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## THE CHANGING **MIDDLE-CLASS STORY**

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## Caring for the terminally ill: Palliative and hospice care

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He believes that while this scenario is quite common nowadays, we often

"They become hopeless and begin to

family during the grieving process.

Shedding some light on why people forget how this behaviour impacts the are reluctant to invest in this field, he limited services, and on-call nurses. adds, "Death is never an easy topic to discuss and people are further reluctant think of themselves as a burden to the to work in this field, creating a vacuum

to ensure psychological peace for the fortunate, with accommodations free of cost including necessary medication, fulfilling nutritional requirements,

> Sajida Foundation and the Home

of passion and personal interest. She was aware of and devoted to caring caregiving (basic caregiver to advanced for her family's elderly and had always gone out of her way to arrange such Home Medical (home visits from senior care for others following her late father, nurses, doctors, teleconsultation and

Her initiative stemmed from a place four major streams — Home Caregiving which includes different levels of skilled caregivers and experienced nurses; Syed Humayun Kabir, a generous report reviews, renting or purchasing



entire family, which results in their last days being filled with grief and sorrow,' says Dr Kabir.

He illustrates how the presence of palliative and hospice care can cater to this situation and provide a smoother a motto to make these services available and more amicable environment for to everyone and anyone regardless everyone. Despite the emotional toll of monetary constraints, Hospice Dr Kabir believes that it is necessary branch to provide services to the less Founder, Zahida Fizza Kabir.

of sufficient service providers."

Hospice Bangladesh is actively working to encourage medical service providers to become part of this journey and to create a space for dialogue. With and Community Care Ltd (HCCL)

In 2016, The Sajida Foundation initiated 'Elder Care,' now known as Home and Community Care Ltd (HCCL) to address the growing needs of ageing family members who require daily assistance from carers and nurses. This effort was undertaken by Sajida the service has on the service providers, Bangladesh launched its charity Foundation's Executive Director and

humanitarian himself and the founder of Sajida Foundation.

The HCCL has the goal to create a safe and convenient setting at home for the effective care, and clinical management of adult patients, especially the elderly. Furthermore, with illnesses increasing day by day, more people are in need of such a service and the HCCL was initiated due to this phenomenon.

HCCL has patients who are severely ill and terminal; in such cases, palliative care is a necessity and so, to ensure effective treatment, HCCL relies on Dr Rumana Dowla's expert team known as

Dr Rumana Dowla is one of Bangladesh's eminent palliative care specialists. She says, "Palliative care is important as it focuses on relieving pain and other symptoms while offering emotional and spiritual support for the patient and their family, making sure that a patient's days are as comfortable and meaningful as possible."

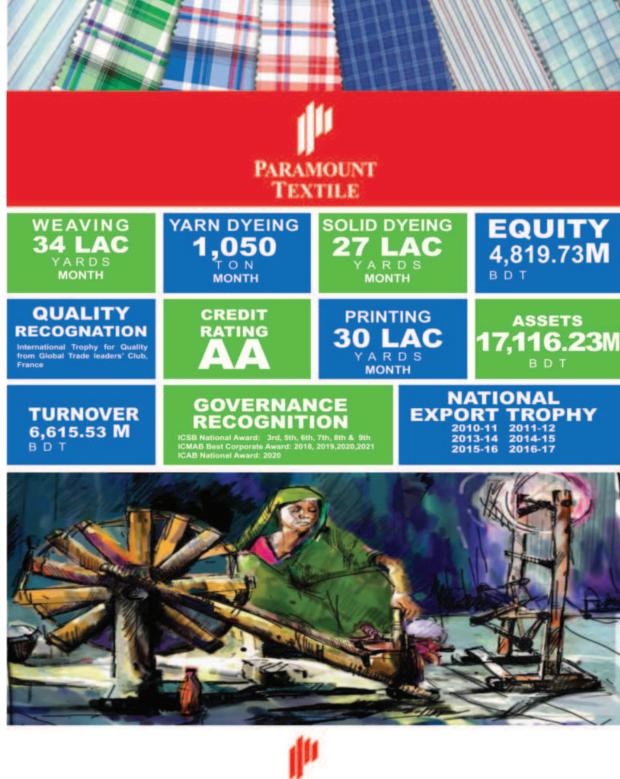
The HCCL provides services across

any and all medical equipment to be used at home, setting up makeshift step-down ICU at home): Home Therapy (Physiotherapy, Occupational Therapy, and Speech Therapy for patients through certified professional therapists); and Home Pathology, complete with report delivery, eliminating the need to make the difficult journey to a diagnostic centre or hospital for sample drop off.

Palliative and hospice care in Bangladesh has come a long way. As a community, it poses itself as a moral duty to ensure that the terminally ill do not suffer during their last moments and rather, can have mental peace and emotional satisfaction when they depart. Additionally, we owe it to ourselves to grieve our lost ones and derive some peace in knowing that their last days were not spent in turmoil.

By Puja Sarkar Photo: Hospice Bangladesh and **ASHIC Foundation** 







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