



**GANGA PREM HOSPICE**  
*Care and comfort for the terminally ill*



# Activity Report

2020-21

**GANGA PREM HOSPICE**

A project of Shradha Cancer Care Trust, Delhi

[www.gangapremhospice.org](http://www.gangapremhospice.org)

# **ACTIVITY REPORT**

## ***2020-21***

### **TABLE OF CONTENTS**

- What is Ganga Prem Hospice
- Our Activities
  - *Inpatient Service*
  - *Cancer Clinics*
  - *Home Care Service to Cancer patients*
  - *COVID-19 Relief to Under-privileged cancer patients*
- Members of our Trust
- Our Contact Information

# What is Ganga Prem Hospice

**Ganga Prem Hospice is a spiritually orientated, non-profit 15-bed hospice for terminally ill cancer patients. The Hospice provides medical, social, emotional and spiritual support for individuals and their loved ones as they face life threatening cancer, and in their ongoing grief.**



Ganga Prem Hospice has been created to add other dimensions to the concept of hospice—the dimensions of spiritual care and holistic treatment. Ganga Prem Hospice exemplifies a fusion between medical care and spiritual perception. Eminent oncologists have joined with spiritual seekers and holistic therapists in the Rishikesh area to alleviate the physical and emotional pain of cancer patients and their grieving families.

The Hospice has been constructed in a village called Gohri Maphi, in Raiwala. The village is situated at the foot of the Himalayas near to the towns of Rishikesh and Haridwar, which are known for their spiritual culture and the many well-developed holistic centres.

## **THE CONCEPT OF A HOSPICE**

*A hospice can provide care both through inpatient facility and home care service. It offers the possibility of a dignified death with minimal distress.*

A hospice provides palliative care to chronic and terminally ill patients, aiming to help control their pain and other symptoms so that they can achieve the best possible quality of life and death. A hospice offers personal and caring service to both patients and their loved ones by providing information, comfort and basic care.

At Ganga Prem Hospice, volunteers, social workers, spiritual advisers and nurses assist doctors in providing medical and holistic care to terminally ill cancer patients. All facets of the patient's life—the physical, social, emotional and spiritual, are considered to be of importance. Trained in patient-centred terminal care techniques, staff and volunteers understand that each patient and his needs are unique.

Hospices provide solace and comfort to patients and their families and help them to adjust to the many challenges and losses they face in the terminal phases of cancer. Often holistic by nature, palliative care can provide pain relief, symptom control and support at the time when it is most needed. After death, the hospice extends care to family and friends of the patient during their bereavement. In some cases, where the patient's families are destitute, an attempt is made to rehabilitate the family in case of the patient's death.

# Our Activities

## INPATIENT FACILITY

The Ganga Prem Hospice inpatient facility has been serving inpatients since 2017, being the only hospice in the state of Uttarakhand. With a well-equipped and environment-friendly facility of 32 rooms nestled in the foothills of the Rajaji National Park and in the vicinity of the Ganga river, the hospice is a haven for patients living with terminal-stage cancer and suffering from its many complex symptoms. Round-the-clock care and attention are provided to patients in individual rooms and one palliative care ward.

All services are free-of-charge for all patients, irrespective of their gender, religion, caste, and economic or social background.

### Facilities at Ganga Prem Hospice Inpatient Unit

24/7 nursing care;

24/7 doctor/palliative care specialist supervision, advice and care;

Oncological advice;

Free-of-charge symptom-control medication;

Nutritional and dietary care;

Breathlessness support;

Diversional therapy and community activities for patients and carers;

Massage therapy for patients;

Beautiful gardens with wheelchair ways;

Lift for patients;

Free-of-charge laundry service for patients and carers;

Library;

24/7 hot water supply and power backup;

Counselling and psychological care;

Spiritual care, music therapy and kirtan;;

Free-of-charge stay, and food for one carer;

Meditation and yoga;

Social worker assistance;

Free-of-charge ambulance service for patients;

Free-of-charge cable television in each patient's room and Wi-Fi;

Play activity area for paediatric patients and children;

Mortuary

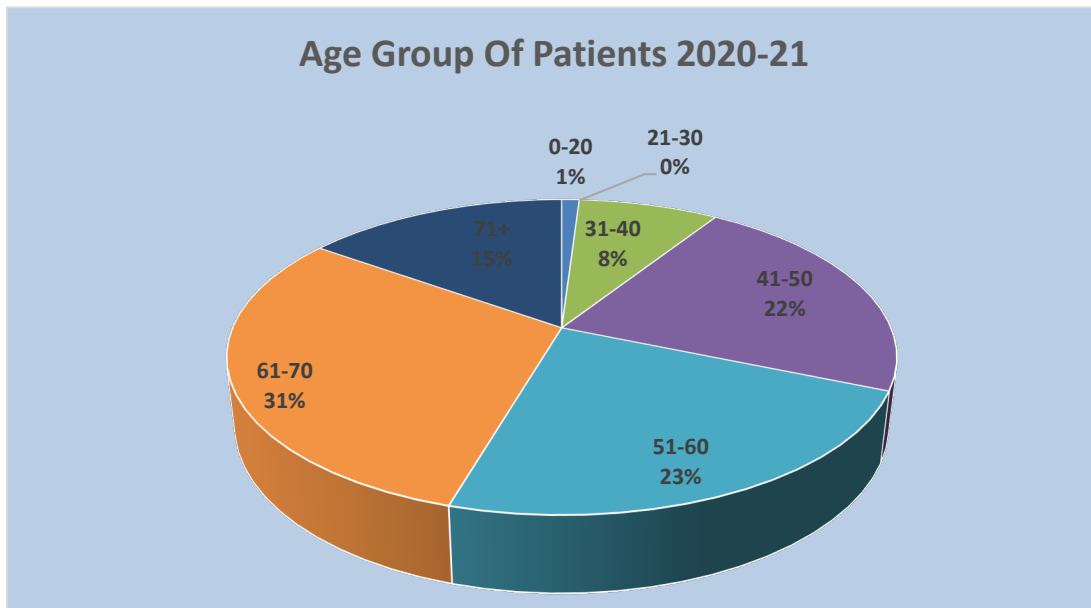
Assistance with last rites/complete funeral arrangement for patients without a legal guardian;

Bereavement support for family members.



## Patients served in inpatient facility 2020-21

In the COVID-19-hit year April 2020 to March 2021, Ganga Prem Hospice was privileged to serve and support 99 in-patients suffering from end-stage cancer. In addition to attending to patients' medical needs, the hospice provided nutritious food, (including organically grown vegetables from our garden), psychological and spiritual counselling, financial support and numerous enriching activities. The committed medical team, support staff and volunteers came together to provide patients and their families with a strong, supportive community feeling.



## The Ganga Prem Hospice Home Care Service



*The Ganga Prem Hospice home care teams visited **323** patients with advanced stage cancer during the year 2020-21.*



*Crucial COVID-19 relief was provided to dozens of cancer patients, and their dependents, including children.*

*Patients received palliative care consultations, nursing care, wound dressings, catheter, tracheostomy, and feeding tube care, medicines and counselling in their own homes.*

The Ganga Prem Hospice free home care service provides:

- Regular visits to patient's home by:
  - A palliative care nurse
  - A palliative care doctor
  - Complementary therapist (whenever possible)
  - Medical Social Worker
  
- Medical care for patient as advised by oncologist;
- Complementary therapies for symptom relief and relaxation for both patient and family;
- Counselling for patient and family;
- Spiritual support for patient and family;
- General support for patient and family.

In the year 2020-21, the Ganga Prem Hospice home care service provided relief to :

- 323 end-of-life cancer patients
- Did 3523 home care visits
- Served patients, 177 males and 146 females



# COVID-19 RELIEF PROVIDED BY GANGA PREM HOSIPCE: 2021-21



# **Members Of Our Trust**

## **SHRADHA CANCER CARE TRUST BOARD**

### **Chairman**

- DS Negi (IAS Retd.)

### **Members**

- Dr AK Dewan, MS, MCh.
- Dr DC Doval, MD
- Dr Rupali Dewan, MD
- Arun Kumar Banerjee (IFS Retd.)
- Deepak Baijal
- Suresh Kathpalia, Treasurer
- Raghubir Lal Ghai
- Nani Ma

## **Our Contact Information**

**Registered Address:** Shradha Cancer Care Trust, 115, C-13, Sector 3, Rohini, Delhi-110085, India

### **Phone numbers**

+91 98109 31743

+91 94107 07108

### **E-mail Address**

[info@gangapremhospice.org](mailto:info@gangapremhospice.org)

### **Website**

[www.gangapremhospice.org](http://www.gangapremhospice.org)

