CENTRE FOR PALLIATIVE CARE NIGERIA (CPCN)

"PEP TALK"

CPCN NEWSLETTER

VOL.2 NO.1

VISION:
To enhance effective pain management and quality palliative care for individuals in Nigeria and elsewhere in Africa.

MISSION:
To provide comprehensive hospice and palliative care services to patients as well as develop palliative care education and research in Nigeria.

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JAN- JUNE 2013

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CPCN’S EXECUTIVES

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Prof. O. A. Soyannwo FAS
Vice President
Dr. A. A. Adenipekun
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Dr. Adenike Onibokun
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... PROVIDING CARE AND SUPPORT FOR THOSE WITH LIFE LIMITING ILLNESSES
Once again I welcome you to another newsletter. This issue gives an account of our activities in the first half of 2013. Education and training are major areas as we continue to spread the capacity for hospice and palliative care throughout Nigeria. Our plan to reach out to the community is ongoing. Following the ‘Lean management’ collaborative workshop, the dynamic team from CPCN came up with innovative plan for fund raising in two ways- the CPCN FRIENDS DONATION FORM and QUALITY LIFE SUPPORT PARTNERS (QLS). Anticipated support from our friends and donors should help us towards accessing the much needed funds for patient support and organizational capital project.

We thank those who have attended our courses and are now pushing forward the frontiers of holistic care in different parts of the country. We could not have stayed afloat without the support and dedication of our members, resource persons at courses, dedicated office staff and volunteers, some of whom (like Mr. Marcus Chukwu) contribute up to 6 months of their time. We appreciate the passion and selfless service from our volunteer management consultant and public health expert, Mrs. Bamke Okunribido. She has consistently provided stability and quality advice in administrative matters and training. Our concerted efforts with new ideas will surely ensure CPCN continues to grow and the ability to put smile on the faces of our clients.

Prof. Olaitan Soyannwo, MBBS, DA, M.Med, FWACS, FIS, FAS
President,
Centre for Palliative Care Nigeria (CPCN)

CPCN

It is an act promoting to fight against all odds, to provide an experience of regaining the glow and prosperity of life considered to be lost forever. CPCN in the year 2013 continues to run with its vision of providing care and support for those with life limiting illnesses. This issue of the newsletter highlights key events/activities accomplished within the transforming process in the first half of 2013. Improvements so far made are indicator to progress. Part of the current plan is to institutionalize CPCN by embarking on capital project (i.e. a model hospice) in a serene place. We therefore call for more people with caring heart to partner with us as our Quality Life Support Partners (QLSP). We hereby appreciate those on board for their concern and interest which contributed greatly to the progress being experienced now at CPCN.

- Mrs. Bamke Okunribido
B.Sc (Soc) / MPH
(Pro/Edn)
FIRST PALLIATIVE CARE INITIATORS COURSE IN NIGERIA 2013

The CPCN sprang into year 2013 with Palliative care Initiators Course. This was the first of such training in Nigeria for Health Care Professionals and was held in Ibadan between January 7th and 8th February, 2013. The 5 weeks course was organized by the Centre for Palliative Care, Nigeria (CPCN) in collaboration with Hospice Africa Uganda (HAU).

Prof. Anne Merriman, founder of Hospice Africa Uganda, and her teams (Dr. Nick Rose and C.Nawangi) were resource persons throughout the course duration. Other facilitators representing stakeholders included: the Nigerian Federal Ministry of Health (FMOH), National Agency for Food and Drugs Administration and Control (NAFDAC), Global Access to Pain Relief Initiative (GAPRI), University College Hospital (UCH) Ibadan Hospice Unit, and CPCN members and Volunteers.

Participants were seventeen (17) Health Care Professionals with interest in the development/establishment of Palliative care services in their respective institutions. They were 6 Doctors, 4 Nurses, 5 Pharmacists and 2 Medical Social Worker from four (4) Federal tertiary health Institutions and four (4) State secondary health institutions located in four (4) geopolitical zones. The zones include: North-Central, North-West, South-South and South West of Nigeria.

The course was judged a success based on the pre, daily and final evaluation assessments reports. Useful lessons were learnt for the organization’s future courses in Africa. CPCN sincere gratitude goes to Hospice Uganda and its facilitators (Prof. Anne Merriman and her teams- Dr. Nick Rose and C. Nawangi) for bringing the training to Nigeria. Our special thanks are also to the UCH management and other national institutions and organizations for their support and cooperation.

CPCN COLLABORATIVE VENTURES

LEAN SIX SIGMA MANAGEMENT TRAINING

The Lean Six Sigma Management Training is another innovation towards organizational development and increase in output. Mentors for Africa USA, in collaboration with the Centre for Palliative Care Nigeria (CPCN) and the Association for Reproductive and Family Health (ARFH) organized a pro-bono 3-day course. The course, which was the first of its kind in Nigeria, was designed for the executives and top management staff from Health related institutions. The aim is applying lean management principles to organizational development.

The training ran between 9th and 11th April 2013, and was led by Kunbi Rudnick, a Process and Program Manager, Merck &Co. Inc. headquarters USA and the Program Director for Mentors for Africa, USA a Not-for-Profit organization.

Mr Yanju Adegbite, the Chief Executive Officer (CEO) Broadcasting Co-operation of Oyo state (BCOS), was in attendance as the special guest of honour. He declared the training open on 9th of April, 2013. He applauded the initiative of Lean training, which from his perspective is a different way of looking at, and solving problems in any organization. He termed it “the Lateral thinking Principles”.

...Providing care and support for those with life limiting illnesses
Other attendees were key executives from notable Non-Governmental Organizations (NGOs), State Agency for the Control of AIDS (SACA), University College Hospital (UCH) Ibadan and other health organization. The programme ended on the 11th of April, 2013 day with Certificates being presented to the trainees. Details on how to achieve continuous mentoring from Mentors for Africa were sent to the participants, to facilitate the Lean Thinking Process.

ORGANIZATION - DEVELOPMENT ACTIVITIES

CPCN LEAN MANAGEMENT COMMITTEE

11th April saw the birth of a committee preceding the end of the Lean Management Training. The focus of the team is to look into customer value, increase employee/Volunteers drive and to stay ahead in the industry while measuring organizational returns. This was with the view of achieving the organization’s set vision and mission.

Organization Exploits: Fundraising drive (birth the CPCN Friends donation form and Quality Life Support QLS) partnerships for patient care and Capital Projects. It is a futuristic team, with members from different disciplines combining wits to produce revolutionary initiatives in increasing the presence of palliative care in Nigeria.

MEDIA ADVOCACY

PALLIATIVE CARE ADVOCACY ON THE AIR

Every Wednesday of March to April 24 2013, at 12.30 p.m., Hospice and Palliative Care Programme featured on the Broadcasting Co-operation of Oyo state (BCOS) Television. The programme was at the instance of the Nigerian Medical Association (NMA) slot with the station. The Hospice and Palliative Care Unit, UCH used the slot for advocacy, and did sensitize on the concept of palliative care and how to access palliative care services.

During Abstracts presentation, members of the CPCN presented the following:

- “Telephone Communication in rendering Palliative Care Services in Hospice and Palliative Care unit, University College Hospital (UCH), Ibadan, Nigeria” – (Research Team: Prof. Olaitan A. Soyannwo, Mrs. O.M. Adeboye and Dr. A. Aikomo) at the first Scientific Session.

- At the second Scientific Session, a Presentation titled: “Advancing the Course of Paediatric Palliative Care in Ibadan, Nigeria”; by Mrs. O.M. Adeboye of a Research carried out by the following Team: Prof. Olaitan A. Soyannwo, Dr. B.J. Brown, Dr. O.F. Iken, Dr. A. Aikomo, Dr. O. Odebunmi and Mrs. O.M. Adeboye

CONFERENCE

HOSPICE AND PALLIATIVE CARE ASSOCIATION OF NIGERIA (HPCAN) – SCIENTIFIC CONFERENCE & ANNUAL GENERAL MEETING 2013

The 6th Annual General Meeting and Scientific Conference of the HPCAN took place in Port-Harcourt on June 12th – 15th 2013 with the theme: ‘Holistic Care to the End – Role of Palliative Care’, with a sub-theme: ‘Spirituality, Culture and Palliative Care’. Dr. A. Adenipekun National President HPCAN gave the welcome address. Prof. Olaitan Soyannwo (President, CPCN) presented the keynote Lecture.

During Abstracts presentation, members of the CPCN presented the following:

- Home based care
- Day care forum (for both children and adults)
- Hospital visitation 
  (inpatients )
- Clinical placements
Providing care and support for those with life limiting illnesses

You can contribute in several ways:

i. Financially
   a. Be a friend (CPCN FRIENDS DONATION FORM)
   b. Pick a gem (QUALITY LIFE SUPPORT PARTNERSHIP)

ii. Volunteering skills

IF YOU NEED THE FORMS PLEASE CONTACT US VIA E-MAIL / TELEPHONE OR SEE OUR FACEBOOK PAGE, THANK YOU.

COMING EVENTS IN LAST LAP OF 2013

- Annual General Meeting (AGM), 2013.
- CPCN Board of Trustees Meeting, 2013.
- Training for Carers 2nd – 4th October 2013

Training Programmes offered by CPCN:

- 5 weeks Palliative Care Initiators Course
- 2 Weeks Health care Professionals Course
- 3-5 Days Introductory Courses
- Health Carers course
- Clinical Placements
- Volunteers Training

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