

**STUDENT PALLIATIVE CARE**

**SREE NARAYANA COLLEGE KOLLAM**

***EDAM-A SPACE IN MIND***



**REPORT**

**2019-2020**

## INTRODUCTION

Palliative care is dedicated medical care for people living with a serious disease. This kind of attention is intensive on imparting reprieve from the symptoms and stress of the illness. The goal is to improve quality of life for both the patient and the supporting family. Student Palliative Care (SPC) is one among the best practices of our college. SPC unit associate with palliative care unit of Kollam district to conduct the activities more effectively. The students and faculties of our college had done remarkable work in this area.

As our college belongs to Kollam district, we had restricted our activities in the district. Kollam (Quilon) was one of the trade hubs in British India. Kollam Port had trades history with Phoenicians, Arabs and Chinese etc. The city is known for its cashews and beaches. We decided to focus our palliative initiatives on Cantonment Ward of Kollam District. The reason to choose these particular areas is that Cantonment ward is basically a railway colony. The residents of this ward have their homes on both sides of railway stations and rail tracks. Also, this region is near to our college so we can easily intervene with the people there. With the support of govt palliative care unit and councillor of Cantonment Nagar we were able to conduct the health survey and identify the beneficiary patients.

Palliative care unit consist of 57 volunteers.

The faculty members 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 Professo, Politics)	Member
Miss. Chinnu Chandran (Assistant Professor English)	Member
Dr. Sumesh (Assistant Professor of Chemistry)	Member
Dr. Vivek (Assistant Professor of Chemistry)	Member

## SURVEY

The general objective of the present study was to understand the social, economic, and health status of people residing in Cantonment Nagar, Kollam

The specific objectives of the survey are:

1. To assess the needs and problems of the community.
2. To identify target groups who deserve support, economic assistance and health care.

We first approached District Palliative Care Officer Sri Anuj to have a review of the conditions prevailing in the area. From the office we got the list of patients based on which we conducted the health survey.

The data obtained from the samples were subjected to statistical analysis. The results of the analysis are given under various heads.

## **I. SOCIO-DEMOGRAPHIC PROFILE OF THE STUDY POPULATION**

### **1. Age-sex Distribution of the Population**

Among the total population 52 % comprised of male and rest of which are females

**Table: 1**  
**Distribution of population based on sex**

<b>Sex</b>	<b>No.</b>	<b>Percentage</b>
Male	24	52
Female	22	48
Total	46	100

The survey also revealed that the age groups 36-60 covered the highest proportion of the total population with 39% (Table 2.) The age group 6 – 12 and 13-17 formed the least proportion of the total population with 2% each.

**Table: 2**  
**Shows the age wise classification**

<b>Age Group</b>	<b>Male</b>		<b>Female</b>		<b>Total</b>	
	<b>Number</b>	<b>Percentage</b>	<b>Number</b>	<b>Percentage</b>	<b>Number</b>	<b>Percentage</b>
Up to 5	3	7	1	2	4	9
6- 12	1	2	0	0	1	2
13 – 17	0	0	1	2	1	2
18 – 35	5	11	3	7	8	17
36 – 60	9	19.5	9	19.5	18	39
Above 60	6	13	8	17	14	31
<b>Total</b>	<b>24</b>	<b>52.5</b>	<b>22</b>	<b>47.5</b>	<b>46</b>	<b>100</b>

### **2. Distribution of Population According to Education**

About 9% of the people surveyed were found to be illiterate in the ward under investigation (Table 3). Among the total population 37% of the population has high school as the highest qualification and 13% has lower primary education only. 9% of the population are graduate and 6% has ITI qualification.

**Table: 3**  
**Distribution of Population based on Education**

Education	Male		Female		Total	
	No.	Percentage	No.	Percentage	No.	Percentage
LP	4	9	2	4	6	13
UP	5	11	4	9	9	20
HS	8	17	9	20	17	37
Plus 2	1	2	2	4	3	6
Degree	1	2	3	7	4	9
ITI	3	6	0	0	3	6
PG	0	0	0	0	0	0
Illiterate	2	4.5	2	4.5	4	9
<b>Total</b>	<b>24</b>	<b>51.5</b>	<b>22</b>	<b>48.5</b>	<b>46</b>	<b>100</b>

### 3. Occupational status

The distribution of population according to occupational status is given in Table 4. An employed individual in a society is an indicator of economic and social status. The survey found that 54% of the population are unemployed which is followed by, housewife 24% Students 11%, business 4% and 7% constitutes other jobs.

**Table 4**  
**Distribution of population based on Occupational Status**

Activity Status	Description	Number	Percentage
<b>Earnings Members</b>	Govt. Servant	<b>0</b>	<b>0</b>
	Private Job	<b>0</b>	<b>0</b>
	Business	<b>2</b>	<b>4</b>
	Agriculture	<b>0</b>	<b>0</b>
	Professional	<b>0</b>	<b>0</b>
	Other Jobs	<b>3</b>	<b>7</b>
	Students	<b>5</b>	<b>11</b>

<b>Non-earning Members</b>	Unemployed	<b>25</b>	<b>54</b>
	Housewife	<b>11</b>	<b>24</b>
	Retired	<b>0</b>	<b>0</b>
	<b>Total</b>	<b>46</b>	<b>100</b>

#### 4. Annual Income

It is obvious from the survey that 41 % of the household earns an annual income between Rs.5000 – Rs. 10,000. 17% falls in the income group which earns below Rs. 5000, between Rs. 10,000 – Rs. 15,000 and between Rs. 15,000 – Rs. 20,000. It is significant that only 8% have annual income Rs. 20,000 – Rs. 25,000 of the population

**Table: 5**

**Distribution of Households based on Annual Income**

<b>Selected Variables</b>	<b>Details</b>	<b>Number</b>	<b>Percentage</b>
<b>Annual Income (Rs.)</b>	Below Rs. 5000	2	17
	Rs.5000 – Rs.10,000	5	41
	Rs.10,000 – Rs.15,000	2	17
	Rs.15,000 – Rs.20,000	2	17
	Rs.20,000 – Rs.25,000	1	8
	Total	12	100

#### 5. HEALTH STATUS AND HEALTH CARE SERVICE UTILIZATION

One of the main objectives of the survey was to explore the health status and health care service utilization of the community. The major areas of the healthcare and health status come across the survey is presented below under various heads.

##### a. Health care system utilization

Table 6 shows the details of the health care system utilized by the people in the surveyed area. It has been found that 42 % of total investigated population was found to utilize Govt hospital and Private hospital; however, 16% of the population depends upon Ayurveda. It was found that 67% of population uses PHC services while the rest doesn't.

**Table: 6**  
**Distribution of Households based on Type of Treatment.**

<b>Selected Variables</b>	<b>Details</b>	<b>Number</b>	<b>Percentage</b>
<b>Source of Treatment</b>	Govt. Hospital	5	42
	Private Hospital	5	42
	Ayurveda Hospital	2	16
<b>Service of PHC</b>	<b>Total</b>	<b>12</b>	<b>100</b>
	Yes	8	67
	No	4	33
	<b>Total</b>	<b>12</b>	<b>100</b>

#### **b Health Status**

Major health problems identified in the survey were chronic respiratory diseases. Also life style diseases such as hyper tension, diabetes, heart diseases, etc were also there. It was found that 15% of the investigated population suffered from Diabetes (Table 3.10) whereas 5% suffer from Heart disease and Cancer, 30% of the population suffered from respiratory disesses such as asthma. 15% of the population suffers from other diseases that do not belong to those mentioned categories.

**Table: 7**  
**Distribution of Population based on illness.**

<b>Chronic Illness</b>	<b>Number</b>	<b>Percentage</b>
Diabetes	3	15
Heart disease	1	5
Hypertension	6	30
Cancer	1	5
Respiratory Diseases	6	30
Other diseases	3	15
<b>Total</b>	<b>20</b>	<b>100</b>

## **Major Findings**

The major findings derived from the results of statistical analysis of data were as follows:

1. Among the total population of 46 persons belonging to Cantonment South Kollam, male and females comprised 52% and 48% respectively.
2. The age groups 36-60 comprised the highest proportion of the total population with 39%.
3. Nearly 31% is above 60 and 17% of total population is between age 18 and 35
4. 37% of the population has 10th standard as the highest qualification.
5. 9% of the population was illiterate.
6. 13% of the population has LP as highest qualification.
7. 54% of the population was found to be unemployed.
8. 42% of the population depends upon Private Hospital facilities and that 42 % of population goes to Governmental Hospital.
9. The major diseases of the family members were diabetes (15%), heart diseases (5%), Stroke (30%) and Respiratory difficulties (30%) and (5%) cancer.

## **ACTIONS TAKEN**

Based on the survey we included 52 patients in our list. This year palliative work commenced in the month of August. It took one month for the survey to complete. The field work started in the month of September. The initial work started with the first instalment got from the Kerala University NSS. The work was carried forward by raising funds through palliative collection box placed at the campus in which faculties, students, non-teaching and all that come to campus can contribute 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 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.





## DISTRIBUTION OF EQUIPMENTS

Only a single patient demanded for walking stick which we were able to give.



Walking stick was given to palliative patient Nelson who lives alone and find it difficult to walk without support.



## DISTRIBUTION OF SURGICAL ITEMS

Surgical items like water bed, belladonna plaster, under pad, diaper etc were distributed among the needed patients.

