

PRE CONFERENCE WORKSHOPS

FEBRUARY 7TH, 2019

Pre conference workshop general guidelines.

Please register separately for pre-conference.

The number of participants for each workshop are given under each workshop details.

The registration fee for pre conference workshop:

Doctors: Rs 500/-.

Nurses and volunteers: Rs 300/-.

1. Navigating the Unknown- Tools for the Psychosocial Caregiver (9 AM - 5 PM)

Participants: 20 - 25

Intended audience: Doctors, nurses, social workers and other allied health professional planning to engage in research projects; limited to a maximum number of 20 - 25 participants.

Objectives:

- To introduce and familiarise clinicians and psychosocial palliative care team members with systematic psychosocial assessment pathways.
- To highlight the role of psychosocial assessment in the formulation of care plans that can be used by the interdisciplinary team.
- To enable palliative care professionals to address "total pain" and illness-related suffering, using techniques such as Dignity therapy.
- To equip clinicians and psychosocial palliative care team members with assessment tools for the screening of depression, anxiety and suicide assessment.
- To provide practical methods of communication of care plans to the patient using the SPIKES/WISH protocol.

Principal Instructors:

Preeya Desh, MD

Pediatric Hematology/Oncology

Palliative Care at Columbia University/NYP

Founder, Wabi Sabi Health Foundation.

Frances Eichholz Heller

LMSW ACHP-SW

Senior Social Worker
Adult Palliative Care Consult Service
Columbia University/NY Presbyterian.

Smriti Rana

MSc Integrative and Holistic Psychological Counselling
Trustee, Program Director, Consulting Psychologist and Trainer
Pallium India.

2. Epidemiologic statistics for beginners – hands on workshop using Epi Info and Open Epi [Length: One day (9 AM - 5 PM)]

Intended audience: Doctors, nurses and allied health professional planning to engage in research projects; limited to a maximum number of 20-25 participants.

Objectives: At the end of the workshop, participants will be able to

- Understand the basics of sample size calculations for descriptive studies using Open Epi.
- Describe sampling and data management techniques while writing research proposals/ reports.
- Utilize MS Excel for data entry and cleaning.
- Perform and interpret results of data analysis of descriptive studies using Epi Info and Open Epi.

Activities:

The workshop will include brief presentations, handouts for basic exercises on statistics and epidemiology (contextualized for palliative care research) and hands on exercises using MS Excel, and Epi info using a mock data set. Open Epi will be demonstrated – hands on exercises can be included if internet connectivity is available for participants.

Requirements:

Participants have to bring their own laptops – although some exercises may be possible on android devices.

Principal Instructors:

Dr Ravi Prasad Varma P, MD,

Associate Professor,
Achutha Menon Centre for Health Science Studies,
Sree Chitra Tirunal Institute for Medical Sciences and Technology.

Dr Jissa VT, PhD,

Scientist B,
Achutha Menon Centre for Health Science Studies,
Sree Chitra Tirunal Institute for Medical Sciences and Technology.

3. Home Care Experience IAPCON KOCHI 2019 (4 to 7th February 2019)

A home care experience with various Palliative home care teams in Ernakulam, Kerala. Delegates can register in the same way as any pre-conference workshop till 19th January 2019. Each unit will be on an average distance of 45 mins travel from Aluva, Ernakulam.

2 delegates per team, 25 teams in total.

9:30 am:	Delegates to report at respective institution.
9:30 – 10 am:	Getting to know the team and system.
10 am – 3:30 pm:	Home Care, lunch will be provided by the team.

For further details contact Coordinators:

Dr. Athul – 00919895918538, Medical Officer, Dept. of Palliative Care, GH, Ekm

S N.Vipin – 00917012831224, Staff Nurse, Dept of Palliative Care, General Hospital, Ekm.

4. Communication Skill in Palliative Care (9 AM - 5 PM)

Target audience: Palliative care physicians and nurses, psychologists, psycho-oncologists, counsellors, social Workers, family physicians, nurses.

Number of participants: 45

Learning objectives:

- To gain knowledge and master skills of evidence-based communication strategies in palliative and end of life care.
- To learn how to address challenging issues of denial, anger and collusion in caring for patients with advanced illness and their caregivers.
- To value the importance of reflective practice in communication with patients and their families and in the palliative care team.

Program Coordinator:

Dr. Jayita Deodhar, Professor and Ad Hoc Officer in Charge, Department of Palliative Medicine, Tata Memorial Hospital, Mumbai

Faculty:

Mrs. Savita Goswami, Senior Clinical Psychologist and Psycho-oncologist, Tata Memorial Hospital, Mumbai.

Dr. Pankaj Singhai, Asst. Professor, Kasturba Medical College and Manipal Hospital, Manipal.

Dr. Rajam Iyer, Consultant Pulmonologist and Palliative Medicine, Bhatia and Hinduja Hospital, Mumbai.

Mrs. Priya Ubale, Senior Volunteer Counsellor Department of Palliative Medicine, Tata Memorial Hospital, Mumbai.

Mr. K.V. Ganpathy, CEO, JASCAP and Senior Volunteer Counsellor, Department of Palliative Medicine, Tata Memorial Hospital, Mumbai.

Workshop format: Full day workshop Small group discussions with role plays.

5. Neurology in Palliative Care (9 AM - 1 PM)

Participants: 40 – 50

Intended audience: Palliative Care providers (physicians, nurses, volunteers).

Objectives:

- To inform palliative care providers of the scope, challenges and opportunities in the emerging field of neuro-palliative care in India.
- To discuss an action plan for the road ahead.

The facilitators for this workshop are:

Dr Benzi Kluger (USA)

Dr Jeremy Johnson (UK/India)

Dr Roop Gursahani (India)

Format:

Didactic/interactive lectures.

Panel discussion.

Brain storming session.

Duration: Half day.

6. Volunteering in Palliative Care (9 AM - 4 PM)

Participants: 40 – 50

Intended audience: Existing and new Volunteers.

Objectives:

- To create awareness on palliative care in the community.
- To promote volunteering in palliative care.
- Establishing new palliative care centers, understanding challenges, planning strategies, advocacy and patient care.

Format

Didactic/interactive session.

Brain storming session.

The facilitators: **Mr K. Lal** and team

9.00 AM - 10.00 AM

Introducing Training Module for Community Volunteers as per WHO guidelines

Mr. Jos Pulimoottil .

Presenter: Mr. K Radhakrishna Menon.

10.00 A M - 11.00 AM

Communication - Conflict and Stress among Team Members/Family Members.

Dr. Geetha Vijay.

Presenter: Dr. Koyakutty

11.00 A M - 11.30 AM

TEA.

11.30 A M - 12.30 PM

Grief and Bereavement Support.

Dr. Rajashri K C.

Presenter: Mr. Lithin Abraham/Ms. Reshma Ramachandran.

12.30 P M - 1.00 PM

LUNCH.

1.00 P M - 2.00 PM

Nursing Issues in Palliative Care.

Ms. Sheeba R. S.

Presenter: Lt. Col. Lalitha Nambiar.

2.00 P M - 3.00 PM

Volunteering in Palliative Care - Moving Beyond Current Boundaries.

Dr. Manoj Kumar.

Presenter: Dr. Biju Raghavan.

3.00 P M - 4.00 PM

Taking Palliative Care to the Next Generation - Youth and Palliative Care.

Ms. Jyothi Jayan Warriar.

Presenter: Mr. Narayanan Puthukudy.

4.00 P M - 4.30 PM

Concluding Remarks.

4.30 PM

TEA and disperse.

7. Children's Palliative Care (9 AM - 4:30 PM)

Participants: 50

Intended audience: Doctors, nurses, social workers and other allied health professional working with children and carers delivering palliative care.

Objectives:

- To introduce and familiarize participants about basic palliative care in children focusing on symptom management and end of life
- To improve communication skills of participants while dealing with children and their carers.

Special focus on nursing issues in pediatric palliative care.

The facilitators for this workshop are:

Dr Hariprasad PG

Dr M.A. Muckaden

Dr Megan Dorhety

Dr Armida Fernandez

Ms Joan Marston

Dr Manjiri Dighe

Dr Pradnya Talawadekar

8. Opioid workshop (9 AM - 4:30 PM)

Participants: 25 or 30

Intended audience: Doctors, nurses, pharmacists and other allied health professional working in palliative care.

Objectives:

- To empower participants to overcome barriers to access to opioids.

- To improve understanding of current NDPS act

Faculty

Dr A V Raju

Dr Savita Butola

Ms.Triпти Tandon

Facilitator: Dr M R Rajagopal

APPLICATION FOR PRE-CONFERENCE WORKSHOP

7th February 2019

AELI Hills, Keezhmadu, Aluva

Name (In block capital letters) :

Address :

Mobile No. :

E-mail ID :

Choice of Workshop

- Navigating the Unknown- Tools for the Psychosocial Caregiver (9 AM - 5 PM)
- Epidemiologic statistics for beginners – hands on workshop using Epi Info and Open Epi (9 AM - 5 PM)
- Home Care Experience **IAPCON KOCHI 2019** 4th to 7th February 2019
- Communication Skill in Palliative Care (9 AM - 5 PM)
- Neurology in Palliative Care (9 AM - 1 PM)
- Volunteering in Palliative Care (9 AM - 4 PM)
- Children's Palliative Care (9 AM – 4.30 PM)
- Opioid workshop (9 AM – 4.30 PM)

FEES STRUCTURE

<input type="checkbox"/> DOCTORS	INR 500
<input type="checkbox"/> NURSES, VOLUNTEERS, OTHERS	INR 300

Signature:

Date:

Payment can be made either by cheque payable on IAPCON KOCHI 2019 or by cash

**Facilitator for Pre-Conference Workshops: Mr. K Lal Mobile: 7736378000,
9895174780**

All correspondences may be sent to the Secretariat:

Door No.8, First Floor, Anwar Memorial Pain & Palliative Care Clinic, Santhosh Lane,
Purna Nagar, Aluva 683 101, Kochi, Kerala, India. Tel: +91 9074809335