

**RE: REPORT ON 5<sup>TH</sup> RESEACH FORUM OF THE EUROPEAN ASSOCIATION  
FOR PALLIATIVE CARE AS OPEN SOCIETY TRAVEL GRANT BENEFICAL.**

08/07/2008

I would like to take this opportunity to thank all scientific committee and organizing committee to have organized a well educative conference involving difference medical professionals in different countries covering the entire continent in the world.

Secondly, thank the open society grant organizers to have offered me this high opportunity, which enabled me to attend the conference covering my travel expenses. Without open society travel grant I could not have managed to travel to Norway and participate in this wonderful informative conference.

The organizing committee persons who I communicated with before my travel to Trondheim, Norway were so welcoming and I received all information I really needed before my journey. It was a good opportunity for me to present my two papers [poster] where I also learnt from other poster presenters, especially the wound management from St. Christopher, which was next to my wound management poster. It was nice knowledge exchange and I intend to improve in wound care and give feedback to other wound care providers. All posters I came across had something to carry home and happy that I got good explanation and clarification.

I attended the challenges in treating breakthrough pain session and it was among my best part and this gave me a lot of challenge in how we manage breakthrough pain, thanks to my sponsors. I may say challenges and new solutions in breakthrough cancer pain treatment session was meant for people from developing countries where morphine syrup is used as the best by practicing palliative care provider hence encouraging us to do more research and improve the care in breakthrough cancer pain.

Family and children session, parents' perspective on their child's death due to cancer, end-of-life decisions and impact on their future life, also was so informative for me and other hospice team members in Kenya since we do a lot of home based care.

I also attended education and epidemiology session; this session gave me further challenge and encouraged me to do more research and training for better patients care. It is not possible to put everything down but I can conclude by saying everything was well-organized, blended and suited my expectation.

It is one of the best conferences I have attended in my palliative care field life with lot of educative, friendly people and fitted all palliative care professional across medical field.

I learnt new knowledge and skills which I intend to pass to other palliative care providers in Kenya hence improve patient's care, family support and care provider.

The weather was good and the conference hotel was situated in a walking distance from my hotel, which made movement easier.

I would once again thank my sponsors to have enabled me attend this scientific conference and look forward in working together to improve our patients care.

I am willing to partner with any person, association or organization in any kind of research on palliative care field in future. Looking forward in improving my research methods hence improve the care I deliver to the life limited illness patients.

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