

# INTEGRATING PALLIATIVE CARE THROUGH EDUCATION PROGRAMMES: CASE STUDY FROM NAIROBI HOSPICE, KENYA

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Palliative Care: an essential part of medical and nursing training



## Background

- **About 19 years old**
- **1<sup>st</sup> of its kind in East Africa**

## Objectives

- **Holistic Care for patient and family**
- **Education and advocacy**

## Education programmes

- Courses for Health Care Professionals from all corners of the Republic of Kenya and beyond run at the Hospice.
- Tailor made courses at various institutions: University of Nairobi Medical School and School of Nursing Sciences, Nairobi Hospital School of Nursing, Aga Khan Hospital, Amani Counselling Centre.
- Since June 2001, 18 months Diploma in Higher Education in Palliative Care which is now franchised from Oxford Brookes University, UK.



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## Education programmes continued.....

- Practical experience at Nairobi Hospice for health care professionals for periods 4 to 12 weeks. Currently this programme is sponsored by The True Colours Trust, UK.

### CHALLENGES

1. Inadequate funding for both recurrent expenditure and capital development.
2. Inadequate number of qualified teachers for palliative care.
3. Brain drain of those trained.
4. Inaccessibility and unavailability of certain learning materials.
5. Lack of standardized syllabi and curricula in palliative care in the country.



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## WHAT HAS BEEN THE IMPACT?

1. Heightened interest in palliative care.
2. Establishment of seven other hospices in the country.
3. Establishment of hospital palliative care teams in the country.
4. Formation of the Kenya Hospices and Palliative Care Association.
5. Recognition, support and appreciation of palliative care by the Kenya Government, Ministry of Health and Statutory institutions e.g. Nursing Council of Kenya.
6. Graduates from Nairobi Hospice pushing forward the agenda of palliative care – service and education in Kenya and beyond.



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# RECOMMENDATIONS

1. Through the Kenya Hospices and Palliative Care Association (KEHPCA) lobby and advocate for government policy on palliative care including education.
2. Standardize syllabi and curricula for palliative care through KEHPCA.
3. Advocate for the adoption and implementation of the syllabi and curricula by relevant statutory institutions, schools and colleges.
4. Palliative Care to stand out as distinct module in the various relevant syllabi and curricula and be examinable.



## Recommendations continued...

5. The practical experience in palliative care for learners be strengthened and standardized.
6. Availability of relevant learning materials facilitated through KEHPCA – develop a Resource Centre.
7. Funding for Trainers of Trainers and support of continuing education programmes.
8. Recognize Palliative Care as a speciality e.g. a Register of Palliative Care Practitioners.



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**Thank you for affording me this opportunity  
to share my thoughts with you.**

**ASANTE SANA!!**



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