



DILASA

DR. RAJANIKANT S.S.USGAONKER

PALLIATIVE CARE CENTRE

IMA Ponda Charitable Trust
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FREEDOM FROM PAIN

and

LIFE WITH DIGNITY

At

DILASA



This man with cancer pain had spent most of 3 weeks in this position

Freedom from pain



His first cup of tea in three weeks.

Less than one hour;

Rs.5 worth medicines.



A child who never slept for more than 15 minutes at a time for 3 months

The father lost his job.

The mother lost her mind.

The sister lost her childhood.

The family planned ...mass suicide!!



Impact of less than Rs.5 worth of morphine per day

The child lived and died pain-free!

The father is working.

The mother is on treatment.

The sister is back in school.





WHAT IS PALLIATIVE CARE?

Palliative Care is an approach that improves the quality of life of patients and their families facing the problems associated with life-threatening illness, through the prevention and relief of suffering by means of early identification and impeccable assessment and treatment of pain and other physical, psychosocial and spiritual problems. This approach aims to reduce the overall health-related suffering of the patient and the family, improves the quality of life, and death when the time comes, and supports families in bereavement.

Palliative Care

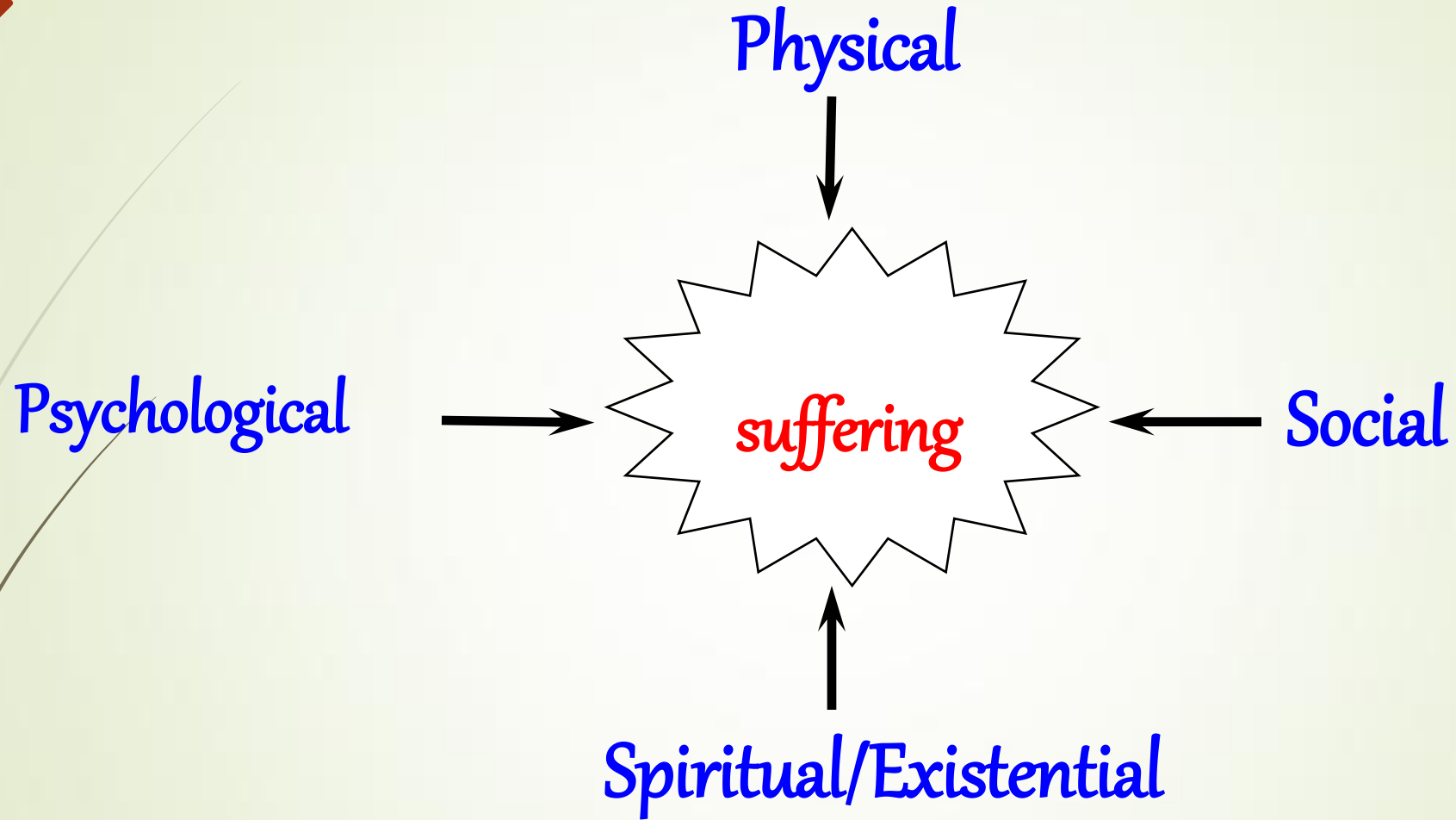


*'I want to be treated as
a whole person.'*

Holistic
person-centred care
of patients with
progressive, incurable,
life-limiting,
life-threatening disease

It is not only about pain relief.
The pain is only the tip of the iceberg





Psychological

Physical

suffering

Social

Spiritual/Existential

Physical

Other symptoms
Adverse effects of treatment
Insomnia and chronic fatigue

Social

Worry about family and finances
Loss of job prestige and income
Loss of social position
Loss of role in family
Feelings of abandonment
and isolation

Psychological

Anger at delays in diagnosis
Anger at therapeutic failure
Disfigurement
Fear of pain and/or death
Feelings of helplessness

Spiritual/Existential

Why has this happened to me?
Why does God allow me to suffer like this?
What's the point of it all?
Is there any meaning or purpose in life?
Can I be forgiven for past wrongdoing?

suffering

Two kinds of suffering



Mute suffering of
the poor

Air-conditioned
life-imprisonment
of the rich



Focus:

Quality of life; meaning of life



“You matter because you are you. You matter to the last moment of your life.”

- Dame Cecily Saunders founder of the modern hospice movement



DILASA Palliative Care Centre was inaugurated on 22-12-2018



DILASA Palliative Care Centre inauguration 22-12-2018



Dr. Narayan Usgaonker delivering Welcome Address



Services Rendered

- Palliative Care
- Pain Management
- Nursing & End-of-Life Care

by way of

- Out-Patient Clinic
- In-patient admission
- Home Visits

DILASA General Ward



DILASA Out Patient Clinic



DILASA Conference Hall





Facilities at DILASA

- Palliative Care, Pain Management, End-of-Life Care
- 25 bedded facility
- Training for newly recruited staff, volunteers, patients and relatives
- Accommodation for duty doctor, nurses and subordinate staff
- Provision for patients' attendants to be around
- Pharmacy for OPD and In-patients
- Palliative Care Physician and Nursing Services

DILASA Expenses & Voluntary Donations

- Out-patient clinic: Registration fees Rs. 100/-
- Home visit: Registration fees Rs. 100/-

Admissions in General ward: No charges.

Patients in General ward would require to purchase medicines and consumables from the pharmacy at cost price. They can make their own arrangement for food or can get services from our caterer at subsidized rates.

- Facilities of twin sharing and single occupancy rooms are available with fixed contributions to meet the recurring expenses and maintenance cost.
- Patients admitted in Special rooms would need to purchase the medicines and consumables. Food will be provided by our caterer at no extra cost.

Doctors' and Nurses' services shall be free for all Inmates, Home Visits and at OPD.

- We welcome voluntary donations from patients receiving palliative care services at OPD, for Home visits and at DILASA.
- Donations received shall be utilized towards running of DILASA.

DILASA WORKING COMMITTEE

IMA PONDA CHARITABLE TRUST

- | | |
|--|------------|
| • Chairman: Dr. Narayan (Santosh) S. Usgaonkar | 9822120955 |
| • Vice-Chairman: Dr. Ajay Y. Pednekar | 9422437577 |
| • Secretary: Dr. Vallabh B. Dhaimodker | 7507272921 |
| • Treasurer: Dr. Subhash C. Shikerkar | 9921946060 |

Ex-Officio Trustees (IMA PONDA)

- | | |
|--|------------|
| • President: Dr. Sarvesh Dubhashi | 8007723987 |
| • Hon. Secretary : Dr. Madhuri Debsikdar | |
| • Hon. Treasurer: Dr. Anupama Borkar | |

Board of Trustees

- Dr. Purnima Usgaonkar
- Dr. LalanaBakhale
- Dr. Shirish Mandurkar
- Dr. Shashi Parkar
- Dr. Dattaram B. Desai

Co opted / Nominated Members

- Dr. Deep Bhandare
- Dr. Sitakant Ghanekar
- Shri . Sandeep Khavante
- Dr. Navnath Bhatikar

Advisory Committee

- Shri. Santosh Shetye
- Adv. Prashant Tendulkar
- Mrs. Archana Tendulkar

DILASA WORKING COMMITTEE

DILASA In-Charge

- Dr. Vandana Patankar: Palliative Care Physician 9673568332
- Ms. Shalini Soni Joseph: CEO 9810131285

Palliative Care Consultant

- Dr. Arifa Karattuchalil (Palliative Care Doctor, Calicut, Kerala)

Visiting Consultants- Palliative Care

- Dr. Rukmini Lobo (Palliative Care Consultant– Snehanchal Hospice Nagpur)
- Dr. Philomena Pereira (Ex-HOD Pediatrics – Goa Medical College)
- Dr. Sreedevi Warriar (Palliative Care Consultant – Kasturba Medical College, Manipal and Honorary Consultant, Pallium India)

Visiting Palliative Care Physicians – IMA Ponda

- Dr. Nutan Dev
- Dr. Smita Usgaocar



DILASA WORKING COMMITTEE

Volunteers

- Shri. Arun Desai
- Shri. Siddharth Palang
- Ms. Lourdes Soares
- Shri. Manohar Desai

Support Group: IMA Ponda

- Dr. Rajan Priolkar (Consultant Surgeon)
- Dr. Rewa Dubhashi (Consultant Gynecologist)
- Dr. Nilin Sukthankar (Consultant Orthopedic Surgeon)
- Dr. Samidha Khandeparkar (Consultant Microbiologist)
- Dr. Chirag Bhandare (Consultant Chest Physician)
- Dr. Ameet Naik (Consultant Gynecologist)
- Dr. Jayant Kamat (Consultant Gynecologist)
- Dr. Amrita Shenoy (Consultant Skin Specialist)
- Dr. Manish Debsikdar (Consultant Physician)
- Dr. Sushma Prabhu (Consultant Gynecologist)
- Dr. Raju Usgaocar (Consultant Plastic Surgeon)



HOW CAN YOU HELP?

- *Make a financial contribution to ensure that our services continue and extend to all who need them throughout Goa*
- Volunteer your time and expertise to palliative care services*
- Spread the word about palliative care*

**Donations are exempted from Income Tax under Sec 80 G of the income Tax Act, Govt. of India.*



Address for Correspondence

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