

**EAPC-East Newsletter**  
**NR 16– November 2003**

This issue of the Newsletter has a lot to offer, both in possibility to apply for grants and to receive free access to journals. Unfortunately there is very little information available in other relevant languages for those leaving in Eastern and Central Europe. But we have the pleasure to be able to have some articles in Russian accessible direct to download from the web site. Please help your Russian-speaking colleagues to this information on [www.eapceast.org](http://www.eapceast.org). In the September issue of the Newsletter we informed about the possibility to ask the translator Olga Usenko for the articles but very few did. We understand this information in Russian is rather rare so help us out in spreading the knowledge.

**The UK forum for hospice and pc Worldwide Education Grants 2003/4:**

The grants have been announced with the aim of the Programme - to increase and improve the provision of palliative care in resource-poor countries through the support of education and training programmes.

Professionals involved in the development and provision of palliative care services in these countries are eligible for funding. Grants are available to individuals seeking training for themselves or to organisations that would like to provide education to this end.

The UK forum for hospice and palliative care worldwide Education Sub-committee (part of Help the Hospices) is responsible for approving the grants.

For further info and application forms go to: <http://www.helpthehospices.org.uk/international/> and click on overseas grants on the right side of the page.

**Last day of application January 7, 2004**

**ABC of Palliative Medicine from BMJ:**

This is the second article from BMJ's clinical articles on palliative care that you can find to download from the EAPC-east web site. *Mouth care, skin care, and lymphoedema* by Claud Regnard, Sarah Allport, Lydia Stephenson

Patients' oral problems can be kept to a minimum by good hydration, brushing the teeth with a fluoride toothpaste twice daily, and daily observation of the oral mucosa. Oral problems can reduce intake of fluid and food because of pain, altered taste, or disorders of swallowing. The first step is to manage the local problems.

**Apply for a Travelling grant to Stockholms Sjukhem**

From the contributions made from the Voices for Hospices event in October this year we are happy to make a travelling grant available for 1 person for a 2 weeks visiting scholarship at Stockholms Sjukhem, spring 2004. **Last day of application January 1, 2004.**

Stockholms Sjukhem is a comprehensive palliative care oncology service with hospice, home care, day care and a research unit.

Please find an application form under download on the web site [www.eapceast.org](http://www.eapceast.org)

**Journals to be distributed**

The Journal of palliative care 1996, Progress in palliative care 1996, 1997 and Palliative medicine 1997 are offered to those who have an interest in receiving them, as usual on a first come first served basis. Let us know if you are interested in receiving them. Write to [Sylvia.Sauter@stockholmssjukhem.se](mailto:Sylvia.Sauter@stockholmssjukhem.se)

### **Snapshot – the situation in Bulgarian city of Vratsa**

We start a postgraduate program for palliative and social nurses in our hospital together with the Medical College – Vratsa and the Medical College in Ghent, the Netherlands. The program, which is officially approved by the government and state commission of postgraduate qualification, is aimed to create so called “social nurses”. One term, 6 months “Palliative care”, “Disabled and elderly people” one term, and “Social activities” – two terms. The program will last for two years. Education, lectures and training will take place in the Cancer hospital in Vratsa. Education on social activities will take place in social institutions for disabled children and elderly.

The officially approved hospital for palliative care training is Cancer Hospital – Vratsa, more precisely Department of Palliative Care and Pain Control. The hospital was founded as a specialized hospital for complex anticancer treatment in 1952 and this is now the first inpatient hospital based palliative care unit in Bulgaria. The palliative care department started 1998 and has 12 beds, six nurses, a psychologist, a social worker and ten caregivers paid from the government. The caregivers were jobless and were on social aid. But now there is an official program named from aid to wage, people engaged in this program are trained as caregivers to take care of handicapped people and patients in the end stage of an incurable disease. They are trained by the hospital personnel and work in the hospital but their wages are paid by the government.

We organized a week against pain as a part of the European initiative “Europe against pain”. We made lectures and newspaper reportages in the national and local TV programs and newspapers. We have talked about palliative care all the time, so I hope we have made real voices for hospices. We hope somebody heard us.

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### **Free online access to the Journal of Palliative Medicine, for November Edited by David Weissman, MD,**

All Archived Issues of Journal of Palliative Medicine are Available Free Online in Honour of the 25th Annual National Hospice Month Larchmont, NY, October 31, 2003

In honour of National Hospice Month publisher Mary Ann Liebert, Inc. will provide free access to all archived online issues of its authoritative, peer-reviewed publication Journal of Palliative Medicine, official journal of the American Academy of Hospice and Palliative Medicine, for the month of November.

Journal of Palliative Medicine, published bimonthly in print and online, is an interdisciplinary journal that reports on the clinical, educational, legal and ethical aspects of care for seriously ill and dying patients. It includes coverage of the latest developments in drug and non-drug treatments for patients with life-threatening diseases including cancer, AIDS, cardiac disease, pulmonary, neurological, respiratory conditions, and other diseases. The Journal reports on the development of palliative care programs around the United States and the world, and on innovation in palliative care education.

<http://www.liebertpub.com/JPM/default1.asp>

Kind regards  
Sylvia Sauter

Carl Johan Fürst