

BRIEF CONCEPT ON PALLIATIVE CARE ASSOCIATION (PACAM) FOR REGISTRATION WITH CONGOMA

Physical Address for offices – Area 14/210, Off Presidential Drive, Lilongwe

1. Introduction

Palliative Care is an approach that improves the quality of life of patients and their families facing the problem 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 problems, physical, psychosocial and spiritual.

The WHO public health model is part of the public health strategy for developing palliative care in resource limited settings. It highlights four key components which must be addressed:

2. MALAWI

Malawi has a Population of 13.6 million people.

85% living in rural areas : There is little access to palliative care in rural.

HIV prevalence among 15-49 yrs is 10.6%

About a million people are living with HIV of which 10% are children.

68 000 HIV deaths occurred in 2010

Estimated 25,000 people are living with Cancer.

Estimated 9000 cancer deaths per year.

3. THE PALLIATIVE CARE ASSOCIATION OF MALAWI (PACAM)

Is a national Association, operating in across the three regions of Malawi.. It was set up in September 2005.

PACAM operates through a board of Directors and secretariat based in Lilongwe Area 14.

MISSION - PACAM is a network of individuals and organizations working together to support and develop affordable and culturally appropriate palliative care in Malawi; improving access and building quality.

VISION - A country where all people with life threatening illnesses are free from pain and distress.”

4. Aims of PACAM

- ❖ To encourage the holistic care of chronically ill HIV/AIDS and cancer patients.

- ❖ To facilitate networking and communication between palliative care providers in Malawi.
- ❖ To promote the development of palliative care services.
- ❖ To increase awareness of palliative care (advocacy).
- ❖ To establish a resource base for palliative care.

WHY PALLIATIVE CARE? To assist patients with HIV/AIDS and Cancer to be pain and symptom free in order to improve their quality of life.

PACAM ACHIEVEMENTS

1. EDUCATION;

- a. Palliative care (PC) training manual for health professionals developed including children palliative care training curriculum.
- b. Palliative Care trainers manual developed.
- c. Palliative Care Training manual for Community Volunteers.
- d. Palliative Care module to be used in the integration of Palliative care into nursing and medical pre curriculum.
- e. Over 1000 Health Professional trained as palliative care providers
- f. 100 Clinicians and nurses, trained as Palliative Care trainers.
- g. 13 people trained as Palliative Care Master Trainers.
- h. Over 2000 Community Home Based care (CHBC) volunteers trained in Palliative Care.
- i. PACAM accredited by Medical and Nurses council to offer Continuing Professional development (CPD) to medical and nursing practioners.
- j. 20 health professionals have post graduate Diploma, 8 have BSc degree and others on the course with Makerere university in Uganda. Palliative care is integrated into Medical and Nursing curriculum.

2. GOVERNMENT POLICY.

- a. Palliative included in policies such as HIV/AIDS. HBC, ART
- b. National palliative care guidelines developed
- c. Palliative Care National policy developed.
- d. MoH has a desk officer for palliative care.
- e. 50 Hospital have integrated palliative care.
- f. Over 5000 sensitized in Palliative Care.
- g. Over 5000 people have been sensitised on pc.
- h. 50 hospitals have integrated palliative

3. DRUG AVAILABILITY.

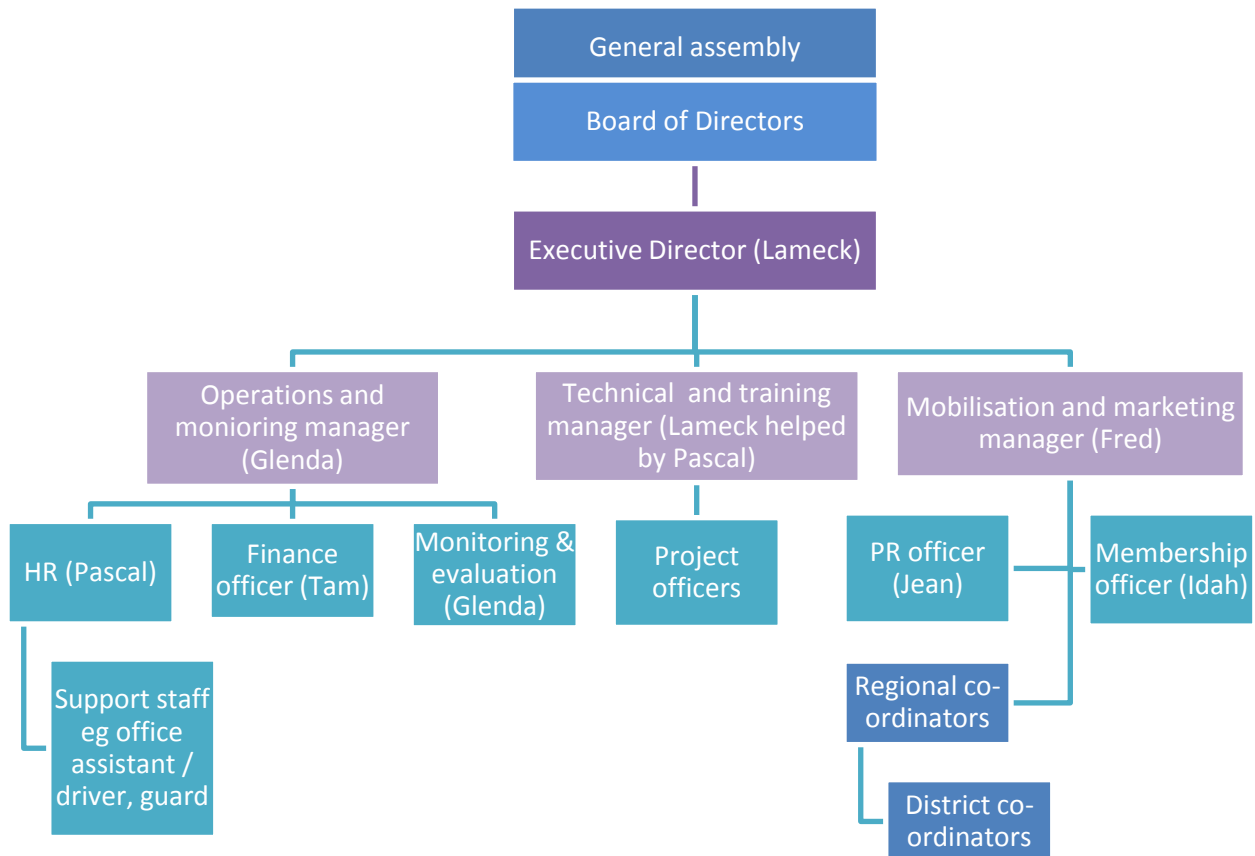
- a. Drug task force formed in operational.
- b. Most Opioids are available.

- c. Formal courses on pain management using Opioids established.
- d. The following Morphine is available in most of hospitals

PACAM structure

PACAM has a board of directors and a secretariat. The board is headed by the chair while the secretariat is headed by the Executive Director.

PACAM has 11 employees. 9 are based at PACAM secretariat in Area 14 Lilongwe, One is based at Mitundu Rural Hospital in Lilongwe and one based at Mpemba Hospital in Blantyre.



1. Introduction to PACAM current projects

PACAM is implementing the following projects in different parts of Malawi

Project Name	Donor	Duration.
One of Grant for Palliative Care scale up.	True Colour Trust.	2014 - 2015.
STEP UP project phase 3 for Central and Northern region.	True Colour Trust.	2015 - 2017.
Promoting Community Based Palliative Care for PLHIV at T/A Chitseka (Mitundu hospital) in Lilongwe and T/A Nsomba (Pemba health centre) in Blantyre.	USAID - Counterpart International.	2015 - 2019.
Integration of legal and Human rights in Palliative Care.	Open Society Initiative of Southern Africa.	2014 - 2015.
Scale up of children palliative care to district hospital in central region	Open Society Initiative of Southern Africa	2015 - 2016.
Palliative Care Scale Up for PLHIV.	NAC	2015 - 2016.

Contact Person.

Lameck Thambo.

Executive Director.

0991587188 /0888868087

Email: lameck.pacam@gmail.com.