



# NEWSLETTER

August 2008



## ***Theme: "Relief of Pain - a Basic Human Right"***



Dear Friends,

I must begin by apologizing for the delay in sending out this Newsletter. Since the beginning of this year it has been extremely busy. We have had a number of our team members from senior management who have returned to the UK and this has left us with a gap of senior management positions that we had to fill as soon as possible.

The following have returned to UK: Dr. Justin Amery the former Clinical Director who started the Children's Palliative Care programme and his wife Dr. Karen Amery who was Senior Registrar did a tremendous job here at Hospice.

Caroline Rose the Children's Palliative care Nurse worked for HAU for more than a year. She returned early this year. Dr. Nick Rose who was our Education consultant returned in May. Manjit Kaur the senior HIV/AIDS Senior Advisor left in June. Hospice shall miss them very much.

We are grateful for the skills and knowledge they have imparted to the team especially in Clinical and Education. The work continues and the members are working with renewed confidence. Despite being understaffed at the beginning of the year, everybody has been supportive and willing to go "*the extra mile*" - which indicates the Hospice family spirit. I would like to thank our friends here in Uganda and abroad for their prayers during this challenging period. We are now in the second half of the year and we now have a fully

fledged Ugandan senior management team on board. This was so in the first 10 years of HAU, but with some moving on of those trained for senior management and the expansion of the work with and consequent increase of the team, we have needed assistance from abroad.



The Patient numbers continue to increase and in fact from 2007 - 2008 we had 2,396 patients on the Hospice programme. The children's programme has been a great success. The team is seeing more than double the number of children compared to previous years. The children are enjoying the new play room which was built at the Cancer Institute, Mulago, next to the Children's ward and which provides a haven of fun, activity and distraction away from the bustling medical ward.

The Education department, in addition to training programmes, has been involved with setting up the degree programme.

Further information on the progress 2007-8 can be found in the Annual Report available on the website: [www.hospiceafrica.or.ug](http://www.hospiceafrica.or.ug)

68% of our patients have a diagnosis of Cancer only. Frequently patients can not afford to pay for curative treatment such as

chemotherapy. Sadly cancer care here and in sub Saharan Africa does not attract substantial international funding since cancer is not one of the top ten causes of death. Hospice is extremely grateful for the fundraising efforts all over the world especially the UK and Ireland in trying to address this problem. Further help is needed, particularly as the numbers being affected by cancer will continue to increase.

**10<sup>th</sup> Anniversary of Mobile Hospice Mbarara celebrations:**

This year has been such a blessing for Hospice Africa Uganda, ten years were celebrated in Mbarara for existence of palliative care. Thanks for all your prayers and support you have accorded to us.

On 2<sup>nd</sup> August 2008 Mobile Hospice Mbarara celebrated 10 years of palliative care in Mbarara. The celebrations included among others, charity walk, speeches, music and the launching of the "Decade Fund". The guest of honour was His Grace Archbishop Paul K Bkyenga of Mbarara Archdiocese.



**The Archbishop and friends from the beginning in 1998, cut the cake in the shape of the Hospice logo.**

**Palliative Care week - 12<sup>th</sup> - 17<sup>th</sup> May 2008  
"Relief of Pain - a basic Human right"**

The Palliative Care Week started with media exposure by Hospice teams and through radio and TV talk shows throughout Uganda.



On Tuesday 13<sup>th</sup> May, we were privileged to receive His Eminence Cardinal Emmanuel Wamala, who came to visit the patients during Day Care and later on that afternoon, Mr. Mulwana our Patron also came and visited the patients. Hoima had a Charity walk during that week. This year we in Kampala were not able to have a Charity walk, advised by the police, and so we did something very different but very interesting and successful.

We staged a Magnet theatre which was done by the Shakespeare theatre which is a local theatre group in Uganda. The Drama was staged at the Centenary Park right at the heart of town and it was free of charge.

A Magnet theatre uses a drama that presents a character facing a particular problem but does not show how a person over comes the problem. The drama presents a dilemma which is left hanging or unsolved. So who solves the problem?

The Audience then takes over at the point where the dilemma is presented. The actors perform the drama but stop the performance when an actor finds him or her self in a situation requiring an important decision.

This performance was based around the theme of the year "Relief of Pain - A basic human right". It portrayed a family with a patient having HIV and cancer. The play drew a lot of attention from those who attended and people were asking questions about pain control. At the end of the day, we all felt that the message to the audience was internalised and that they realised that Hospice is indeed at

their door step and here to help bring relief of pain of those who are suffering.

**Diploma in PC at Hospice Africa - Uganda with the University of Makerere: by a DLD student from Malawi sponsored by IAHP (International Association of Hospice and Palliative care**

My visit to Kampala, Uganda was really an enriching, exciting and a blessed experience. In the first place, I could not believe that I received funding to pursue my long awaited opportunity to attend a diploma course in Uganda. During the 3 weeks that I spent in Uganda at Hospice Africa, I learnt so many things during classroom sessions, shared experiences with other classmates and also from visiting a number of hospice sites run and supported by Hospice Africa-Uganda. What Hospice Africa-Uganda offers is definitely the best palliative care model befitting Africa and other developing countries. As a nurse working at one of the busiest HIV and Cancer sites in Malawi, I have really been privileged to be included on this course. I acquired skills and knowledge that I probably would never have gained if it were not for this programme.

I will expand my palliative services mostly to the rural areas where a lot of people have difficulty accessing this service. I will also assist the palliative care association of Malawi (PACAM) in advocacy to the government, my colleagues, other health workers and patients and their families.

I will work hard with my colleagues and our association to see that palliative care services are available in almost every part of Malawi and that the service is accessible to every individual in need. My experience was and still is a highlight of my palliative care career.

**Veronica, 17 yrs - a Testimonial**

*I am aged 17 yrs, I was born in Mengo.*

*I joined Hospice in 2004. When I joined Hospice I stopped falling sick but before joining Hospice I was a sickly girl but now I am alright because I take ARVs as well. When I joined Hospice I gained so many things like getting good friends and many other Knowledge.*

*At Hospice we get food, medicine, clothes etc. Most of all they have taken good care for me, they have given me basic needs. What I like best is they make for us an end of year party.*

*The last thing, Hospice has helpful and happy doctors and nurses.*

**The Degree course**

The education department is growing rapidly and new courses and programmes are being introduced. Among the new courses in preparation, is the degree course which will be a result of upgrading the Distance Learning Diploma course (DLD). The DLD has been running for five years now. Evaluations and feed back from the participants has revealed a need for upgrading them to degree level to give them more recognition for PC in their own countries and in Uganda.

Dr. Nick Rose, our education consultant was steering the process but has now returned to the UK, Professor Elly Katabira is now taking this forward. Following the consultation study carried out, a concept note has been written and submitted to Makerere University. We envisage starting the degree in August 2009. The Bachelors degree in palliative medicine will target participants from Uganda and the rest of Africa.

**New Palliative Medicine Unit at Makerere University Medical School in the Department of Internal Medicine**

This will be the first Department of Palliative Medicine in a medical school in this part of Africa (above Southern Africa). This is the result of 2 years planning with Professor Harriet Mayanja, the Professor and Head of Internal Medicine and the Deans of the medical school at Makerere. HAU has given 15

years teaching of palliative medicine to under and post graduate students. This is on the curriculum and examinable. This has made a great difference country wide as now all doctors who have qualified from Makerere since 1993 or from Mbarara University of Science and Technology since 1999, are trained in palliative medicine and carry their knowledge to their practices country wide.

The new department is headed by Dr Mhoira Leng and has service, research and teaching responsibilities. It has already commenced.

Congratulations and well done to all involved in bringing another "first" in palliative medicine to Uganda

If you are moved by the needs of our patients and families and would like to assist with a contribution to the work, then just click onto this website, [www.justgiving.com/hospiceafrica](http://www.justgiving.com/hospiceafrica)

Greetings, prayers & gratitude from *the Hospice Team*



A child (L) brings a lighted candle to remember a loved one at the Memorial service held at Hospice on 1 November 2008. Above are the candles with the name of each person lost this year, planted at this moving annual event.

**Hospice Africa Uganda,**  
 PO Box 7757,  
 Kampala, UGANDA  
 Tel: (O) 256-41-266867, 510089  
 Tel/fax: 256-41-510087 (R)  
 E-mail: [Info@hospiceafrica.or.ug](mailto:Info@hospiceafrica.or.ug)  
[shalita@hospiceafrica.or.ug](mailto:shalita@hospiceafrica.or.ug)  
[anne@hospiceafrica.or.ug](mailto:anne@hospiceafrica.or.ug)  
[www.hospiceafrica.or.ug](http://www.hospiceafrica.or.ug)

**Hospice Africa Ireland**  
 Our Lady's Hospice,  
 Harold's Cross,  
 Dublin 6,  
 Ireland  
 +353 1 4068708  
[acooney@hospiceafrica.ie](mailto:acooney@hospiceafrica.ie)

**Hospice Africa (USA)**  
 Dr. Judith Hills, President,  
 P.O Box 98, South Woodstock,  
 VT 05071,  
 Tel: 1-802-457-3994  
 Email: [judithhills@gmail.com](mailto:judithhills@gmail.com)

**Mobile Hospice Mbarara,**  
 PO Box 1038, Mbarara, Ug  
 Tel: (O) 256-485-21010,  
[mhm@hospiceafrica.or.ug](mailto:mhm@hospiceafrica.or.ug)  
**Little Hospice Hoima,**  
 PO Box 430, Hoima, Uganda  
 Tel: (O) 256-362-260000,  
[lh@hospiceafrica.or.ug](mailto:lh@hospiceafrica.or.ug)

**Hospice Africa, (UK)**  
 c/o Dr & Mrs D. Phipps,  
 16 Arden Close, ,  
 Ainsdale, Southport,  
 PR8 2RR, UK  
 Tel/Fax : +441704573170  
 Email :  
[hospaf@connectfree.co.uk](mailto:hospaf@connectfree.co.uk)