions.

As per the Census 2011 the disability rate ( Per 1000)

<b>60+</b>	<b>51.8%</b>
<b>80+</b>	<b>84.1%</b>
<b>General Population</b>	<b>22.1%</b>

# DATA OF NON COMMUNICABLE DISEASES IN JAMMU DIVISION IN ABOVE 60 YEARS OF POPULATION (6,00,612)



- **CARDIOVASCULAR DISEASES 26%**
- **DIABETES 2%**
- **CANCER 7%**
- **CHRONIC RESPIRATORY DISEASES 13%**
- **OTHER NCDS 12%**
- **INJURIES 12%**

*61.8 % is the disease burden of Non Communicable Diseases in Jammu Division (GBD-2016 ICMR)*

**PATIENTS NEEDING PALLIATIVE CARE IN JAMMU DIVISION  
17,244 (279/LAKH POPULATION)**

- **2.5 MILLION CANCER PATIENTS IN INDIA**
- **80% OF THEM ARE DIAGNOSED AT STAGE IV**
- **ONLY 0.4% HAVE ACCESS TO PAIN AND PALLIATIVE CARE**



**E-INAGURATED OF 10 BEDDED WARDS IN ALL DISTRICT HOSPITALS OF J&K BY HONORABLE LG SH MANOJ SINHA JI ON 31ST MARCH 2022 AND PHYSICAL INAGURATION OF PALLIATIVE AND GERIATRIC WARD AT GOVT HOSPITAL GANDHINAGAR JAMMU**





**INTERACTION WITH PALLIATIVE CARE PATIENTS AT GNH BY HONORABLE LG SH MANOJ SINHA JI ON 31ST MARCH 2022**



**PALLIATIVE CARE WARD AT GOVT HOSPITAL GANDHINAGAR JAMMU (STATE OF ART CENTRE) FIRST DISTRICT LEVEL ICMR PROJECT IN INDIA FOR PALLIATIVE CARE**





# DEDICATED TEN BEDDED STATE OF ART WARDS IN ALL DISTRICT HOSPITALS UNDER NPPC & NPHCE

JAMMU



SAMBA



RAJOURI



REASI



KISHTWAR



UDHAMPUR



KATHUA



POONCH





# FIRST FREE INTERVENTIONAL CANCER PAIN MANAGEMENT WORKSHOP IN J&K AT GNH ON 27 TH JULY 2022 BY EXPERT IN CANCER PAIN





**INDIA'S FIRST FREE TWO DAYS PAIN AND PALLIATIVE CARE CONFERENCE AT GOVT HOSPITAL GANDHINAGAR JAMMU ON 28TH AND 29TH JULY IN COLLABORATION WITH INDIAN ASSOCIATION OF PALLIATIVE CARE UNDER THE SUPERVISION OF DR SUSHMA BHATNAGAR CHIEF NATIONAL CANCER INSTITUTE AND HOD AIIMS NEW DELHI**

**2-day workshop on 'Cancer Pain Interventions & Palliative Care' concludes**

*Excelsior Correspondent*  
 JAMMU, July 29: India's first free 2-day CME cum workshop on 'Cancer Pain Interventions & Palliative Care' concluded today at Government Hospital (GH), Gandhi Nagar.

Organized by Directorate of Health Services Jammu in collaboration with Indian Association of Palliative Care (IAPC), the CME was inaugurated yesterday by

Anaesthesia, Kalyan Singh Super Speciality Cancer Institute, Lucknow), Dr Lokvendra Singh Budania (Associate Professor, Kalpana Chawla GMC Karnal, Haryana) and Dr Rohit Lahori (Nodal Officer, Pain and Palliative Care, UT of J&K) demonstrated the live cases which was relayed from Operation Theatre to the Conference Hall which was a unique way of demonstration in



**DHS Jammu Dr Saleem-ur-Rehman along with other dignitaries releasing a book on Bio-medical waste at Government Hospital, Gandhi Nagar, Jammu.**

Director Health Services (DHS) Jammu Dr Saleem-ur-Rehman in presence of Dr Sushma Bhatnagar (HoD, Pain and Palliative Care, AIIMS New Delhi) and Dr Narinder Singh Bhatial (Medical Superintendent, Government Hospital, Gandhi Nagar, Jammu) and Dr Rohit Lahori (organizing secretary of the CME).

**पेन व पैलिएटिव केयर पर विशेषज्ञों ने साझा किए अनुभव**

कार्यशाला में जुटे विशेषज्ञ डॉक्टर, भारत में कैंसर के पचास लाख परीण अस्सी प्रतिशत अंतिम स्टेज में ही पहुंचते हैं अस्पताल



कार्यशाला के दौरान डॉ. साधु सिंह ने डॉ. सूर्य प्रकाश शर्मा को 'पेन और पैलिएटिव केयर' नामक पुस्तक प्रस्तुत की।

कार्यशाला के दौरान कई मरीजों का लाइव इलाज, जिता स्तर भी बनाए गए हैं। डॉ. अशोक शर्मा ने कहा कि भारत में कैंसर की जांच अत्यंत कम है। और मरीजों को अंतिम स्टेज में ही अस्पताल में ले आया जाता है।

- जम्मू का सर्वोच्च अस्पताल जिता स्तर पर है।
- डॉ. साधु सिंह ने कहा कि भारत में कैंसर की जांच अत्यंत कम है।
- डॉ. साधु सिंह ने कहा कि भारत में कैंसर की जांच अत्यंत कम है।

जम्मू कैंसर के डॉक्टरों को कार्यशाला में शामिल किया गया। डॉ. साधु सिंह ने कहा कि भारत में कैंसर की जांच अत्यंत कम है। और मरीजों को अंतिम स्टेज में ही अस्पताल में ले आया जाता है।



**FIRST TRAINING OF CCEPC IN J&K DHS JAMMU IN COLLABORATION WITH AIIMS NEW DELHI AND IAPC UNDER THE SUPERVISION OF DR SUSHMA BHATNAGAR HEAD NATIONAL CANCER INSTITUTE AND HOD PALLIATIVE CARE AIIMS NEW DELHI INAGURATED BY SH VIVEK BARDWAJ FINANCIAL COMMISSIONER HEALTH ON 11/3/22 AT GNH JAMMU**

**20 MEDICAL OFFICERS AND 20 NURSES FROM 10 DISTRICTS OF JAMMU DIVISION ARE UNDER TRAINING FOR PALLIATIVE CARE CCEPC AT GNH JAMMU FOR PART A COURSE. 4 MEDICAL OFFICERS AND 4 NURSES FROM LADHAK UT WERE ALSO TRAINED FOR PALLIATIVE CARE GNH JAMMU IS THE FIRST TRAINING CENTRE OF IAP(INDIAN ASSOCIATION OF PALLIATIVE CARE**





**CLINICAL TRAINING OF TEN DAYS (PART B) OF CCEPC OF 20 MEDICAL OFFICERS AND 20 NURSES COMPLETED IN IN RECORD TIME OF EIGHT WEEKS  
FINAL EXAMS OF CCEPC TO BE CONDUCTED ONLINE ON 1ST OCT 2022 FROM 10 AM TO 12.30 PM AT GOVT HOSPITAL GANDHINAGAR JAMMU**





**CCEPC EXAMS WAS CONDUCTED ON 1 ST OCT 2022**

**PASSED 14**

**FAILED 9**


**ABSENT 17**

**SPECIAL CHANCE FOR J&K**

**MOCK EXAMS 25 TH MARCH 2023**

**FINAL EXAMS AT GOVT HOSPITAL GANDHINAGAR ON 1<sup>ST</sup> APRIL 2023**

# ICMR PROJECT UNDER AIIMS NEW DELHI HAND HOLDING FOR PALLIATIVE CARE IN NORTHERN INDIA 16/02/23



**INSTITUTE ETHICS COMMITTEE**  
**ALL INDIA INSTITUTE OF MEDICAL SCIENCES**  
 Room No 102, 1<sup>st</sup> Floor Old O.T. Block,  
 ANSARI NAGAR, NEW DELHI 110029  
 Tel.No.4579 (Internal), 26594579 (Direct)

Date: 25/04/2022

**Chairman**

Dr. T.P. Singh,  
Basic Scientist

**Members:**

Dr. Rama V. Baru  
Social Scientist

Dr. Promila Kumar,  
Lay Person

Sh. Rajan Khosla,  
Legal Person

Dr. S.K. Maulik,  
Basic Scientist

Dr. V. Sreenivas  
Biostatistician

Dr. Mamta Sood  
Clinician

Dr. Rakesh Lodha  
Clinician

Dr. Vijay Zutshi  
Clinician

Dr. Sameer Bakhshi  
Clinician

Dr. Rohit Saxena  
Clinician

Dr. Sanjay Pandey  
Clinician

Dr. B.K. Mohanti  
Clinician

Dr. Subodh Kumar Garg  
Clinician

**Member Secretary:**

Dr. Atul Sharma  
Clinician

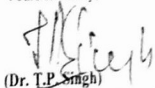
**Dr. Sushma Bhatnagar**  
 Professor & Head,  
 Deptt. of Onco Anaesthesia And Palliative Medicine  
 AIIMS, New Delhi.


Ref. No.: IEC-208/04.03.2022, RP-53/2022

**Sub:** To build the capacity of palliative care services in 10 hospitals in North India to reduce suffering in patients with chronic debilitating conditions

**Dear Dr. Bhatnagar**  
 This is with reference to your letter regarding your above mentioned project, clarifying the queries raised by the Ethics Committee on 04.03.2022. The clarifications have been reviewed and documents are "Approved from ethical angle prospectively w.e.f. 25<sup>th</sup> Apr 2022"

- The approval is valid for the period of the conduct of study according to this protocol under the responsibility **Dr. Sushma Bhatnagar**, Principal Investigator.
- No significant changes to the research protocol should be made and implemented without prior consent of the IEC and any changes/deviations from the protocol which increase the risk for the subjects should be submitted to the IEC and approved by it prior to implementation.
- It is confirmed that the Ethics Committee of AIIMS is composed of and functions as per ICH GCP and ICMR and New Drugs and clinical guidelines-2019.
- It is hereby confirmed that neither you nor any of the study team members have participated in the voting/decision making procedures of the committee.
- The study progress report should be made available to the IEC for review annually.
- IEC should be informed about all SAE's occurring in the study as per DCGI guidelines.

With best regards,  
 Yours sincerely,  
  
 (Dr. T.P. Singh)  
 Chairman Ethics Committee



**ETHICAL COMMITTEE**  
**GOVT. HOSPITAL GANDHI NAGAR JAMMU**  
 E-mail ID - medicalsuperintendentgjhigreddi@gmail.com Website - www.gandhinagarhospital.in

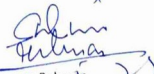
Date: 26/05/2022

Dr Rohit Lahori  
 Unit In Charge  
 Palliative Care and Pain Medicine  
 Government Hospital Gandhi Nagar  
 Jammu

**Sub:** To build the capacity of Palliative care services in 10 hospitals in North India to reduce suffering in Patients with chronic debilitating conditions.

Dear Dr Rohit Lahori

- This is in with the reference to the letter regarding the above mentioned project, in which Government Hospital Gandhi Nagar Jammu will be part of the study "To build the Capacity of Palliative care services in 10 hospitals in North India" conducted by AIIMS New Delhi and approved by ICMR Reference No 2021-6689
- We have received the Copy of approval for the said project issued by the ethical committee of AIIMS New Delhi dated 25<sup>th</sup> April 2022.
- The Ethical Committee of Government hospital Gandhi Nagar Jammu Approves the clinical study from ethical angle prospectively we f 26th May 2022
- The approval is valid for the period of the conduct of study according to this protocol under the responsibility Dr Rohit Lahori In Charge pain & palliative care Govt. Hospital Gandhi nagar, Jammu as Co-Investigator
- No Significant changes to the research protocol should be made and implemented without prior consent of IEC and any changes/deviation from the protocol which increases the risk for the subjects should be submitted to IEC and approved by it prior to implementation
- It is confirmed that ethical committee of Government hospital Gandhi Nagar is composed of and functions as per ICMR clinical guidelines 2019
- It is hereby confirmed that neither you nor any of the study team members have participated in voting/decision making procedures of the committee.
- The study progress report should be made available to IEC for review annually.
- IEC should be informed about all SAE's occurring in the study as per DCGI guidelines.

With best regards  
  
 Dr Saleem Behma  
 Chairman Ethical Committee  
 Director Health Services  
 Jammu

RESEARCH PLAN

Title of the proposed research project:  
**To build the capacity of palliative care services in 10 hospitals in North India to reduce suffering in patients with chronic debilitating conditions**

**Summary:**

**Background**  
 Palliative care services are scarce in district and rural hospitals in northern India. Ten centers in Northern parts of India that were already developed for palliative care have been selected to handhold 100 district hospitals that will provide palliative care services to alleviate the suffering of patients with chronic debilitating conditions.

**Novelty**  
 Through this project, we aim to establish, and develop palliative care services at the grassroots level in northern parts of India through capacity building approach and utilize it for both malignant and non-malignant diseases and to reduce patient suffering and cost of care.

**Objectives**  
 To establish palliative care services at 100 district hospitals through a network of ten palliative care nodal centers (centers of excellence) developed through training and capacity building approaches. The outcomes will be measured in terms of opioid consumption, outpatient and inpatient department services, and in-hospital palliative care referrals at district hospitals.

**Methods**  
 The proposed project will be implemented in five phases: In the Phase-I, ten proposed nodal centers will be empowered to upgrade infrastructure for palliative care services to become self-sustaining centers for practicing palliative medicine through educational and capacity building approach, instilling confidence in them with leadership qualities, and imparting practical skills in advanced palliative care.



# GOVT HOSPITAL GANDINAGAR AND ONLY DISTRICT HOSPITAL AMONG TOP 10 HOSPITALS IN NORTHERN INDIA FOR PALLIATIVE CARE PROJECT

- **State Level Hospitals: (These centers have already started palliative care services through the national level CTC program, these will be developed as nodal centers {center of excellence})**
  1. AIIMS, Rishikesh, Uttarakhand
  2. AIIMS, Jodhpur, Rajasthan
  3. RNT Medical College, Udaipur , Rajasthan
  4. Bhagwan Mahaveer Cancer Hospital and research Centre, Jaipur, Rajasthan
  5. Banaras Hindu University Varanasi, Uttar Pradesh
  6. Cancer Research Institute, Himalayan Institute Of Medical Sciences, Dehradun, Uttarakhand
  7. Dayanand Medical College, Ludhiana, Punjab
  8. Government Medical College and Hospital, Chandigarh
  9. **Government Medical College, Srinagar, J&K**
  10. **Government Hospital Gandhi Nagar, Jammu, J&K**



# FIRST TIME IN J&K COOL RADIOFREQUENCY GENICULAR FOR KNEE JOINT PAINS





# FIRST TIME IN J&K SINGING FOR THE STARS BY SHANKAR MAHADEVAN ACADEMY NIRVANA AND INDIAN ASSOCIATION OF PALLIATIVE CARE IN COLLABORATION WITH DHS JAMMU FOR PALLIATIVE CARE PATIENTS AND THE SUPPORTING TEAM ON 9TH SEPT 2022 (3PM TO 4.30 PM)






The Indian Association of Palliative Care  
and  
Shankar Mahadevan Academy Nirvana  
jointly present

### Singing for the Stars

a virtual evening of harmonies  
for palliative care patients and their caregivers,  
each of whom is a star themselves.

The musical event is dedicated  
to our friends from Jammu and Kashmir, and Ladakh

The musical evening of Harmonies will be presented by



**Archana Kamath Hegdekar**  
Singer, Music composer,  
Performing artist



**Inbisat Rafiqi**  
Singer, Musician, Winner of  
Voice of Kashmir Contest

**Friday, 9 September, 2022**  
**Reporting time: 2:50 p.m.**

**Zoom Login Credentials:**  
**Meeting ID: 977 0653 6825**  
**Passcode: 736292**

For further details contact: +91 9886743319, +91 9446693898  
SMA Nirvana is an initiative by the Shankar Mahadevan Academy Trust

## Musical evening held for Palliative care patients, medical staff

*Excelsior Correspondent*

JAMMU, Sept 9: The Indian Association of Palliative Care (IAPC) and Shankar Mahadevan Academy Nirvana in collaboration with Directorate of Health Services Jammu held a musical evening for Palliative care

ill patients who need the physical social, psychological behavioral and spiritual support in their care. Music is evidence based treatment of such patients and has a spiritual element which carries the strong message that there is always a hope in Palliative Care."



**Doctors and other medical staff watching 'musical evening' on virtual platform, at Government Hospital, Gandhi Nagar, Jammu.**

patients, doctors and paramedics of Jammu & Kashmir and Ladakh.

This musical evening of harmonies held on virtual platform and it feature songs primarily in Kashmiri, Hindi and Dogri. Doctors and Palliative care patients from Government Hospital Gandhinagar Jammu and all the district hospitals of Jammu attended the program.

Speaking on the occasion, Dr Saleem ur Rehman, (Director General, Family Welfare, MCH & Immunization and Director Health Services Jammu), said, "The Palliative and Supportive care is the care for the terminally

He expressed gratitude to Dr Sushma Bhatnagar, Prof and Head of Department of Onco-anesthesia and Palliative Medicine AIIMS New Delhi, Chief, Institute Rotary Cancer Hospital and Head, National Cancer Institute (NCI), Jhajjar for organizing such an event for Palliative care patients and medical staff.

Dr Narinder Bhatyal, Medical Superintendent Government Hospital Gandhinagar also spoke on the occasion.

The event concluded with vote of thanks presented by Dr Rohit Lahori (Nodal officer, Palliative Care J&K).



# RAJIV GANDHI CANCER INSTITUTE NEW DELHI RECOGNIZES THE EFFORTS OF DHS JAMMU FOR HOSTING INDIA'S FIRST FREE PALLIATIVE AND PAIN CONFERENCE ON 28 TH AND 29 TH JULY 2022

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## PARENT SUPPORT GROUP MEET ("UMANG")



The Department of Pediatric Hematology & Oncology organized a Parent Support Group ("Umang") Meeting on the Saturday, 23<sup>rd</sup> July 2022 with the theme of "Nutrition during Cancer Treatment".

Ms. Kajal Jaiswal, Child Life Specialist, coordinated an interactive session involving forty-eight children with their parents currently undergoing treatment in Pediatric Hematology & Oncology Department.

The session involved a quiz on nutrition with children and their families, and an interactive session with Dr. Gauri Kapoor and the Dietician emphasizing do's & don'ts during cancer treatment. This was followed by refreshment and gift distribution for all kids. Overall it was a grand success.

## PALLIATIVE CARE: THE NEED OF THE HOUR



The demand of Palliative Care is increasing day by day as statistics propose that a huge number of cancer patients still gets diagnosed with advanced disease of progressive nature. Data suggest that a large number of "Palliative Care Specialists" will be needed to cater this massive outbreak of cancer pain patients who will be requiring palliation at some point of time in their disease trajectory. In view of this, 2 days Conference (CME plus workshop) on "Cancer Pain Interventions & Palliative Care" was conducted at Gandhinagar Hospital, Jammu in collaboration with Indian Association of Palliative Care (IAPC). The CME was inaugurated by Directorate of Health Services, Jammu.

The theme of the conference was "There is always hope in Palliative Care". The faculty members of Premier Institutes from India participated in the Conference for this noble cause to train delegates from various states. Dr Sunny Malik (Consultant In-Charge, Department of Pain and Palliative Medicine, Rajiv Gandhi Cancer Institute, Niti Bagh, Delhi) also shared his experiences and knowledge of "Cancer pain management nerve interventions and Palliative Care" with delegates. Live cases of minimally invasive pain and spine interventions (MIPSI) were demonstrated and relayed from Operation theatre to the Conference Hall, Jammu's first procedure of Cooled Radiofrequency ablation was also done during this Conference by the Faculty from Rajiv Gandhi Cancer Institute and Research Centre, Delhi.

Mr. D. S. Negi (CEO)  
 Dr. S. K. Rawal  
 (Medical Director)  
 Dr. A. K. Chaturvedi  
 Dr. D. C. Doval  
 Dr. Gauri Kapoor  
 Dr. Anurag Mehta  
 Dr. Rajiv Chawla  
 Dr. Sunil Kumar Puri  
 Dr. P. S. Chaudhury  
 Dr. Vincent Talwar  
 Dr. Munish Gairola  
 Dr. Dinesh Bhurani  
 Dr. I. C. Premeagar  
 Dr. Rupinder Sekhon  
 Dr. Shivendra Singh  
 Dr. Rajeev Kumar  
 Dr. Ullas Batra  
 Dr. Sumit Goyal  
 Dr. Rajan Arora  
 Dr. R. S. Jaggi  
 Dr. L. M. Darlong  
 Dr. Kundan Singh Chufal  
 Dr. Swarupa Mitra  
 Dr. Mudit Agarwal  
 Dr. Narendra Agrawal  
 Dr. Rayaz Ahmed  
 Dr. Jaskaran Singh Sethi  
 Dr. Vaishali Zamre  
 Dr. Ajay Kumar  
 Dr. Himanshu Rohela  
 Dr. Pinky Yadav



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To:

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 Research Centre, D-18, Sector - 5,  
 Rohini, Delhi - 110085

Editor: Dr. A. K. Dewan



**MY RIGHT TO PAIN ,PALLIATIVE AND GERIATRIC CARE DIRECTORATE OF HEALTH SERVICES JAMMU COMMITTED TO PROVIDE THESE SERVICES TO PATIENTS IN SLUMS & JHUGIES**





▶ A Male Patient from Surankote pooch suffering from Throat cancer and intense Pain notified by Poonch Palliative Care Team.

i. Patient was on Tracheostomy tube and Ryle tube feeding with Intractable Pain

▶ Video Call of Patient arranged from his home with Main Palliative care center Govt Hospital Gandhinagar Jammu

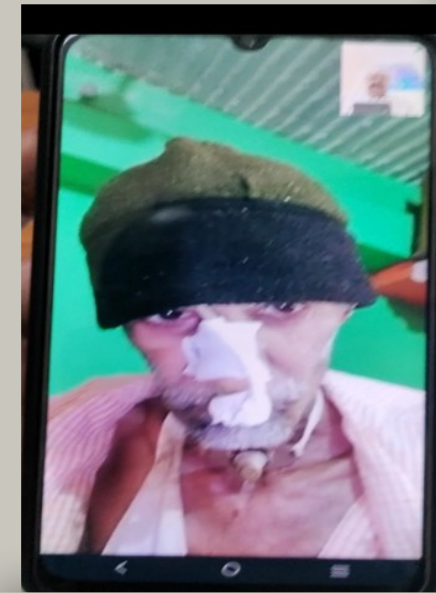
▶ Patient was admitted to Sub District Hospital Surankote under Sehat Scheme

▶ Opioids arranged and sent to District hospital Poonch for Pain management of Patient, Tracheostomy tube a, Ryle tube changed and Counselling done.

▶ Patient was Pain free and had started self care.

▶ Patient expired on 11TH JUNE 2022 and had a dignified

“ PAIN FREE DEATH “ ( END OF LIFE CARE)



**SUB DISTRICT HOSPITAL SURANKOTE**  
 Department of Health & Family Welfare  
**Surankote**  
 (IN- PATIENT GENERAL CASE SHEET)

Ward Reg. No. 276 M R D NO. 204  
 MLC NO. 204

Patient Name Mohd Faraz Khan U/O Mohd Basit  
 House No. Street Mohalla, District Poonch (Surankote)

Occupation of the Husband \_\_\_\_\_ ward \_\_\_\_\_ age 60yrs  
 Date of Admission 26/4/22 DOD \_\_\_\_\_  
 Admission Diagn \_\_\_\_\_  
 Final Diagnosis Transglottic carcinoma (SCC)  
 Operation Procedure \_\_\_\_\_  
 Surgeon / Physician Dr. Rakesh Shah mehta Unit Palliative Care  
Subhana Malik (J.S.N) dist. Own / Hospital \_\_\_\_\_  
 Hospital Days \_\_\_\_\_  
 Recovered  Improved  Unchanged  Worsen  LAMA  Discharge on Request  
 Abandoned  Expired

Case Summary of History

Smoking is Injurious to Health

Details of CA patient  
 ID: 26/04/2022 at Palliative Care SDH Surankote (Poonch)

MR name: M. Faraz Age: 53 yrs Sp: Mohd Basit  
 Admission no: 276 weight: 37 kgs P/O: Surankote (Poonch)  
 Med no: 304

Ap. Transglottic Ca (s.c.c.) / Squamous Cell Carcinoma

CA patient admitted on 30/7/2019 at SMHS Hosp Jammu  
 & discharged on 9/10/19. Patient was operated & completed  
 33 cycles of RT & 6 cycle of CT on 14/10/19.

Present status:  
 on Exomark  
 - BP = 120/70  
 - PR = 80

- Patient on N.G-Tube for feeding (domestic case)
- Tracheostomy done in past (intract (domestic case) (Tone small blockage with secretions))
- Patient painful was on kevent & Dilofgan & Tramadol long term
- Patient has viral load of Hpt 'B'
- KFT LFT dearranged
- Presently patient pain in Abdomen & Breast (P.T.O)

The Medical Superintendent (Palliative Care Unit)  
 Govt Gandhi Nagar Hospital  
 Poonch

Requirement of Morphine Tablets for CA Patient.

A patient name Mohd Faraz U/O Mohd Basit, Age 53, Gender Male, P/O Surankote Poonch, suffering from Transglottic CA. Patient admitted on 30.07.2019 at SMHS Hospital Jammu and discharged on 09.10.2019. Patient was operated and completed 33 Cycles of RT and 6 cycle of CT on 14.10.2019.

Present status on examination today at SDH Surankote:

1. General Status: Fair
2. Patient is painful and on analgesic (kevent 500 mg)
3. Patient has viral load of HPT 'B'
4. KFT, LFT Dearranged
5. Presently patient pain in abdomen and throat.

Procedure today done:  
 Change of Tracheostomy tube.

Remarks:  
 1. Administer analgesics of mouth and body parts and proper medication.  
 2. Administer analgesics of mouth and body parts and proper medication. Morphine 20 mg for period of 30 day.  
 3. Provide necessary medication to continue for 3 weeks of duration.  
 4. Patient is under supervision of Dr. Rakesh Shah (M.D. Medicine)

MR. NAME: 276  
 MED. NO: 304

Dr. Rakesh Shah  
 M.D. (Medicine)  
 Poonch



**Government Hospital Gandhi Nagar- Jammu is the only district hospital of country where advanced pain interventions are done for chronic and cancer pains.**

**GANGLION IMPARA**



**CAUDAL NEUROPLASTY**



**USG SHOULDER INTERVENTION**



**FACE JOINT INTERVENTION**



**RADIO FREQUENCY TRIGEMINA**



**GENICULAR NEUROTOMY**





UNION TERRITORY OF JAMMU & KASHMIR  
DIRECTORATE OF HEALTH SERVICES, JAMMU  
Near MLA Hostel, Indra Chowk, Jammu (J&K) Pin: 180001  
E-Mail dhjammu@rediffmail.com, dhjammu@gmail.com  
0191-2546338, 2549632 Fax 0191-2549632

Chief Medical Officer  
Doda/Jammu/ Kathua/ Kishtwar/Poonch/Rajouri  
Ramban/Reasi/samba/Udhampur  
Medical Superintendent GH Gandhi Nagar/ Jagti /  
Sarwal/Rajiv Gandhi Hospital Gangyal.

No: DHS/J/NCD/427-440 Date: 11-03-2022  
Subject: **Providing Facilities to the elderly patients in District Hospitals, CHCs, PHCs under National Programme for Health Care of Elderly**  
Ref: **DHS/J/NCD-53-71 dated :13.05.2017.**

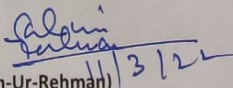
Under the aegis of National Programme for the Health Care of Elderly, the Govt. envisages elderly friendly facilities in all Health Institution to provide much need succour to the above 60 years population.

In this context, it is directed that the steps be taken to provide preferential treatment to all the elderly patients visiting your institution. The following steps are recommended:

1. Separate Geriatrics/ Senior citizens queue, with separate OPD Registration counter to minimize standing time.
2. Preferential/Out of turn consultation for all elderly patients in OPDs/Laboratories/Radiology etc, to minimize waiting period in the hospitals.
3. Reserving at least 10 beds in General ward for the elderly.
4. Use of Elderly assistive services such as wheel Chair, Stretchers, Hand rails, ramps to ease movement of elderly in the hospitals.
5. Provision of Physiotherapy units in all District Hospitals.
6. Providing OPD services in DH on daily basis, CHC twice a week & PHC once a week.

**The Geriatric and Palliative care wards and counters should be displayed in the premises of District Hospitals as well as CHCs and PHCs for the ease of patients.**

The above measures should be adopted immediately & reported back to this office with supportive pictures at the earliest.

  
(Dr. Saleem-Ur-Rehman) 3/22  
Director Health Services  
Jammu

# SCALABILITY

**AFTER SUCCESSFUL LAUNCH OF THE PROJECT ,OPD SERVICES OF PALLIATIVE AND GERIATRIC HAS BEEN EXTENDED TWICE A WEEK IN ALL SUB DISTRICT/CHC S HOSPITALS AND ONCE A WEEK AT PHC S LEVELS .**

Directorate of Health Services-Jammu is including Pain, Palliative and Geriatrics in the curriculum of Paramedical education



# MONTHLY OPD OF PALLIATIVE AND GERIATRIC CARE WEF APRIL 2022- FEBUARY 23

1,39,797

DISTRICTS	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
JAMMU	1663	1720	1828	2021	1971	2356	3340	2552	2620
KATHUA	878	925	938	901	781	988	837	982	979
KISHTWAR	1109	1460	1023	1469	1370	1553	1383	1532	1561
POONCH	483	517	560	594	537	465	467	525	577
RAMBAN	585	611	737	831	881	1038	970	1208	1355
RAJOURI	1337	1665	1995	1576	1464	1592	1352	1541	1580
REASI	696	786	809	895	886	857	644	789	826
SAMBA	1148	1283	1280	1254	1183	1334	1350	1516	1359
UDHAMPUR	1596	2020	2335	1968	1873	1709	1244	1436	1471
DODA	744	984	1244	1325	1443	1530	1335	1256	1482



<b>DISTRICT</b>	<b>JANUARY 23</b>	<b>FEBUARY23</b>	<b>TOTAL OPD</b>
JAMMU	2353	3023	25474
KATHUA	813	768	9790
KISHTWAR	1145	1278	14883
POONCH	501	531	5757
RAMBAN	1214	1236	10666
RAJOURI	1460	1422	17042
REASI	789	892	8869
SAMBA	1513	2056	15276
UDHAMPUR	1290	1214	18156
DODA	1312	1229	13884

**TOTAL OPD WEF APRIL 22-FEB 23**  
**1,39,797**



# MONTHLY IPD OF PALLIATIVE AND GERIATRIC CARE WEF APRIL 2022-OCT 22

10518

DISTRICTS	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
JAMMU	92	117	93	79	92	102	117	167	159
KATHUA	99	137	185	158	139	238	140	153	175
KISHTWAR	99	171	161	241	201	245	216	243	303
POONCH	53	85	48	47	70	44	46	37	58
RAMBAN	32	15	14	21	22	27	26	33	44
RAJOURI	190	235	227	175	143	216	151	196	195
REASI	108	78	71	75	84	106	86	89	79
SAMBA	51	67	57	32	26	25	41	62	59
UDHAMPUR	143	136	153	167	177	171	177	190	150
DODA	167	134	111	102	104	76	59	62	79



<b>DISTRICTS</b>	<b>JANUARY</b>	<b>FEBUARY</b>	<b>TOTAL IPD WEF APRIL 22 TO FEB 23</b>
<b>JAMMU</b>	<b>152</b>	<b>150</b>	<b>1320</b>
<b>KATHUA</b>	<b>131</b>	<b>130</b>	<b>1685</b>
<b>KISHTWAR</b>	<b>143</b>	<b>201</b>	<b>2141</b>
<b>POONCH</b>	<b>71</b>	<b>64</b>	<b>623</b>
<b>RAMBAN</b>	<b>32</b>	<b>55</b>	<b>234</b>
<b>RAJOURI</b>	<b>187</b>	<b>148</b>	<b>2063</b>
<b>REASI</b>	<b>94</b>	<b>91</b>	<b>1153</b>
<b>SAMBA</b>	<b>24</b>	<b>45</b>	<b>489</b>
<b>UDHAMPUR</b>	<b>214</b>	<b>154</b>	<b>1832</b>
<b>DODA</b>	<b>73</b>	<b>61</b>	<b>1028</b>

**TOTAL IPD WEF APRIL 22 TO FEB 23  
12568**



**PIP**  
**PALLIATIVE CARE UNDER NPPC PROGRAM**  
**YEAR 2022-2024**

<p><b>RENOVATION OF PC UNIT/OPD/BEDS/MISC EQUIPMENT</b></p>	<p><b>TAVEL/POL/ STATIONARY/ CUMMUNICATIONS/ DRUGS</b></p>	<p><b>EQUIPMENT</b></p>	<p><b>RS. 16.70 LAKH FOR JAMMU DIVISION PHASE 1 &amp; 2 OF 10 DAYS RESIDENTIAL TRAINING FOR "CERTIFICATE COURSE IN ESSENTIALS OF PALLIATIVE CARE" - 2 MEDICAL OFFICERS &amp; 2 STAFF NURSES EACH FROM 10 DHS OF JAMMU ALL DH OF JAMMU DIVISION)</b></p>	<p><b>TOTAL FUNDS ALLOCATED</b></p>
<p><b>150 LAKH (15 LAKH /DISTRICT)</b></p>	<p><b>80 LAKH (8 LAKH/DISTRICT)</b></p>	<p><b>50 LAKH (5LAKH/DISTRICT)</b></p>	<p><b>16.70 LAKH</b></p>	<p><b>296.70 LAKH</b></p>

# PROPOSED BUDGETARY ALLOCATION UNDER NPPC YEAR 2022-23

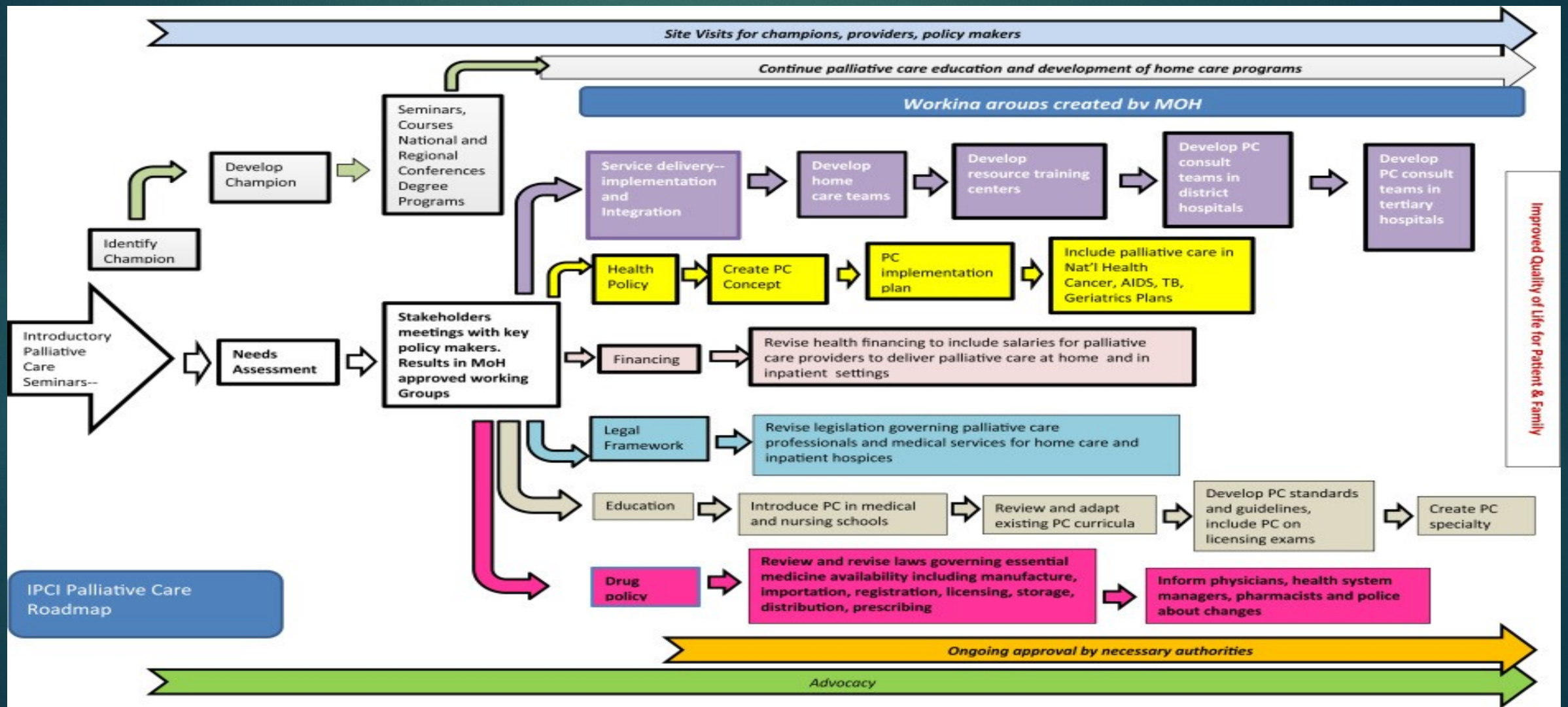
DISTRICTS	FUNDS FOR RRENOVATION	FUNDS FOR EQUIPMENTS	FUNDS FOR DRUGS	TOTAL FUNDS FOR EACH DISTRICT
POONCH	10LAKH	5LAKH	5LAKH	20 LAKH
JAMMU GNH	NIL	NIL	5LAKH	5 LAKH
KISHTWAR	10LAKH	5LAKH	5LAKH	20 LAKH
REASI	NIL	NIL	5LAKH	5 LAKH
RAMBAN	10LAKH	5LAKH	5LAKH	20 LAKH
			TOTAL FUNDS	70 LAKH



# PROPOSED SUPPLEMENTARY PIP OF NPPC YEAR 2023-24 SUBMITTED BY DHS JAMMU ON 17/11/2022

DISTRICTS	FUNDS FOR RRENOVATION	FUNDS FOR EQUIPMENTS	FUNDS FOR DRUGS	TOTAL FUNDS FOR EACH DISTRICT
DODA	15 LAKH	5LAKH	8LAKH	28 LAKH
KATHUA	15 LAKH	5 LAKH	8LAKH	28 LAKH
RAJOURI	15 LAKH	5LAKH	8LAKH	28 LAKH
UDHAMPUR	15 LAKH	5 LAKH	8LAKH	28 LAKH
SAMBA	15 LAKH	5LAKH	8 LAKH	28 LAKH
GOVERNMENT HOSPITAL GANDHINAGAR JAMMU	15 LAKH (Funds Approved in 20-21 lapsed due to COVID Hospital)	50 LAKH (EQUIPMENTS) USG MUSCULOSKELTAL RADIOFREQUENCY ABLATION MACHINE		65 LAKH
PHASE II CCEPC TRAINING FOR 40 MEDICAL OFFICERS AND 40 NURSES	16.7 LAKH			
TOTAL FUNDS REQUIRED FOR JAMMU PROVINCE				221.7 LAKH

# World Health Organization Public Health Model: A Roadmap for Palliative Care





# “Areas where hard work is required”

EDUCATION AND  
TRAINING

KNOWLEDGE -MANAGEMENT

HUMAN RESOURCES  
DEVELOPMENT

KNOWLEDGE -NETWORKS

## Palliative and Geriatric Care

Palliative and Geriatric Care services that were initiated at Govt. Hospital Gandhi Nagar Jammu in Jammu Division have now been extended to other district Hospitals. Palliative care is a specialized form of care that provides symptoms relief, comfort and support to individuals living with serious illnesses. It also provides support to caregivers and those impacted by loved ones condition. The hospitals with Palliative care services help patients to live more comfortably with the medical, social and emotional support needed to cope with having a serious illness by way of improving symptom management and reducing anxiety and depression.



World Hospice and Palliative Care Day (WHPCD) 2023 with the theme Compassionate Communities: Together for Palliative Care celebrated at Govt. Hospital Gandhi Nagar Jammu on the 14th of October by interacting with families and cancer patients to know their journey and role of Palliative care at Govt. Hospital Gandhi Nagar. Director Health Services Jammu Dr. Rajeev Kumar Sharma was the Chief Guest and CMO Jammu Dr. Harbaksh Singh was Guest of Honor. Nodal Officer NPPC Dr. Rohit Lahori presented PPT in the seminar organised on the occasion .





ICMR Project on capacity building for Palliative Care launched at Govt. Hospital Gandhi Nagar Jammu in collaboration with AIIMS New Delhi. Government Hospital Gandhi Nagar Jammu is the only District Hospital selected among top ten premier institutions for this project.



Visit by AIIMS New Delhi and ICMR Team to inspect Palliative care OPD and IPD services provided at Govt. Hospital Gandhi Nagar Jammu in context with the Palliative Care project.



CCEPC (Certified course in essentials in Palliative care) part A exam held for Medical officer and Nurses at Govt. Hospital Gandhi Nagar Jammu





Ms Michelle Chua, Executive Producer LIEN Foundation (Lien centre for Palliative care) Singapore & her team of 3 other members visited Govt Hospital Gandhi Nagar Jammu on 23-06-2023. The Team was part of BBC initiative taken by Dr.Sushma Bhatnagar, HOD Onco-Anaesthesia, Pain & Palliative Care, AIIMS New Delhi for a documentary shoot of Palliative Care services being provided by the Hospital. An interview of Director Health Services Jammu, Dr. Rajeev Kumar Sharma, Medical Superintendent Gandhi Nagar Dr. Parveen Yograj and Pain & Palliative Care specialist Dr.Rohit Lahori was conducted.

### **Palliative/ Geriatric Performance Report w.e.f January 2023 to December 2023**

Particulars	Doda	Jammu	Kathua	Kishtwar	Poonch	Ramban	Rajouri	Reasi	Samba	Udhampur	Total
OPD	15314	25769	10199	15395	7658	18065	16667	8715	18659	15963	152404
IPD	565	1285	2006	1580	580	874	1177	1577	711	2291	12646
Physiotherapy	2200	4036	1519	1109	1580	1466	1386	808	1150	1067	15321
Lab. Tests	14269	5967	4632	1770	3310	3710	3639	1529	2389	5738	46961



# District level training programme on Palliative and Geriatric care



First district level training programme on Palliative and Geriatric care in J&K conducted at District Hospital Poonch.



Second training programme at District level in J&K on Palliative and Geriatric care conducted in District Samba.



Third training programme at ANMT School Ramban on Palliative and Geriatric care.

## Realistic Hope to Care Givers

To restore the faith and spirituality along with relief from physical symptoms, family meeting and interaction with patients and care givers of patients suffering from terminal Diseases.



At Govt Hospital Gandhi Nagar



Home visit to terminally ill patients in far flung areas of Jammu division.



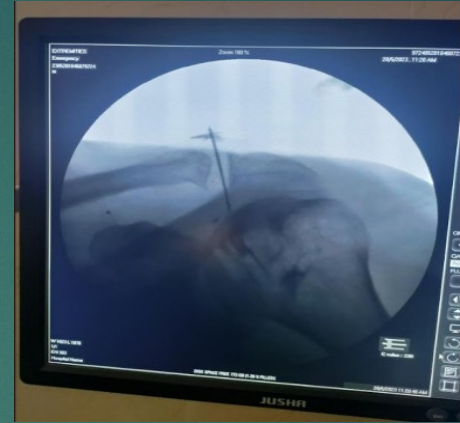
Pain Medicine department of Govt Hospital Gandhi Nagar Jammu has performed more than 1200 International pain procedures for chronic and Cancer pains and is the only District hospital in Northern India with this facility



USG guided PRP in early stages of OA at Pain and Palliative care GNH



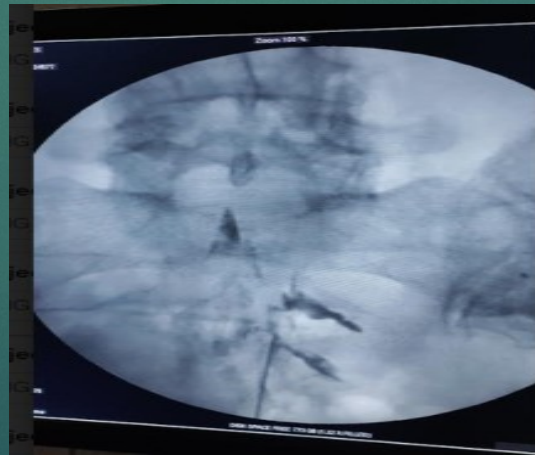
Hydrodissection in Diabetic patient suffering from Adhesive Capsulitis.



Iliohipogastric and Ilioinguinal Nerve entrapment MIPSI along with Hydrodissection performed under Ultrasound for the first time.



Caudal Neuroplasty in patient suffering from multiple level Lumbar Disc with Canal Stenosis and B/L Radiculopathy.



Ultrasound guided Paravertebral MIPSI in management of Cancer pains.

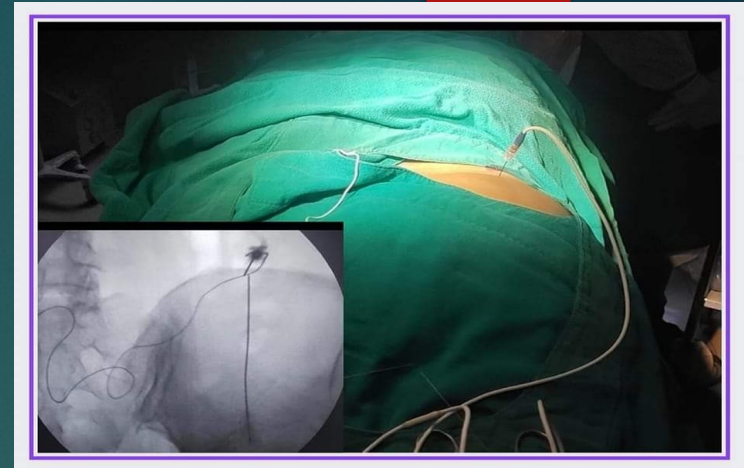




Sphenopalantine Ganglion radio frequency MIPSI performed for the first time.



Hydrodissection of wrist muscles and median nerve performed first time in J&K



Cluneal Nerve Radiofrequency Pain Procedure (MIPSI) performed first time in J&K.



Facet Joint Intraarticular and Median Branch MIPSI under Fluoroscopy



Palliative care ward at Gandhi Nagar Hospital



Palliative and Geriatric care Unit at DH Poonch



## Pain and Palliative Care

Pain and Palliative care services under National Program for Palliative Care are providing a realistic hope to care takers of terminally ill patients

Govt hospital Gandhinagar Jammu the first hospital of J&K to be selected as the designated hospital by Indian Association of Palliative care to conduct all its courses in Pain and Palliative care ,in the letter by IAPC mentioned the recent selection of institutions to conduct Palliative care courses for Pharmacist.



First Intrathecal infusion pump implanted in Jammu and Kashmir by Dr Rohit Lahori incharge Pain and Palliative care, posted at Govt Hospital Gandhinagar in a female patient suffering from Carcinoma Cervix with metastasis to spine . Patient was suffering from intense pain and was on high dose Opioids for pain management and was showing high doze intolerance.

