

STUDENT PALLIATIVE CARE

SREE NARAYANA COLLEGE KOLLAM

EDAM-A SPACE IN MIND



REPORT

2021-2022

INTRODUCTION

Student Palliative Care (SPC) is one among the best practices of our college. Palliative care not only involves physical care but also it is a vital relationship that is needed for the well being of the patient. The support, care and time are the three precious things that we can dedicate in this service. Addressing the barriers, offering medical as well as mental support, making them feel better are main goals of student palliative unit of our college. The love, happiness and blessings through the words of each patient and their family members we visit really strengthen our works.

Palliative care unit in our college initiatives give volunteers an open platform to meet the suffering ones, know about their hardships and they will learn to be passionate to such peoples. In the current year we undertook SPC activities at the village , Beach East Kollam. The residents of the ward are mainly fisherman community and there is a vast civic who needs support, care and guidance. The main reason for choosing this area as our workspace is because the fishermen people are basically marginalized Community. Lack of awareness, ignorance of medical facilities, lack of knowledge about various govt. schemes, unhygienic living conditions, poor financially background are the major set backs that these people experiences. Because of these hinderance, lots of palliative cases are there in this community.

“EDAM”- STUDENT PALLIATIVE CARE UNIT OF NSS, SN COLLEGE, KOLLAM

Student Palliative Care is one among the best practice of Sree Narayana College Kollam. The name ‘EDAM’ implies a place in the mind for all those who needs a good quality life despite of hardships they are facing in the lives due to health conditions. Student palliative unit gives younger minds to understand the real life of people that is entirely different from the colours of campus. Human values such as love, sharing, and kindness nature in the minds of students. Understand the importance of health and value of money SPC is one of the much appreciated initiative of NSS Unit of the college.

The faculty members in the club are

Dr. Vidya S (Assistant Professor, Physics)	Coordinator
Dr. N. Ratheesh (Assistant Professor, Botany)	Member
Dr. Archa Arun (Assistant Professor, Politics)	Member
Miss. Jissa (Assistant Professor, Politics)	Member
Miss. Chinnu Chandran (Assistant Professor English)	Member
Dr. Sumesh (Assistant Professor of Chemistry)	Member
Dr. Vivek B. (Assistant Professor of Chemistry)	Member

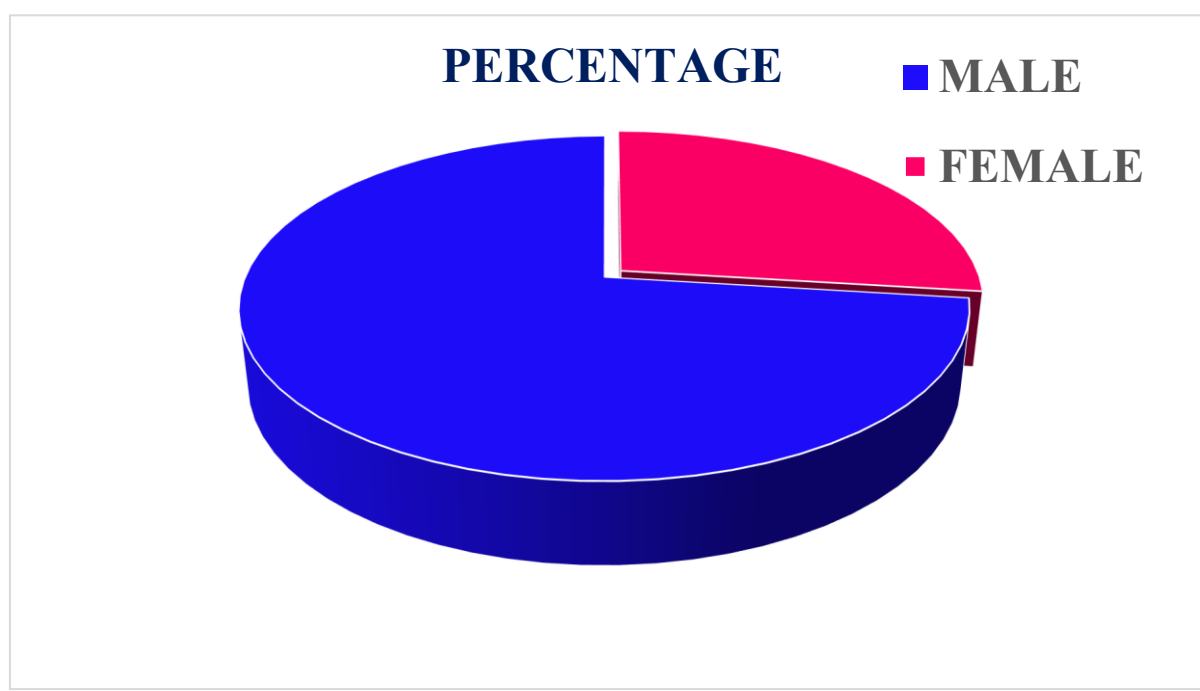
Along with faculties there were 52 student volunteers in the palliative group. Fathima S, Dept of Physics and Computer Application was the student leader of SPC.

SURVEY

We conducted a survey to understand the social, economic, and health status of people residing in Beach East Ward of Kollam. We collected the list of palliative patients from Kollam District Palliative Unit. There were more than 58 patients in this ward. The survey was done among these patients.

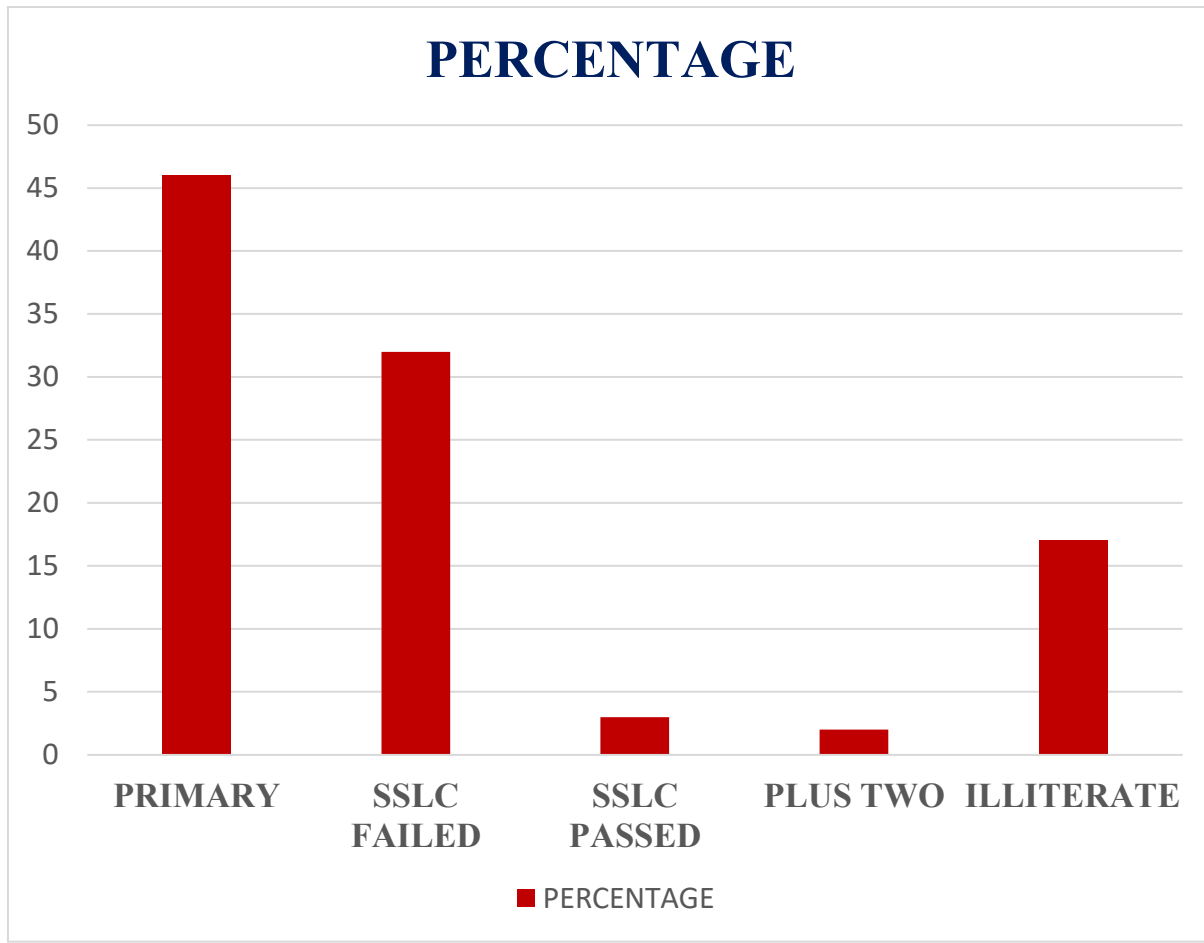
DEMOGRAPHIC PROFILE

The survey shows that majority of the palliative patients were males. They constituted more than 70% .

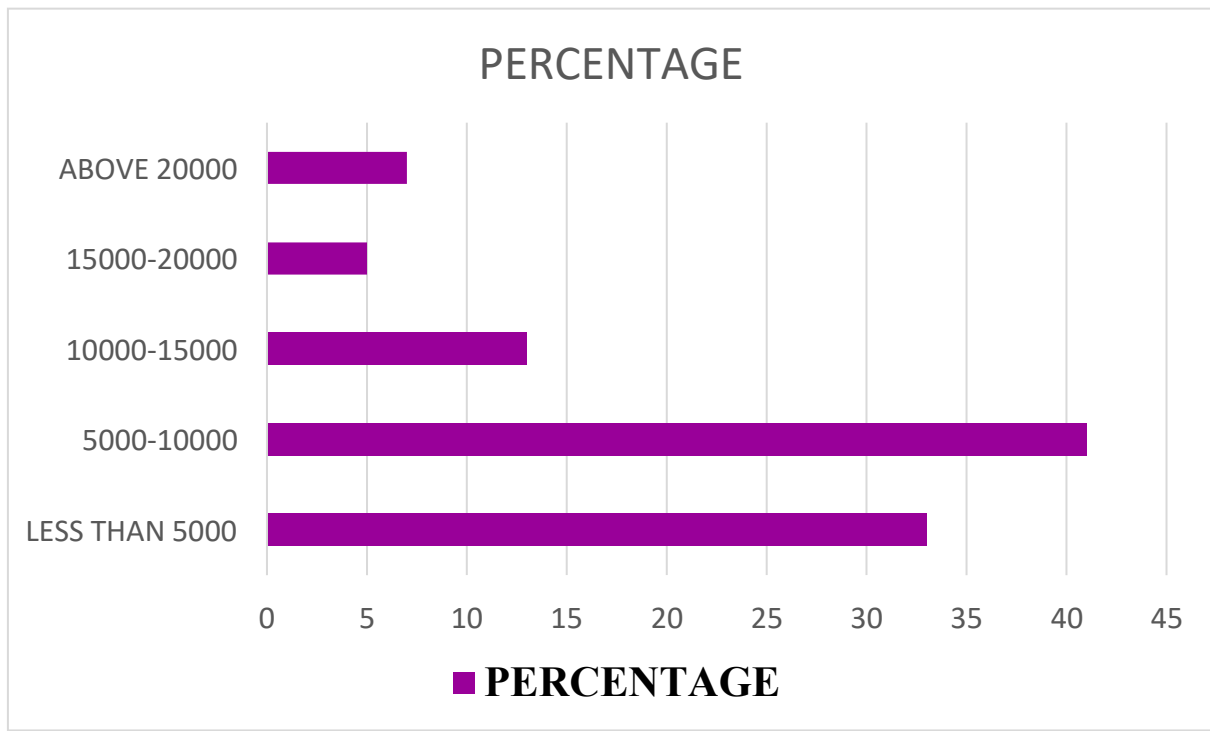


EDUCATIONAL STATUS

The educational status shows that about 45% of the patients have primary education only. Next comes high school failed category. The illiterate people constitute 17%. There were no one who went up to even graduation. During the survey time it can be noted that the importance they give to education was least.

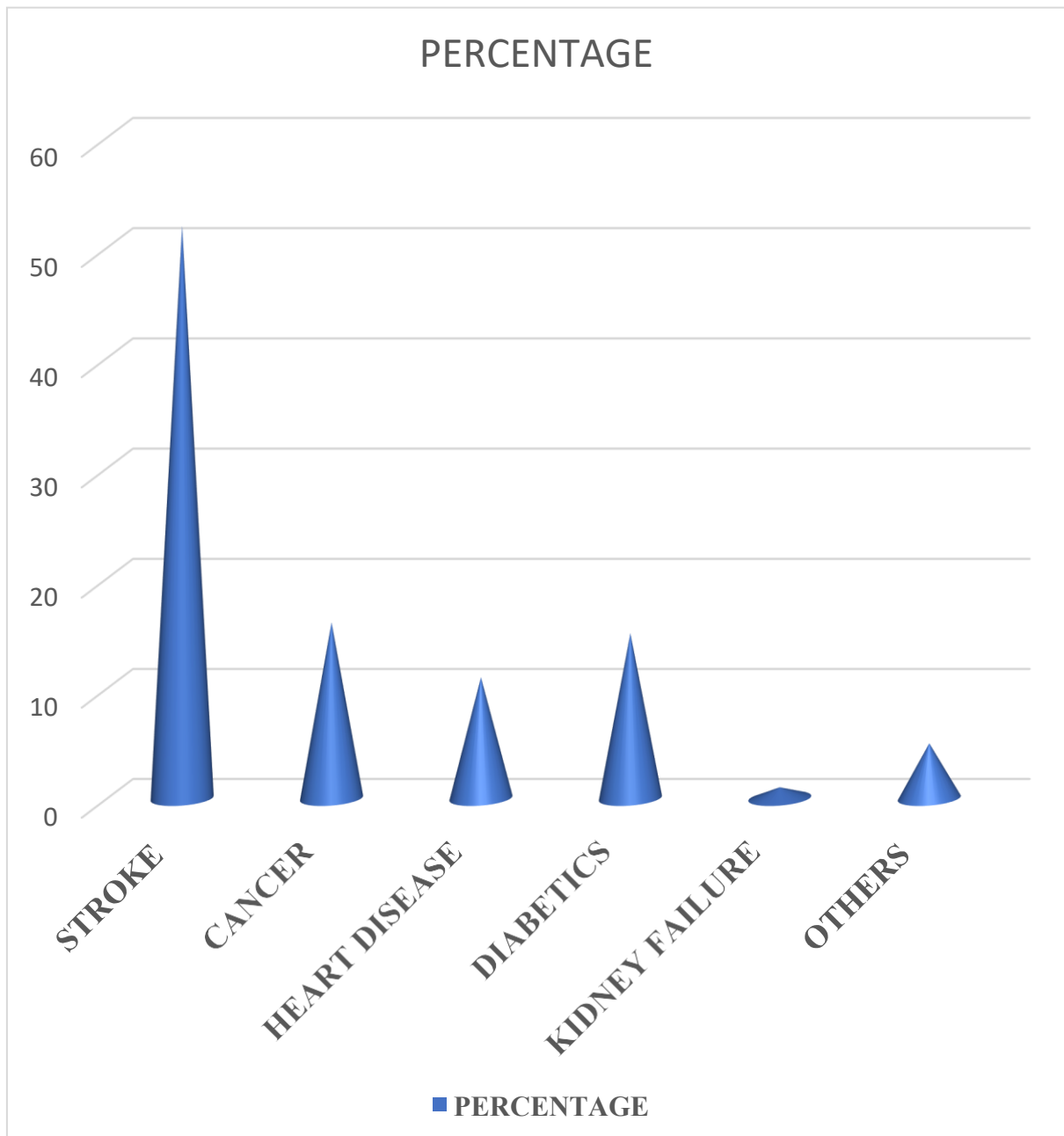


ANNUAL INCOME



Most of the residents find their livelihood through fishing. The annual income of those families were between 5000-10000, if they don't loss any days due to weather or other conditions. Nearly 38 % have much less than Rs 5000.

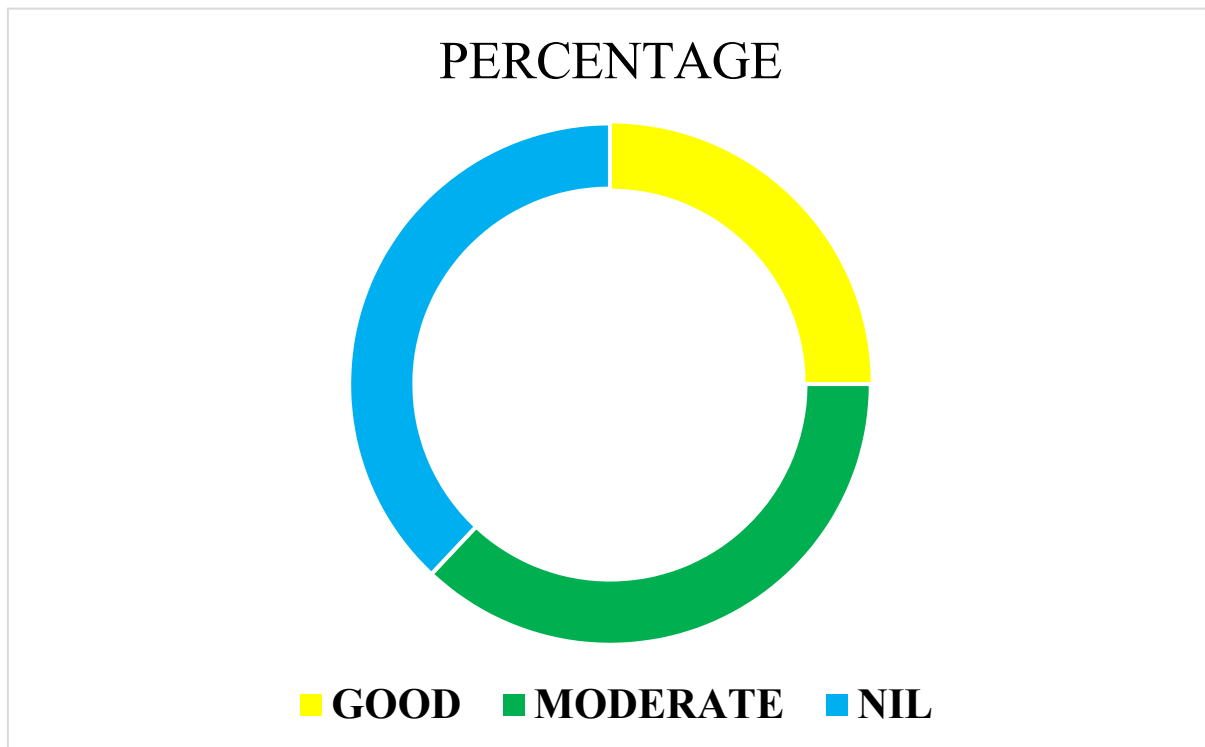
DISEASES



It is shocking to realize that more than 50% of total patients had a stroke. Due to this stroke conditions majority of them cannot move, are bed ridden and cannot earn for a proper living. . Most of the stroke patients are in between 40-55 age and are males. The condition of their families are pathetic. The lack of money, medicines , nutritious food and medical support were high in demand in this area. The second disease which is common in this region is cancer.

MEDICAL AWARENESS

Only a least percentage of patients have good awareness about their own medical conditions, medicines they are having and about various govt medical support schemes.



FINDINGS

- Stroke is the most affected health issue among these area
- Most of the patients are in their middle ages.
- Unawareness and ignorance of medical conditions
- Most of the patients are bedridden and no one to take care of them
- As this area comes under Corporation limit, palliative home service is limited.
- No regular income
- Lack of nutritious food and Unhygienic living conditions are the othe hurdles prevailing in this area

ACTIONS TAKEN

On analysis of survey we included 20 more patients in our list. Hence our service extended to 77 patients in this year. This year palliative work commenced in the month of August. It took one month for the data collection and survey analysis to complete. The field work commenced in the month of September. As there were more patients who need our help, we adopted LED Bulb Assembling as a means of fund raising project in association with Department of Physics. The so assembled LED bulbs were sold among the public and the amount so collected were utilized to carry out the activities. The money got through palliative collection box placed at the campus were also used for the activities. Details of the activities and photographs are shown below. Only those photos with prior permission of patients and their family members were included in the report.

ACTIVITIES UNDERTAKEN BY THE STUDENT PALLIATIVE CARE UNIT
SURVEY & HOME VISITS









Usually home visits are done on second and fourth Saturday of every month by our volunteers. During the time of visit they interact with patients and their family members, collect the details of needed things such as medicines, food items, surgical items or any other help they needed.

SUPPLY OF MEDICINS

As per the details collected from the patients' medicines were supplied. Medicines for 30 days were given to them. Regularly medicines which they cannot afford or that is not supplied by PHC are purchased and given to the patients



















DISTRIBUTION OF FOOD KITS

In most of the visits the patients often demand for foods particularly fruits. Foods items were distributed to palliative patients accordingly. Food items distributed includes Apple, Orange, Watermelon, Grape, Pomegranate, Banana, Grocery items, Oats, Horlicks, Bread, Egg, Rusk, etc.















NEW CLOTHES AT ONAM

New clothes were distributed among the palliative patients. We supplied 13 set of clothes to various patients at the time of onam.









DISTRIBUTION OF SURGICAL ITEMS & EQUIPMENTS

This year also we supplied a walking stick to a family where both patients cannot walk without support. Bedpan was also given to the patient. Surgical items like water bed, belladonna plaster, under pad, diaper etc were distributed among the needed patients. The conditions of the patients were not so good take photos .







BIRTHDAY CELEBRATION

Birthday of the palliative patients were celebrated with them and their families. The volunteers brought birthday cakes and gifts for the patients and spend time by making the celebration grant.







