

EAPC-East Newsletter
NR 18– January 2004

Good wishes for 2004. We hope the start of this year was good and that life and work will prosper during the year. For many countries in Eastern and Central Europe this year is going to bring a lot of changes e.g. getting to be a country within the EU. We are full of expectations that this will be a positive push forward, also for palliative care. The Newsletters will continue to be sent and we are looking forward to have you share information with us. Information can be inspiring, don't you think?!

New section to the website on The Pain and Studies Group

The Pain & Policy Studies Group would like to announce the addition of a new section to the website about the work by the WHO Collaborating Center with governments and colleagues in Eastern Europe. The section contains opioid consumption statistics and trends for selected countries, as well as WHO Workshop reports, country reports, action plans, and detailed monographs. All are available for printing or downloading at

http://www.medsch.wisc.edu/painpolicy/internat/E.Europe/Eastern_Europe.htm.

This section will be updated periodically, and new sections will be added for other regions of the world.

European Journal of Palliative Care – to be sent to you!

We have received volumes of the European Journal of Palliative Care to be sent to those interested in receiving them. Please let me know if you would like to have some issues sent to you. First come, first served!

ABC of palliative care – BMJ – British Medical Journal

This fourth article concerns Breathlessness, cough and other respiratory problems and is written by Carol L Davis. Please find the full text article to download on www.eapceast.org

We have written a few times about the event Voices for Hospices in October 2003. Here is a short example and description of the event in Oradea, Romania.

Voices for Hospices is an international initiative and is the world's largest simultaneous singing event, the aim being promotion of the local hospice and fundraising. On the 4th October 2003 we held our second such concert here in Oradea (the first was in 2000). This year we were one of 500 concerts happening worldwide in 40 different countries and apart from the date/time another unifying element of the concerts was the recitation of this poem.

Desire'

When my life is finally measured in
Months, weeks, days, hours,
I want to live free of pain,
Free of indignity, free of loneliness,
Give me your hand,
Give me your understanding,
Give me your love,
Then let me go peacefully
And help my family to understand

From Children's Hospice in Minsk

About 400 people from the local community came to share this special evening with us. The music was performed by the mixed chamber choir of Emanuel University and included pieces by C. Porumbescu, F. Chopin, G. Dima, G. Faure, D.B. Gyorgy, A. Vivaldi, F.M. Bartholdy,

M.W. Posegate, J.S. Bach, J.Wyath, R.Thompson, S.Păutza. During the evening two families shared about their experiences: a doctor whose mother died in the care of the hospice team and a grandmother whose 10 year old granddaughter died with a brain tumour.

A special moment during the concert was when a piano solo was played during a powerpoint presentation "In Memory", projecting the names of all the patients who have died in our care 2000-2003, this was a very emotional moment especially for the bereaved families who joined us for the concert. We praise and thank God for the way everything came together to make this a very special event for us and pray that we would be able to cultivate the local interest that this has caused.

Kirsteen Cowling, Hospice Emanuel, Oradea, Romania,
e-mail: kirsteen.cowling@bigfoot.com

Online Free curriculum in Psycho-Oncology and palliative care

On 15 December 2003, APOS – American Psychosocial Oncology Society unveiled two online training programs in Psychosocial Oncology. The "Online Curriculum in Psycho-Oncology" comprises fifteen webcasts in six core curriculum tracks and "ICAN Distress Management Training for Oncology Nurses" includes four webcasts. The webcasts are now available to the public on the APOS webcasts page (<http://www.apos-society.org/webcasts/>) and each has been approved for formal continuing education credit by the University of South Florida. We extend many thanks to USF for its approval, and to the presenters for their contributions to these invaluable new resources.

This free program is designed to provide cancer care professionals with core knowledge in key areas of psychosocial oncology. The program currently includes fifteen webcast lectures on oncology, symptom management, and psychosocial interventions. There are lectures on "integrating psychosocial and palliative care into oncology practice – The Muffitt experience" and "Psychosocial and Palliative care program – Emphasis on Cancer related Fatigue".

Additional lectures on program administration, population-specific issues, and research are planned for the future. The program has been developed through an unrestricted educational grant generously provided by Ortho Biotech.

Each webcast has been accredited for formal continuing education credit by the University of South Florida for physicians, social workers, marriage and family therapists, psychologists, and nurses.

We hope that these programs contribute to an expansion of your knowledge of the various aspects of the field of psychosocial oncology. If you have any questions, please contact APOS Headquarters at info@apos-society.org.

[APOS Home Page](http://www.apos-society.org) (<http://www.apos-society.org>)

[Contact APOS](http://www.apos-society.org/contact.asp) (<http://www.apos-society.org/contact.asp>)

You might have noticed that we have a new function on the web site. The last written entry in the discussion forum is shown there. We believe this to be an improvement and hope it will be useful to you.

Kind regards from a sunny and cold Stockholm

Sylvia Sauter

Carl Johan Fürst