

Jeevodaya Hospice

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Sr. Hermas F.C.C., Chairman

Dr. R. Nanjunda Rao, President

Editorial

This edition of Jeevodaya's newsletter is dedicated to the memory of two great personalities who have left their indelible footprints on the sands of time with their pioneering work on cancer and for cancer patients.

Dame Cicely Saunders is universally accepted as the founder of the modern hospice and palliative care movement. Her life was one long journey of love-she demonstrated how science could be used with compassion for alleviating the pain of the cancer patient. In fact her description of cancer pain as 'TOTAL PAIN' to encompass the physical, emotional, social and spiritual dimensions of pain was an eye opener to the medical profession. She died on the 14th of July 2005 due to - yes! - Cancer - It was as if God had willed her mission to continue even to her deathbed!

Sir Richard Doll was the first person to scientifically prove to the world the association between tobacco and cancer. He initiated a world wide movement to curb the use of tobacco. May we all strive to make his vision of a 'Tobacco Free' World come true!

Jeevodaya humbly thanks CIOSA and Uhavum Ullangal for selecting the Institution to receive the Dr. Sanjivi 2005 award.

– Sr. Lalitha Teresa F.C.C
Editor

Dame Cicely Saunders

JUNE 22, 1918 - JULY 14, 2005

Visionary founder of the modern hospice movement who set the highest standards in care for the dying

DAME CICELY SAUNDERS earned gratitude, admiration and international renown for helping to alleviate the suffering of terminally ill people.

Hundreds of hospices in Britain and more than 95 other countries are modeled on St. Christopher's, Sydenham, the hospice which she established in 1967.

St. Christopher's, on her initiative, attempted for the first time to provide patient-centered palliative care for the terminally ill, combining emotional, spiritual and social support with expert medical and nursing care. Its practices have since been widely copied and developed. Today St. Christopher's cares for about 2,000 patients and their families each year and, in training more than 60,000 health professionals, has influenced standards of care for the dying throughout the world.

Despite coming late in life to her vocation — she trained in turn as a nurse, almoner, medical secretary and doctor, before opening St. Christopher's — by the time she died Saunders had gained a place in public esteem almost comparable to that occupied by Florence Nightingale.

She had, in fact, begun her training in 1940 as a Nightingale nurse. A shy, tall, gawky young woman, she had felt the need for some stronger wartime commitment than the completion of an Oxford degree — a task to which she returned when a lifelong back defect made a nursing career impossible, before going on to qualify as a hospital social worker. But for all her dedication, much strengthened by her conversion to evangelical Christianity, Saunders was for long uncertain how best to deploy her passionate concern for the sick and suffering.

She was in many ways an old-fashioned woman, a charismatic *grande dame* with strong values and a great talent for leadership. She was such a remarkable innovator in the treatment of physical and psychological pain that she eventually held fellowships in the Royal College of Physicians (1974), the Royal College of Nursing (1981) and the Royal College of Surgeons (1986).

She was awarded the esteemed Templeton, Onassis and Wallenberg prizes, a score of honorary degrees and medals, was advanced from OBE (1967) to DBE in 1980 and appointed to the Order of Merit in 1989. In 2001 she was awarded the million-dollar Conrad N. Hilton Humanitarian Prize.

None of this was easily achieved. Born Cicely Mary Strode Saunders in Barnet, North London, in 1918, she was the eldest daughter of a prosperous, domineering estate agent, whose unhappy marriage to a dependent wife broke up in 1945, the critical year in which Saunders graduated from Oxford and abruptly exchanged the agnosticism in which she had grown up for an earnest religious search for a mission.

She was unhappy at home, even more unhappy at Roedean, eager for a partnership in life which she could not find among her widening circle of colleagues and friends. Seeking a better-matched relationship than her parents, she found it only in middle age, with the émigré Polish painter Marian Bohusz-Szysko, a Catholic, whom she married in 1980, after the death of his separated wife in Poland.

Other Poles had earlier played a decisive role in her life. Saunders herself wondered why she felt such a lifelong attraction towards things and persons Polish. She attributed much of it to an intimate but unconsummated love for a dying patient, David Tasma, a refugee from the Warsaw ghetto, whom she met on her first rounds as an almoner at St. Thomas's. He was a friendless waiter with no family, and there was no consolation for him except in the love which she discovered to be within her reach. It was then that she saw how the pain of cancer could be tamed by modern drugs and that unavoidable distress could be made tolerable by a form of care that ranked the physical and spiritual needs of the patient together.

Tasma bequeathed her all his worldly goods, £500, which she treasured for years until she found a way to give full effect to his cryptic wish that it should be "a window in your home". His gift is now commemorated in the entrance to St. Christopher's.

Her experience as a volunteer in St. Luke's, the Bayswater Home for the Dying Poor, persuaded Saunders to challenge the received medical wisdom about dying, death and bereavement. She put herself back to school, studied physics and chemistry and qualified as a doctor when she was 38. She then combined membership of a research group on pain, set up at St. Mary's, Paddington, with her continuing ward work — this time at St. Joseph's Hackney, where the Sisters of Charity showed her how much might be done for the dying by sustained loving care; and where she, in turn, began to bring into play her more unorthodox ideas about pain relief.

What she then demonstrated, and what is now widely adopted, was that intermittent reactive sedation of surging pain was far less effective than achieving a steady state in which the dying patient could still maintain consciousness and even life with some quality.

At St. Joseph's Saunders met the second of the Poles who changed her life. The transfiguration of Antoni Michniewicz showed her what dying might be like when love could be given and received. His death inspired her in her plan to found St. Christopher's — named, appropriately, after the patron saint of travellers — as a place to find shelter on the most difficult part of life's journey.

St. Christopher's was to cater primarily for cancer patients, because Saunders had seen a gap in NHS provision, highlighted by a 1952 Marie Curie Foundation survey of their needs and a later Gulbenkian report on the care of the chronic sick — a perspective which today carries the principles and practice of palliative care beyond the initial concern with cancer.

It took years of planning and financing to open a purpose-built hospice on the Sydenham site. There Saunders explored all the possibilities for matching quality medical care with support for patients and their families at home, changing existing medical and social attitudes about the care of the dying. Through the struggles for financial and professional backing, in which Saunders proved herself as a medical director, a fundraiser of quiet genius, a relentless administrator and a proponent of the hospice idea on the world stage, it was clear that she was achieving exactly what she set out to do.

The change she accomplished in medical attitudes was most notably recognised when the Royal College of Physicians established palliative medicine as a distinct medical specialism.

When the Cicely Saunders Foundation was launched in 2002, her reputation attracted leading specialists from North America and Australia to its international scientific advisory panel. The foundation aims to promote research into all aspects of palliative medicine and care for the dying, with particular emphasis on collaborations between different professions in healthcare, clinical and non-clinical services, to improve the integration between research and practice.

Many years ago, in response to a question at a symposium about the prospect of death, Saunders declared that she would hope for a sudden demise but would prefer to die — as she has — with a cancer that gave due notice and allowed the time to reflect on life and to put one's practical and spiritual affairs in order.

Her husband, Marian Bohusz-Szysko, died in 1995, aged 92.

Dame Cicely Saunders, OM, DBE, the founder of the modern hospice movement, was born on June 22, 1918. She died on July 14, 2005, aged 87.

— <http://www.timesonline.com.uk>

A tribute to Sir Richard Doll

1912-2005

The Tobacco Free Initiative is saddened by the death of Sir Richard Doll, a true authority in the field of epidemiological research. His work paved the way for great strides in public health, particularly in the field of tobacco control.

His pioneering research began in the 1950's, when he established a link between tobacco use and many major diseases, particularly the increased risk of lung cancer and smoking-related mortality in the UK. This study and many more that followed were the basis for efforts to raise awareness about the harmful effects of tobacco and to reduce its consumption. His studies have been the reference for the work of governments and civil society to prevent disease and reduce the death toll caused by tobacco, saving millions of lives around the world. Sir Richard Doll himself celebrated the work of WHO Member States in creating and adopting the WHO Framework Convention on Tobacco Control (WHO FCTC) -a legal instrument for public health intended to stop the tobacco epidemic- that has its roots in the findings of his research.

Sir Richard Doll has been one of the greatest epidemiologists of the 20th century. He has been a tireless crusader for public health, and a scientist who contributed with research in many health fields. Despite his renown, he remained a modest and charming individual, devoted and committed to the improvement of public health throughout the whole of his life.

His remarkable intelligence and wit, as well as his enthusiasm for his work will be greatly missed by those who have had the honor to meet him and the privilege to work with him. The Tobacco Free Initiative and the World Health Organization honor the life and work of Sir Richard Doll: his example, his work and his legacy to public health will continue to improve the lives of people all over the globe.

– <http://www.who.int/tobacco/en>

What's in a Cigarette

Tar

Once inhaled, smoke condenses and about 70 per cent of the tar in it is deposited in the smoker's lungs. Condensed tar is a sticky brown substance can stain smokers' fingers and teeth that familiar yellow-brown.

Nicotine

Nicotine is a powerful and fast acting drug and is the substance in tobacco which causes addiction. When tobacco smoke is inhaled, nicotine is absorbed into the bloodstream. The immediate physiological effects include increased heart rate and blood pressure.

Carbon Monoxide

Carbon monoxide is an odourless, tasteless and a poisonous gas, giving no warning of its presence in most circumstances. In large amounts it is rapidly fatal. Carbon monoxide cuts down the efficiency of smokers' breathing.

Cigarette smoke
Tobacco smoke is estimated to contain more than 4,000 chemicals including over 40 known cancer-causing substances

Arsenic
A deadly poison

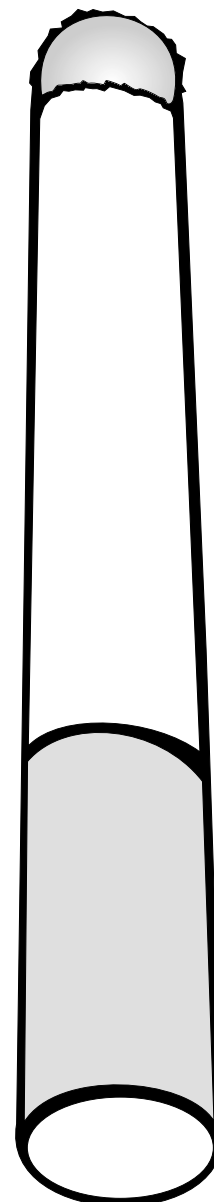
Cadmium
A highly poisonous metal used in batteries

Acetone
Used in nail polish remover

Tar
Known to cause cancer

Carbon Monoxide
The same as the gas from car exhaust pipes

Nicotine
A powerful and addictive drug



Events



Sr. Lalitha, Secretary, Jeevodaya Hospice, receiving the Dr. Sanjivi Award -2005 from Dr. Nanjunda Rao

Jeevodaya has received the Dr. K.S. Sanjivi - 2005 Award which is given for "doctors and institutions rendering exceptional health and medicare services to the poor and needy" organized by CIOSA [Confederation of Indian Organisations for Service and Advocacy] and Udhavum Ullangal at a function on 17th July at Dakshinamurthy Auditorium, Mylapore, Chennai.

Y' Men's Club of Madras Harrington hosted a Charity dinner at Marthoma Auditorium Harrington Road on 25th June 2005 to raise fund for the new project of Jeevodaya 'A Permanent Exhibition on Cancer and a Documentary Film on Jeevodaya'.

CME Programme

18-4-2005

A lecture programme on communication skills and controversies in palliative care by Dr. Vivek Khemke, M.D., Fellow in Pain

and Palliative Medicine, Montefiore Medical Centre, Albert Einstein College of Medicine, New York organised by Jeevodaya for TNAPC in association with the department of Radiation Oncology, Madras Medical College at Bernard Institute of Radiology.

23-7-2005

The TNAPC in association with the Dept. of Medicine, Govt. Royapettah Hospital organised a lecture on MEDICAL ETHICS - "Dilemmas in end of life care" by Dr. Ilango Govindarajan, Medical Director, Hospice, Kingman Regional Medical Centre, Arizona, USA on 23rd July, 2005 at 11.30 am, at the Seminar Hall, Royapettah Hospital.

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