



## 2022 at a Glance

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Thus, whether the cause of suffering is cardiovascular disease, cancer, major organ failure, drug-resistant tuberculosis, severe burns, end-stage chronic illness, acute trauma, extreme birth prematurity or extreme frailty of old age, palliative care may be needed and has to be available at all levels of care. (WHO)

Palliative care is a special service that has been recognised by the World Health Organisation and the Ministry of Health. It is applicable early in the course of terminal illness, in conjunction with other therapies that are intended to prolong life, such as chemotherapy or radiation therapy.

***"Doing my end of life planning led me to express to my palliative care nurse that I wanted to make a difference, and not to be forgotten."***

**Lucy Watts MBE**

***"You matter because you are you, and you matter to the end of your life. We will do all we can not only to help you die peacefully, but also to live until you die."***

**Dame Cicely Saunders  
Pioneer in palliative care**



***"Nairobi Hospice is my second home. They took away my pain, they always welcome me with a smile and listen to my challenges."***

**Palliative care patient  
from Kangemi**



Patients during one of our group therapy sessions

## 1. Palliative Care

Palliative care is a crucial part of integrated, people-centred health services. Relieving serious health-related suffering, be it physical, psychological, social, or spiritual, is a global ethical responsibility.

## 2. Services offered at Nairobi Hospice

### Our impact:



We are committed to providing quality palliative care services to both adults and children in need of our care. We provide the following services:

- Pain management
- Control of stressful symptoms
- Counseling
- Spiritual support
- Legal guidance
- Bereavement support

We have adopted a multidisciplinary approach and work as a team to improve quality of life of our patients and their families. Our four-pronged approach to provide care includes outpatient, hospital visits, community outreaches and home-based care.

On alternate Thursdays, we host daycare/support group sessions. During these forums, patients get a chance to interact with others and receive advice from different professionals. The support group sessions enable patients to feel that they are not alone and get tips to overcome challenges during their treatment journey.

Nairobi Hospice is also a training institution for both healthcare and non-healthcare professionals. We have collaborated with Oxford Brookes University in the UK to offer a Higher National Diploma in Palliative Care. This is an 18 months training programme, delivered in a blended learning model (online and face-face). We also have a 5-day short course to equip participants with basic principles of palliative care.

Our research center actively promotes and supports various studies on palliative care as well as contributes to academic publications.

Many students have undertaken clinical placement at our facility to gain hands-on skills on palliative care.

**The table below indicates key activities undertaken in the last 12 months (Jan-December 2022) compared to 2021.**

Description	2021	2022
Adult patients served	1,205	1,489
Pediatric patients served	60	77
Patients who attended daycare	642	964
Family members supported	2,500	2,963
Students undertaking Higher National Diploma in Palliative Care	30	39
Healthcare workers trained – Certificate level	44	50
Non-Healthcare providers trained – Certificate level	124	150
Clinical internships	47	69

### 3. Strengthening governance & strategic review

#### Boards' Retreat



In July 2022, the NH Board of Directors had a retreat in Eldoret to review the Strategic Plan 2022-2025 and develop key policies to strengthen our service delivery.

#### Resource Mobilization Initiatives

As a charity organization we serve vulnerable patients and families, mostly from the informal settlements. The majority of our patients are impoverished and not able to meet the cost of care. We encounter patients who are not able to afford basic needs, including food. We thus organize different initiatives to raise funds to support provision of palliative care to our patients.

Some of the initiatives that we have undertaken:

1. Proposal writing to international partners and local corporates
2. Easter and December appeals
3. Engaging Friends of Hospice
4. Charity Golf Tournament
5. Charity walk
6. Voices for Hospices music concert

We have received numerous donations in-kind that were distributed to needy patients. We have had several volunteers sacrificing their time and expertise to support hospice work.

We appreciate all those who have supported Nairobi Hospice both in-kind and financially.

### 4. New services update

There is a growing demand for cancer care and inpatient palliative care services in the country. To address this growing demand, the Board of Directors has initiated new services: chemotherapy and Inpatient services.

Once these units are completed we will be able to serve over 1,000 more patients annually. The construction and partitioning works have been completed and we are now appealing to all our partners and well wishers to help us equip these facilities.



New oncology unit

To donate towards the oncology and/or inpatient units, kindly make your payment to "Nairobi Hospice" through:

#### 1. NCBA Bank

**Account no: 8109630015**

**OR**

#### 2. M-pesa

**Paybill no: 982650**

**Account name: Equipment**

Thank you in advance for any support you may offer.

### Contacts

We are located along Hospital Road next to KNH.

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[www.nairobihospice.or.ke](http://www.nairobihospice.or.ke)



## 5. Photos



Home-visits by a hospice's clinical team



Part of donations in-kind that we have received



Healthcare professionals training on palliative care



Annual Charity Golf Tournament at Karen Country & Golf Club



Voices for Hospices at Bomas of Kenya



Partners meeting held at Nairobi Hospice facility