

# WEBINAR **SERIES**



**Promoting  
health throughout  
the life-course  
during the  
COVID-19  
pandemic**

**WEBINAR-7:  
LONG-TERM CARE OF OLDER PEOPLE  
DURING COVID-19**

**Stress caring the terminally ill  
during COVID-19 pandemic**



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# COVID-19 & Terminal illness

- The ongoing coronavirus disease 2019 (COVID-2019) pandemic has swept all over the world
- It's the biggest health care crisis and posing a great pressure on health care resources.
- Balancing COVID & Non-COVID work is a challenge.
- It causes big stress on health care resources and health care workers.
- Presentation highlight the way to make a balance.



# Covid deaths top 1m, but 15 diseases kill more every yr

## Doctors Call For Balance In Treatment

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Even as the number of recorded Covid deaths crossed a million on Monday, medical professionals called for balance in the treatment of Covid and non-Covid cases pointing to the fact that every year cardiovascular diseases kill more than 17 million, cancers over 9.5 million and chronic respiratory diseases almost four million. According to the medical journal Lancet's report, Global Burden of Diseases, there are at least 15 different diseases that kill more than a million people every year.

While the swine flu pandemic in 2009 is estimated to have killed about half a million in one year, the 1918 Spanish flu is estimated to have killed about 50 million.

However, Covid-19 stretched the capacity of health systems as no other pandemic in recent history as an unprecedented number of patients required hospitalised care and came in at an unanticipated pace. A good section of these needed prolonged critical ca-

## WORLD'S BIGGEST KILLERS

Disease	Deaths in 2017 (in million)
Cardiovascular diseases	17.8
Cancers	9.6
Chronic respiratory diseases	3.9
Neurological disorders	3.1
Digestive diseases	2.4
Maternal and neonatal disorders	2.0
Enteric infections	1.8
Diabetes mellitus	1.4
Chronic kidney disease	1.2
Tuberculosis	1.1

Source: Lancet, Global Burden of Disease, 2017

## RAT behind Bihar's high test numbers

Behind Bihar's astounding Covid testing record of 1.5 lakh samples a day — much more than most other states — is an almost exclusive reliance on rapid antigen tests (RAT) that don't necessarily require full-fledged laboratories or trained technicians, but can be misleading in terms of throwing up false negatives. **INSIDE FLAP**

► **Post-Onam surge: Kerala's daily Covid growth rate double that of India, INSIDE FLAP**  
► **ICMR launches website to share information on vaccine, INSIDE FLAP**

re. With the virus being highly infectious, large numbers are affected in short time. Just 5-8% of total cases becoming critically ill has meant a huge burden on the health system.

As health systems geared

## Delhi deaths in Sept 40% more than Aug

The coronavirus toll in Delhi reached 5,272, with 37 more people succumbing to the virus on Monday. In the 28 days of September till now, the city has recorded 828 deaths, nearly 40% more than the 481 fatalities recorded August. June and July witnessed the maximum deaths with 2,269 and 1,221, respectively. **P 4**

up for Covid, most other health services were suspended. Referring to a survey across that showed regular health services were hit in most countries due to Covid, WHO director general Dr Tedros Ghe-

## Fresh cases below 70k as testing falls

Daily Covid-19 cases in India dipped below 70,000 for the first time in September, as testing numbers fell sharply to the lowest in five weeks. Covid deaths dropped under below 800 on Sunday, the lowest daily toll since August 2. Less than 7.1 lakh tests were done across India on Sunday, the lowest since August 23. **INSIDE FLAP**

## Covid growth slows over last 3 weeks

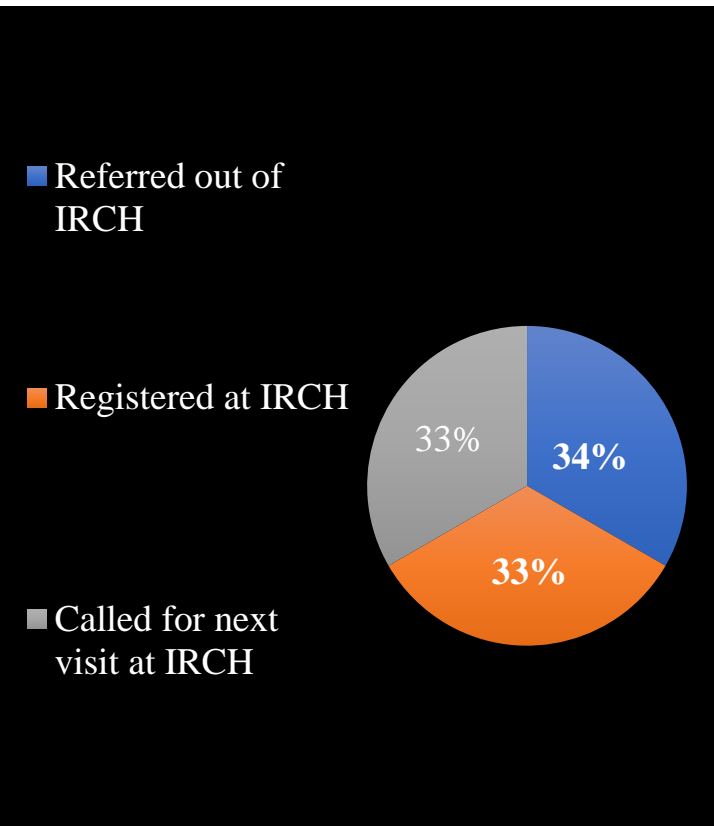
The growth rate of Covid-19 cases in India fell to a range of 1.4%-1.6% during last week (Sept 20-26), as compared to a rate of 1.8%-2.2% during Sept 4-10, indicating a slowdown in infections. However, with a high number of new infections still being detected, active cases per lakh population, at 69, continues to rise. **INSIDE FLAP**

breyesus said many who needed treatment for diseases like cancer, heart ailments and diabetes were not getting the required attention.

► **Death from stroke, P 12**



# Screening OPD keeps you safe



## COVID-19

Protect yourself and others from covid-19  
FOLLOW THE GIVEN INSTRUCTIONS:

### DO'S

- ▶ **REPORT** NEW ONSET MILD FEVER, BODYACHE, COUGH, SHORTNESS OF BREATH
- ▶ **ONE** CAREGIVER FOR **ONE** PATIENT
- ▶ USE A **FACE MASK** IF YOU ARE UNWELL OR TAKING CARE OF A PATIENT
- ▶ **WASH YOUR HANDS** FREQUENTLY WITH SOAP AND WATER OR USE AN ALCOHOL BASED HAND RUB
- ▶ WHILE COUGHING AND SNEEZING, **COVER YOUR NOSE AND MOUTH** WITH A FLEXED ELBOW OR TISSUE
- ▶ KEEP A **DISTANCE** OF ATLEAST ONE METRE FROM SOMEONE WHO IS COUGHING, SNEEZING OR HAS A FEVER
- ▶ **CLEAN AND DISINFECT** FREQUENTLY TOUCHED SURFACES AND OBJECTS.

### DONT'S

- ▶ **DO NOT TOUCH** YOUR EYES, NOSE OR MOUTH IF YOUR HANDS ARE UNCLEAR
- ▶ **DO NOT SPIT** IN PUBLIC
- ▶ **AVOID HAVING CLOSE CONTACT** WITH SOMEONE IF YOU DEVELOP SYMPTOMS
- ▶ **AVOID TRAVELLING** UNNECESSARILY
- ▶ **DO NOT STOP** YOUR MEDICATIONS UNLESS TOLD BY YOUR DOCTOR

Call us first at 9999748169/ 9868398301/ 9899058298  
**BE INFORMED. BE PREPARED. BE SAFE**  
DEPARTMENT OF ONCO-ANAESTHESIA AND PALLIATIVE MEDICINE  
DR BRA, IRCH, AIIMS, NEW DELHI

# Terminal stage cancer patient needs care

## Palliative Medicine OPD

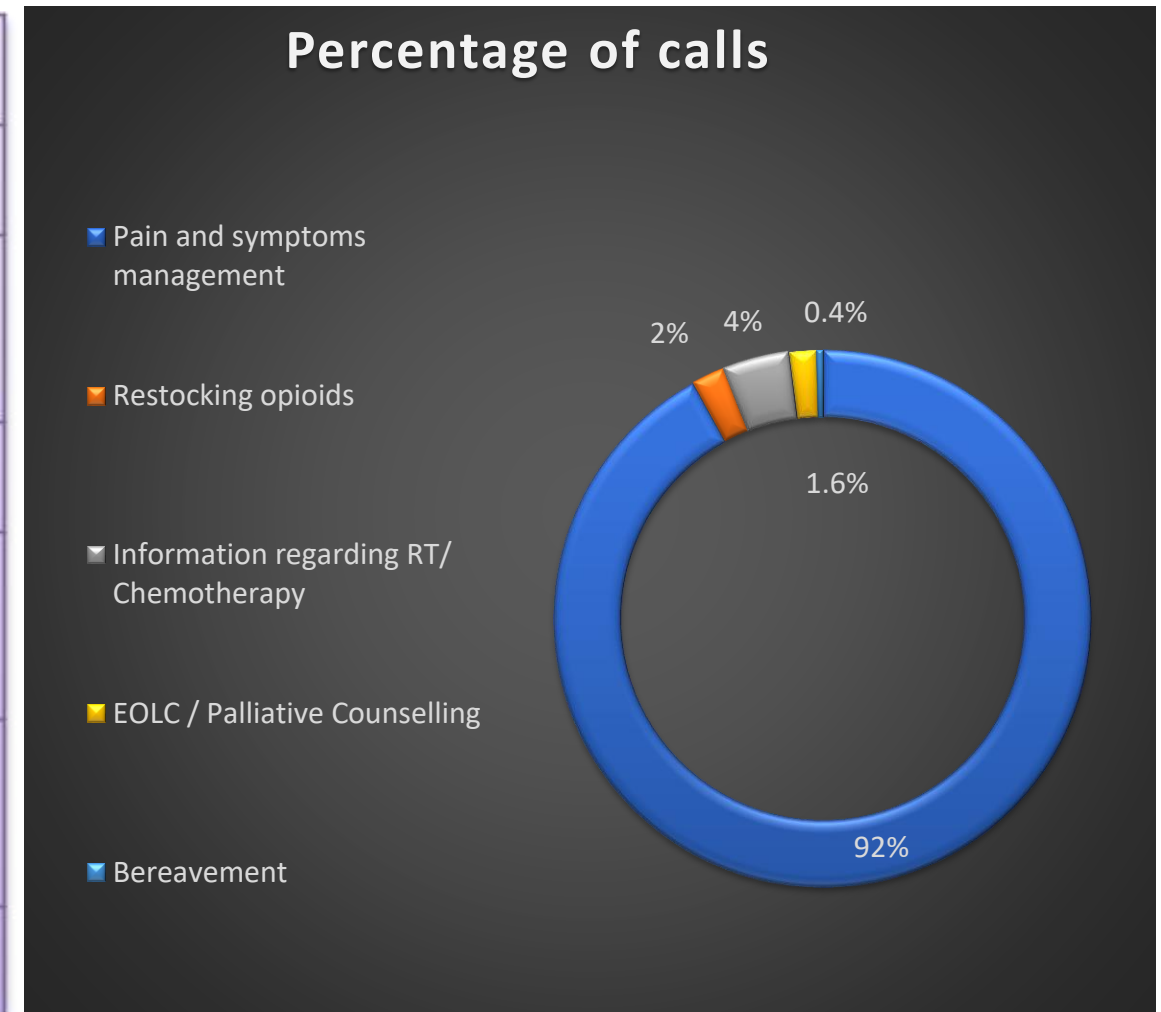
TOTAL PATIENTS in	NEW REGISTRATIONS	FOLLOW-UPS
5943	250	5731





# Telemedicine: The way forward in COVID era

Total Telemedicine calls	805
Purpose	% of calls
Pain and symptoms management	91.86%
Restocking opioids	2%
Information regarding RT/ Chemotherapy	4%
EOLC / Palliative Counselling	1.6%
Bereavement	0.4%



# Intractable pain & symptoms need Immediate care

## STANDARD OPERATING PROCEDURE FOR PCU

- PROTECT YOURSELF AND ALLIED HEALTHCARE STAFF
- PROTECT PATIENTS AND THEIR FAMILIES

Patient accompanied by one attendant maintaining  
*Social Distancing*  
comes for admission in the ward

Initial screen by the duty doctor regarding

**RED FLAGS**

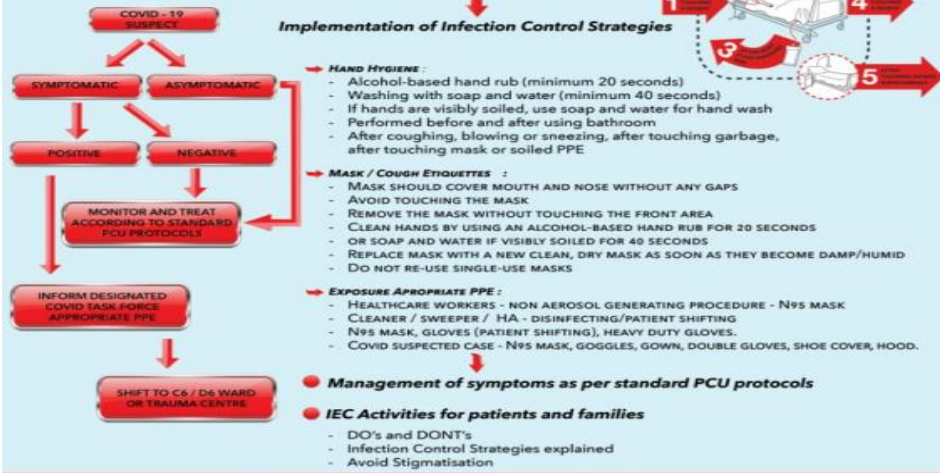
- COUGH / FEVER / SOB
- RESIDENT OF CONTAINMENT ZONE
- CLOSE CONTACT WITH CONFIRMED POSITIVE INTERNATIONAL TRAVEL

PRESENT  
STRATIFY AS SUSPECT

ABSENT  
STRATIFY AS NON-SUSPECT

Formalities of Admission and Bed Allocation  
(not more than 4 patients)  
Vitals Monitoring (BP, PR, RR, Temp, SP02 etc)

Implementation of Infection Control Strategies



BE INFORMED · BE PREPARED · BE SAFE



DEPARTMENT OF ONCO-ANAESTHESIA AND PALLIATIVE MEDICINE  
DR BRA IRCH, AIIMS, NEW DELHI



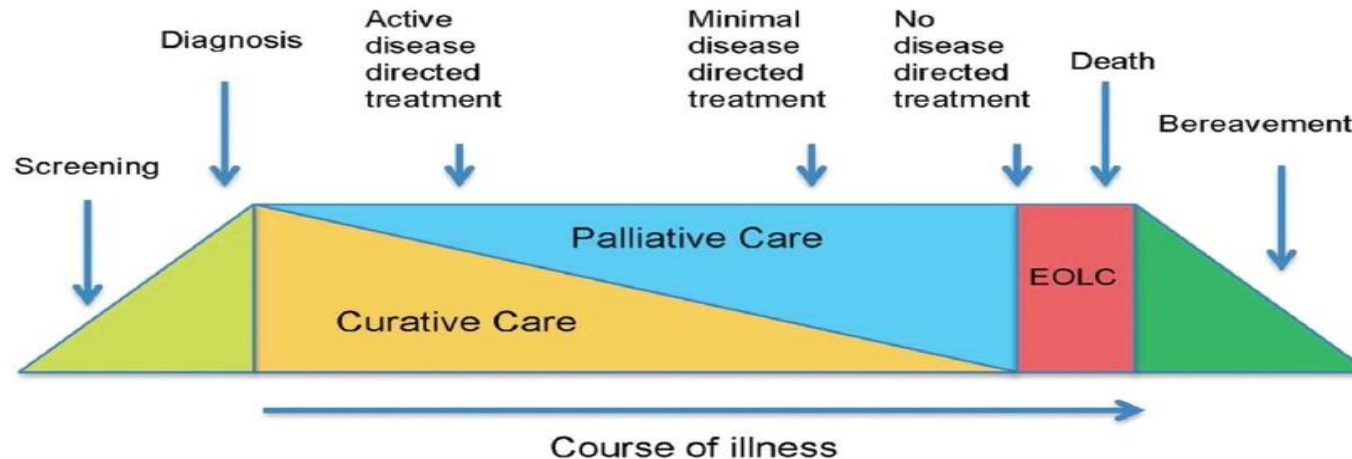
PCU	Total	Analgesic Titration	90
Admissions	319	Procedures	54
Procedures	115	Supportive Management	46
Mortality	3	EOLC	40

# Palliative care is needed now more than ever

“Diagnostic and Therapeutic Strategies”

“Comfort Care”

## Continuum of Care of a Patient



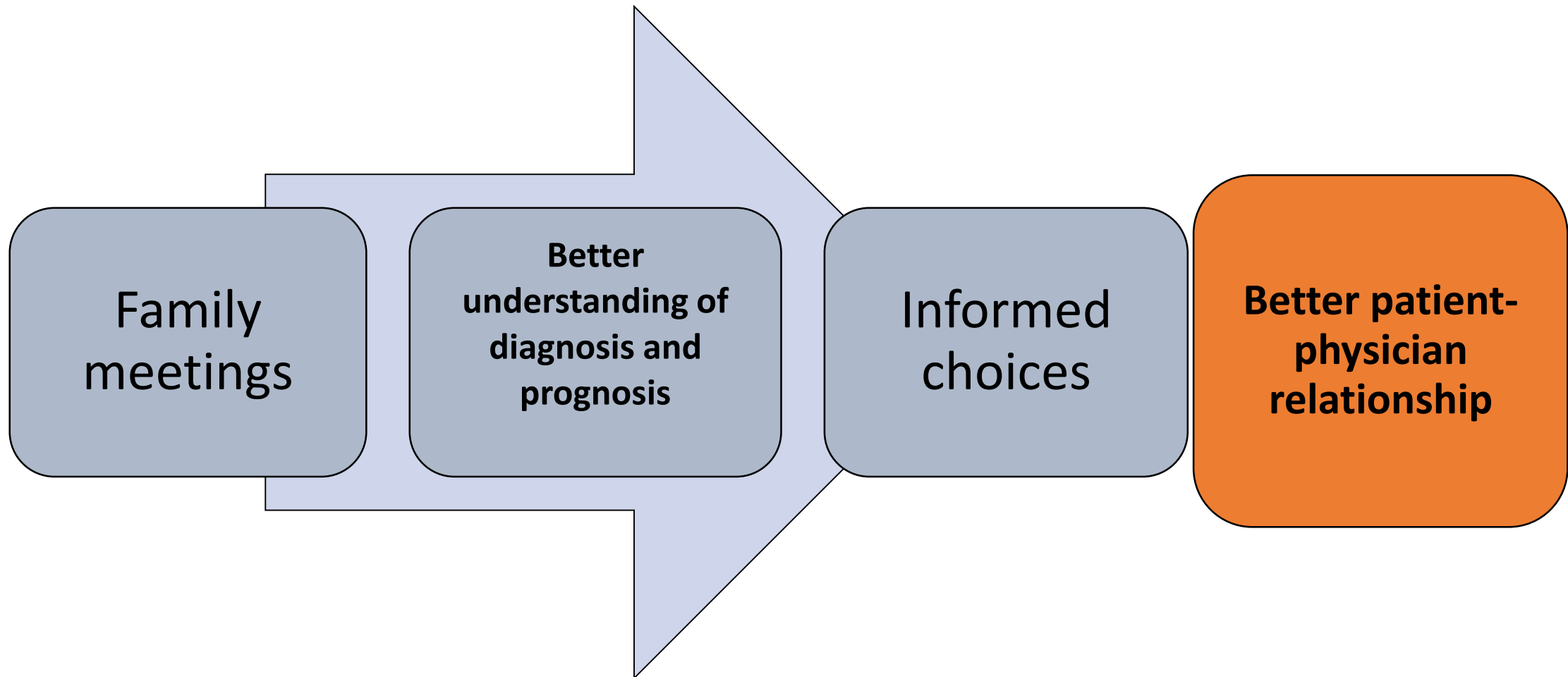
Honest Information and Realistic Hope



# What terminally ill patients want

- Honest Information
  - Realistic hope
- Freedom from pain and suffering- reassurance
- Increasing control of life to maximum possible
  - Respect at every level
- Empathy and “ NOT SYMPATHY”
  - Easily approachable expert
  - Out of hour support system

# Integration of Palliative care : Positive outcomes





Original Article

## Concerns of Health-care Professionals Managing COVID Patients under Institutional Isolation during COVID-19 Pandemic in India: A Descriptive Cross-sectional Study

1. Risk of infection to self/family(72%)
2. Disruption of daily activities (46%)

### Coping

1. Reassurance and appreciation from seniors(45%)
2. Connectedness with family and friends (65%)
3. Feeling of pride in our noble profession (59%)
4. A team approach in management(73%)
5. Proper duty hours and breaks (73%)

# Solidarity during Pandemic

## NCI Jhajjar, COVID Data

Total: 4210

Discharged:  
3832

ICU Care:  
85



# Salute to our true HEROS (Our residents and staff)

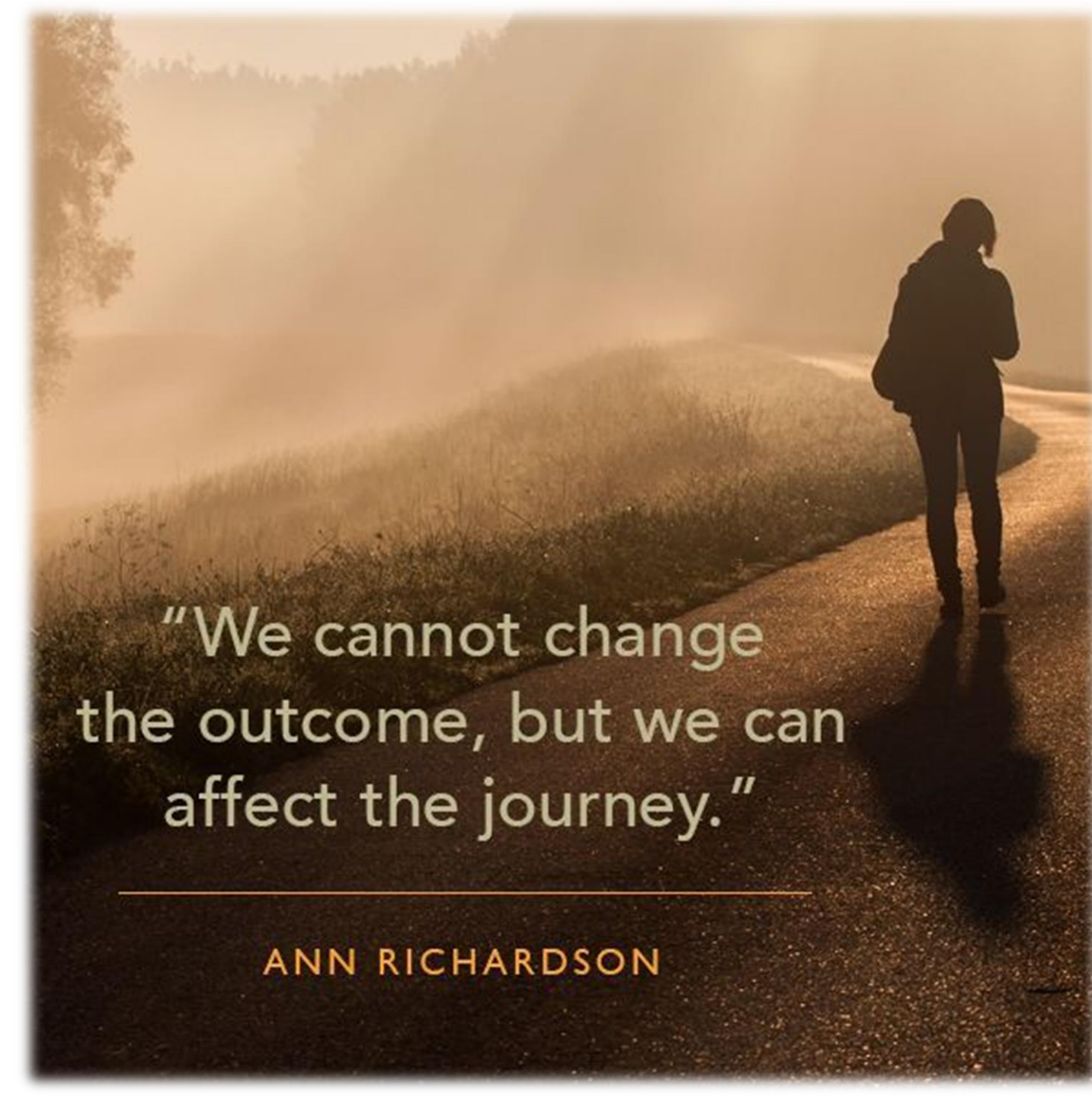


Every terminally sick needs



Concept of “TOTAL CARE” is vital



A person is walking away from the viewer on a dirt path that curves through a misty, golden landscape. The person is silhouetted against the bright, hazy light. The path is flanked by tall grass and trees in the distance.

"We cannot change  
the outcome, but we can  
affect the journey."

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ANN RICHARDSON

*Thank You...*

