

National Fellowship in Palliative Medicine

PROSPECTUS  
&  
APPLICATION FORM



**PAIN AND PALLIATIVE CARE  
SOCIETY CALICUT, INDIA**



**CHRISTIAN MEDICAL  
ASSOCIATION OF INDIA**

## IMPORTANT DATES

- May 15 - Issue of Application forms and Prospectus
- June 25 - Last date for issue of Application forms
- June 30 - Last date for submission of completed Application forms
- July 15 - Declaration of results of selected candidates
- September - Course commencement with the first common contact session

## 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. (WHO 2011)

Palliative care:

- provides relief from pain and other distressing symptoms;
- affirms life and regards dying as a normal process;
- intends neither to hasten or postpone death;
- integrates the psychological and spiritual aspects of patient care;
- offers a support system to help patients live as actively as possible until death;
- offers a support system to help the family cope during the patients illness and in their own bereavement;
- uses a team approach to address the needs of patients and their families, including bereavement counseling, if indicated;
- will enhance quality of life, and may also positively influence the course of illness;
- is applicable early in the course of illness, in conjunction with other therapies that are intended to prolong life, such as chemotherapy or radiation therapy, and includes those investigations needed to better understand and manage distressing clinical complications.

Palliative medicine and nursing are integral parts of the 'wholistic care' rendered to those affected by any incurable disease or chronic debilitating or end stage medical disease, including care of the elderly. Special knowledge and skills are needed to care for and treat these patients because they have special needs.

The modern concept of Palliative Care was pioneered as a movement in the UK by Dame Cecily Saunders, which then spread to many other parts of the world. In India, this is a speciality still in its infancy and most doctors and medical students are not familiar with the principles and practice of this discipline. Much more needs to be done to make palliative care widely and easily available.

This Fellowship programme will help to build capacity of health care professionals and institutions and equip them to render much-needed palliative care services to the people of this country.

## The CMAI - IPM National Fellowship Programme:

### Aims

- To give training to doctors so that they receive the knowledge and professional skills to render palliative care services.
- To give new insights and perspectives and positively influence their outlook towards the practice of Medicine i.e. from being medicine & doctor centric to person centric and being an equal partner in a team.

### Eligibility Criteria

The applicants should hold an MBBS/BDS degree recognized by the Medical Council of India/Dental Council of India and have completed 1-year internship.

### Student Intake

Twenty-five (25) students will be admitted to the programme every year.

### Course Design

- ◊ The programme is expected to familiarize the candidates with the philosophy, principles and different models of delivery of palliative care, its relevance in our socio cultural scenario, issues in communicating with patients and relatives, ethical and legal issues, symptom management, basic nursing issues relevant to people with incurable and chronic illnesses and issues related to death.
- ◊ The programme is based on a distance education mode of one-year duration. However, students will have the option to complete the programme in two years time. The methodology will include course work modules, assignments, and theory classes at contact sessions and hands on clinical training.
- ◊ There will be 10 modules along with assignments that will need to be completed and sent to Institute of Palliative Medicine (IPM), Kozhikode for evaluation within a specified time.

## Contact Sessions

There will be a total of 30 days of clinical placement for the programme. This is mandatory for the completion of the course. First ten days will be at IPM, which is considered as the orientation programme and is usually held in second/third week of August. Then the candidate has to complete twenty clinical working days which need to be done in two different centres. The candidate is free to choose the centre and the period after discussion with the faculty concerned (A list of recognized institutions for clinical placement and the faculty in charge are given at the end). The last three contact days, which will be the examination days also will be at IPM.

The candidate will be evaluated during the clinical placement by the faculty in charge (mentor). He/she has to complete a logbook during the clinical placement. The format for the evaluation during the clinical placement and the logbook will be given to the candidate during the first contact session.

The cost of accommodation and food etc. at the training centres during the clinical posting/contact sessions/examination will be borne by the candidates.

The candidate has to submit a duly completed audit report on a topic relevant to palliative care.

The final examination will be carried out at IPM, Kozhikode.

### Evaluation

Evaluation will be a Cumulative Grade Point Average (CGPA) system of evaluation based on evaluation of the assignments, logbook and the audit report, performance during the clinical placement and the final examination. The details of the project work and final examination can be clarified at the time of first contact session at IPM.

### Split up of evaluation

Assignments	-	30%
Clinical Postings	-	20%
Log Book	-	15%
Audit	-	10%
Final evaluation	-	25%

If the candidate is unable to score 50% in each of the category as shown in the split up, he/she will not be declared pass and can appear next time. In that case, the date of examination will be intimated to the candidate. He/She can appear directly for the examination without any additional fees.

The candidate will be allowed to carry forward the course fee for one year with the same registration fee.

## TRAINING CENTERS & COORDINATORS AT THE CENTERS

1. **Institute of Palliative Medicine(IPM)**

Medical College PO, Kozhikode

Kerala - 673008

**Dr. Lulu Mathews**

lulumathews@gmail.com, nfpmacademics@gmail.com

**Ph:** 0495 -2351248, 2354897

**Mob:** 91-8281664752.

2. **Institute of Palliative Care**

Round East, Thrissur,

Kerala- 680001

**Dr. E Divakaran**

edivakaran@gmail.com

**Mob:** 91-9447308707

3. **Karunashraya**

Varathur Main Roa,Kundanahalli Gate

Bangalore- 560037

**Dr. J. R. Johnson**

jeremy.johnson@karunashraya.org,

**Mob:** 91-819788885

4. **CanSupport**

Kanak Durga Basti Vikas Kendra,

Sector 12,R. K. Puram

New Delhi- 110022

**Dr. Ravinder Mohan**

ravindermohan@cansupport.org

**Ph.:** 011 26102859

5. **Gujarat Cancer & Research Institute**

Department of Palliative Medicine

Room No 102-103, CHA Campus, Asarwa

Ahmedaba - 380016

Gujarat

**Dr. Geeta Joshi**

dr.geetajoshi@gmail.com

**Mob:** 91-9824075707

6. **Lakshmi Pain and Palliative Care Trust**

Lakshmi Sundaravan Hospital

No 134, Poonamallee High Road

Chennai- 600084

**Dr. Mallika Tiruvadanan**

lakshmpaincare@gmail.com

**Ph.:** 044 26411594

7. **Dr. BRA Institute Rotary Cancer Hospital**  
Department of Anaesthesiology and Palliative Care  
Room No 242, 2nd Floor  
All India Institute of Medical Sciences  
New Delhi- 110029  
**Dr. Sushma Bhatnagar**  
sushmabhatnagar1@gmail.com,  
**Mob:** 91-9811326456
  
8. **Bhagwan Mahaveer Cancer Hospital and Research Centre**  
Jawaharlal Nehru Marg, Jaipur,  
Rajasthan- 302 017  
**Dr. Anjum Joad**  
iapcjaipur@gmail.com  
**Ph:** 0141 2702899/ 5107777
  
9. **Department of Palliative Medicine**  
Kidwai Memorial Institute of Oncology  
Dr M H Marigowda Road, Bengaluru,  
Karnataka- 560029  
**Dr. K B Lingegowda/ Dr. Prabha Seshachar**  
drilingegowda@yahoo.com, prabhasachar@yahoo.co.in  
**Ph.:** 080 26094100
  
10. **Tata Memorial Centre**  
Dr Ernest Borges Marg, Parel  
Mumbai 400012  
**Dr Mary Ann Muckaden**  
muckadenma@tmc.gov.in  
**Ph:** 022 24146369
  
11. **Department of Palliative Medicine**  
Bangalore Baptist Hospital  
Bellary Road, Hebbal, Bangalore, 560024  
**Dr. Gift Norman**  
palliative@bbh.org.in  
**Ph.:** 080 22024444
  
12. **Pallium India**  
Arumana Hospital Buildings  
Eanchakkal-West Fort Road  
Vallakadavu P.O, Thiruvananthapuram – 695 008,  
Kerala, India.  
**Ms. Sheeba R S**  
info@palliumindia.org  
**Ph.:** 0471 -2468992, 9746745497



## FEES

### Prospectus fees

Application form and information brochure is available from April 30 from Programme Coordinator, National Fellowship in Palliative Medicine, Christian Medical Association of India, A-3, Plot No.2, Local Shopping Centre, Janakpuri, New Delhi 110058, on submission of Demand Draft of Rs.100/- drawn in favour of 'Christian Medical Association of India' payable at New Delhi along with the complete postal details of the candidate.

### Application fees

Application fee	Rs. 200/-
Additional fee for Overseas candidate	Rs. 300/-

### Course fees

The course fees is Rs. 40,000/- (Rupees Forty Thousand Only) and should be paid by July 31. This covers the cost of learning materials, examination and assessment and issue of certificate. The fee should be paid as a Demand Draft drawn in favour of 'Christian Medical Association of India' and payable at New Delhi. Candidates can also make requests, to make the payment in installments, which will be considered depending on their merit.

### Contact session fees

Each contact session will have its local costs related to travel, boarding and lodging, local travel, additional hand outs, etc. These will have to be borne by the candidates, and will be intimated to the candidates directly by the centres.

*Fee once paid will not be refunded, in case a student wishes to discontinue the programme.*

### Selection of Candidates

The selection will be done by a committee. Since the Fellowship programme has been designed to equip interested and committed candidates in the practice of Palliative Medicine, considerable weight will be given to the statement of purpose, the reference letter and other information supporting the applicant's interest and commitment. The list of selected candidates will be announced on July 15. All applicants will be intimated by e-mail and letter about whether their application is successful or not. The decision of the selection committee is final and no correspondence in this regard will be entertained once the results are declared.

*Convener Training Committee*

Dr. Lulu Mathews  
Medical Officer, Institute of Palliative Medicine  
Pain & Palliative Care Society  
Medical College PO  
Kozhikode, Kerala - 673008  
E-mail -lulumathews@gmail.com, nfpmacademics@gmail.com  
Ph. No - 0495-2354166

*Convener Management Committee*

Dr. Stanley Macaden  
Palliative Care Consultant  
National Coordinator - Palliative Care Programme of CMAI  
577, 16th B Main, 3rd Block, Koramangala  
Bangalore – 560034  
E-mail: stancmac@gmail.com  
Ph. No: (M) 09663323810  
Res-08025530454

## About IPM

The Institute of Palliative Medicine is the Training and Research arm of Pain and Palliative Care Society, which is the leading training institution for palliative care in low and middle income countries. It is a World Health Collaborating Centre for Community Participation in Palliative Care and Long term care and is the first WHOCC in palliative care outside the developed countries. IPM is also the nodal agency for initiating and implementing community based palliative care programme for various Government agencies including under National Health Mission (Kerala), Departments of Local Self Government and Social Welfare of the Government of Kerala. Institute of Palliative Medicine is also the training partner of the ASAP programme of Department of Higher Education of Kerala.

The organization has pioneered the community owned palliative care programmes in the region and has established Neighbourhood Network in Palliative Care (NNPC) consisting of a supportive network of professionals, services and volunteers for supporting chronically ill people.

Last few years, Institute of Palliative Medicine has started expanding its activities outside Kerala – both at national and international levels, trying to replicate the Kerala Model in Palliative Care.

IPM is the leading training centre for training in Palliative Care in Asia and has been running regular training and education programmes for more than two decades for healthcare professionals and volunteers. The courses for doctors and nurses are regularly attended by professionals from within the country and abroad. Our courses include-

For Health Care Professionals:

- One year National Fellowship program in Palliative Medicine (in collaboration with Christian Medical Association of India)
- Six week Basic Certificate Course in Palliative Medicine (for MBBS/BDS doctors)
- Six week Basic Certificate Course in Palliative Nursing (for B. Sc/Diploma holders in nursing)
- Three months Basic Certificate Course in Palliative Auxiliary Nursing
- Certificate Course in Essentials of Palliative Medicine (in collaboration with the Indian Association of Palliative Medicine)
- One month advanced course for community nurses

Community volunteers:

- Basic Training in Palliative Care
- Train the Trainer Programme
- One Year Fellowship Programme. (looking at the concepts and Practice of Palliative Care, this course is open to all)

## About CMAI

The Christian Medical Association of India, is a network of 330 healthcare institutions and over 6000 healthcare professionals across the country. CMAI has pioneered work in the areas of Family planning, T.B., Malaria, and HIV/AIDS, and has made significant contributions to the health and medical education in the country.

In Nursing, two of the three statutory, All-India Nursing Examination Boards, (started in the early 1900's), recognised by the Indian Nursing Council are CMAI affiliated. In addition, 50 nursing schools from which over 1000 students graduate every year are accredited by CMAI. In Allied Health education, CMAI accredits high quality training in over 40 centres. It also offers a 3-year postgraduate Fellowship programme in Family Practice recognised by the Tirubhuvan University, Nepal. CMAI also conducts regular training programmes and workshops as continuing education and is continuously involved in evolving standards and guidelines for healthcare delivery. CMAI's institutional membership includes several medical colleges including the Christian Medical Colleges at Vellore and Ludhiana, tertiary and secondary care hospitals, and outstanding rural health and development programmes in all parts of the country.

CMAI has been involved in the area of Palliative Care since the early nineties. It has held series of workshops, supported by institutional visits, structured capacity building and an active mentoring process. This has resulted in various centres in Karnataka, Kerala, Madhya Pradesh and Tamil Nadu starting palliative care services, including the pioneering home care programme at the Bangalore Baptist Hospital in collaboration with the Wake Forest University Baptist Medical Center, USA. CMAI's focus is now on building and developing professionals in palliative care, by leveraging the strengths of its member institutions and affiliates both at national and international levels.

For further details please contact :

Course Coordinator  
Institute of Palliative Medicine  
Medical College (PO)  
Kozhikode, Kerala - 673 008 (India)  
Phone : 91 - 495 – 2351248, 2354897  
E-mail : nfpmacademics@gmail.com

**or**

Programme Coordinator  
Christian Medical Association of India (CMAI)  
Plot No. 2, A-3, Local Shopping Centre,  
Janakpuri, New Delhi-110058, India  
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