

Palliative Care

Sree Narayana College, Nattika

Introduction:

Palliative care is a specialized approach focused on improving the quality of life for individuals facing serious illnesses. It addresses physical, emotional, and spiritual needs, aiming to provide comfort and support throughout the entire care journey.

Aim:

The primary goal of palliative care is to enhance the overall well-being of patients and their families by managing symptoms, promoting open communication, and fostering a holistic approach to care. It seeks to alleviate suffering and improve the patient's experience, regardless of the stage or prognosis of the illness.

Objectives:

Symptom Management: Effectively control and relieve physical symptoms such as pain, nausea, and fatigue to enhance the patient's comfort.

Communication and Decision-Making: Facilitate open and honest communication between healthcare providers, patients, and their families, ensuring informed decision-making and shared care planning.

Psychosocial Support: Address the emotional and psychological needs of patients and their families, providing counseling and support to enhance coping mechanisms.

Holistic Care: Take a comprehensive approach by considering not only the medical aspects but also the social, spiritual, and cultural dimensions of the patient's life.

Advance Care Planning: Encourage and assist in the development of advance care directives, ensuring that the patient's preferences and values guide the course of care.

Care Coordination: Collaborate with various healthcare professionals to ensure seamless coordination of care, promoting efficiency and effectiveness in addressing patient needs.

Education and Training: Provide education and training to healthcare professionals, patients, and their families about palliative care principles and practices.

Palliative Care Training Report

Sree Narayana College, Nattika

Palliative care is a specialized approach to healthcare that focuses on improving the quality of life for individuals facing serious or life-threatening illnesses. The primary goal of palliative care is to provide relief from the symptoms and suffering associated with these conditions, rather than attempting to cure the illness itself. Palliative care can be provided alongside curative treatments, and it is not limited to end-of-life care.

After One Day Orientation Programme on Palliative Care organised by Sree Narayana College, Nattika under CUSSP on 17th September 2022; students were interested about palliative care and participated Two days training Programme given by Pain and Palliative Care.

The pain and Palliative Training programme conducted on 4th December 2022 from 9 AM to 4PM at Pain and Palliative Care Training Institute, Thrissur. There were 35 students from Sree Narayana College, Nattika who were pursuing 3rd year degree. Resource persons of the training programme were Mohan Sir, Dr. A K Unnikrishnan Sir and Ramakrishnan Sir.

The objectives of the training programme:

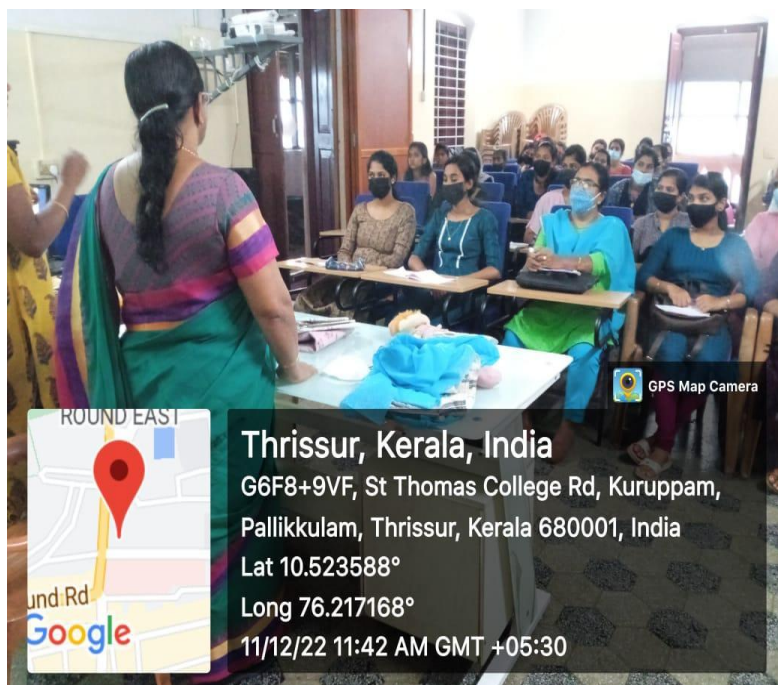
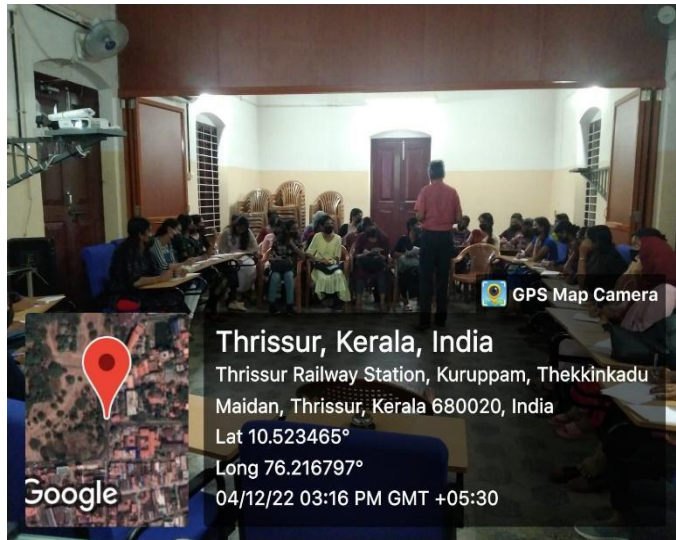
1. To give guidance to youth volunteers
2. To develop the skills and knowledge of students in palliative care
3. To improve the behaviour of students towards patients and their families.

Day 2

The second day of the programme were held on 11th December 2022 from 9 AM to 4 PM at the same venue. Resource persons were Akhila Ma'am, Jyothi Ma'am and Soumya Ma'am.

The objectives of Training

1. To give information about ethics of palliative care and about dignified death
2. To give training in home Care and Role of Nurse in Palliative Care
3. Activities





Pain Palliative Care Training Report 2

Later, 2 days training programme was given on 5th and 12th February 2023 at same venue. 35 students had participated in the Training session

List of Participants

1. Rasitha Tk
2. Nandana ND
3. Nandhana V. R
4. Abirami
5. shifana mk
6. Salma
7. krishnaja
8. Adarsh
9. Sanjana
10. Rasitha Tk
11. Nandana ND
12. Nandhana V. R
13. Abirami
14. shifana mk
15. Salma
16. krishnaja
17. Agneya.k.p
18. Varsha
19. Aryananda
20. Sona
21. Navya
22. Hamidha sheril

23. Nithya das K
24. Aiswarya EJ
25. Navya A S
26. Sannyithya C S
27. Swetha Pratap
28. Adhithya R S
29. Krishna kripa M T
30. Ansa
31. Mitha C P
32. Sreelakshmi M M
33. Sreelakshmi KM1
34. Aswathy CP
35. Sahla PA

Minutes

00

A meeting of CUSSP members conducted on 18-1-2023.

Agenda.

1. Completion of CUSSP activities of final year UOI students.
2. Palliative Training programme.

Members present.

1. Dr. Jaya P S.
2. A S priyanka.
3. Amrutha Sasidharan.
4. Sheeja parayil.
5. Simi S
6. Anila. N A
7. Vidya A.
8. Bihin Dharbhavi.

[Handwritten signatures and initials corresponding to the members listed above]

A meeting of CUSSP members conducted on 3-9-2022, at principals chamber.

Agenda:

1. Palliative activities.
2. Survey in Valapad Grama panchayath.

Members present:

1. Dr. Jaya P S.
2. A S Prayanka.
3. Anantha Sasidharan.
4. Sheeja Parayil
5. Shimi S
6. Anila. N A
7. Vidhya A.
8. Bibin prabhu.
9. Najeeem.
10. Deepthi K V
11. Remya L

CUSSP.

A Meeting of CUSSP Member Conduct on
7/6/2022 at Principals chamber.

Agenda.

① Discussion about CUSSP activities.

② Any other matter
members present.

① Dr. Jaya P S.

2. AS Parvanka.

3. Bibin Prabhu.

4. Najeem.

5. Vidya A.

6. Sheeja parayil.

7. Simi S.

8. Anila. N A.

9. Anandha Sasidharan.

10. ~~Harish~~ Remya L.

11. Deepthi K V.

Volunteers Training (Students) 2022

Dates 4-12-2022 d.

Name & Address.	Phone No.	4-12-2022
Niranjana K.S. Kunthippanam (H) P.O. Thalikulam, Thiruvananthapuram S.N. college Nattika	9048560995	Not
Anjaly P.B., Panikha- thuparambil (H.O.), Pachalapuram, Vattanathra (P.O.), Trissur, S.N. college, Nattika.	8590861085	Not
Irfana K.A. Kaloor (H), P.O. Kundalipuzha Chettuva, PIN: 680616 SN college, Nattika	8714006866	Not
Vishnu Priya N. Nandanam (P.O.) Vellur, Thalassery Kannur PIN: 690105.		

270

20	Aniswarya C.K. Alingalkandam (H) Pellingalappuram Anayappuram P.O. Malappuram dist. PIN: 676123	6282820277	Not
21	Gopika P.K. Melayil (H) Thottilangadi (P.O.) Pellingalappuram Malappuram (dist) PIN: 673637	9633220391	Not
22	Krishnapriya T. Thekkath (H) Pallappuram poronari Malappuram (dist) PIN: 659577	7510797197	Not
23	Devika Balan Kunthath (H) Thirikkattuzhery (P.O.) Channasery pin: 680306	8089118434	Not
24	Amalbil Treasa P.J. Parappil House P.O. Chakkapattanam, Perinjaram 680086	9567342059	Not

271

25	Anjana P.D. Pandan (H) P.O. Thalikulam Pin: 680569	7994082911	Not
26	Harikala T.S. Thandamparambil (H) Pochakkasapalam. Perinjaram Pin: 680686.	7994462290	Not
27	Anupama P.A. Pochadan (H) P.O. Nattika Beach. Pin: 680566.	9207150082	Not
28	Ravathy P.M. Pallathal (H) P.O. Kondavankadav Pin: 680613	9778243789	Not
29	Sandra C.A. Chakkalappurath (H) P.O. Thalikulam pin: 680569	7736992908	Not

269

15	Arya K.S. Kazhukuthala (H) P.O. Valapad Pin: 680567	8592939611	Not
16	Vishnu Priya C.J. Chemman (H) P.O. Alapad, Thiruvananthapuram Pin: 680641	7902961506	Not
17	Devika K. Ravindran Kareparambil (H) P.O. Mchamudi pin: 680564	7994814529	Not
18	MEGHA R. Eruvilom Kadu (H) Chulari (P.O.) Palakkad Pin: 678574	9605958862	Not
19	Dilsha EP Edapparambil (H) Pookayil (P.O.) Tirur Malappuram, 676107	95623748 9562374962	Not

	- Sn college, mullika Vayalvaaram ladies hostel, SN college	7510871307	<i>Sn</i>
5	Manjima. m.m mullanery (H) mullanery (p.o) pin : 680509	9201356944	<i>Manjima</i>
6	Archana k.B Kozumbil (H) Kunumvilavu (p.o) pin 680564	7736582026	<i>Archana</i>
7	Aparna Sudheer padijattayil (H) Edathirinjil (p.o) Pin 680122	7594956713	<i>Aparna</i>
8	Anaigha. I.P Iradath (H) p.o Perinjaniam chakkappadam 680686	8943031325	<i>Anaigha</i>
9	Anaigha. I.P Iradath (H) p.o Perinjaniam chakkappadam 680686	9745874175	<i>Anaigha</i>

10	Sayanera. k.s Keduvattaparambil (H) Anthikad (p.o) pin :- 680641	7736816345	<i>Sayanera</i>
11	Sandra. k.s Kareparambil (H) P.o Inchamudi Pin : 680564	9048476969	<i>Sandra</i>
12	R.fna. c.s cherkal (H) P.o vadakkumamuri Pin : 680570	9188201548	<i>R.fna.</i>
13	Shifana. M.K Methy (H) Thiruvarghva. P.o Pin : 680516	8848952507	<i>Shifana</i>

30	Aniytha Das Nedumpully (H) P.O Vellani Pin: 680701	9118350218	<i>Aniytha Das</i>
31	Anany v.B velappully (H) P.O Kandasam Kaddu 680613	7012187050	<i>Anany</i>
32	Smrithy k.A Kuriyakkott (H) P.O Thirithallur west 680619, valanappally	9633377122	<i>Smrithy</i>
33	P.D. Rosa. Valiyavettil House 4th Street, Kham Nagar L.B.C. Road. Kunichira. P.O, Thiruvir Pin - 680006	828702247	<i>P.D. Rosa</i>
34	Sneetha N.S Naranath (H) P.O Vadarappally Goneshamangalam 680614, Thiruvir	9383912659	<i>Sneetha</i>
35	Sneetha. c.s cheruparambil (H) p.o Manakody 680012	7510398962	<i>Sneetha</i>

Nutanban. k.D
Konjoot (H)
p.o Kunumvilavu
Pin : 680564

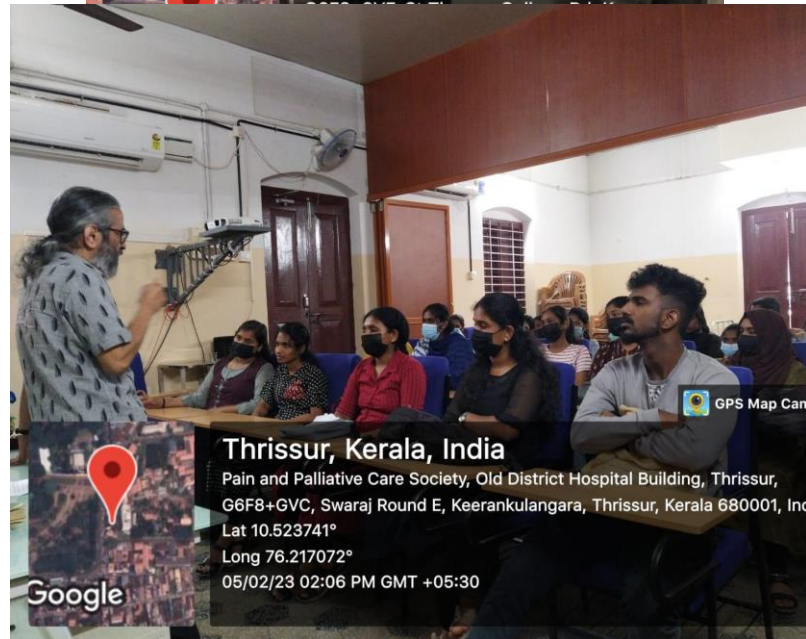
9846966884

Nutanban

36. Anjali Sunil
Vethu (H)
p.o Manakody
pin 680012

9778372471

Anjali





ചരണിയ സഭയെ
പ്രസിഡൻ്റ്
ചെയ്യുന്നതിനുള്ള
പി.ഒ. ചെയ്യുന്നതിനുള്ള
ഫോൺ : 0484 2586426, 9496 047 936
E-mail: cheriyamundamgp@gmail.com



പ്രസിഡൻ്റ്
കുറുപ്പം
പി.ഒ. ചെയ്യുന്നതിനുള്ള
ഫോൺ : 9048 020 036

Ref:

Date: _____

TO WHOMSOEVER IT MAY CONCERN

This is to certify that Mr./ Ms. Shreshma K. K.
studying for B.A. (Malayalam) at
S.P.E. INDIAN COLLEGE NITIKA
..... has done Social Work (Waste
Management Survey) at Cheriyamundam Gramapanchayat, Malappuram
District for 9 days from 03/04/2023 to
11/04/2023 and their performance was
very good.

Cheriyamundam

11/04/2023



President

Cheriyamundam Gramapanchayat
SHAMSIYA SUBAIR
President
Cheriyamundam Grama Panchayat
Cheriyamundam, P.O. Malappuram-676 106
Ph: 9048020036, 9496047937



COMMUNITY HEALTH CENTRE – VATANAPPILLY

Thrithallur P O, 680619, Thrissur

chcvatanappilly@gmail.com

+91487 2600760

No: 385/2023

Date: 4.7.2023

TO WHOM SOEVER IT MAY CONCERN

This is to certify that Miss.Sreelakshmi K M, BSc Botony S N College Nattika, had been working here as Palliative Volunteer from 16.5.2023 to 16.6.2023(13 days). During her working period we found her a sincere and hard working.



SUPERVISOR
COMMUNITY HEALTH CENTRE
VATANAPPILLY
P O THRITHALLUR
PIN: 680 619



THANAL Palliative Care & Clinic

Punnakabazar, P.O Mathilakam, Thrissur Dst.-680685
PH: 9995893746, 9447133135-www.thanalpkbzn.org

Date: 23/05/2023

TO WHOM SO EVER IT MAY CONCERN

This is certify that kumari Aiswarya .E.J. Erumathuruthi House, Pullinchode, Perinjanam –P.O, studying for BSc Botany at Sree Narayana College Nattika has done 10 days of work on palliative care at Thanal Palliative care and clinic punnakabasar, Mathilakam .

Date : 25/05/2023

Place: Punnakabasar



Cancer Pain and Palliative Care Association, Tirur.

"CAPCAT' Reg No 1365/98

KARUNYA GENERAL, PAIN & PALLIATIVE CARE CLINIC
Salafi Building, Tirur – 676101, Malappuram Dt. Kerala.

TO WHOM SO EVER IT MAY CONCERN

This is to Certify Miss Dilsha.EP Edappaparambil (H) Pookayil Tirur, Studying for BSc Botany at Sree Narayana College , Nattika, She has done 10 days of work on palliative care at KARUNYA PAIN AND PALLIATIVE CARE CLINIC,TIRUR,KERALA,INDIA .

We Wish All Success in His Future Endeavours.

KARUNYA PAIN AND PALLIATIVE CARE CLINIC TIRUR.

Date :12-06-2023

Place :Tirur

CHAIRMAN, GENERAL SECRETARY,
CANCER PAIN & PALLIATIVE
CARE ASSOCIATION
Reg.No: 1365/98



Pain and Palliative Care Society
Thrissur

Training & Research wing of

Institute of Palliative Care



Certificate

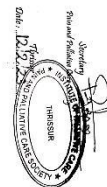
Name : Sreelakshmi K.M.

Class : B.Sc. Botany

Educational Institution : S.N.C. College, Nattika.

Subject : Two Days Training in Palliative Care

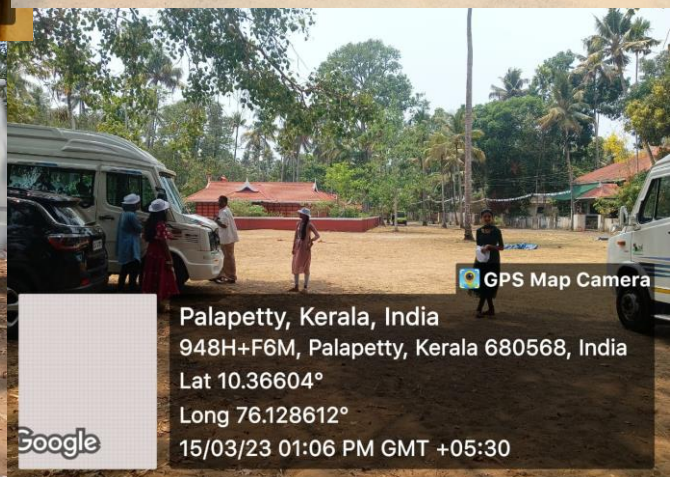
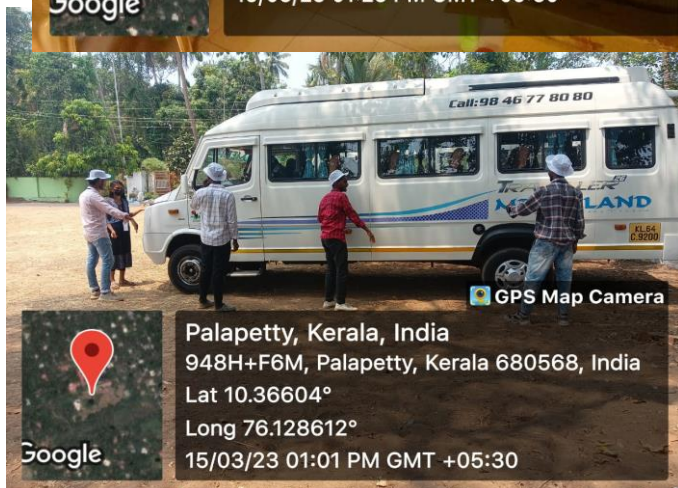
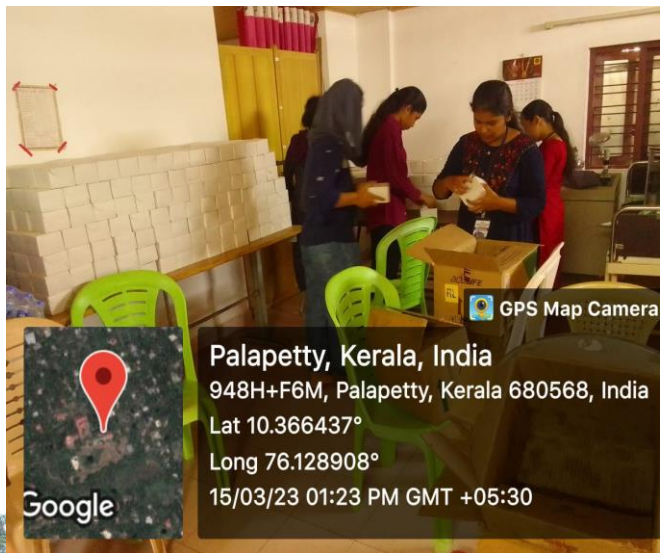
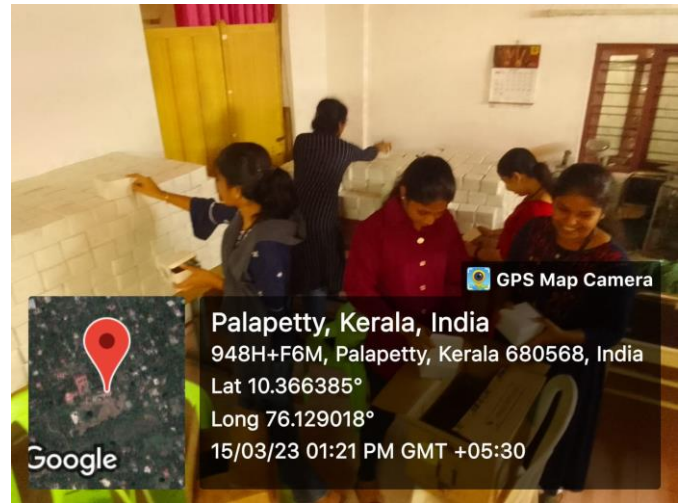
Place : Thrissur



Alpha Palliative Care Report

New hospital of Alpha Palliative Care laid foundation stone on March 15th 2023, they had organised one day session for students. 103 Students from Sree Narayana College, Nattika had participated in the programme. Participants had received Palliative Care Volunteer certificates. The CUSSP Coordinator was Ms. A S Priyanka and taken students for the programme.







List of Participants

- 1) Hafsath k.a
- 2) Aparna o.v
- 3) Nandhana c.A
- 4) najeena p.m
- 5) Mujeeba p.u
- 6) Devi nandhana
- 7) Athulya sivasankaran
- 8) Ardhra KS
- 9) Amegha
- 10) Aparna k.s
- 11) Gowri k.a
- 12) Gopika p.j
- 13) Lijishma
- 14) Adithya p.p
- 15) Ardra N.A
- 16) Ardhra k.s
- 17) Aswathy M.p
- 18) Unnimaya k.u
- 19) Shidhina P. S
- 20) Anjana Gireesh
- 21) Ullas k Raghu

22. Arya K
23. Ashitha PV
24. Ayisha Shaika E
25. Mufeeda T
26. Nandana VA
27. Poornima Ramachandran
28. S. Gouri Parvathy
29. Sreelakshmi K.P
30. Abhiram S
31. Aiswarya PS
32. Nandana CS
33. Pramisha VP
34. Sheethal MA
35. Aamina Parveen A A
36. Farhana
37. Gayathry
38. kavitha
39. swaya
40. Adhipa
41. sreya vd
42. Avani
43. Gouri Parvathi
44. Thasnim shana p.s
45. Reshma u s
46. Vishal vipin
47. Midhuna AJ
48. Aswathy V C
49. Archana P A
50. Jagana A D
51. Aishwarya N S
52. Aneena V.S
53. Aiswarya Sunilkumar
54. Anushka Deepak
55. Megha P.L
56. M.Swathy Krishna
57. Athulya.K.R
58. Rahul Ranagith
59. Sreehari PD
60. Sreemay KA
61. Anjana P V
62. Diya K S
63. Nandha k sunildath
64. Drishya shaju
65. Sandra K S
66. sandra antony k
67. Adithyan N A

68. Athulkrishna E S
69. Sreerag MS
70. Surya Nand
71. Mini L
72. aswin pradeep
73. Aathira krishna MB
74. Devika pd
75. Aswin c.s
76. Rajgopal
77. Vismaya V.K
78. Jishma P.M
79. Aswathy M.S
80. Asiya Rayhanath k.A
81. Shamila M.A
82. Devika Vinil.v
83. Elsa Joshy
84. Keerthana C. M
85. Sanjana M. P
86. Asmi P. R
87. Adhithya sudeer .c
88. Sreenandhana c.r
89. Aswathy m.p
90. Nikhitha.c.sunil
91. Athira p.s
92. Athulya t.a
93. rejuna j.r
94. shahaana T. S
95. Gladwin joy. A
96. Shahabana. K. M
97. Sneha. K. B
98. Athulya manikandan
99. Ahanya Anirudhan
100. Malavika p.r
101. Aleena raj
102. sandra k.s
103. Karthika T R