

**FHSSA***Compassion has no borders*

Quarter 2 – 2012

FOCUS ON COMPASSION

a quarterly newsletter



Far Left, Left to Right: Fatia Kiyange, APCA; Shareefah Sabur, FHSSA Board of Directors Chairperson; Ron Watson, CEO of The Community Hospice

Left to Right: Fatia Kiyange, APCA; Shareefah Sabur, FHSSA Board of Directors Chair Person; Lisa Motz-Storey M.Div, Chaplain, The Denver Hospice

Two FHSSA Partnerships Recognized for their Innovation and Collaboration

The Denver Hospice partnered with Selian Lutheran Hospice and The Community Hospice partnered with Island Hospice and Bereavement Service, South Coast Hospice, and Tapologo Hospice

The second annual FHSSA Global Partnership Award was presented during the National Hospice and Palliative Care Organization's (NHPCO) Management and Leadership Conference in National Harbor, Maryland. The 2012 award recognized two outstanding partnership efforts: The Denver Hospice in Colorado partnered with Selian Lutheran Hospice in Tanzania and The Community Hospice in New York partnered with Island Hospice & Bereavement Service in Zimbabwe and South Coast Hospice and Tapologo Hospice in South Africa.

The Global Partnership Award is an opportunity to recognize excellence in partnership. The review committee looks for a partnership that shows creativity, leadership and a growing sustainable relationship. FHSSA received ten applications for the award in 2012. The Award comes with a \$500 donation to the African hospice partner.

"Reading through the applications submitted by our U.S. hospice partners really drives home the importance of this partnership program. Each program approaches their partnership in a unique and meaningful way, making it so difficult to choose a winner for this award," said John Mastrojohn III, executive director of FHSSA. "These organizations are to be commended for fostering partnerships that will have a lasting effect on the care provided in the U.S. and Africa."

The Community Hospice partnered with Island Hospice and Bereavement Service, South Coast Hospice, and Tapologo Hospice

The Community Hospice, which raised nearly \$80,000, partners with three African hospice programs: Island Hospice & Bereavement Service in Zimbabwe and South Coast Hospice and Tapologo Hospice in South Africa. The review committee was particularly impressed by three aspects of The Community Hospice's partnership efforts: employee engagement, tailored partner visits based on the specific needs of each partner, and meaningful collaborations with each African partner.

"It's a profound privilege to help people help themselves. We're all in this together, and there's real need in sub-Saharan Africa, but focusing on the despair would be missing the point. We need to focus on the living and the hope and the real spirit of the people, which has inspired us all," said Ron Watson, CEO of The Community Hospice.

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The Community Hospice went above and beyond to engage their health system's nearly 4,500 employees, using multiple creative ways to reach employees with the message about supporting the partnership including web banners, emails and sharing compelling stories during staff meetings about how the funds raised help the African partner.

In 2011, The Community Hospice collaborated with their African partner to strategically plan a visit to each program that would address their diverse needs and skills. A staff visit to Island Hospice centered around a training on infant massage to benefit the large number of "failure to thrive" babies cared for by the program. Nurses at the South Coast Hospice received training in patient care, and a social worker/bereavement counselor provided bereavement training at Tapologo Hospice while a massage therapist offered a demonstration of the palliative effects of massage.

Collaborations between U.S. and African partners is an important aspect of FHSSA partner program. The Community Hospice collaborated with each of their partners to support the programs and projects that needed help the most. These included a Memory Box Project for children at South Coast Hospice, funding for a Children's Shelter at Tapologo, and a significant financial contribution to Island Hospice to keep the program viable. The Community Hospice also funded travel

expenses for the CEO of South Coast Hospice to attend NHPCO's Management and Leadership Conference in the U.S. in 2011.

The Denver Hospice and Selian Lutheran Hospice

The Denver Hospice partners with Selian Lutheran Hospice in Tanzania. It was clear to the review committee that this long-standing partnership has moved on to advanced stages of their collaboration. The partnership demonstrated in their application that they have achieved an impressive level of staff engagement. Both organizations' commitment was evident in the time and effort spent consulting with one another. In 2011, The Denver Hospice and Selian Lutheran Hospice focused their partnership efforts on the growth and development of Selian Lutheran Hospice's pediatric care programs, initiated by a visit from a nurse and social worker from The Denver Hospice.

"Our 10-year partnership with Selian Lutheran Hospice has been one of the most profound undertakings of our organization. We have gained much love, wisdom and joy from our experiences with the Selian staff and community. Our employees are enriched by this mission that knows no borders," said Bev Sloan, president and CEO of The Denver Hospice.

Fundraising efforts by The Denver Hospice were very successful and creative, raising

over \$50,000. A community event was held that featured two local gospel choirs and two charismatic nurses from Selian Hospice, both of whom spoke and sang. Attendees had the opportunity to meet the nurses and learn first-hand the value of the partnership to Selian Lutheran Hospice and The Denver Hospice. Denver also held several fundraising luncheons and events at which they sold hand-made African gifts.

One of the most impressive features of this partnership is that it clearly demonstrated that their support of Selian has improved the sustainability and expertise of the African partner. Selian was able to raise \$12,000 in support of their program through a local event. This is a significant amount of money in Tanzania. Not only will the funds raised support their critical programs, but Selian has garnered the expertise needed to raise funds in the future. This will be a long-lasting benefit from their partnership with The Denver Hospice.

For more information about FHSSA, contact Erinn Nanney at enanney@fhssa.org or (703) 647-6684.



A FOODIES AND FRIENDS EVENT TO BENEFIT FHSSA

SATURDAY

May 19, 2012

7:00 PM – 10:00 PM

**United States Patent and Trademark Office
Madison Building Atrium**

600 Dulany Street, Alexandria, VA 22314

garage and street parking; metro accessible; casual dress; cash bar includes wine and specialty cocktail

Sample the culinary works of amateur chefs as they compete using the secret ingredient and cast your vote for your favorites.

\$60 Admission includes food tasting and ballot for People's Choice Award. Cash bar will include wine and specialty cocktail.

Sponsorship opportunities are available. If you would like more information on becoming a sponsor or a chef, please contact Joy Nguyen at jnguyen@nationalhospicefoundation.org, 703-647-5167 or visit www.fhssa.org/lionchef2012.

Thank you for your support!





Improving Pain Management in Two Government Hospitals in Kenya

Written By Dr. Zipporah Ali, Executive Director of the Kenyan Hospices and Palliative Care Association

Kenya Hospices and Palliative Care Association (KEHPCA) has been honoured to work with the African Palliative Care Association (APCA) and FHSSA to support two provincial hospitals in Kenya to improve pain management for patients with cancer, HIV/AIDS and other life-threatening conditions who experience moderate to severe pain.

KEHPCA, through support by The Diana, Princess of Wales Memorial Fund, conducted a study in 2009 that looked at the quality of life for cancer patients in four government hospitals. The findings from the study identified pain as a common undertreated symptom in cancer patients. Coast Provincial General Hospital (PGH) in Mombasa and New Nyanza Provincial General Hospital in Kisumu were among the four hospitals that participated in the study. Results from studies indicated that there was a great need to train clinicians on pain assessment and management.

Through the pain management project supported by APCA and FHSSA, KEHPCA has been able to train a team of clinicians in these two hospitals. This has resulted in better pain assessment and management; clinicians now recognise the importance of managing patients' pain; a positive impact on quality of life for both patients and families.

Pain Management Training

This took place from July 18th-20th, 2011. The training was attended by 16 healthcare professionals from Coast PGH. There were two medical officers, three pharmacists and 11 clinical officers.

A few of the participants reported having learned about cancer pain management in their basic training. The pre-test questions showed knowledge deficits on pain assessment, monitoring of pain, use of placebos, WHO analgesic ladder and addiction of opioids.

"I have an attitude change toward morphine. I did not know I was a barrier to pain management. This has to change now"

a Surgeon from Coast Provincial Hospital

"I am now able to assess pain successfully and treat it adequately"

Adam, an Oncology Clinical Officer at Coast Provincial Hospital.

"I am now able to give a holistic approach to pain management"

a doctor at New Nyanza Hospital

"I am now knowledgeable on the use and prescription of morphine without fear of addiction"

an intern medical doctor from New Nyanza Hospital.

The factors that were identified as barriers towards provision of pain relief included:

- Insufficient knowledge on pain and pain-relieving drugs, especially opioid analgesics
- Huge workload and lack of time to assess and manage pain
- Lack of appropriate analgesics
- Fear of prescribing opioids (side effects, laws, addiction)

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The topics covered during the training included:

- Principles of palliative care
- Pain as a public health problem
- Psychological aspects of pain
- Pathophysiology of pain
- Definitions of pain, clinical presentation and measurement of pain
- Pharmacology of analgesics
- Rational use of opioids
- Acute pain management
- Management of neuropathic pain
- Barriers to pain management
- Special considerations in HIV/AIDS and other conditions
- Pediatric pain management
- Challenges in pediatric pain management
- Non-pharmacological management of pain

Post-test scores showed an improvement in knowledge on palliative care and pain management. The participants reported that the training was very beneficial.

The trainings were followed with a two-day attachment to a hospice which gave the participants a chance to gain skills on assessing pain and prescribing appropriate medications.

I would like to appreciate both FHSSA and APCA for the support they are giving us to improve pain management for our patients.

–KEHPCA participates in FHSSA's Partnership Program and partners with Hospice of Lancaster County

–Portions of this project were made possible by funds raised by the pharmaceutical industry and others.



From left to right: Faustin Mgendi, Fatia Kiyange, Zodwa Sithole, Njekwa Lumbwe, Rose Kiwanuka, Andre Wagner

FHSSA Shows a Strong Presence at NHPCO's Management and Leadership Conference

From conference sessions, board meetings, and award presentations to film screenings, FHSSA played an active role in the 27th Annual Management and Leadership Conference, held at the Gaylord National Resort and Conference Center in National Harbor, Maryland. We were joined by several guests from Africa including:

Faustin Mgendi of Coast Hospice of Kenya

Fatia Kiyange of the African Palliative Care Association (APCA)

Zodwa Sithole of the Hospice Palliative Care Association of South Africa

Njekwa Lumbwe of the Palliative Care Association of Zambia

Rose Kiwanuka of the Palliative Care Association of Uganda

Andre Wagner of the Hospice Palliative Care Association of South Africa



The makers of the film, along with FHSSA, will be coordinating efforts to help hospices across the U.S. plan local screenings of "Okuyamba."

For more information on planning a screening, contact Sarah Meltzer at (703) 837-3149 or smeltzer@nationalhospicefoundation.org.



Left to Right: Robert Arnold, John Mastrojohn III, Shelley Smith, Fatia Kiyange, Elizabeth Hoffler, Amy Bess, Chris Herman, Susan Rubin

FHSSA and APCA Announce New Scholarship for Palliative Care Training for Social Workers

Dr. Bernice Catherine Harper African Social Work Scholarship Made Possible Through Endowment by NASW

FHSSA, in partnership with APCA, is pleased to announce a new scholarship to support training social workers in palliative care in Africa. The scholarship, the Dr. Bernice Catherine Harper African Social Work Scholarship Fund, is made possible through a generous endowment from the National

Association of Social Workers (NASW) and was established in honor of social work pioneer and FHSSA's founding president, Bernice Catherine Harper.

A previous scholarship was established by FHSSA and APCA to support the training of African nurses in palliative care, and both organizations recognized the gaps in training for social workers in palliative care.

"Social workers play a critical role in providing palliative care services," said Fatia

Kiyange, programmes director for APCA. "In African countries where poverty is rampant, people often don't have income to meet basic needs such as good housing, treatment, or school fees for children. Social workers help them meet those needs and act as a bridge between the patient, the family, the health care team and the social care system."

NASW has raised \$20,000 for the initiative, which will be used to fund a minimum of four scholarships for courses in palliative care. The courses will include both theoretical training and first-hand clinical experience and will be offered by universities in cooperation with hospice programs across Africa. The goal is that the scholarship recipients will disseminate what they have learned and advocate for social work in palliative care curricula.

The call for applications will be made in April on FHSSA, APCA and NASW websites, with the goal of making selections in May, and courses to begin over the summer. Priority will be given to those already working in palliative care.



Join fellow members of NASW and National Hospice and Palliative Care Organization (NHPCO) as we venture to South Africa under the guidance of NASW Executive Director Elizabeth J. Clark and John Mastrojohn III, Senior Vice President, NHPCO and Executive Director of FHSSA and the National Hospice Foundation (NHF).






HOSPICE AND PALLIATIVE CARE

DELEGATION TO SOUTH AFRICA




August 13-22, 2012



FHSSA and Pixeldust Studios Create Compelling Web Video Promoting Partnerships between US and African Hospices

At the core of its mission, FHSSA works to develop partnerships between U.S. hospice programs and hospice and palliative care programs across Africa. Through these partnerships, African hospices gain technical assistance, support, and most importantly, friendship.

Response to the partnership program has been tremendous, with 95 U.S. hospices participating. However, there is still a great unmet need: 20 African hospices still await a U.S. partner, representing 670 staff, 800 volunteers, 13,200 patients and 66,000 family members who would benefit from all that a partner has to offer.

This fall, FHSSA coupled with digital animation and visual design firm, Pixeldust Studios, to develop a creative new way to reach out to U.S. hospices with the message about the need for additional partners. The result is a breathtaking three-minute web video that depicts, through 2D animation and graphics, the dramatic contrast between what it means to provide hospice and palliative services in the U.S. and what it takes to provide such care in an African country.

"Hospice programs across the U.S. have so generously opened their hearts and arms to programs in Africa, and they work closely together to expand access to much-needed palliative care. The rewards are tremendous

and quite mutual, but we continue to look for more U.S. programs to join in such a partnership," said John Mastrojohn III, executive director of FHSSA. "Sometimes what it takes to get a message across is a fresh and creative way of delivering that message. We've hit a homerun with Pixeldust and are most grateful."

Ricardo Andrade, Executive Creative Director/Founder, Pixeldust Studios, added, "While we are more well known for our animation work for television shows and films, we are equally interested in providing animated content for important, charitable and non-profit causes, such as those promoted by FHSSA. We truly hope this animation will motivate other organizations and individuals to support FHSSA's critical mission of hospice care in Africa."

Pixeldust Studios provided their services to FHSSA pro bono. With studios in the metro D.C. area and New York City, they create innovative animations and motion graphics for major network clients including PBS, Discovery Channel and National Geographic Channel as well as for high profile corporations, museums, charities and the U.S. Government.

So far, the video has been watched by more than 3000 viewers. To view the video go to: http://youtube/Ld4HB_2fiss. For more information on FHSSA's partnership program, contact Erinn Nanney at enanne@fhssa.org or (703) 647-6684.

The Foundation for Hospices in Sub-Saharan Africa is now doing business as FHSSA.



FHSSA

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1731 King Street, Alexandria, VA 22314

CFC# 11018 • (703) 647-5176

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