



## Mary Potter” Palliative Care Center

Newsletter –December 2015



*Dear Friends of “Mary Potter” Center!*

As always, we have the pleasure to share with you the most important moments, the most successful activities and accomplishments of each semester.

*“You matter because you are you...& to the last moment of your life and we will do all that we can, to help you to live until you die.” – Dame Cicely Saunders (Founder of St. Christopher’s Hospice).*

We walk in her footsteps aiming growth, development and perfection of this service.

*We take care of people in need...*

Cancer patients in terminal stage continue to be in the focus of our services and activities. The number of patients who have received palliative care in the second half of this year was **151**. Physicians and nurses have been the key persons responsible for the assessing and managing of physical, psychosocial and spiritual problems, not only to the patients but even to their family members. They have made available medical assistance and a significant number of medications, as well as necessary equipment or materials to minimize these problems. During the medical visits and the assessment of the patients, the staff has observed and addressed for solution all these problems and together as a multidisciplinary team, they have ensured the provision of a quality palliative care to them. Home care has always been in the focus of all the services provided by “Mary Potter” team to patients in terminal stage. In this semester, the number of home visits was **910**, visits conducted in the center and day care sessions **1209**, telephone calls **391** and day therapy applied at home **88**. Also, the number of cycles of curative and palliative chemotherapy applications was **170**. As we can see, the number of visits in the center has been increased because patients prefer to come and stay in the center and to benefit from day hospice services.





Day hospice, which already functions for more than two years, provides care for patients and their family members, too. The beneficiaries of this service are all the patients who possess physical and psychosocial problems, that require the consultancy of the staff and special conditions. Hospice continues to be a very positive experience not only for the patients, but even for their family members and the staff, as well. During the time that patients stay in the hospice, they have been under the care of a multidisciplinary team which has reached a better management of physical, emotional, psychological and social problems that they present. Patients with a good status of performance have participated in the programs and entertainment activities planned by the staff. Birthday parties and other special days have conveyed good emotions to the patients and they have the possibility to spend a quality time in the company of each-other. Day hospice is also a good opportunity to alleviate the family members who are exhausted, in the physical and psychological aspects from the prolonged suffering of their familiar. This service allows them to rest, to take care of themselves or to accomplish other familiar or social obligations.

### *Successful trainings...*

In order to make palliative care a well known and available service to all patients in need wherever they live, thanks to the ongoing support of LCM, DAI and OSFA, we continue to train health professionals all over the country. Only this year, the number of trained physicians and nurses participants in 2-day trainings, in 8 cities of the country was **523**. Also, **50** physicians and nurses from the entire country have participated in residential trainings/ 5-day which provide not only theory but also practical experience, which helped them to understand better the aim and the importance of Palliative Care. The participants appreciated these trainings as a very beautiful, valuable and unique experience.

El nec 2015



One of the most successful training of this semester has been the ELNEC (End of Life Nursing Education Consortium) training. This is high international profile training on PC and it was attended by 34 physicians and nurses who were selected from over 60 applications. All the staff was involved in the implementation and the ongoing of this 3-day training. The ELNEC curriculum, already translated in the Albanian language was distributed to the participants. Pediatric Palliative Care was a new approach for all attendees. The training program was conveyed with commitment and professionalism by 5 lectures, three of them experts of PC in USA and two others members of Mary Potter team. Thanks to the ongoing lobbying efforts with the foring experts, the organisation of this training was made possible .

*ELNEC Award Winner for  
2015*

All the commitment and the efforts done for the training of health professionals on PC, are crowned with the award

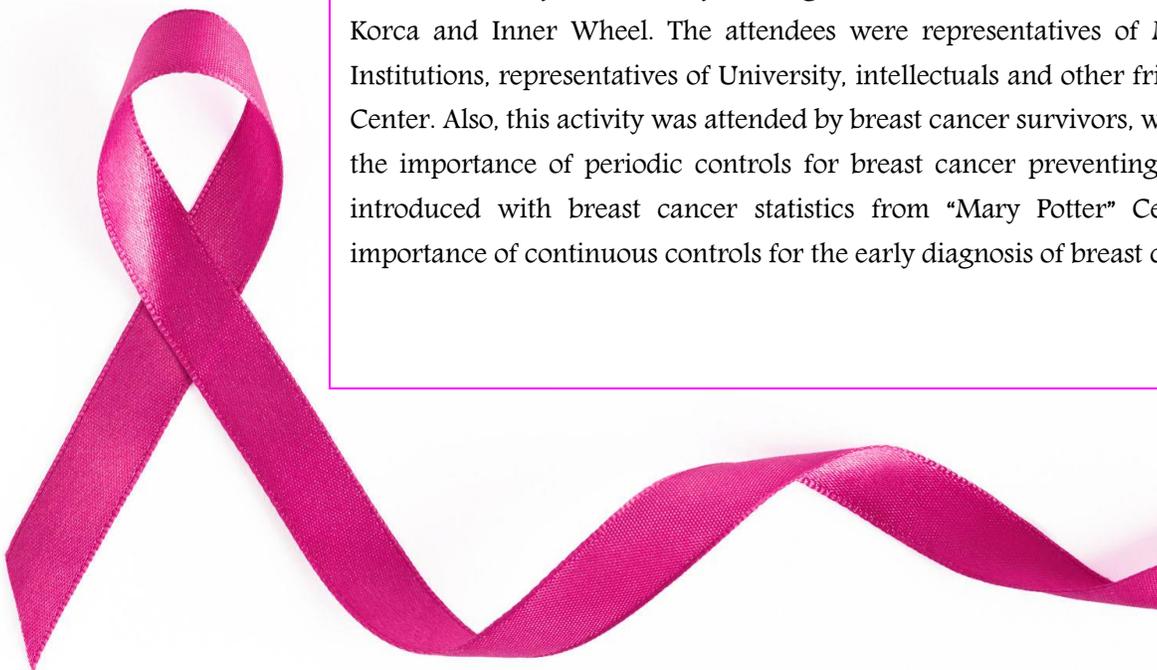
**“ELNEC 2015”,**

won by the leader of Mary Potter Palliative Care Center, **Mrs. Irena Laska.**



*October- Pink Month...*

In the framework of October month, which is recognized as Breast Cancer Awareness Month, “Mary Potter” Palliative Care Center organized an awareness activity, in the center of the city. This activity was organized in collaboration with the Municipality of Korca and Inner Wheel. The attendees were representatives of Municipality, Public Institutions, representatives of University, intellectuals and other friends of Mary Potter Center. Also, this activity was attended by breast cancer survivors, who did an appeal on the importance of periodic controls for breast cancer preventing. The audience was introduced with breast cancer statistics from “Mary Potter” Center and with the importance of continuous controls for the early diagnosis of breast cancer.



## *Providing support to new palliative care units.....*

Being estimated for the work and commitment while providing PC, "Mary Potter" staff was entrusted by Ministry of Health and the foreign experts to offer the experience and support to three new palliative care units, already established in Shkoder, Elbasan and Berat Regional Public Hospitals, even for this year. For these teams, we have been present in their work place; we have provided trainings and organized visits to exchange experiences among them. These activities have been very successful and also a further motivation in providing a qualified service to the patients in terminal stage in their cities.



## *Giving is a natural response of love .....*

Christmas season is time for joy, wishes, gifts, but above all, its time when many people try to think of others needs, either in their community or further. "Mary Potter" Center in cooperation with Inner Wheel, have organized an activity with the aim of collecting funds for people who need drugs for palliative chemotherapy. Pupils of high schools, together with their teachers have collected funds to help this category of patients. Also, representatives of public institutions and friends of the center attended the activity and gave their financial contribution. All the incomes will be used for buying chemotherapy drugs which will be applied free of charge to the patients with economic problems. Also, pupils of primary schools gave their contribution by playing violin or by offering the warmth of their voice in Christmas songs. The activity was broadcasted in the local television and it showed an example and a model of citizenship.



Already, we are going to open a new chapter for palliative care, for the year 2016. Inside it, we will write down not only for the patients, problems and their challenges, but also for the commitment, love and professionalism we will continue to provide palliative care, by following the charisma of Mary Potter and Little Company of Mary.

To fulfill our goals and achieve our plans, we do not only dream but also we act, we do not only plan but also we strongly believe!

We wish you all a prosperous year ahead!

*Thanks to all of you donors, for your great support!*

*Thank you for your help, which makes this service possible and available to all those people who need it!*

*Because of you this service is extending and developing over the country!*

*God bless you all!*

