



**GANGA PREM HOSPICE**

*Care and comfort for the terminally ill*

# 2019-20 ANNUAL REPORT



**A PROJECT OF  
SHRADHA CHANCER CARE TRUST**

## About 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.**



# 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 Ganga Prem Hospice inpatient facility 2019-20**

In the year April 2019 to March 2020, Ganga Prem Hospice was privileged to serve and support 112 in-patients suffering from end-stage cancer. This reflects a 47% increase as compared to the previous year. 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.

### **Geographical location of inpatients**

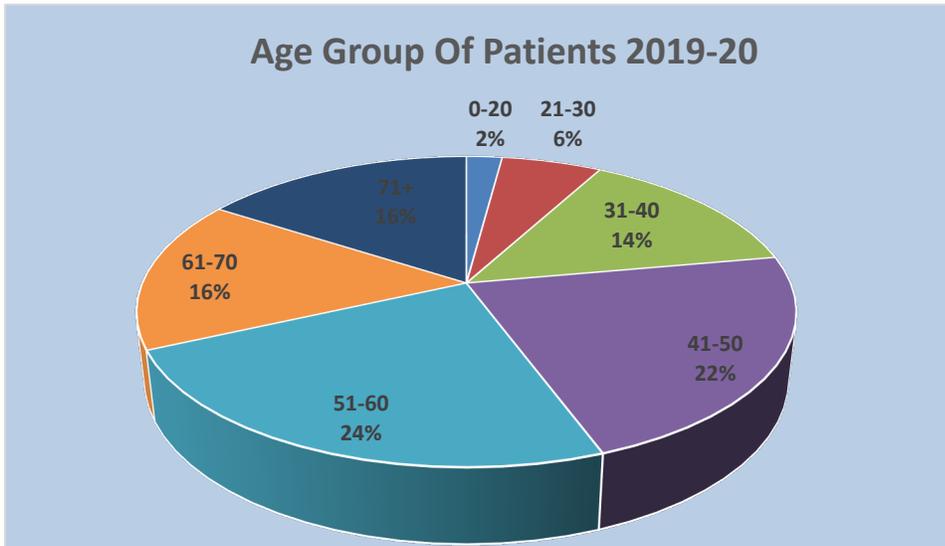
In the year 2019-20, the geographical reach of the Ganga Prem Hospice inpatient service grew far beyond the home state of Uttarakhand, and covered several districts of the state of Uttar Pradesh.

***27% : Percentage of patients from out of the home state of Uttarakhand served by Ganga Prem Hospice inpatient unit***

***15% : Percentage of patients who came from rural and mountainous areas to access inpatient care at Ganga Prem Hospice.***

***The majority (72% - 80 patients) were of the age 40 years or above.***

Ganga Prem Hospice also readmitted patients who had been discharged, when their symptoms became unmanageable again. Thirty percent (30%) of the patients sought to return to the hospice for symptom management.



**Dying with maximum end-of-life care: 43 patients**

The year saw 39% of the patients die at the hospice, cared for till their last breath by the committed team of Ganga Prem Hospice. Four of such patients had no family or friends to look after them, and the hospice provided

them with multi-dimensional care, sometimes also arranging for funerals when the patients were destitute and without any next of kin.

## The Ganga Prem Hospice Home Care Service

The Ganga Prem Hospice home care teams visited 325 patients with advanced stage cancer during the year 2019-20. The patients, hailing mostly from Dehradun, Haridwar and Rishikesh, received palliative care consultations, nursing care, wound dressings, catheter, tracheostomy, and feeding tube care, medicines and counselling in their own homes.



For many terminally ill patients, receiving palliative care in their own homes is one of the most preferred ways of being cared for in the last days of their lives.

In the year 2019-20, for 325 patients suffering from end-stage cancer, and their loved ones, the Ganga Prem Hospice home care visits were a source of receiving some much-needed care and support.

In the final stages of a disease, patients often want to spend time at home, rather than being hospitalized. Ganga Prem Hospice enables the patients and their families to spend as much time together at home as possible, as the hospice team takes on the job of managing the patients' symptoms, providing them pain-relief, medical attention and emotional support. The frequency of the home visits increases as symptoms of the final days of the patient begin to exhibit.

Once the patient passes, the Ganga Prem Hospice team provide bereavement support to the family, as also long-term assistance and social and economic rehabilitation, whenever needed.

## The home care service provides:

- Regular visits to patient's home by:
  - A palliative care nurse;
  - A palliative care doctor;
  - Complementary therapist (whenever possible) ;
  - Counsellor (whenever possible);
  - General volunteer (whenever possible);
- 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.



## MONTHLY CANCER CLINICS IN RISHIKESH

Ganga Prem Hospice holds a charitable monthly cancer clinic in Rishikesh. The clinic is held on the last Sunday of every month at the Sardarni Nanki Devi Punjab Sindh Kshetra Charitable Hospital, in Rishikesh. Surgical oncologist Dr AK Dewan, accompanied by other oncologists, gynaecologists, general physicians, and an Ayurvedacharya sees an average of 70-90 patients at each clinic. The clinic begins at 9.00 am and finishes between 2.00 pm and 3.00 pm.

Most patients who come to the clinic are from lower-income brackets. Many people who come are already suffering from cancer and many more come with suspected cancer symptoms. New cases of cancer are generally diagnosed at clinics and the patients are directed to the correct procedures. As much as possible, medicines are distributed free-of-charge at the clinic to under-privileged patients.



*The Ganga Prem Hospice charitable cancer clinics are held on the last Sunday of every month in Rishikesh*

### **The Ganga Prem Hospice monthly charitable cancer clinics in Rishikesh offer:**

- Screening of patients for signs of cancer;
- Oncological consultation for cancer patients;
- Counselling for cancer patients, terminally ill patients, and their families;
- Free of charge distribution of medicines;
- Guided meditation sessions;
- Palliative care for terminally ill patients;
- Free of charge essential oils massage;
- Pick up and drop back vehicle service for terminally ill patients when needed.

## **GANGA PREM HOSPICE CHARITABLE CANCER CLINICS**

<b>Clinic patients in 2019-20</b>	<b>765</b>
<b>No Of clinics</b>	
Haridwar	1
Rishikesh	11
<b>Male</b>	517
<b>Female</b>	248
<b>Cancer Patients</b>	395
<b>TICP</b>	70
<b>SCP</b>	23
<b>General Pt</b>	277
<b>Pt In each town</b>	
<b>HW</b>	93
<b>RKSH</b>	368
<b>DDN</b>	135
<b>Himalayan</b>	65
<b>Plains</b>	104

# **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**

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