Home

A Strong Health System never says 'there is nothing more we can do'

A compassionate community never leaves a dying person & the family alone in Suffering

What is Palliative Care?

Palliative Care is Compassionate & Active Total Care for patients living and dying with incurable life threatening illness and their families

'Leaving nobody behind'

About Us

Centre for Palliative Care & its Department of Palliative Medicine is situated at 4th floor of 'E' block of BSMMU, Shahbag, Dhaka.

Besides its pioneering role in creating awareness and advocacy, it provides Outpatient service, Inpatient service, Lymphedema clinic, 24/7 Telephone service and Home care facility in Dhaka city within 20 kilometer of the university. Since its inception, it has also been arranging training and education at different level.

The Centre is closely associated with two community palliative Care projects outside its institutional territory.

- 1) 'Compassionate Korail': in Korail Slum (in collaboration with WHPCA & CPCIB)
- 2)'Compassionate Narayanganj': In Narayanganj city (in collaboration with Narayanganj City corporation & WHPCA, supported by UK AID)

Our Journey (tunicate)

2007: Bangabandhu Sheikh Mujib Medical University (BSMMU) introduced 'Palliative **Care' in the form of a basic service.** It started as an Out Patient consultation service soon followed by a limited 2 bed admission facility in 2009.

2011: Significant breakthrough took place with transformation into a "Centre for Palliative Care (CPC)" inaugurated by the then Honorable president of the country Late Zillur Rahman. It formally began its journey accepting a pioneer role in-

- i) Developing a replicable service model culturally appropriate for the country
- ii) Creating awareness both amongst the professionals & in the community at large.
- iii) Organizing short and mid-term education and training programs
- iv) Exploring possibilities of basic, innovative local need specific research.

2014: A financial grant by the University Grant Commission (UGC) under its Higher Education Quality Enhancement Project (HEQEP) was awarded for development of the Centre. Besides organizing a number of different training programs on Palliative Care, Development of Curriculum for MD in Palliative Medicine, a five year residency program started taking shape with HEQEP financial assistance and active support and cooperation from both external and internal faculties.

2015: University Syndicate in its 57th meeting approved the Curriculum for MD (residency) in Palliative Medicine.

2016: Palliative Medicine became a **medical specialty** in Bangladesh after being approved by the University Grant Commission.

Same year, Palliative Medicine was acknowledged as a **separate wing** attached to the Department of Internal Medicine.

2017: "Palliative Medicine" revealed as a distinct **academic department** separated from Internal medicine.

Department of Palliative Medicine depend on a well working interdisciplinary cooperation between different medical disciplines

Our Vision (Tunicate)

A compassionate community in Bangladesh where Palliative Care is available, accessible and affordable for each and every patient and their families in need of such care.

Our Mission (Tunicate)

To play a pioneering role in facilitating incorporation of palliative care in the mainstream health care service and a part of primary health care program, thereby spread out the care service all over the country.

Our Objectives (Tunicate)

- To develop a replicable institution based palliative care model and facilitate community based palliative care programs in different parts of the country.
- To make culture specific palliative care available, accessible and affordable to the patients and their families.
- To develop awareness and sensitization programs at all levels of the health system and community.
- To incorporate the concept of palliative care to the community.
- To develop and run training programs for all health professionals as well as community members.
- To create advocacy and develop policy in making Palliative Care as a right.
- Conduct research activities and evidence-based clinical practices.
- Collaboration with national and international palliative care organizations to achieve the vision.

Palliative Care is crucial for achieving Universal Health Coverage – Sustainable Development Goal 3.8

. Team Members (tunicate)

Palliative care is a team work and uses a multidisciplinary team approach to support patients and their care givers, with input from:

- Physicians
- Nurses
- Pharmacists
- Chaplains
- Social workers
- Psychologists and
- Other allied health professionals

Acknowledgement (tunicate)

- > Afzalunnessa Foundation, Bangladesh
- > Rotary Club of Metropolitan, Dhaka, Bangladesh
- > Rotary Club of Wrexham Erdigg, UK
- > Institute of Palliative medicine, Calicut, Kerala, India
- > St. Christopher's Hospice, UK
- > AIMS (Department of Palliative medicine), Delhi, India
- > WHPCA (The Worldwide Hospice and Palliative care Alliance), UK
- > APHN (Asia Pacific Hospice Palliative care Network), Singapore
- > IAHPC (International Association for Hospice and Palliative Care), Houston, TX USA
- > WCC (World Child Cancer), London, UK
- Touching Souls International (TSI), USA

Services

We put patient's comfort and family preference at the center of everything we do

Services provided by the Centre for Palliative care:

- a. Outpatient clinic
- b. Inpatient Service
- c. Day Care
- d. Lymphedema clinic
- e. Home Care Service
- f. 24/7 Telephone Service

a. Outpatient Service (Tunicate)

Outpatient service is provided every day during office hour (8 AM to 2 PM) in **Room** no. 511 of Outdoor building-1.

A team of at least one trained doctor and one nurse attend each new patient and old patients for follow up consultation.

Patient usually needs to attend the OPD during the first visit for registration, outpatient consultation, for admission for or for any other services.

In appropriate situation, patient's family may also contact the OP service for consultation.

b. Inpatient Service(Tunicate)

Inpatient service is provided at 4th floor of 'E' block of BSMMU for 24 hours a day. The Centre accommodates 21 beds (9 male, 9 female and 3 pediatric) in the inpatient (IP) ward for providing palliative care service. Cabin accommodation is regulated centrally by the central administration.

c. Day Care Service (Tunicate)

Patients can access this service for short stay management.

Services we provide:

- Sudden severe pain,
- Wound care,
- · Regular peritoneal aspiration of fluid,
- Blood transfusion etc.

d. Lymphedema Care Service (Tunicate)

Weekly lymphedema clinic runs on every Monday at CPC. Patients are treated step by step with regular monitoring & follow up.

Patients are trained about the lymphedema care exercises with live demonstration.

e. Home Care Service (Tunicate)

CPC has a limited home care service which runs 5 days in a week (except Friday and Thursday).

The purpose of the home care service is to regular follow up of the patients as well as to empower the patient's family members by providing knowledge about patient care like wound dressing, general physical care, the process of medication administration and basic nursing care.

Home care service is provided to:

- 1. Any patients suffering from advanced incurable or life-limiting disease, registered in Centre for palliative care, BSMMU and interested to avail home based palliative care service.
- 2. Lives within 20 kilometers of Centre for Palliative Care, BSMMU.
- 3. Financially constrained bed ridden and bed bound patients in need of palliative care.
- 4. Elderly bed ridden patients who have no caregiver.

f. 24/7 Telephone Service (Tunicate)

CPC provides a 24/7 telephone service for our registered patients, who live far away from Dhaka city in remote area and who have gone home after availing treatment.

Over telephone doctors give advice and meet the queries of the patients.

Patient Registration

For registration of palliative care at CPC, patient or his/her proper attendant (in case of immobile patient) with all previous medical records must attend the outpatient service at Room 511 (4th floor), OPD-1 (Medicine OPD building) of BSMMU.

Morphine Dispense

After strict scrutiny of medical records, assessing the need and proper dosing morphine is dispensed to palliative care patients with proper documentation in morphine card.

In absence of morphine card dispense is strictly prohibited and any unused morphine must be returned to CPC by patient's family.

Gallery

- a. All
- b. Academic
- c. Outpatient Service
- d. Inpatient Service
- e. Home Care Service
- f. 24/7 Telephone Service
- g. Day Care Service
- h. Lymphedema Care Service

- i. Compassionate Korail project
- j. Compassionate Narayanganj project
- 1. Feedback
- 2. Contact

Projects

To take palliative care initiative outside the institutional territory into the community, CPC has been running 2 project activities in collaboration with the Worldwide Hospice Palliative Care Alliance (WHPCA) in Korail slum and Narayanganj.

"Compassionate Korail" (Link)

A community Based Palliative Care Project aiming at developing the Quality of life of elderly and children suffering with life limiting diseases in the largest slum of Dhaka city. In 2015 Centre for Palliative Care of BSMMU in collaboration with the Worldwide Hospice Palliative Care Alliance (WHPCA) initiated this 3 years project. now sustainable in a vulnerable, slum environment and by sharing the lessons globally, we are working towards improved quality of life for older people living with life-limiting illness worldwide

For details click on the title

"Compassionate Korail"

Korail is the ancient largest slum in Dhaka North City Corporation (DNCC); was established in 1989. The total area of Korail slum is almost 85 acres (including 13 acres of lake) with around two hundred thousand (approximately) population. The population is extremely poor where there are no primary care facilities. The project named "Supporting Compassionate Palliative Care Communities for Older People" and referred to as 'Compassionate Korail', with external support from World Hospice Palliative Care Association (WHPCA) was started as a one-year pilot in 2015 and continued as regular project for two more years. Later on April 2017 by considering community need a pediatric palliative care service also started under Compassionate Korail project which was financially supported by the CPCIB (Children Palliative Care Initiative

of Bangladesh) program of **World Child Cancer** (WCC) until December, 2018. **Currently, Palliative Care Society of Bangladesh** (PCSB) supporting both elderly and pediatric services of Compassionate Korail.

Running Programs:

Program 1: Supporting elderly palliative care patients	Till now a total of 220 elderly patients got support from this program and currently support is running for 120 patients.
Program 2: Supporting children palliative care patient	Till now a total of 43 child patients got support from this program and currently support is running for 29 patients.

Team:

To ensure the total care of children and elderly patients, Compassionate Korail has 2 separate multidisciplinary teams. Palliative Care Assistants (PCAs) are the primary caregiver of Compassionate Korail teams who provide care at patient's house.

Following is the structure of team:

- Physician
- Nurse
- Palliative Care Assistant (PCA)
- Physiotherapist
- Speech Therapist
- Community Volunteer
- Program Coordinator

Our services:

- 1) **Out-patient consultation:** A consultant physician trained in palliative care has conducted every Saturday an OP clinic in the Korail slum.
- 2) **Home care service:** PCAs are our main primary level care provider and visit 5 to 7 patients per day (5 days in a week).
- 3) **Physiotherapist visit:** A qualified physiotherapist consult our children and elderly patients those who in need of physiotherapy.
- 4) **Speech therapy:** A qualified speech therapist consult our child patients those who are in need of speech therapy.
- 5) **Medicine support:** We provided listed essential palliative medicines to our patients at free of cost.
- 6) **Monthly food pack support:** To our extremely poor patients and those patient who lives alone we have provided monthly food pack containing 5 kg rice, 1 kg lentils, 1 liter soya oil, and ½ kg salt.
- 7) **Rehabilitation support:** if needed registered supported patients get assistive devices with expert suggestion.

- 8) **Specialized doctor visit:** We have arranged ophthalmogist, gynecologist and pediatrician visits for those patients who are in need of it.
- 9) Other social support: We have also provided new cloths in Eid occasion, blanket in winter season.

Training Program:

- Organizing special training/workshop for Palliative Care Assistants
- Family caregiver training
- Organizing 2 weeks residential training program for our sick children mothers. This training program is provided by CRP (Centre for rehabilitation and paralyzed).
- Organizing workshop for community volunteer.

Awareness & Community Mobilization Activities:

- Sensitization program for Korail slum dwellers
- Sensitization program for Korail community leaders
- Sensitization program for Korail slum dwellers
- Sensitization program for Korail school teachers
- Sensitization program for Korail school students
- Organizing ART and Creative writing competition among the school students
- Organizing poetry workshop for school going children of Korail slum to increase community mobilization.
- Organizing community theater programs
- Celebrating world Hospice & Palliative Care day at with Korail slum dwellers
- Celebrating world Hospice & Palliative Care day with school students

Fund raising:

- Small donation collected from korail shops
- Conducting a Charity shop
- Fund collection from individuals and organizations

Contact us:

Compassionate Korail Center: Unit-2, Block-D, Bou-bazar, Korail, Banani, Dhaka.

Contact Numbers: +880-1700923092, +880-1700923093

Facebook: Compassionate Korail [https://www.facebook.com/ম্মতাময়-কড়াইল-Compassionate-

Korail-870373933308251/]

"Compassionate Narayanganj" (link)

This innovative project is funded by **UK Aid** Direct and run by **CPC**, **BSMMU** in collaboration with **WHPCA** in the **Narayanganj City Corporation**. We gratefully acknowledge the support and cooperation received from the honorable Narayanganj City Corporation Mayor **Dr. Selina Hayat Ivy**.

Aim: To build a compassionate community to ensure people access to health care needed when living with and dying from serious illness. This project aims to address this by providing a model of care which shows how compassionate palliative care alleviates suffering, positively impacts people's quality of life and is a cost effective and ethical imperative of health systems.

"Compassionate Narayanganj"

About the Project:

"Compassioante Narayanganj" is building a compassionate community in palliative care in Narayanganj City Corporation. This project is collaborated by Bangabandhu Sheikh Mujib Medical University (BSMMU), Worldwide Hospice & Palliative Care Alliances (WHPCA) and Narayanganj City Corporation (NCC). This is funded by UK Aid.

This project will run for three years (April'18 to March'21) providing a model for how cost-effective palliative care can be implemented on the path to Universal Health Coverage. It will take into account the gender and disability aspects of palliative care in low income settings. "Compassionate Narayanganj" aims to build a compassionate community to ensure people access the health care that they need when living with and dying from serious illness in the Narayanganj City Corporation of Bangladesh.

Who are benefitted from the Project:

Patients who are suffering from life limiting and life threatening diseases, long standing bed bound patients can be benefitted through this service.

Some life limiting diseases are:

- 1. Cancer.
- 2. Chronic Heart Diseases.
- 3. Chronic Kidney Diseases.
- 4. Chronic Lung Diseases.
- 5. Chronic Neurological Disorders.

- 6. HIV/AIDS.
- 7. Complicated Diabetes Mellitus.
- 8. Dementia.
- 9. Arthritis/Rheumatoid Arthritis.
- 10. Children's birth-prone neurological disorders etc.

Our services:

There is an integrated team made up of trained Doctors, Nurse, Coordinator, Palliative Care Assistant and Volunteers in this project. Palliative Care is provided through the team.

- 1. **Outpatient service:** Every Saturday.
- 2. **Homecare service**: Providing care to the patients at home.
- 3. **Social service:** Providing free listed medicine & food pack to poor, helpless & lonely patients.
- 4. Providing training to the caregivers of the patients.
- 5. Conducting training program for Doctors, Nurses & interested volunteers free of cost.

Contact us:

Compassionate Narayanganj: 228/3, Ali Ahmad Chunka Road, West Dewbhog, Krishnochura turn, Urban Health Complex, Ground floor. Ward Number: 16, Nayaranganj City Corporation, Narayanganj. Mobile Numbers: 01645-768106, 01645-768109.

Website: Narayanganj Palliative Care [https://narayanganjpalliativecare.com/]

Facebook: Compassionate Narayanganj [https://www.facebook.com/মমতাময়-নারায়ণগঞ্জ-

Compassionate-Narayanganj-840970209589560/]

For details click on the title

Education and Training

CPC organizes a number of training programs regularly for health professionals and community volunteers to spread out the palliative care knowledge amongst them. The training programs provided by CPC are as follows:

Foundation Course in Palliative Care

Participant eligibility:

MBBS, Registered Nurse and other health professionals.

Course duration and time:

2 weeks. Time- from 8 am to 2.30 pm 6 days a week.

Course fees: 3000 BDT Curriculum: click here

Volunteer course in Palliative Care

Participant eligibility:

Volunteers, Family Members/Caregivers and all other health & social professionals.

Course duration and time:

3 days. Time- from 8 am to 2.30 pm.

Course fees: 1500 BDT Curriculum: click here

Basic Certificate course for Palliative Care Assistants

Participant eligibility:

Minimum SSC

Course duration and time:

6 weeks, Time- from 8am to 2.30pm

Course fees: 10,000 BDT Curriculum: click here

Basic Certificate Course in Palliative Medicine & Nursing (BCCPM & BCCPN)

Participant eligibility:

MBBS and Registered Nurse.

Course duration and time:

6 weeks. Time- from 8 am to 2.30 pm 6 days a week.

Course fees: 10,000 BDT Curriculum: click here

MD Residency in Palliative Medicine

Participant eligibility:

MBBS

Course duration and time:

5 years (Phase A- 2 years and Phase B- 3 years)

Course fees: According to the rule of BSMMU

Curriculum: click here

Publications

Publications:

1. Doherty M, Khan F, Biswas FN, Khanom M, Rahman R, Islam Tanvir MM, Akter F, Sarker M, Ahmad N. Symptom prevalence in patients with advanced, incurable illness in Bangladesh. Indian J Palliat Care 2017;23:413-8.

Web link: click here

2. Alam S, Ahmad N, Bhuiyan MZR, Sarmin S, Shams MJ, Rashid MU. Cluster analysis of symptoms of Bangladeshi women with breast cancer in palliative care centre of a tertiary hospital. Bangladesh Med J. 2016 Jan; 45 (1).

Web link: click here

 Nezamuddin Ahamd, Mustafa Kamal, AHM Mostak Anwar, AKM Shafiqur Rahman; Needs of terminally ill patients and their families: An Experience with Fifty Three Patients attending a Newly Organized Palliative Care Service in Bangladesh. Journal of BSA, Vol. 19, No. 1 & Samp; 2, 2006

Web link: click here

4. Khan F, Ahmad N, Iqbal M, Kamal AM; Physician Knowledge and Attitude of Opioid Availability, Accessibility and use in Pain Management in Bangladesh. Bangladesh Med. Research Council Bulletin 2014; 40: 18-24.

Web link: click here

5. Roghieh Dehghan, Jairam Ramakrichnan, Nezamuddin Ahmed, Richard Harding; The use of morphine to control pain in advanced cancer: an investigation of clinical usage in Bangladesh. Palliative Medicine, July 29, 2010: 707-714.

Web link: click here

6. Nezam Uddin; Palliative Care Service in Bangladesh – First step of 'miles to go'. Journal of BSA, Vol. 19, No. 1 & 2, 2006.

Web link- click here

7. Libby Sallnow, Farzana Khan & Degram Uddin; The public health approach to palliative care: sharing practice on a global level. Expert Review of Pharmacoeconomics & Dutcomes Research; Volume 11, Issue 3, 2011; Published online: 09 Jan 2014, pages 265-266.

Web link: click here

8. Ahmad NU, Hauque MF, Khan F, Kamal MM; Palliative care outpatient consultation service in a teaching hospital in Bangladesh. Mymensingh Med J. 2011 Jan; 20(1):98-103. PMID: 21240171.

Web link: click here

9. Ahmad NU, Khan F, Quadir SS, Rahman M, Laskar MH, Rahman AKM; Conceptual Prevalence in Palliative Care amongst the Physicians of Bangabandhu Sheikh Mujib Medical University: A Comparison between the Post Graduate Trainees and the Trainers. Journal of BSA, 2009; 22(1): 26-31.

Web link: click here

10. Khan F, Ahmad NU, Anwar M; Palliative Care is a Human Right. Journal of the Bangladesh Society of Anaesthesiologists, 2008; 21(2): 76-79.

Web link: click here

11. Kate North, Nezamuddin Ahmad; P-157 Palliative care in urban slums: a pilot project. BMJ Support Palliat Care 2015; 5: A56 doi: 10. 1136/bmjspcare-2015-001026.157.

Web link: click here

12. Rogieh Dehghan, Jairam Ramakrishnan, Nezzan Uddin-Ahmed and Richard Harding; They patiently heard what we had to say...this felt different to me': the palliative care needs and care experiences of advanced cancer patients and their families in Bangladesh. BMJ Support Palliat Care 2012; 2: 145-149 doi: 10.1136/bmjspcare-2011-000143.

Web link: click here

13. AKM Mahbubur Rahman, Nezamuddin Ahmad; Palliative Care: We should begin to think. Journal of Bangladesh College of Physicians and Surgeons, Vol 29, No 1 (2011).

Web link-click here

14. N Ahmed; Palliative Care and Care for the Aged: An Achievable Reality in Bangladesh. Bangladesh Medical Journal 2011 Vol. 40. No.3.

Web link: click here

Articles

There are few articles published in some national and international newsletters, print media and electronic media which are given as following-

National:

- 1. A new palliative centre in Bangladesh in the offing. click here
- 2. Palliative care inclusion in national health policy demanded. click here
- 3. Volunteers take lessons on palliative care. click here
- 4. Bangladesh lags behind in palliative care. click here
- 5. Palliative care: death with dignity. click here

International:

- 1. Centre for Palliative Care develops model service and creates awareness in Bangladesh. <u>click here</u>
- 2. The pharmacist's role in palliative care a perspective from Bangladesh. click here
- 3. Palliative care workers in Bangladesh take part in dementia awareness workshop. <u>click here</u>
- 4. World Hospice and Palliative Care Day raises awareness of 'Hidden Patients' in Bangladesh. <u>click here</u>
- 5. WHPCA partner celebrates new Palliative Medicine residency in Bangladesh. click here
- 6. Community palliative care for older people in Bangladeshi slums. click here
- 7. "Perhaps you can have a loving death" WHPCA and BSMMU improve palliative care in Bangladesh. <u>click here</u>
- 8. New project reaching older people in urban slums begins in Bangladesh. click here
- 9. Founder of care centre calls for inclusion of palliative care in Bangladeshi National Health Policy. <u>click here</u>
- 10. Palliative care in Bangladesh growing. click here
- 11. Bangladesh plans to launch MD program in palliative medicine. click here
- 12. APHN and BSMMU to provide palliative care training in Bangladesh. click here
- 13. Bangladesh: Volunteers needed. click here
- 14. Bangladesh raises awareness about hidden patients. click here
- 15. Workshop on dementia in Dhaka explores what it's like to be an older person. click here
- 16. MOU signed between APHN and BSMMU. click here
- 17. Program to raise Palliative Care Awareness among the University Students held in Dhaka. <u>click here</u>
- 18. Post 11th Asia Pacific Hospice Conference Report. click here
- 19. Palliative Medicine accepted as a medical specialty in Bangladesh. click here
- 20. World Hospice and Palliative Care Day Raises Awareness in Bangladesh about "Hidden Patients". click here
- 21. Dementia awareness workshop in Bangladesh. click here
- 22. Living Evergreen. click here
- 23. Workshop on Paediatric Master Class. click here
- 24. Tale of an unfortunate woman. click here

News & Events

1. Meet the young women providing community palliative care in Bangladesh – Shoma Akter (March 4, 2019)



Link: https://ehospice.com/in ternational posts/meet-

the-young-womenproviding-communitypalliative-care-inbangladesh-shomaakter/

2. Patients and carers discuss legal rights in Narayanganj, Bangladesh (21 February 2019)



Link:

https://ehospice.com/in ternational posts/patien ts-and-carers-discusslegal-rights-innarayanganjbangladesh/

Links

CPC has close links with a number of regional and international organisations, such as the Institute of Palliative Medicine (IPM) in Calicut, Kerala, India; Asia Pacific Hospice and Palliative Care Network (APHN) in Singapore, Touching Souls International (TSI) based in USA, and The Worldwide Hospice Palliative Care Alliance (WHPCA).

A joint research Collaboration with the Glasgow University End of Life project and REHPA in Denmark is under process.

Nationally it has links with the Rotary Club of Metropolitan Dhaka (RCMD) and Afzalunnessa Foundation.

National Organization:

- Ashic Foundation
- Bangladesh Palliative and Supportive Care Foundation
- Hospice Bangladesh

International Organizations:

- St. Christopher's hospice
- WHPCA (The Worldwide Hospice Palliative Care Alliance)
- <u>IAHPC</u> (International Association for Hospice & Palliative Care)
- APHN (Asia Pacific Hospice Palliative Care Network)
- ICPCN (The International Children's Palliative Care Network)
- REHPA (The Danish Knowledge Centre for Rehabilitation and Palliative Care)

Feedback

What our patients say:

Contact US

Google map

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In-door service: Office room no- 504, E- Block, 4th Floor, BSMMU, Shahbag, Dhaka-1000

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