

Best Institutional Practices

Extending Palliative Home Care

Objectives:

1. Provide awareness to stakeholders on the crucial need of extending support to the needy and bed ridden people
2. Give opportunities to youth for palliative home care services
3. To inculcate values such as human dignity, empathy, and concern for the less privileged with the curriculum
4. To promote a culture of social life acknowledging the praiseworthy services of the elder generation
5. To facilitate holistic education, being responsive to the needs of the economically backward society
6. To equip students to become socially responsible and emotionally mature

The context

- Human society is in its pursuit of accomplishing material goals and achievements. Unfortunately, we are not much concerned about the needs of the other, especially of the less privileged. There is a major category of people in every society which include the aged, bed- ridden, paralysed, economically backward, and seriously disease-affected. Though they had contributed much to the social development, now they are neglected and the younger generation doesn't know much about their role and services. Moreover, a consumerist culture of 'Use and Throw' has influenced the social life which indirectly cause pain and sorrow to many people.
- Palliative Home Care is one of the courageous steps taken by the Civic bodies in Kerala which extends medical, paramedical, economic, and palliative care support to the bed ridden patients. With the collaboration of various departments such as Panchayaths, Medical practitioners, and a group of dedicated volunteers, the programme flourishes quite successfully in the state.
- There are above 250 patients in the Vathikudy Grama Panchayath (where the college situates) who receive palliative care regularly. The Panchayath Team has set apart 16 days per month for home care and the college team joins them once or twice a month. Medicare, food support, equipment, etc. are provided as per the requirement.
- The youth volunteers spend time with the patients- listening and sharing experiences, singing and dancing, and entertaining them with variety cultural programmes.

Evidence of success

The following facts stand as testimony of the achievement of the objectives of the practice:

- Students return from the homes with a feeling of fulfilment and they determine to extend such supports to the society in their future.

- Without any external influence or force, they volunteer financial assistance to the needy families and hence the college keeps such a 'Voluntary Fund Rising' for the Palliative Home Care Unit.
- The Panchayath authorities and the Medical Department express their appreciation on the special care and concern of the youth in this venture, without any inhibitions. It's quite evident that the Home Care team arranges food and travelling facilities for the volunteers and ensure our participation.
- Besides regular home care visits, the unit supports Palliative care activities of the panchayath through cultural events, kit distributions, finance collection, etc.
- Report of home care is maintained in the college which is an indicator of the students' enthusiasm. Voluntary membership in the unit and earnest participation in the home care stand as an indicator of the youth's social responsibility.

Problems encountered

- The major difficulty that we face is to coordinate the programme with the syllabus and curriculum. Since we run in short of time to complete the syllabus, most of the Saturdays are working either with regular or special classes. This leads to a practical difficulty in arranging the programme.

Resources required

- Most of the families require financial assistance and we cannot ignore their need
- The most precious resource is of course, our time.
- Availability of faculty is another requirement.

Contact details

Name of the Principal: Rev. Dr. Bennichen Scaria

Name of the Institution: Pavanatma College, Murickassery.

City: Idukki (District)

Pin Code: 685604

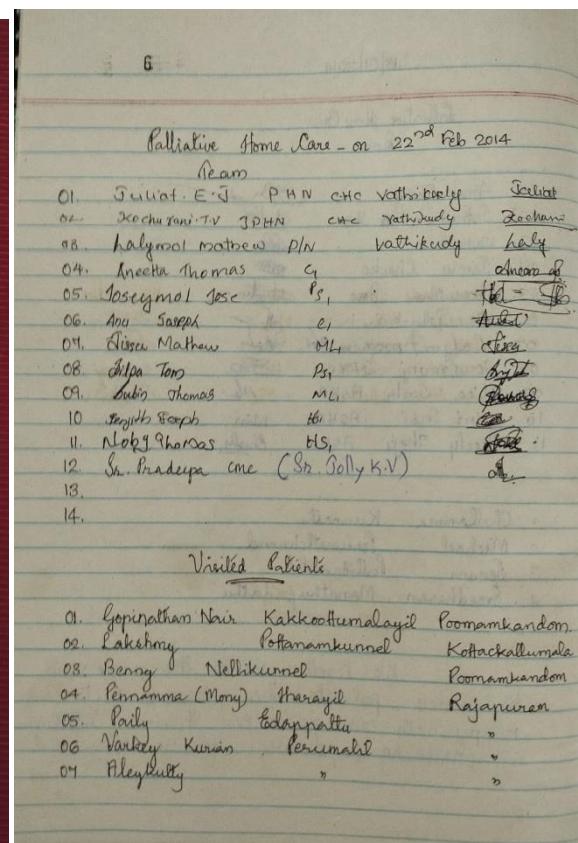
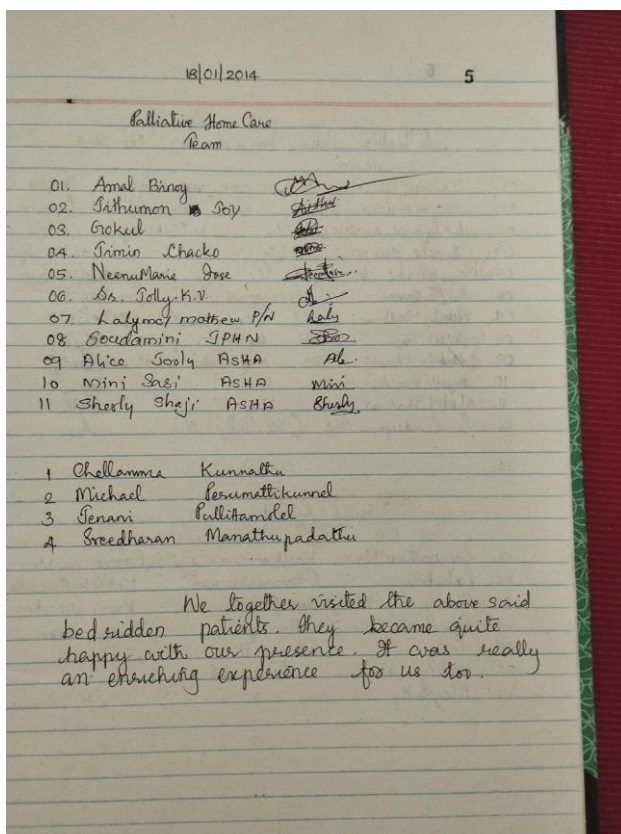
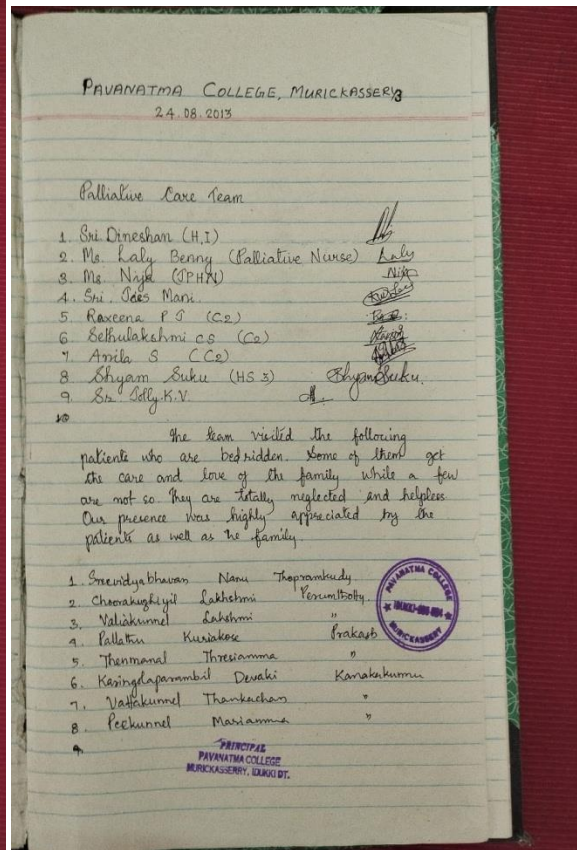
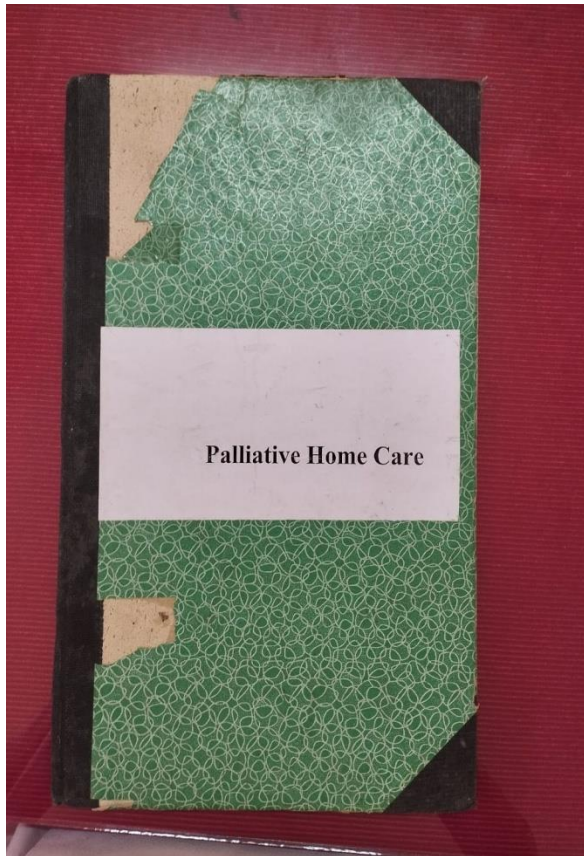
Accredited Status: A

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E-mail : mail@pavanatmacollege.org





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Kalliative Home Care on 04/03/2014

01. Lalymol Mathew	(P/N)	Laly
02. Joseymol Jose	PS ₂	John
03. Anoop Appachan	HS ₂	John
04. Noby Thomas	HS ₂	John
05. Rose Mary Sebastian	HS ₂	Rosemary
06. Ginta Maria Molony	HS ₂	John
07. Dr. Solly K. V.	Announcer	John

Visited Patients

01. Rosamma	Nellamkuzhyil	Moongapara
02. Joseph	Inyupakkal	Kallipara
03. Ammini	Moorkuzhyil	Kallipara
04. Mary	Kizhakkil	Kallipara
05. Joy	Kandathiparambil	Thopramkudy
06. Jopirathan	Perumassery	Thopramkudy

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Kalliative Home Care - 22/03/14

Participants

1. Lalymol Mathew	P/N	Laly
2. Jalaya		John Worker
3. Dr. Solly K.V.		John
4. Noby Thomas (Caretaker)	HS ₂	John
5. Benito Joseph	HS ₂	John
6. Ashly Thomas	HS ₂	John
7. Jaisy Joy	ML ₂	John
8. Lisa Mathew	ML ₂	John

1. Kalyani	Plathothathil	Moongapara
2. Mary	Puttananiyil	Thopramkudy
3. Brigidha	Kumbalivelil	"
4. Antony	"	"
5. Alexkitty	Kanjirathunkal	"
6. Marriamma	Peekunnel	"
7. Paulose	"	"
8. Mary	Kunnel	"





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Palliative Home Care - 19/7/14

Participants

1. Kalyan Mathew (CPN)	<i>Kaly</i>
2. Molly George (CPN)	<i>Molly</i>
3. Subin	<i>Subin</i>
4. Jaisy	<i>Jaisy</i>
5. Gisa	<i>Gisa</i>
6. Shreeja (ASHA)	<i>Shreeja</i>
7. Shakeela (ASHA)	<i>Shakeela</i>
8. Aneesh	<i>Aneesh</i>
9. Shreya Nair (ASHA)	<i>Shreya</i>
10. Sr. Jolly K.V.	<i>Jolly</i>

1. Nazki Olikkarotte	Moongappara
2. Mercy Vettukalil	Rajamudi
3. Marykutty Parackal	Pattinazhakkadam
4. Kalyani Chodayamakkal	"
5. Meera Chullikkatte	"
6. Bhagiyadbi Edinjakuzhickal	Muzikkassery

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Palliative Home Care - 11/9/14

Participants

1. Sijo vijayan (Co-ordinator)	<i>Sijo</i>
2. Kalyan Mathew (PN)	<i>Kaly</i>
3. Aswani	<i>Aswani</i>
4. Preemija	<i>Preemija</i>
5. Nobi	<i>Nobi</i>
6. Jasmin	<i>Jasmin</i>
7. Jomet	<i>Jomet</i>
8. Nithin	<i>Nithin</i>
9. Ajesh	<i>Ajesh</i>
10. Anoop	<i>Anoop</i>
11. Aneesh (Crisiver)	<i>Aneesh</i>
12. Sr. Jolly K.V.	<i>Jolly</i>

Tharakachan Vattakkatte	Chempakappara
Tharakachan Plakkal	Senapathi
Samuvai Kalasickal	Chempakappara
Annamma Velattapazackal	"
Kamalamma Anaballappazayil	metechionar
Abulhan	"



Palliative Home care - 2019/14
Participants

1. Molly CDPHN,
2. Sephy CDPHN
2. Smitha CJHI
4. Laly CPIN
5. Josmi
6. Nobi Thomas
7. Rosemary Sebastian
8. Sandra
9. Sheeja (Asha)
10. Shaleela (Asha)
11. Aneesh (Driver)

[Handwritten signatures and initials next to the list of participants]

- | | | |
|----------------|-----------------|----------------|
| 1. Mariyakutty | Parackal | Pathinazhakkal |
| 2. Kalyani | Chadayamakkal | " |
| 3. Kujumma | Ponnanjil | " |
| 4. Meera | Chullikkotte | " |
| 5. Bhagiyadhi | Edinjakuzhiyil | Murickassery |
| 6. Bhavani | Budhanakuzhiyil | Padamugha |

**PALLIATIVE CARE DISTRICT MISSION IDUKKI
CERTIFICATE**

This is to certify that Dr. Jolly R.V. (Asst Professor PAVANATMA COLLEGE MURICKASSERY) has successfully completed the Five Days Residential Train The Trainer programme for Students Initiative In Palliative care from 8/9/2014 to 12/9/2014 held at Pavanatma college Murickassery, Idukki.

Dr. P. J. Aloshies
District Medical Officer
Idukki

Dr. Suresh Varghese
Dy.DMO /
District Nodal Officer
Palliative Care, Idukki

Dr. V.R. Raja
Superintendent
Dist. Training Centre Palliative Care
District Hospital, Idukki

Dr. Sarath G. Rao
District Program Manager
Arogya Keralam (NHM)
Idukki





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Palliative Home	Case	13-10-2014
<u>Participants:-</u>		
Lally Mathew	(P/N)	Lally
Molly George	(JPHN)	Molly
Sheerja	(Asha)	Sheerja
Noby Thomas	(HS2)	Noby
Rose Mary Sebastian	(HS2)	Rose
Chippy Raju	(ML1)	Chippy
Dona Raju	(ML1)	Dona
Ann Mary Abraham	(ML1)	Ann Mary
Amala Thomas	(ML1)	Amala
Aneesh	(Driver)	Aneesh
<u>Visited Patients:-</u>		
Maxigakkatt	Pasackel	Pathinazhankandam
Muthappa	Vazhupparambil	Pathinazhankandam
Kalliyani	Cheriyamackel	Pathinazhankandam
Chellamma	Kunnathu	Murickassery

Palliative Home Care	13-12-14
1. Lally Mathew (P/N)	Lally
2. Molly George	Molly
3. Sopby	Sopby
4. Subin Thomas	Subin
5. Noby Thomas	Noby
6. Aneesh M.S	Aneesh
7. Greetha Paul	Greetha
8. Amrutha B	Amrutha
<u>Visited Homes</u>	
Lakshmi	Sreedharan Vathikudy
Gopalan	Thekkel "
Maniam	Kennathel
Rajamma	



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19/09/15

Palliative Home Care Unit

Sr. Laly P.N.	<u>Laly</u>
Sr. Jolly K.V.	<u>Jolly</u>
Anu Boly	<u>Anu</u>
Nithyanal Ibenkappan	<u>Nithyanal</u>
Delra Joseph	<u>Delra</u>
Albin C Joy	<u>Albin</u>
Thomas Kutty Mathew	<u>Thomas</u>
Sam Sunny	<u>Sam</u>

Thankamma Malthimackal Ropramkudy
 Antony Kumbiluvil Ropramkudy
 Aleykutty Vayalunkal Kanakakunnu
 Thankamma Vattakunnu

Phoenix 2016 at
Newman College Medunzhe

The senior volunteers of Pavanatma attended the Phoenix 2016 with their wholehearted support and effort. The volunteers are:

1. Sam Sunny
2. Albin C Joseph
3. Thomas Kutty Mathew
4. Noby Thomas



Palliative Care - Orientation & Inauguration of 2016 Activities

Chief Guest - Sri. Sijo Vijayan

The Programme was held in the College Auditorium on 29th August 2016 at 1.30 pm. 225 first-year degree students were present, the programme schedule:

Prayer

Welcome: Sr. Pradeepa - Co-ordinator

Presidential Address: Dr. Johnson V

Inauguration: Sri. Sijo Vijayan

Blessitation: Rev. Fr. Benmichelsen

Distribution of Certificates - Phoenix 2016

(Seven volunteers received the Certificate)

Orientation Talk: Sri Sijo Vijayan
Vote of Thanks: Sam Sunny

Students evaluated the programme as highly informative and inspirational!

Palliative - Discussion with the Vakkikudy Grama Panchayath President and Chairman - Standing Committee Health

On 30th Aug 2016

Sr. Lolly K.V., the Palliative Co-ordinator and two senior volunteers discussed the future plans regarding the Palliative activities for the year 2016-17. The Grama Panchayath President Sri P.K. Raju and the Health Standing Committee chairman promised their wholehearted support.

Decisions

- Students Participation in Palliative Home Care Visits is very effective and important.
- Patients and their family welcome youth volunteers.
- Parvatma College Volunteers show great enthusiasm in Home Care. The cultural programmes they do add colour and vibrance.



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26/10/2019
Home Visit

Team

1. Laly - Palliative Nurse
2. Sr. Jolly K.V - Animator
3. Arun Manikuttan - Students Volunteer
4. Victor Roy - "
5. Alesh Sasi - "
6. Megha Maria Baby - "
7. Nikitha - "

Visited Homes

1. Shiji 45 Yrs Chozhakuzhiyil Josepuram
2. Pappachan 70 Ozhukayil Josepuram
3. Antony 75 Karikkalil Thopramkudy
4. Mercy 48 Snehathozham Perumthottu
5. Chellamma 70 " "
6. Mariamma 65 Arackakalayil "
7. Lakshmi Kutty 59 Chozhakuzhiyil "
8. Sreedharan 71 Kizhakedath Kiliyarkandom

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Palliative Home Visit
on
23rd November 2019

Team Members

Palliative Nurse : Lalyamol Mathew

Sr. Jolly K.V - Animator

Mr. Joydeep P.D. : Volunteer Faculty

Amal M - Student Volunteer

Abhijith Raja - "

Akhira - "

Aneesha - "

Krishnendu Sana - "

Gopika - "

Visited Homes

Rajan Peedikaparambil Moommam Block Colony Muvattupuzha

Pennamma Olckal " "

Philomina Mangattumalayil Moongapara

Mariakutty Puthuvedath Muvattupuzha

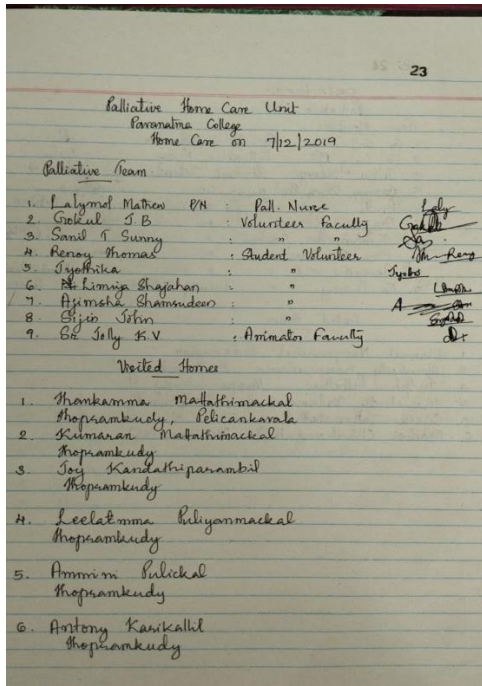
Rosamma Puvathel Betel

Kamamma Ambalapara Melechinmar

Gouri Plackal Melechinmar

Mam Divakaran Mukatel Melechinmar







25/01/2020
Palliative Visit

Team Members

1. Sr. Solly K.V	Faculty Coordinator	<i>Laly</i>
2. Sr. Laly P/R	Palliative Nurse	<i>Laly</i>
3. Jithu George	Student Volunteer	<i>Jithu</i>
4. Janny John Philip	"	<i>Janny</i>
5. Anila Joseph	"	<i>Anila</i>
6. Gopika R	"	<i>Gopika</i>
7. Krishnendu Sanu	"	<i>Krishnendu</i>
8. Amrutha Sasi	"	<i>Amrutha</i>
9. Aswathi MP	"	<i>Aswathi</i>
10. Ms. Princy	Faculty Volunteer	<i>Princy</i>

Visited Home

Manual Nampurackal Padamugham
Marykutty Kanjurantham Kothamkudy
Joseph Kuthelthu Kothamkudy
Mariakutty Vattamattathil Vathikudy
Cysiac Vattamattathil " Vathikudy
Mathai Chirakandathil Muvickassery

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Palliative Home Care
On 21/02/2020

Visiting Team

1. Sr. Laly Mathew	Palliative Nurse	<i>Laly</i>
2. Sr. Solly K.V	Faculty in Charge	<i>Solly</i>
3. Akshaya Jose	Student Volunteer	<i>Akshaya</i>
4. Saina Raju	"	<i>Saina</i>
5. Ann Marie John	"	<i>Ann Marie</i>
6. Jithu George	"	<i>Jithu</i>
7. Rithin Shajan	"	<i>Rithin</i>

Visited Patients

1. Mathew Kalliyil Moongapara	70 yrs	
2. Radhamani Sumathakan Moongapara		60
3. Antony Olikarethu Moongapara		
4. Mercy Snehathreeram Perumthottu		48
5. Chellamma	"	
6. Sorojini	"	
7. Anshamma Vattamattathil Vathikudy		85



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Home Care
14.11.2022

Team Members

1. Sr. Jolly K.V.
2. Serin Sijo
3. Sandra Danty
4. Rosemary Pino
5. Sonjeelha C Baiju

Visited Patients

1. Mary Mailakkal Moonnam Block
2. Thomas Pallipuzhal Murickassery
3. Krishnan Kutty Medayil Padamugham
4. Raju P.M. Padamugham

After the Covid period we are happy that we could restart our mission Palliative Home Care.

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Palliative Home Care
10/01/2023

Visiting Team

1. Sr. Jolly K.V.
2. Anjali O.P.
3. Vismayamol
4. Sebin G Sunny
5. Kiran Biju

Palliative Patients

1. Muthuraman Murickassery
2. Joseph Parathazhals Murickassery
3. Michael Kurisinkal Vathikudy
4. Raghavan Chalayil Moongapara

Students sang songs for these elderly people. Their joy was beyond words.

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10/3/2023
Palliative Visit at Snehabhavan, Muvattupuzha

Snehabhavan has 21 inmates who are troubled with geriatric difficulties, diseases such as mental depression, anxiety, and frustration. Students visited them, spend two hours with them singing songs and praying with them. We provided them some grocery items, fruits, cake, etc.

26/03/2023
Visit at Alphonsa Palliative Care Centre Muvattupuzha

Faculty members and students in the Dept. of English visited the patients at the Palliative Care Centre. It was a good experience for our students. The patients, most of them, cancer patients who cannot even talk, shared their pain and sorrow with the students.



