



SREE NARAYANA COLLEGE, KOLLAM

BEST PRACTICE - 2 STUDENT PALLIATIVE CARE UNIT

EDAM –A SPACE IN MIND



“EDAM”- Student Palliative Care Unit

- Student Palliative Care is one of the best practice of Sree Narayana College Kollam.
- The name ‘EDAM’ implies *a place for all those who needs a space in life.*
- 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 nurture in the minds of students

- 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 goal a student palliative unit can implement.
- Understand the importance of health and value of money
- Much appreciated initiative of the college in which entire college take part

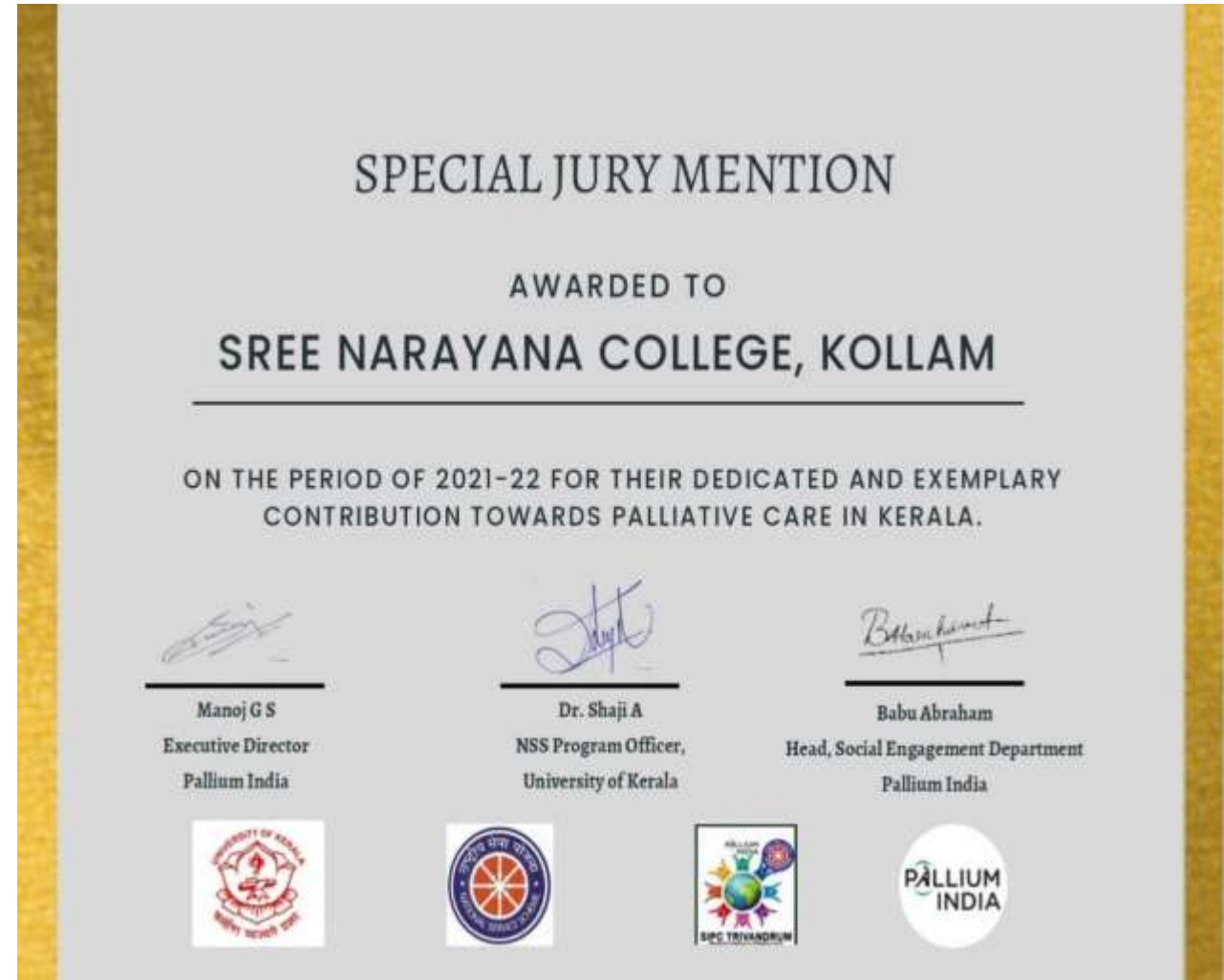
WHY FISHERMEN COMMUNITY...?

- **Marginalized Community**
- **Lots of palliative cases**
- **Lack of awareness**
- **Ignorance of medical facilities**
- **Lack of knowledge about various govt. schemes**
- **Unhygienic living conditions**
- **Poor financially background**
- **Near to campus so that we can make visits and needed interventions easily**
(Cantonment Ward and Kollam Beach East, Pallithottam)

YEAR	NO. OF PATIENTS	STUDENTS PARTICIPATED
2017-18	25	25
2018-19	25	25
2019-20	52	57
2020-21 (Covid Period)	57 (Sahridayam)	40
2021-22	77	77
2022-23	85	100
TOTAL	85	290

APPRECIATION

- Second Edition of State Level Annual Conference of Students Initiative in Palliative Care organized by Pallium India
- Two volunteers from our unit Fathima S and Saniya B R presented two papers in this conference
- Based on the presentation and assessment of palliative activities our college got **SPECIAL JURY AWARD** for palliative activities..



CERTIFICATE OF PARTICIPATION

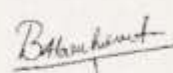
THIS IS TO CERTIFY THAT **MS. FATHIMA S** OF **S N COLLEGE, KOLLAM** HAS PARTICIPATED AND PRESENTED A PAPER TITLED **SURVEY AND ANALYSIS AMONG PALLIATIVE PATIENTS IN FISHERMAN BELT OF KOLLAM DISTRICT** IN SIPC DAY 2022, ANNUAL CONFERENCE OF STUDENTS INITIATIVE IN PALLIATIVE CARE HELD ON 2ND OCTOBER 2022, ORGANIZED BY PALLIUM INDIA, TRIVANDRUM



Manoj G S
Executive Director
Pallium India



Dr. Shaji A
NSS Programme Officer,
University of Kerala



Babu Abraham
Head, Social Engagement Department
Pallium India



PALLIUM
INDIA



honoured. Keep up the good work.

Manoj_Pallium India to Everyone

Fathima well said, happy to know that the sipc volunteers are doing an amazing work and we should appreciate these efforts.... especially taking time out of your academics... the world is with you all... excellent work especially in fisherman community... they suffer a lot and it is required for you people to get into it and support them... great thanks

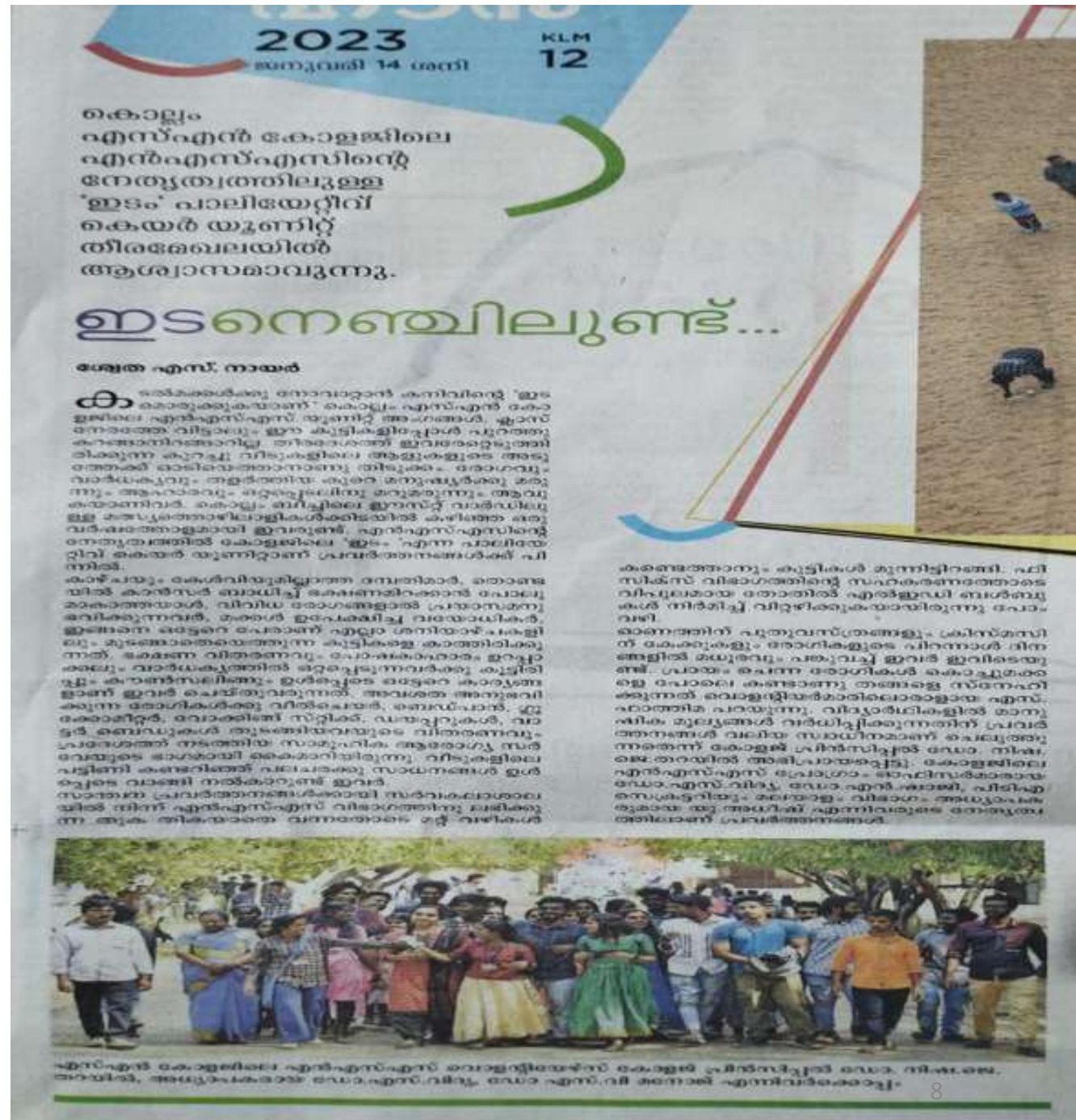
Krishnaraj to Everyone

K

Wow! Fathima, well spoken. Highly appreciate your sensitization and what you and your team at SN college have been doing and showing the way forward for everyone to ensure that every person needing palliative care is aware of their rights to receive palliative care for those in need and sensitizing others to accept their responsibility in this regard to ensure that their rights are honoured. Keep up the good work.

IN MEDIA

Malayala Manorama, a reputed National Daily published o full page news on the Students Palliative Care activities done by the college.



ACTIVITIES

- 1. Training programs**
- 2. Survey**
- 3. Home visits**
- 4. Fund rising**
- 5. Supply of Medicines**
- 6. Food kits**
- 7. Surgical items**
- 8. Medical equipment**
- 9. New clothes**
- 10. Discussions with palliative care government officials**
- 11. Sharing the joyous moments- Celebrations**

TRAINING PROGRAMS

YEAR	NUMBER OF UNIT LEVEL TRAINING
2017-18	2
2018-19	2
2019-20	1
2021-22	2
2022-23	4
TOTAL	11



SURVEY & ANALYSIS -2 Nos.

- **DEMOGRAPHIC PROFILE**
- **EDUCATIONAL STATUS**
- **ANNUAL INCOME**
- **DISEASES**
- **MEDICAL AWARENESS**

*Based on the survey analysis we make
action plans*



FUND RAISING

The unit have come up with many activities in order to meet the expense of palliative care.

- **LED bulbs** were assembled and sold among nearby offices and their own houses
- **Ice Cream Challenge**
- **Biryani Challenge**
- **Voluntary Collections** from faculties, non teaching staffs and students



HOME VISITS

- Second and fourth Saturday of every month
- Interact with patients and their family members,
- Collect the details of needed things such as medicines, food items, medical equipment or any other help they need.
- Sort the medicine based on frequency of intake and
- Train patients or care takers to use devices such as glucometer, digital BP apparatus, insulin pen.



Home Visits



SUPPLY OF MEDICINS

- Medicines for 30 days
- Medicines which they cannot afford or that is not supplied by Primary Health Centre are purchased and given to the patients.
- Most of the medicines are purchased from government pharmacies.



Supply of Medicines



DISTRIBUTION OF FOOD KITS

- In most of the visits the patients often demand for foods particularly fruits and nutritional food items.
- Foods items such as fruits, Grocery items, vegetables, Oats, Horlicks, Bread , Egg, Rusk, are distributes as per the demand.
- Special kits were supplied at the time festivals like Muharram, Onam and Christmas.
- At the time of bad weather the fisherman warnings were issued we support them with necessary amenities



Food Kits Distribution



NEW CLOTHES

- New clothes were distributed among the palliative patients during Onam every year.



DISTRIBUTION OF SURGICAL ITEMS

ITEMS	NUMBERS
Water bed	05
Glucometers	03
Wheel Chair	03
Walking stick-3	02
Bed Pan	02
Belladonna plaster	10
Under pad	22
Adult diapers	50
TOTAL	97



Walking Stick



Wheel Chair



Wheel Chair



Adult Diaper



Bed Pan



CELEBRATIONS

- Onam
- Christmas
- Birthdays of patients



STUDENT PALLIATIVE DOCUMENTARY SHOOTING

- The National Health Mission and District Palliative Care Unit shoot a documentary in which our college students' palliative initiatives were included.
- The so made video was presented before central ministry.



MEMORABLE MOMENTS

