

How to teach Spirituality in Palliative Care courses

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Empathy, Compassion and Spirituality: Need of the hour in medical teaching

Palliative Care Definition: Components of Care

WHO 2002 (see: Indian Primer, page 4)

Others (see: India Primer, page 10)

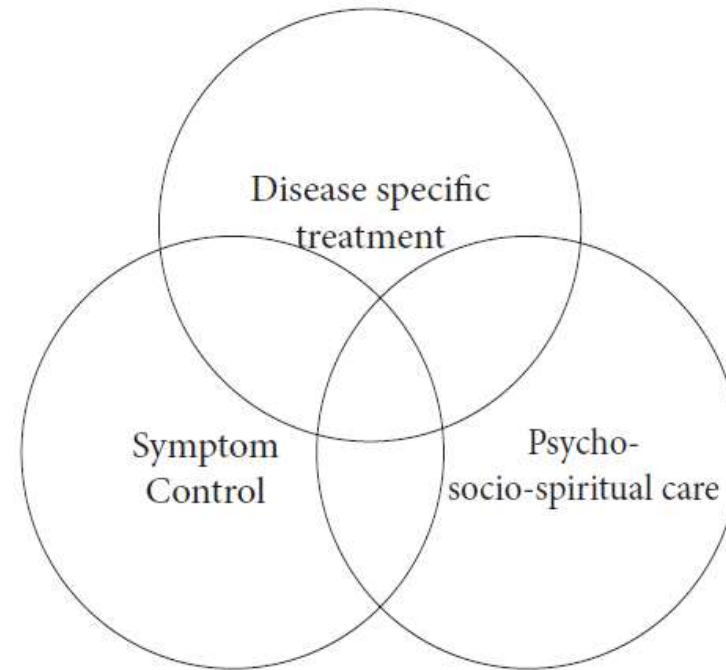


Fig 1.2 – Components of Palliative Care

Example: UG Curriculum MBBS / nurses



A five modules some 160 pages curriculum for MBBS and a similar for nurses were handed in to the respective councils for approval and inclusion in the UG studies in 2013.

Why to teach? –Patient, family & own needs

- God? divine punishment/abandonment
- Self? extinction of being/self
- Certainty? “home”, foundation, “beyond”
- Why me? meaning of sickness/pain
- Meaning? loss
- Life balance? negative

What to be taught ? (..in India)

- Definitions & Spirituality as contribution to care
- Diagnosis: spiritual/existential needs of patient & help
- Done by each team member
- Own spirituality, rituals, mediation for care & self-care

All seems to be quite difficult and is often not done.

Assessment tools (Indianised) (1:1 interview)

FICA /SPIR Interviews (European Journal of Cancer Care 15, 238–243)

- *Spirituality*: Would you describe yourself as a believing/ spiritual/ religious person?
- *Place*: What is the *place* of spirituality in your life? How important is it in the context of your illness?
- *Integration*: Are you *integrated* in a group of spiritual believers/religious family?
- *Role*: What *role* would you like to assign to your doctor (or nurse or therapist) in the domain of spirituality?

How (not) to teach?

NOT: By long talks (all will sleep)



But: Through interaction methods



Rituals at teaching/conference (as sample)



Work Impressions of 2016



KMC Attavar, Mangalore, Manipal University 3rd batch



Yenepoya University, Mangalore, College of Nursing; 3rd batch



Karunashraya, Bengaluru, with NIMHANS, KIDWAI, St. Johns and other MD, nurses and counsellors: 1 day course

Background: Patients (caretakers) of Geriatric Palliative Care Ward, KMC Attavar, Mangalore

cannot ignore the issues of livelihood they are raising. "The government has to exclude beedi industries from the provisions of COTPA or restrict the Act only to

"None of the major trade unions including AITUC, BMS, HMS, CITU are in favour of including beedi under COTPA. Karnataka is one of the largest beedi man-

vanagere, Tumakuru, Chennarayana, Chamara, Harihara and Bengaluru. Beedis are produced in many pockets, and were previously exported even to first

The All India Cigar and Tobacco Workers Union is also incensed about the strict implementation of COTPA in the country. Activists of the union say

come together with other trade unions and ask the government to exclude beedi from the ambit of COTPA," said activist Mohammad Iqbal. In another dimension

states in his blog: "Non timber forest produce (NTFP) are important sources of livelihood throughout India. Tendu leaves play an important role

people during the off season, for collection of bidi leaves. The bidi industry has a vital role in rural welfare and in promoting the rural economy."

Terminally Ill Octogenarian Inspires With Theatre Performance

Express News Service

Mangaluru: When 83-year-old Sumathi Pangal, playing the character of a headmaster in a skit, interrupts Lord Vishnu and justifies leading a life on her own terms, many in the audience could not help noticing that the skit was an expression of her personal thoughts about death and life.

The skit also came as a revelation of sorts to many, who wondered whether Sumathi Pangal, who is suffering from an advanced stage of cancer, was afraid of death.

The satirical skit, with heaven as a backdrop, ends with the headmaster not being sent to hell but back to Earth to lead a new life. The skit was staged during an unique programme, organised by KMC Nava Chaitanya at Shrusutha hall in KMC Attavar on Thursday.

Sumathi Pangal is confined to a wheelchair, but has not allowed cancer or a recent injury from a fall, to come in the way of her enthusiasm for writing and staging plays.

Age No Setback

Thursday's programme was one among a dozen palliative care approaches envisaged for elderly people by Nava Chaitanya. The organisation has been founded by KMC professor of internal medicine Dr Prabha Adhikari M R and Jerardin D'Souza of the Mangalore Alzheimer's Association (MAA).

Dr Prabha felicitated both Sumathi Pangal and Lakshmi Rao Aroor. She informed that Lakshmi had served as the vice-president of Nava Chaitanya. "She played the role of the wife of Sumathi Pangal in all the skits staged to raise funds for some projects," Dr Prabha Adhikari



83-year-old Sumathi Pangal (Second from left), Lakshmi Rao Aroor and 102-year-old Michael D'Souza pose for a group picture after being felicitated at a programme organised by KMC Nava Chaitanya at Shrusutha hall in KMC Attavar on Thursday | EXPRESS PHOTO

recollected.

Lakshmi Rao, in her felicitation acceptance address, hoped to help others until her last breath.

The cynosure of attention was Michael D'Souza, who had come to the programme dressed in a blue suit with shining black shoes. The

gathering were left astonished when they were informed that D'Souza has completed 102 years.

"I still drive my Alto car

and there are no secrets to my longevity," said Michael, when the audience begged him to share his secrets on staying young and healthy.

About KMC Nava Chaitanya

KMC Nava Chaitanya is an active aging centre, where elders perform exercises and do memory tests in order to prevent Alzheimer's Dementia (AD).

There are around 10 active aging centres with 1,000 members in Mangaluru.

The members have a great time as they go on picnics and celebrate all the national festivals like Republic Day.

Manorama Periera, comprising of mother and daughter team (Jayashree and Shruthi), perform wonderful dances.

"Their joy is to be seen to be believed," Jerardin D'Souza of the Mangalore Alzheimer's Association (MAA) emphasises.

MAA is an integral part of KMC Nava Chaitanya and acts as a support group, he added.

Farmers Will Ensure Victory of BJP in Panchayat Polls

16 Candidates

'Madhura



















Spirituality thorough Action Methods: Preparing the work

Starting the work



Being prepared



The „Persons in need“ and the „Carers“



Preparing the stage



Communication (students = trainers)



The „Play of Gods“

