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

@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

The project makes you think about the essence of palliative care, when resources are scarce. Compassion, holistic care. #21OPCC

Executive member @pallcarecns 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 @pallcarecns 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 stirling 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

@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

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 Dr Saima "We look forward to the support in our work, alone we can do little, but together we can do a lot." #21OPCC @palliumindia @AusPallLinkInt @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 #21OPCC

You can find the summary results of the Project Hamrahi evaluation in a poster at #21OPCC
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: 63 249 512 560
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

unroll pls @threadreaderapp