



# **Report on Palliative Care Works visit Addis Ababa, Ethiopia**

**7<sup>th</sup> to 18<sup>th</sup> November 2016**

## **Executive Summary**

### **Purpose of the visit**

To support the integration of palliative care into the health care system of Ethiopia through training and mentoring health care providers and,

- To meet with Federal Ministry of Health (FMOH) officials,
- To meet members of the FINOT Rotary Club of Addis Ababa,
- To deliver a one day refresher course on Palliative Care to previously trained Health Care Workers
- To deliver a five day Palliative Care Toolkit training to 28 Addis Ababa based Health Centre staff.

### **Visiting Team, from Palliative Care Works (PCW)**

Mrs. Ruth Wooldridge, OBE RGN Palliative Care Nurse and Mentor  
Dr Gillian Chowns PhD, CQSW, Social Worker and Mentor  
Dr George Smerdon MB.BS, FRCGP, Doctor and Mentor

### **and from East Midlands Rotary International,**

Mrs. Christine Davies, District Governor Elect, East Midlands, UK

### **Host organization in Ethiopia**

Federal Ministry of Health, Dr Nicola Ayers PhD, MSc, BSc (Hons) RN

### **Context and background to visit**

Palliative Care Works, ([www.palliativecare.org](http://www.palliativecare.org)) is a UK based charity is a consortium of experienced palliative care practitioners and educators all of whom have worked overseas developing and delivering palliative care training and services.

The PCW board approved this initiative following the invitation from the FMOH through Dr Ayers. Funding is from Rotary International. and Christine Davies, District Governor Elect of East Midlands (UK), is coordinating and managing the fundraising programme

## **Background to the current Palliative Care situation in Ethiopia.**

The Ethiopian government is committed to integrating palliative care into its health service. This is being driven forward at the Federal Ministry of Health, [www.moh.gov.et](http://www.moh.gov.et) by Dr Desalegn, Director of the Clinical Services Directorate at the Ministry and Dr. Nicola Ayers, Palliative Care Advisor to the FMOH. Currently there are extremely limited services, and very few palliative care trained personnel throughout Ethiopia.

In March 2016 Dr Ayers delivered a three week palliative care course to 24 health care providers from four 'hub' hospitals in Addis Ababa; St Paul's, Yekakit 12, ALERT and the Black Lion Hospital.

The PCW visit in November was the next stage in scaling up the service by delivering a five day training programme for staff from the health centres which access these hub hospitals. The purpose of training this cohort of staff was to extend a network of trained palliative care practitioners who can then care for people requiring palliative care in their local community and cascade their knowledge of palliative care within their health centres.

### **Week 1. Key Meetings:**

#### **Federal Ministry of Health**

Dr Desalegn, Dr Nicola Ayers, Sister Emebet Tarekegn, Deputy Palliative Care Adviser, FMOH, Dr Yoseph Mamo, Non Communicable Diseases (NCD) Adviser, FMOH and the training team for The Pain Free Hospital Initiative.

#### **Rotarians**

Dr Lue Tekola PhD, chairman of the Board of Trustees of Hospice Ethiopia, also a member of the FINOT Rotary Club in Addis Ababa. Members of the FINOT Rotary Club of Addis Ababa. Members of Rotaract associated with FINOT Addis.

#### **Hospice Ethiopia**

Officer Ephrem Abathun, CEO of Hospice Ethiopia, Sister Tsigerada Yisfawessen, founder of Hospice Ethiopia and hospice staff.

The hospice is in a suburb of Addis Ababa and cares for around 50 patients at any one time. The team from the UK met with staff at the hospice and later accompanied the hospice team making visit to patients with advanced illnesses in their own homes. The hospice offers home based care to patients who have been referred from hospital or self-referred.

## **Training**

The Palliative Care Works team delivered a one day Palliative Care refresher course to staff from the four hub hospitals who had received palliative care training in April 2016. The PCW appreciated the opportunity to meet individuals from the hubs who may well become potential champions to lead palliative care within their work place, and who were the links between the wards and the hubs.

### **Week 2 Training course**

Delivered by Palliative Care Works team.  
Observer: Christine Davies from Rotary UK

The 5 day course was delivered at the Training Centre at ALERT Hospital to 28 health care professionals. The participants were nurses, health officers and doctors from the health centres serving those hospitals with palliative care hub services and also included two nurses from the Prison Service.

The resources used for the course were the Palliative Care Toolkit, for resource limited health settings, The National Palliative Care Guidelines (Ethiopia) and the film, 'Frontline Palliative Care'.

One morning was devoted to clinical placements for the participants which took place in each of the four 'hub' hospitals, with some of the previously trained palliative care staff in attendance.

All participants completed the course with good results from the post course examination.

## TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	
Opening address, pre-test etc. NA	Recap and reflection GC	Recap and Reflection GS	Recap and quiz NA	Recap and reflection GC	15 mins
Getting to know you, ground rules, expectations etc. GC	PC assessment to include treat, care and prescribe. Tools GS	You can help different symptoms 1 RW	Palliative Care Site visits for Clinical Practice	Feedback on site visits: key points GS	9.15 - 10.30
What is PC? RW	You can assess pain, other problems and prescribe. Tools GS	You can help different symptoms 2 RW	Clinical Practice	You can give bereavement support. Including end of life care. RW	11 - 12.30
<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	12.30-1.30
You can do PC in your setting - examples GS	Spiritual Pain/Spirituality GC	Psychosocial care - Breaking bad news YM	Homework/reading	Teams. Training, team building, self-care. GC	1.30 - 3.00
Communication GC	Morphine, analgesic ladder RW	Psychosocial care - Children and families. GC		Close, post-test, evaluation. Graduation.	3.15 - 4.15
Round up RW	Round up GS	Round up GC			15 mins

## **Next Steps**

- PCW plan to conduct an evaluation of the course after three months via e-mail questionnaire.
- To share this experience with others involved in supporting palliative care training in Ethiopia.
- The PCW team will discuss with Dr. Ayers, the possibilities of mentoring key individuals and how that might be done.
- Next courses are booked for June 5<sup>th</sup>-17<sup>th</sup>, 2017 - the participants /area/ hospitals yet to be determined.
- The role of FINOT Rotary Club in Addis to be developed in collaboration with its UK partners.

**WE WOULD LIKE TO RECORD OUR THANKS  
TO ALL THE PARTICIPANTS ON THE COURSE,  
TO DR NICOLA AYERS AND HER TEAM AT THE FEDERAL MINISTRY OF  
HEALTH FOR ALL THAT THEY DID TO ORGANISE AND FACILITATE THIS  
COURSE,  
TO THE FEDERAL MINISTRY OF HEALTH OF ETHIOPIA, ITSELF, AND  
TO ALL AT ROTARY INTERNATIONAL INVOLVED IN THIS WORK.**