



#21OPCC @WePublicHealth

Sep 8, 2021 · 22 tweets · [WePublicHealth/status/1435431201393631232](https://www.facebook.com/WePublicHealth/status/1435431201393631232)



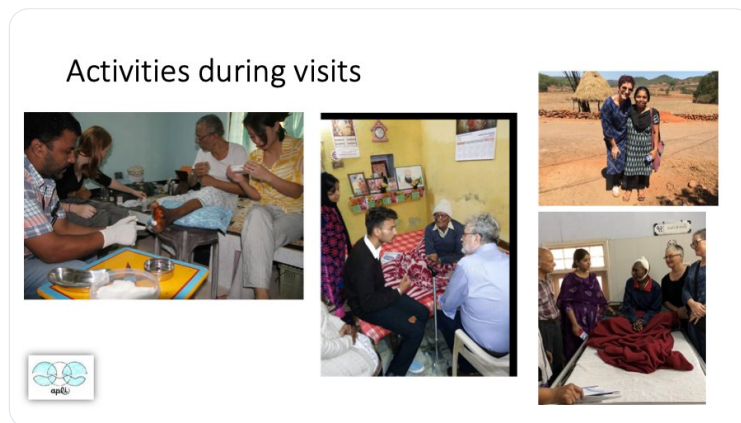
I'm tweeting now from this workshop on Project Hamrahi. Come along and hear about the project, everything it has learnt, @ meet some of the team. [#21OPCC](#)



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[@AusPallLinkInt](#) [@OdetteSpruyt](#) [@rachelcogs](#) Here is some more information and history about Project Hamrahi. Hamrahi is Hindi for "fellow traveller". A project of mutual learning and development between Australian/NZ and Indian palliative care providers, run by [@AusPallLinkInt](#) <https://apli.net.au/project-hamrahi/> [#21OPCC](#)

[@AusPallLinkInt](#) [@OdetteSpruyt](#) [@rachelcogs](#) [@OdetteSpruyt](#) The project makes you think about the essence of palliative care, when resources are scarce. Compassion, holistic care. [#21OPCC](#)



[@AusPallLinkInt](#) [@OdetteSpruyt](#) [@rachelcogs](#) [@AusPallLinkInt](#) Executive member [@pallcarencs](#) chatting to the Lakshadweep team Dr Ali Azheer and K. Abdul Moulana on the benefits of Project Hamrahi. Simple things have had a

huge impact on the lives of patients - communication, comfort, basic care, value of home visits. [#21OPCC](#)

Not only about [#palliativecare](#) but about company! Human values are shared through Project Hamrahi. Something comical about what to do with a straw which [@pallcarens](#) might have to explain 😊 Palliative care is the most important thing in Lakshadweep! [#21OPCC](#) [@palliumindia](#)

Such lovely sentiments about the reciprocal benefits of [#palliativecare](#) cross-cultural projects like Hamrahi. Lifelong friendships until our own dying days ❤️ [#21OPCC](#)
[@MariannePhill](#), another [@AusPallLinkInt](#) Executive Member, doing a sterling job facilitating this session across digital tech! [#21OPCC](#)

[@MariannePhill](#) [@AusPallLinkInt](#) Joan Ryan, [@AusPallLinkInt](#) Executive Member taking us now from Lakshadweep to Assam! A cultural treat across India. Dr Iqbal Bahar reflecting on his mentors Dr Ravi Kannan and [@Dr_Rajagopal_R](#) [@palliumindia](#) [#21OPCC](#)

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THE OFFICIAL CONFERENCE OF [PalliativeCare](#)

OCEANIC
PALLIATIVE CARE CONFERENCE 2021

CACHAR
CANCER HOSPITAL &
RESEARCH CENTRE

Project Hamrahi, Assam, India.
10 Years of intercultural exchange

DR. H. M. Iqbal Bahar, MD
Diploma Palliative care Medicine, Cardiff University
Head of Dr Elizabeth Viswanatham Centre of Palliative
Sciences
Cachar Cancer Hospital and Research Centre
Assam
India

[@MariannePhill](#) [@AusPallLinkInt](#) [@Dr_Rajagopal_R](#) [@palliumindia](#) Super dedicated palliative care nurses in Assam. Live at the hospital, a real family. [#21OPCC](#)


[@MariannePhill](#) [@AusPallLinkInt](#) [@Dr_Rajagopal_R](#) [@palliumindia](#) In Assam, Project Hamrahi is providing real benefits. Connections globally, friendships, shared learning and humanity, a real sense of belonging. [#21OPCC](#)

Project Hamrahi

Self esteem...
That somebody from abroad is willing to come and consider spending time with them, talk to them, explain things to them, work with them, improved their self-esteem and confidence tremendously.

Resources...
They also brought material they could distribute, small things that could make incremental and significant progress

Team building...we feel connections globally and friends through shared learning and humanity



Home visits with community nurses, coupled with phone calls by the palliative care team. Long distances travelled to get to homes. Geographical challenges mean phone

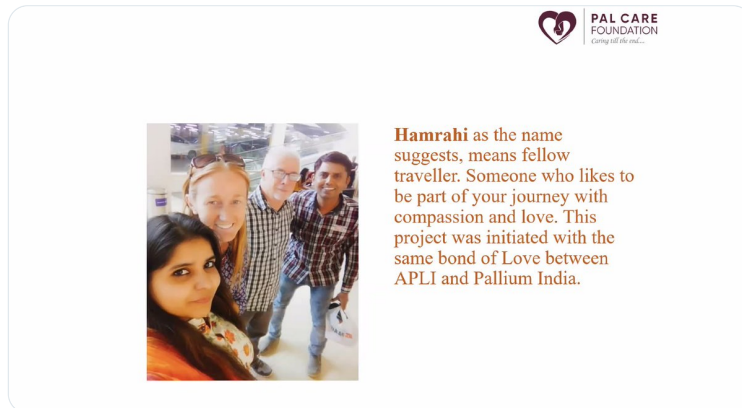
calls are an important complement. Mirrors challenges we have in our own remote communities in Australia. [#21OPCC](#)

Morphine consumption is low in Assam, but growing due to the development of palliative care. More information on global palliative care and opioid availability can be found here: <https://www.unodc.org/unodc/en/data-and-analysis/wdr2021.html>
[#21OPCC](#)

Project Hamrahi has made a positive impact on our hospital. Each visit is unique and mutually meaningful. These are the faces of our fellow travellers. What beautiful travellers they are! [#21OPCC](#)



Now moving West on our cultural journey to Gujarat! [@JohnH35](#), [@AusPallLinkInt](#) Executive Member, presenting with Dr Saima Furqan [@PalCareOrg](#) on The Hamrahi Project - The Journey of Life! [#21OPCC](#) [@palliumindia](#)



[@PalCareOrg](#) describing Project Hamrahi as a life changing experience and providing a purpose in life. Challenges centred on lack of resources. [#21OPCC](#)

Learnings and Challenges

The Hamrahi Project gave us the opportunity to exchange knowledge and experiences based on the work we do in our respective countries. It was a life changing experience to learn from the two amazingly compassionate teams.

The major challenge faced during the training was the lack of resources in the hospice. It included the limited time period, limited number of nurses, and their limited exposure to Palliative Care.

Visit palcarefoundation.org for more information on palliative care developments in Gujarat. [@PalCareOrg](https://twitter.com/PalCareOrg) Dr Saima "We look forward to the support in our work, alone we can do little, but together we can do a lot." [#21OPCC](https://twitter.com/21OPCC) [@palliumindia](https://twitter.com/palliumindia) [@AusPallLinkInt](https://twitter.com/AusPallLinkInt)

[@OdetteSpruyt](https://twitter.com/OdetteSpruyt) discussing the outcomes of Project Hamrahi's 10 year evaluation. Happy 10th birthday Project Hamrahi! 20 sites across India visited, 50 visits, 32 mentors! Amazing effort by [@AusPallLinkInt](https://twitter.com/AusPallLinkInt) [#21OPCC](https://twitter.com/21OPCC)

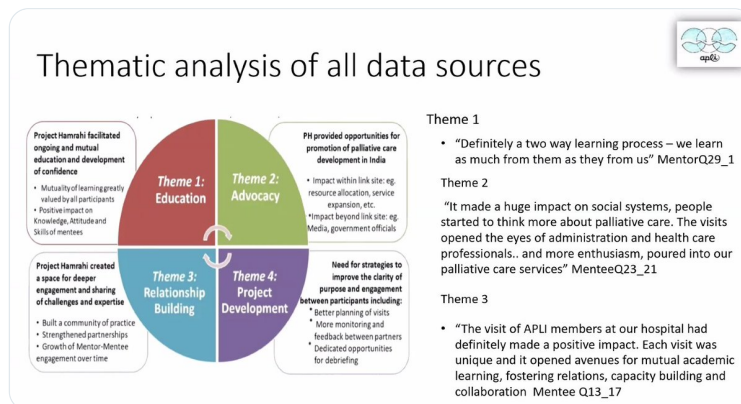
You can find the summary results of the Project Hamrahi evaluation in a poster at [#21OPCC](https://twitter.com/21OPCC)



Oceanic Palliative Care Conference 2021
 Palliative Care Australia's Oceanic Palliative Care Conference is the pre-eminent event for all those passionate about palliative and end-of-life care. This year's conference (21OPCC) will convene in...

<https://www.oceanicpallcare.com/talks/project-hamrahi-a-ten-year-evaluation>

[@OdetteSpruyt](https://twitter.com/OdetteSpruyt) [@rachelcogs](https://twitter.com/rachelcogs)



Recommendations: 1) improve planning before, during, after visits 2) scale up intensity to strengthen relationships and outcomes 3) strengthen engagement, including nursing mentoring 4) clear orientation, training of mentors. [#21OPCC](#)

[#COVID19](#) has impacted all other services, including [#palliativecare](#), non-COVID19 services. Collaborative research in the future for Project Hamrahi would be valuable. [#21OPCC](#)

Thanks for a great workshop [@AusPallLinkInt](#) & Indian [#palliativecare](#) colleagues. [@AusPallLinkInt](#) welcomes new members & mentors. Project Hamrahi relies on the generous contributions of members. Here is how you can get involved as a member 📧 or email info@apli.net.au [#21OPCC](#)


Getting involved in APLI/Hamrahi
<https://apli.net.au/become-a-member-direct>

APLI is a Registered charity: ABN: 63 249 012 560
-Tax deductible membership

Your membership is a contribution to this work and has made much of this possible

We provide all our teaching, workshops, webinars, forums, materials, expertise free of charge

Many mentors self-fund in full or partially, their travel costs, using CME or other resources



We appreciate your generosity and sense of solidarity with our Asia Pacific neighbours

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