



THE LEBANESE CENTER FOR PALLIATIVE CARE – BALSAM

المركز اللبناني للعناية
التلطيفية – بلسم

Annual Report - 2015

LETTER FROM THE DIRECTOR



Dear Friends and Supporters,

Every year we pause to review our achievements and share them with you in our annual report, and every year I am amazed at what Balsam has been able to accomplish in the span of 12 months.

Our patient care activities continue to grow. By the end of 2015 – our sixth year of operation – we had cared for over 550 patients and their families. We enrolled 159 new patients in 2015 – an increase of 61% from 98 new patients the previous year. This increase in our capacity was made possible by the growth of our team as well increased awareness about palliative care. We have an excellent team that is providing high quality care to very sick patients. Balsam is playing a crucial role in improving the quality of life of these patients and their families.

Although the numbers are impressive, it is important to keep in mind that behind these numbers are 550 individuals with personal and often very painful stories that we have had the opportunity to impact positively, providing much needed care and support to patients and their families. The short film we made this year helps remind us of these personal stories and makes the kind of work that we do more tangible. I hope you take a few minutes to view it and share it with others.

This year we launched two ambitious projects with the aim of making palliative care accessible to people all over Lebanon. The first is a capacity building project aimed at training palliative care teams in hospitals across the country. This project is being conducted in close collaboration with the Ministry of Public Health, the World Health Organization, and Ain WaZein Hospital. The second is a research study with GlobeMed that aims to evaluate the impact of palliative care on the cost of health care

and quality of life. The study team includes experts from both the American University of Beirut and the Lebanese American University, and its ultimate aim is to obtain data that would encourage inclusion of palliative care services in insurance plans and ensure that these services are financially reimbursed. Both projects are ongoing and they are important steps towards improving access to palliative care to anyone who needs it in Lebanon.

None of our work would be possible without the generous support of our donors. We take this opportunity to thank each and every one who has made a donation to support our efforts by writing a check, donating equipment or attending our events. We would like to specifically thank Emirates Lebanon Bank S.A.L. for their continued generous support for the third year in a row.

In addition to financial support, we have been blessed with many people who have contributed to our work with their time, effort and ideas. These are too many to count. However, I would like to specifically mention Dr. Salam Itani who has volunteered her time to see some of our patients with dermatologic complaints; Colorcode for adopting our cause and helping us spread the word; and our volunteers for their contributions to our activities.

We welcome your feedback and encourage you to share this report with anyone who may be interested in learning more about Balsam and our efforts towards advancing palliative care in Lebanon.

Best Regards,
Hibah Osman, MD, MPH
Executive and Medical Director
March 18, 2016



**MISSION
VISION
VALUES**

OUR MISSION



The Lebanese Center for Palliative Care – Balsam – is a non-governmental organization that aims to relieve suffering and improve the quality of life of patients with serious illness through patient care, advocacy, capacity building and research.

OUR VISION

I want to
see my kids
grow up

I can
disappear

I wish
I buy a
house

IMMEDIATE
THOUGHTS...

JUST LIVE,
LOVE, LAUGH
FULLY...! ♥

I Wish
Carol

Our vision is to ensure that palliative care is available and accessible to all people in Lebanon.

OUR VALUES

We believe in

- Providing the best quality of life for as long as life lasts.
- Supporting life, not hastening death.
- Respecting the wishes, values, and beliefs of patients.

We believe that

- Everyone deserves a dignified death.
- No one should live in pain.
- No one should live in fear.
- No one should die feeling alone.

بلسم
balsam

To have human touch

The Lebanese Center for Palliative Care
المركز اللبناني للرعاية التلطيفية



OUR TEAM

OUR TEAM

Missing: **Dania Ghaziri** Clinical Pharmacist



1st Row from left to right

Hiba Makke
Social worker

Jinane Abi Ramia
Outreach Coordinator

Hibah Osman
Medical Director

Chadia Fayad
Nurse

Hiba Shami
Nurse

2nd Row from left to right

Janane Hanna
Nurse

Aline Zakhem
Physician

Rebecca El Asmar
Nurse

Karim Farah
Physician

Alia Tabsh
Nurse

Michael Khoury
Clinical Psychologist

Our team continues to grow. Three new members joined us in 2015:



Dr. Aline Zakhem

A specialist in Infectious Diseases, joined Balsam in February as a part-time physician to supervise and support the nurses in their work. She completed subspecialty training in Infectious Diseases of Immunocompromised Patients at MD Anderson Cancer Center in Houston, Texas. Dr. Zakhem is currently the Head of Internal Medicine and Head of Infection Control at Keserwan Medical Center (KMC). With her excellent clinical skills and caring approach with patients and families, Dr. Zakhem is an incredible addition to the Balsam team.



Dr. Karim Farah

A specialist in Pulmonary and Critical Care, joined Balsam in May as a part-time physician. He works in the intensive care units and emergency rooms of several hospitals around the country including American University of Beirut Medical Center, Bellevue Medical Center, Bekhazi Medical Group (Khoury Hospital) and Al Jabal Hospital. The palliative approach comes naturally to Dr. Farah and his background in Pulmonary Medicine is invaluable to Balsam and our patients.



Chadia Fayad

Joined Balsam as a full-time palliative care nurse in June. Chadia is a highly skilled nurse with five years of experience as a private palliative care nurse. Her presence has allowed us to increase our capacity significantly. The patients love her and she fit right in to the team, quickly becoming one of the family. The fact that she brings freshly baked products from her husband's bakery has naturally made us love her more!

INTERNAL CAPACITY BUILDING

We at Balsam are committed to maintaining the highest standards and delivering excellent palliative care services. All team members attend conferences and workshops both nationally and internationally to stay up to date on the latest developments in palliative care. Whenever possible, we couple conferences with clinical exposure opportunities, broadening our experience and often resulting in new initiatives to improve the care we deliver to our patients. This year three of our team members gained clinical exposure in international host institutions:



Hiba Shami

Attended the Annual Assembly of the **American Academy of Hospice and Palliative Medicine (AAHPM)** and the **Hospice and Palliative Nurses Association (HPNA)** in Philadelphia, Pennsylvania in February. After the conference, she spent two days at **Jefferson Memorial Hospital** where she had the opportunity to visit patients at home with a hospice nurse and social worker, increasing her insight into the interdisciplinary approach. She noted that Balsam's practices, experiences and struggles were very similar to what she observed in the United States.



Hiba Makke

Attended the **Social Work Hospice and Palliative Care Network (SWHPN)** General Assembly in Philadelphia in February. After the meeting, she went to Boston to spend time with the social workers on the **Pediatric Advanced Care Team (PACT)** at **Dana-Farber Cancer Institute** and the Palliative Care Consultation Service at **Massachusetts General Hospital (MGH)**. She learned from and contributed to both teams, and returned with new ideas to help boost her work with Balsam families.



Jinane Abi Ramia

Attended the **5th Public Health Palliative Care Conference (PHPC)** which focused on the public health approach to palliative care and community resilience in Bristol, UK in May. She then attended workshops at **St. Joseph Hospice** in London where she learned about mobilizing communities, managing volunteers, and evaluating public health interventions in the field of palliative care.

ONCE A BALSAMER, ALWAYS A BALSAMER!

We would like to share updates with you from members of the Balsam team who have moved on to other positions. We are proud of their achievements and further contributions in this field.

Mohammad Saab

Was a Palliative Care Nurse at Balsam from March 2012 to August 2014. After leaving Balsam he worked briefly as a Clinical Instructor at AUB's **Hariri School of Nursing (HSON)**. He then moved to Ireland after receiving a full scholarship to pursue a PhD in Nursing at the University College Cork. He is involved in teaching as well as several research projects. He is still missed by the families he has touched and the Balsam team.

Loubna Batlouni

Was our Outreach Coordinator from 2012 until 2014. Since she left Balsam, Loubna has been working at the **World Health Organization** as a Public Health Officer. Her responsibilities include coordination and follow up on projects related to Maternal Child Health, Palliative Care, and Non Communicable Diseases. Loubna is enjoying the challenges and learning opportunities of her new position.

Dr. Danielle Sara

Is a Palliative Care Specialist based in the United States who came to Lebanon several times between 2013 and 2015 to support and work with the Balsam team. She played an important role in training Balsam's nursing staff and touched many patients and families. Last summer she was asked to work at **Emory's Grady Memorial Hospital** in Atlanta to help launch a new palliative care consultation service. Dr. Sara plans to continue to come to Lebanon to support efforts to expand palliative care in the country at Balsam, Hotel Dieu de France, and the Faculté de médecine at Université Saint-Joseph.



**PATIENT
CARE**

PATIENT CARE

Balsam supports patients with serious illnesses and their families in order to prevent and relieve suffering and to help patients maintain the best possible quality of life. We help patients make informed decisions about their medical care that are in line with their values and beliefs. Our holistic and interdisciplinary team approach includes medical services as well as psychological, social, practical, and spiritual support within the family and home environment.

We accept self-referrals as well as referrals from local physicians. Once a patient is evaluated and accepted into our care, an individualized care plan is developed by our interdisciplinary team. Balsam care usually includes regular home visits by one of our Palliative Care Nurses who assesses and manages the patient's symptoms and supports the family under the supervision of one of our physicians. The frequency of nurse visits depends on the needs of the patients and may vary during the course of the illness; however, we are available 24/7 for emergencies. Our clinical psychologist and clinical pharmacist offer support to the nurses and physicians on the team to provide optimal care. Our social worker provides additional support to some patients and families based on their psychosocial needs. The team continues to follow patients in cases of hospitalization, and medical management is coordinated with the patient's primary treating physician. If a patient passes away, the Balsam team continues to support the family during the bereavement period for at least one year.

Although our capacity to provide full services has been limited to the Greater Beirut area, we have been supporting patients and physicians outside of Beirut over the telephone since Balsam's inception. Until recently, we had never considered this telephone support part of our program. However, over the years we have learned that these interventions have actually had an important and valuable impact on patients and families. We therefore decided to formalize this form of support as "Distance Support."



NEW PATIENT CLASSIFICATION CATEGORIES

This year we introduced new patient classification categories to better reflect our patients and our services:

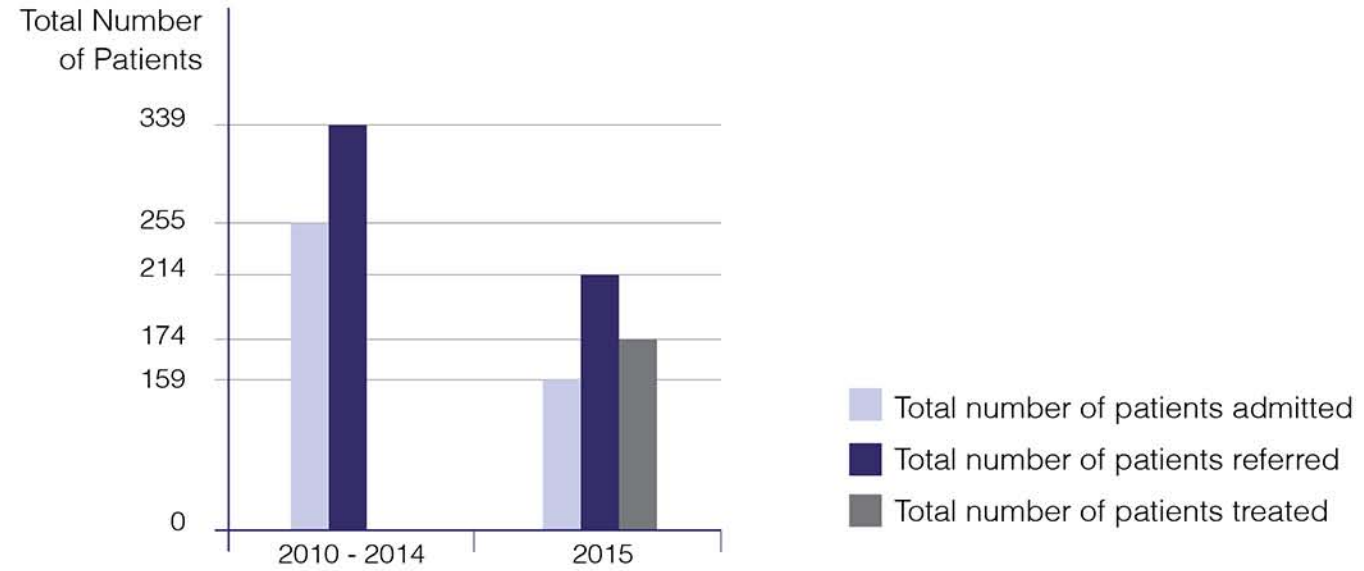
High Needs: Patients who are receiving our full package of services. These patients have active symptoms that require management or significant psychosocial needs. Nurses visit these patients at least once weekly and conduct emergency visits as needed. A “high needs” patient may become stable with adequate management and can be moved to the “stabilized” category of patients. In past reports we have referred to this category as “Full Support.”

Stabilized: Patients whose medical and psychosocial needs are minimal. They are mostly patients who may have had “high needs” at one point, but have been managed and stabilized under our care. They require fewer interventions and do not need weekly visits. “Stabilized” patients may deteriorate and become “high needs” as their illness progresses. In past reports we have referred to this category as “Partial Support.”

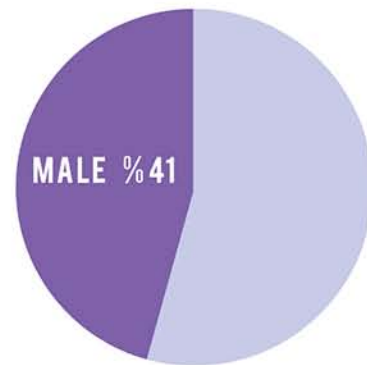
Distance Support: Patients who reside outside the Greater Beirut Area. The care in this category is tailored to the needs of the family and their accessibility to the Balsam team. The service generally includes a one-time home visit by a Balsam physician or nurse when a care plan is set. This visit includes patient assessment, management of medications, assessment of equipment needs, and education of the family. For chronically ill patients who are expected to remain stable, our intervention might end with this one-time visit. If patients are not stable or expected to deteriorate soon, follow up is then continued by telephone with the patient and/or family. Additional visits may be scheduled depending on the needs of the patient and the availability of Balsam staff. We are currently unable to offer “Distance Support” patients free medical equipment from Balsam or emergency medical visits.



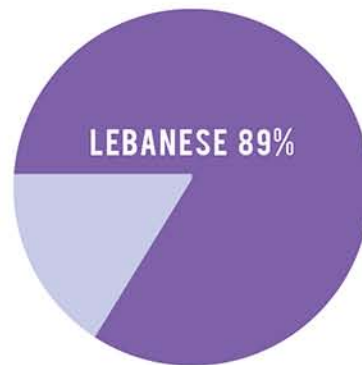
PATIENT STATISTICS



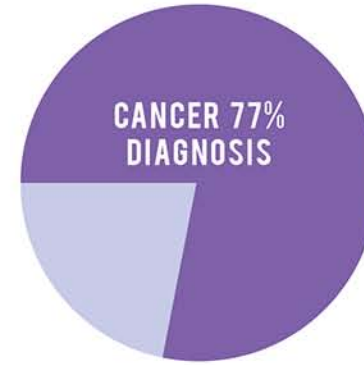
Demographic Characteristics:



Gender



Nationality

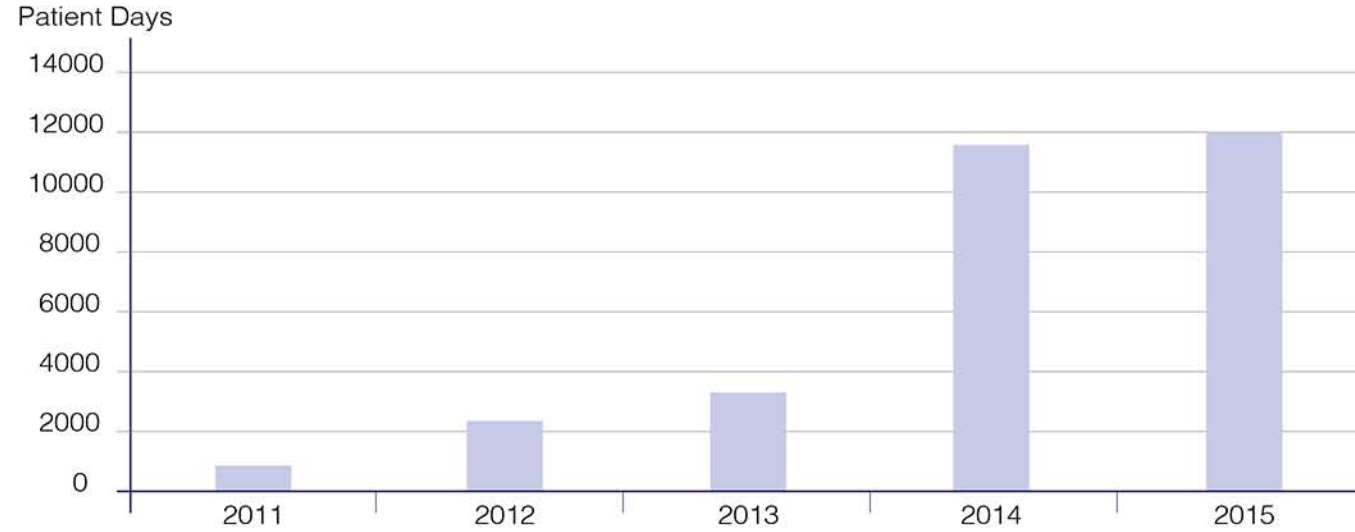


Diagnosis

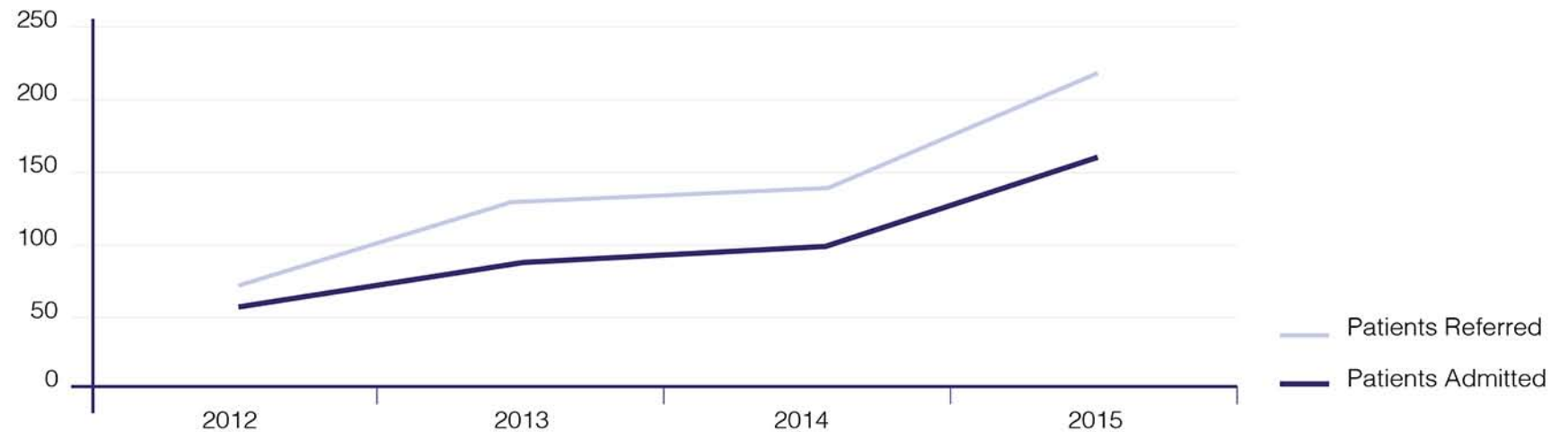


Age

Patient-Days of Care 2011 – 2015



Admitted and Referred Patient Trends 2012 - 2015



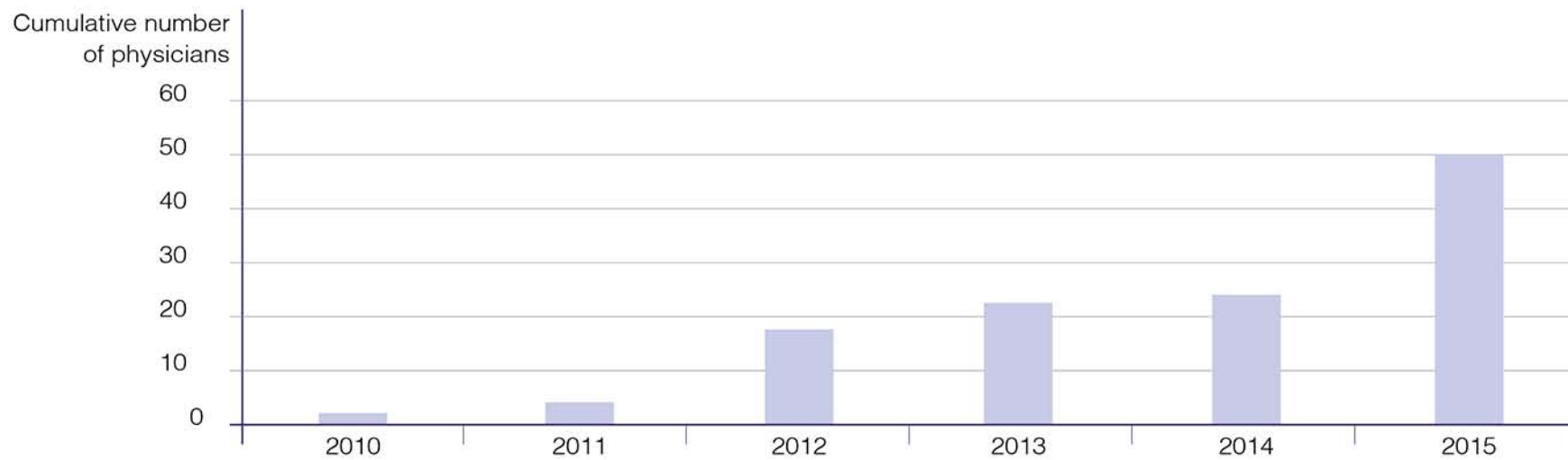
Total Number of Patients in 2015

Years	Continuing from 2014		Admitted in 2015		2015 Total
Patients	15	13 Full Support	159	109 High Needs	122 High Needs
		2 Partial Support		24 Stabilized 25 Distance Support*	26 Stabilized 26 Distance Support
* 17 patients one time visits and 9 patients with ongoing follow-up					174 Patients

Distribution of Patients by Days in Care (2015)

Time	1 day care		≤ 10 days		11-30 days		1-3 months		3-10 months		>10 months		Total	
	No	%	No	%	No	%	No	%	No	%	No	%	No	%
Patients	17	10	38	22	37	21	41	24	35	20	6	3	174*	100

Number of Physicians Referring Patients to Balsam 2010 – 2015



For more statistics on patient care please refer to Appendix I.



■ ADVOCACY

ADVOCACY



Balsam's efforts to promote palliative care remain necessary at all levels: in the community, among healthcare providers, and at the policy level. Interest in palliative care has clearly been growing since we started our work in 2010. However, we are still far from achieving a culture and healthcare system that adequately address the needs of people with serious and advanced illnesses. We aim to increase awareness about the philosophy and practice of palliative care through traditional mass media, social media, and community outreach activities. Highlights of Balsam's advocacy activities in 2015 include:

Before I Die

“End of Life Wishes: Now for Later” – Haigazian University – June 2015

A full day of activities that included a social media campaign, a lecture, and direct interactions with students at Haigazian University with the goal of reducing the stigma of talking about death, and encouraging people to talk about their wishes for end-of-life care. Participation in the event was high; the lecture was attended by approximately 60 students and faculty members. The campaign used the hashtag “I want You to Know” resulting in 50 people posting their pictures with their end-of-life wishes on the Balsam Facebook page:

www.facebook.com/hashtag/iwantyoutoknow?source=feed_text&story_id=896515273743565

The activities were conducted in collaboration with Haigazian students Charbel Abi Semaan and Riva Saredidine as part of a community service project.

Time for
love to
take care
of all needs
of people

re I die
ant to
a difference
the world

I want to
live on
and

I want to
find peace
and love

I want to be in
my happy place

Before I Die,
I want to leave
so much love
to my family
and friends

Keep the ego

No pain
Dignity

I still want to
be involved in my
decision making
as long as I can

a grandfather
... but it helps
not work at

I ADVOCACY



Night Walk -- **“With You Till the End”** – Corniche – September 2015

The night walk was attended by over 70 people despite bad weather. It aimed at raising awareness about the availability of palliative care services in Lebanon, breaking the taboo of talking about death, and fundraising to sustain our activities. Participants walked from Bain Militaire to Ein El Mreisse where they lit candles and released balloons in memory of loved ones who have passed away. Information about palliative care was displayed at the arrival point, and a “Before I Die” board was placed for people to write their end-of-life wishes. The event was organized by our Outreach Coordinator, Jinane Abi Ramia, with the help of a team of active and dedicated Balsam volunteers: Tala Samadi, Hussein Hodroj, Hiba Nehme, Souheil Anhoury, and Zeinab El Moussawi. Pictures of the event are posted on the Balsam Facebook page:

<https://www.facebook.com/events/1037479979604912/>

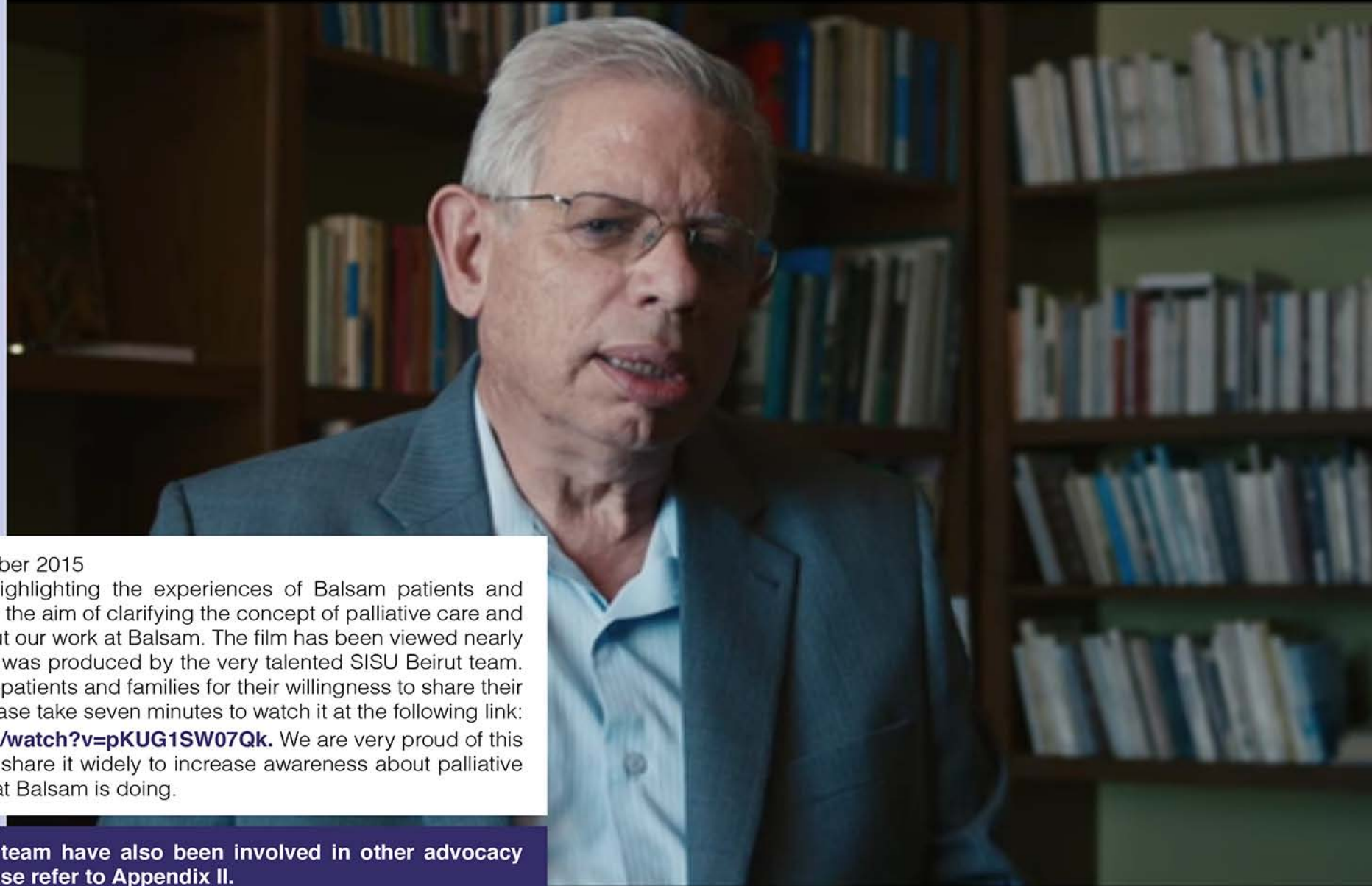
ADVOCACY



International Day for Older Population – Sanayeh Gardens – September 2015

This well-attended exposition in Sanayeh Gardens aimed to introduce people to the concept of healthy aging and to raise awareness about the services available to older adults in the community. Balsam was one of 42 organizations to participate in this event which was organized by the Rotary Club of Beirut in association with the Municipality of Beirut and the Ministry of Social Affairs. During the event, Balsam was able to share what we do and discuss the concept of palliative care with members of the community as well as other organizations that serve the elderly.

I ADVOCACY



Balsam Short Film – October 2015

This powerful short film highlighting the experiences of Balsam patients and families was produced with the aim of clarifying the concept of palliative care and increasing awareness about our work at Balsam. The film has been viewed nearly 1,700 times on YouTube. It was produced by the very talented SISU Beirut team. We are very thankful to our patients and families for their willingness to share their experiences so openly. Please take seven minutes to watch it at the following link: <https://www.youtube.com/watch?v=pKUG1SW07Qk>. We are very proud of this film and encourage you to share it widely to increase awareness about palliative care and the good work that Balsam is doing.

Members of the Balsam team have also been involved in other advocacy activities. For details please refer to Appendix II.



■ RESEARCH

RESEARCH



Balsam is committed to generating research that can contribute to the advancement of palliative care and improve the way people with serious illness live and die. Over the past few years, we have been conducting small studies and disseminating our findings at palliative care conferences. Most recently, Jinane Abi Ramia presented the findings of a qualitative study about physician satisfaction with home-based palliative care services in Lebanon at the 5th Public Health Palliative Care Conference in Bristol, UK as a poster presentation.

This year we launched the ImPaCT study. This two-year clinical trial aims to evaluate the impact of home-based palliative care on the cost of healthcare and quality of life for patients with advanced illness. The study is supported by GlobeMed, a third party insurance administrator with an interest in introducing innovative ways to improve the health of their insured population. Jinane Abi Ramia is our project coordinator; the research team includes Dr. Shadi Saleh, a healthcare costing expert from the Faculty of Health Sciences at the American University of Beirut, and Dr. Hani Dimassi, a professor of biostatistics from the Lebanese American University School of Pharmacy. Findings from this study will help inform policy makers and private insurance providers as they work to integrate palliative care into the Lebanese healthcare funding mechanism.





**CAPACITY
BUILDING**



Members of Balsam have been building capacity in palliative care among healthcare professionals by training physicians, nurses, public health professionals, social workers and medical students in Lebanon and the region since 2009. In the past, this has been achieved by participating in conferences and workshops, giving lectures at hospitals and universities, as well as teaching courses, which Balsam continues to do. **This year we took a major step towards expanding the scope of our training activities by launching an ambitious capacity building pilot project.** This project was funded by the World Health Organization national office.

“Building the Capacity of the Ministry of Public Health to Support Local Partnerships in Palliative Health Care in Lebanon - Phase I: Hospital-Based Palliative Care” aims to develop a palliative care model that can offer high-quality hospital-based palliative care services linked to sustainable quality home-based palliative care services.

The project is a collaboration between **World Health Organization (WHO)**, the **Ministry of Public Health (MoPH)**, **Ain WaZein Hospital (AWH)**, and **Balsam**. AWH is a private not-for-profit teaching hospital in the Shouf region that serves the health needs of approximately 350,000 people.





Balsam worked with Dr. Frank Ferris, Executive Director for Palliative Care Research and Education at Ohio Health, to provide a 5-day multidisciplinary course in August 2015 that was attended by 28 AWH physicians and hospital staff participants. The course was evaluated highly by all participants. Following the completion of the course, Dr. Hibah Osman continued to work closely with the palliative care team at AWH by providing training at the bedside and advising on program development. Phase II of this project, which will focus on developing palliative care in the community for AWH patients, will commence in 2016. The findings of this project will be used to propose a model for capacity building in palliative care that the Ministry of Health and World Health Organization can apply in hospitals across the country with the goal of making palliative care services available across Lebanon.

Members of the Balsam team have been involved in other activities directed towards training and building capacity in palliative care. For details of these activities please refer to Appendix III.



■ FUNDRAISING

GALA DINNER



Balsam's fundraising gala dinner successfully raised \$200,000 to support our activities. The event was attended by over 300 people who came to support Balsam's work and celebrate our achievements with us. Held on October 8 at La Magnanerie, an old silk factory in Sedd El Bawchriye, the event included entertainment by Lebanese singer Aziza and a screening of the Balsam film. At the end of the evening, Mr. Claude Rufin presented the Balsam Board of Directors with a generous donation on behalf of the Board of Directors of Emirates Lebanon Bank S.A.L.

We would like to express our appreciation to everyone who supported this event:

Sponsors: Emirates Lebanon Bank S.A.L., Murex, and Beam International

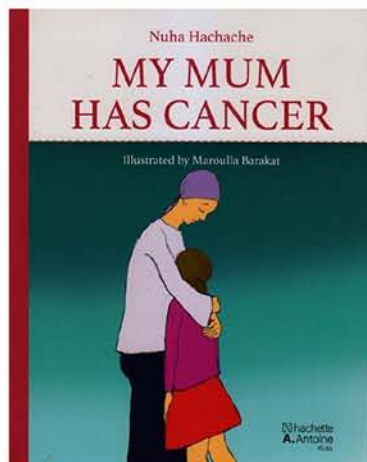
Contributors: Mersaco, Middle East Airlines, ABC, Badoit, Ksara, Bangles & Iris, Boecker, Couqley, Gaby Charbach, Evian, GlobeMed, MyBroker, Tinol, Sarah's Bag, Lifestyles, and Gustav.

Supporters: Bruna Tohme, Mariana Wehbe, Joe Lahdou, Polypod, and Robert Haykal Agency.

We would also like to thank Dr. Huda Zurayk, Mrs. Balkis Kiblawi, Dr. Najla Osman, Mrs. Maria Mroueh, Mrs. Maha Sabbagh and Mrs. Ilham Halabi for their dedication and support in organizing the dinner. The following link provides a visual summary of the events of the evening:

<https://www.youtube.com/watch?v=V3ZKdpErghI>

BOOK



Book Proceeds to Support Balsam: “My mum has cancer”

Nuha Hachache was a 41-year-old teacher and mother of two when she was diagnosed with cancer. As she struggled with her disease and her treatments, she decided to use her experience to write a children's book to help kids deal with the difficult experience of having a parent with cancer. After she died, her loving husband, Hani worked hard to complete the book and get it published. The book is beautifully written and illustrated and has an uplifting message of love. It is available in both Arabic and English and can be purchased in stores or online at Librairie Antoine. Hani and his family have generously decided to donate all proceeds from the sale of the book to support our work at Balsam. Further information about the book can be found at the following links:

<http://www.lorientlejour.com/article/958935/-my-mum-has-cancer-et-les-mots-justes-pour-le-dire.html>

<http://www.hachette-antoine.com/mymum-has-cancer-nuha-hachache-kids-fiction.html>

SUPPORT BALSAM

If you would like to support Balsam, refer a patient, or get additional information:

Visit our website: www.balsam-lb.org

Contact us on: 01-748574

Follow us on: Twitter on Balsam-LCPC

Like us on: Facebook at Balsam-The Lebanese Center for Palliative Care

Subscribe to: our YouTube channel BalsamLCPC
Address: Chafic Haddad Building, Ground floor
Sidani Street – Hamra

P.O Box: 113- 6656 - Beirut, Lebanon

Acknowledgement: We appreciate Emirates Lebanon Bank S.A.L's continued support of Balsam's mission.





APPENDIX I

PATIENT

CARE

APPENDIX I: PATIENT CARE

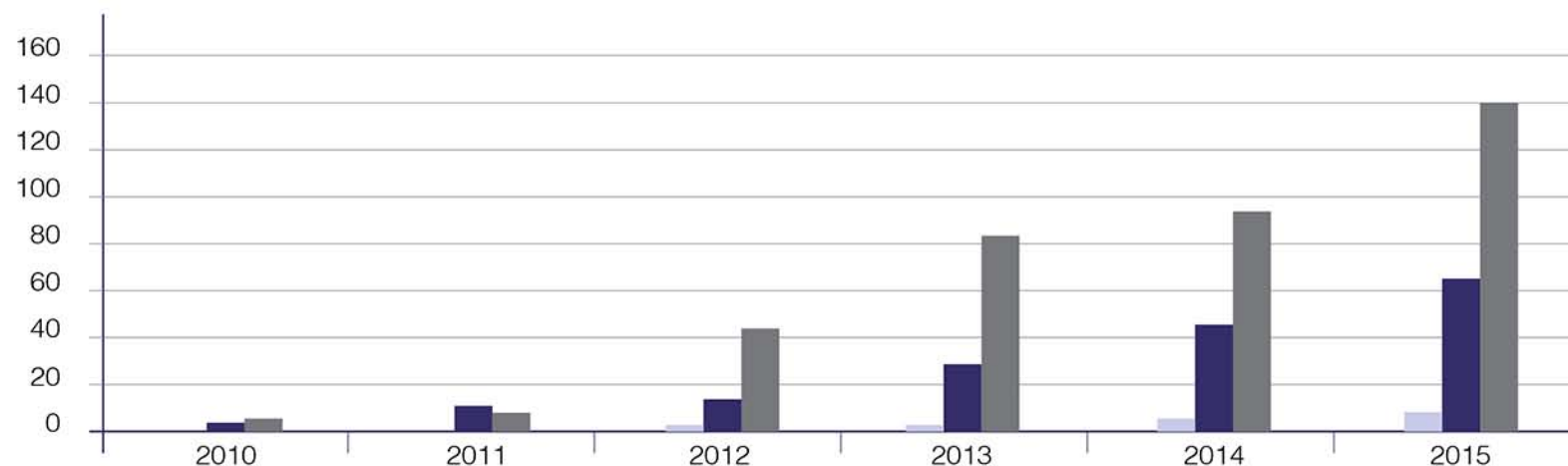
Number of patients referred annually (2012 – 2015)

- * Patients who are stabilized by Balsam care
- ** Patients who do not need palliative care
- *** Patients living outside Greater Beirut Area

Years	2012		2013		2014		2015	
Admitted	55	42 full support	90	46 full support	98	78 full support	159	109 high needs
		13 partial support*		44 partial support*		20 partial support*		24 stabilized* 26 distance support***
Not Admitted **	11		34		44		55	
Total	64		124		142		214	

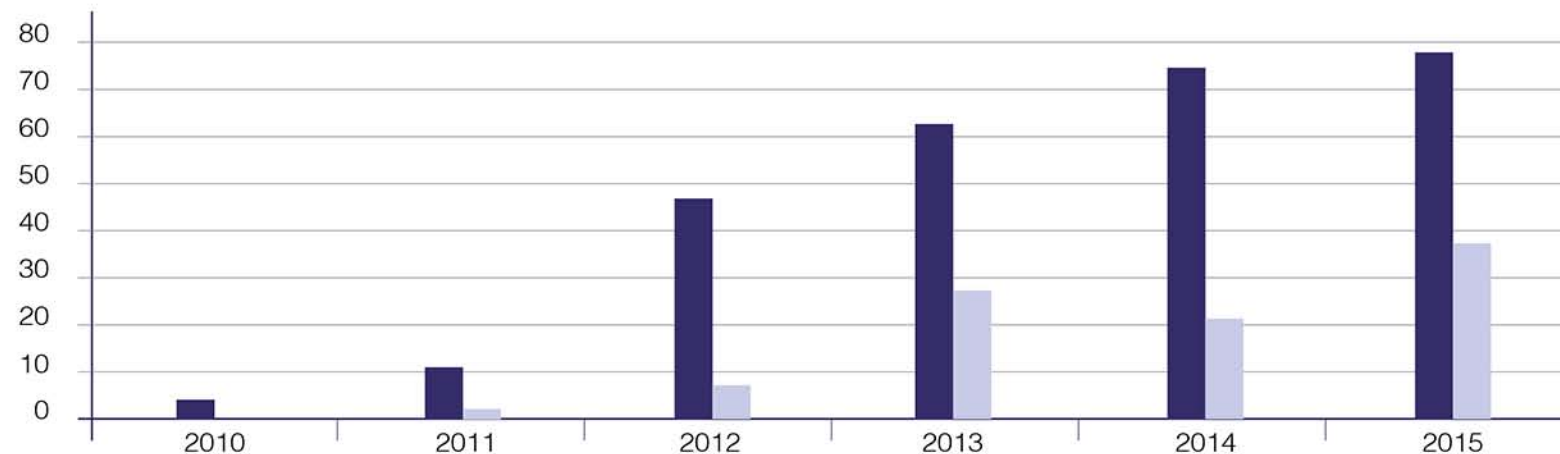
Patient distribution by age (2010-2015)

< 18
 18 - 65
 > 65



APPENDIX I: PATIENT CARE

Patient distribution by diagnosis (2010 – 2015) ■ Cancer ■ Non - Cancer



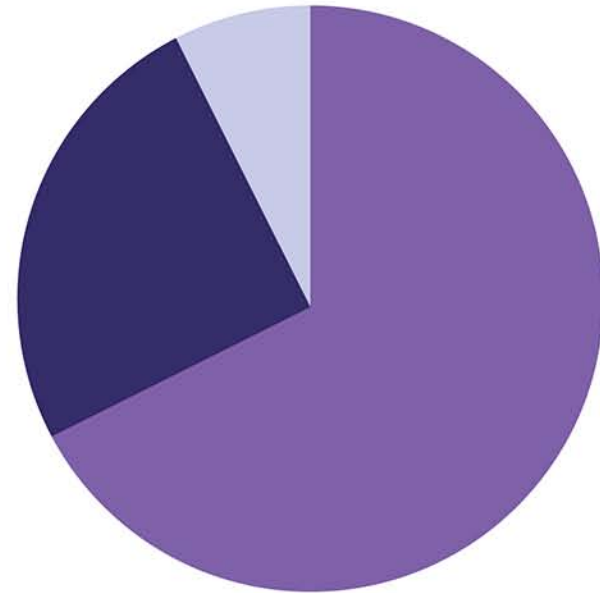
Non-cancer diagnoses include: Chronic obstructive lung disease, renal failure, heart failure, Parkinson's disease, rheumatoid arthritis, brain atrophy, progressive supranuclear palsy, neurodegenerative disease, liver cirrhosis, dementia, pulmonary fibrosis, multiple sclerosis, sepsis

Patients stratified by disease category (2015)

	Number of Patients	% of Patients
Cancer	122	77
Neurological Diseases	20	13
Cardiovascular Diseases	7	4
Pulmonary Diseases	2	1
Organ Failure	5	3
Other	3	2
Total	159	100

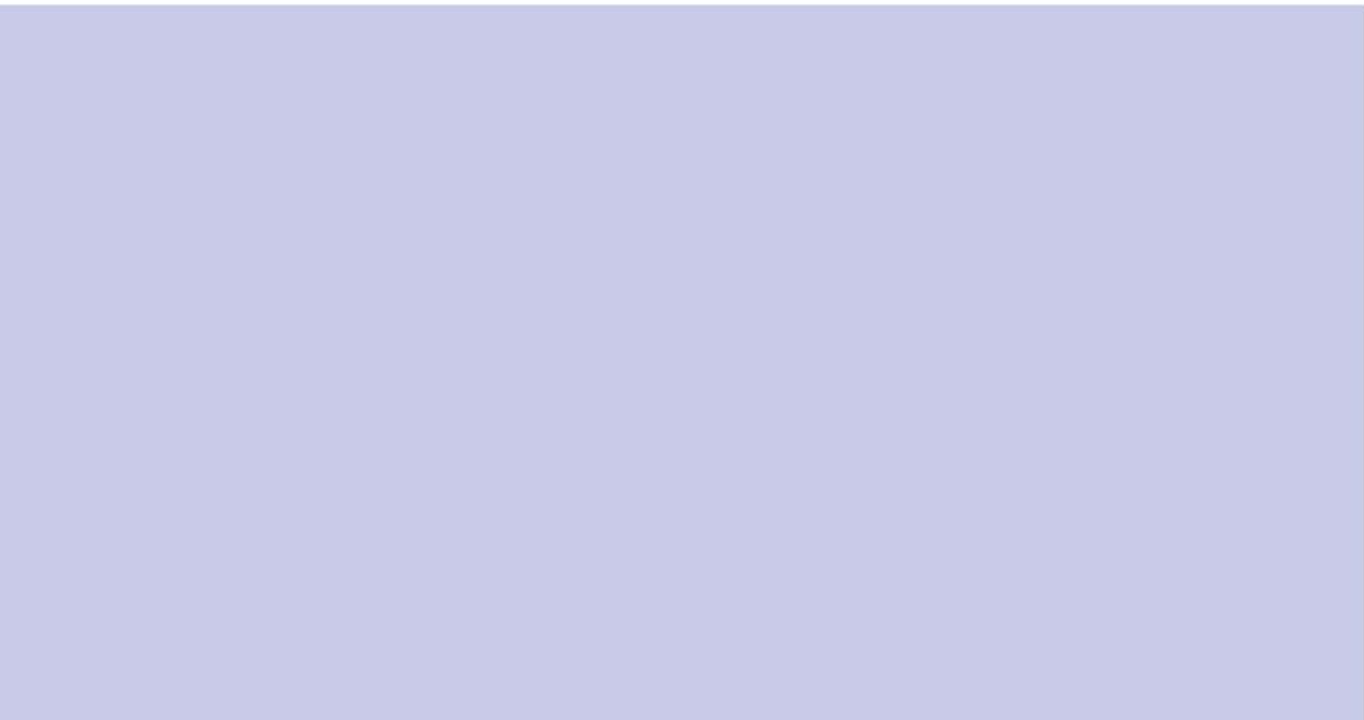
Days from referral to admission (2015)

* For referrals from hospitals, the number of days was calculated from date of hospital discharge to the date of home visit

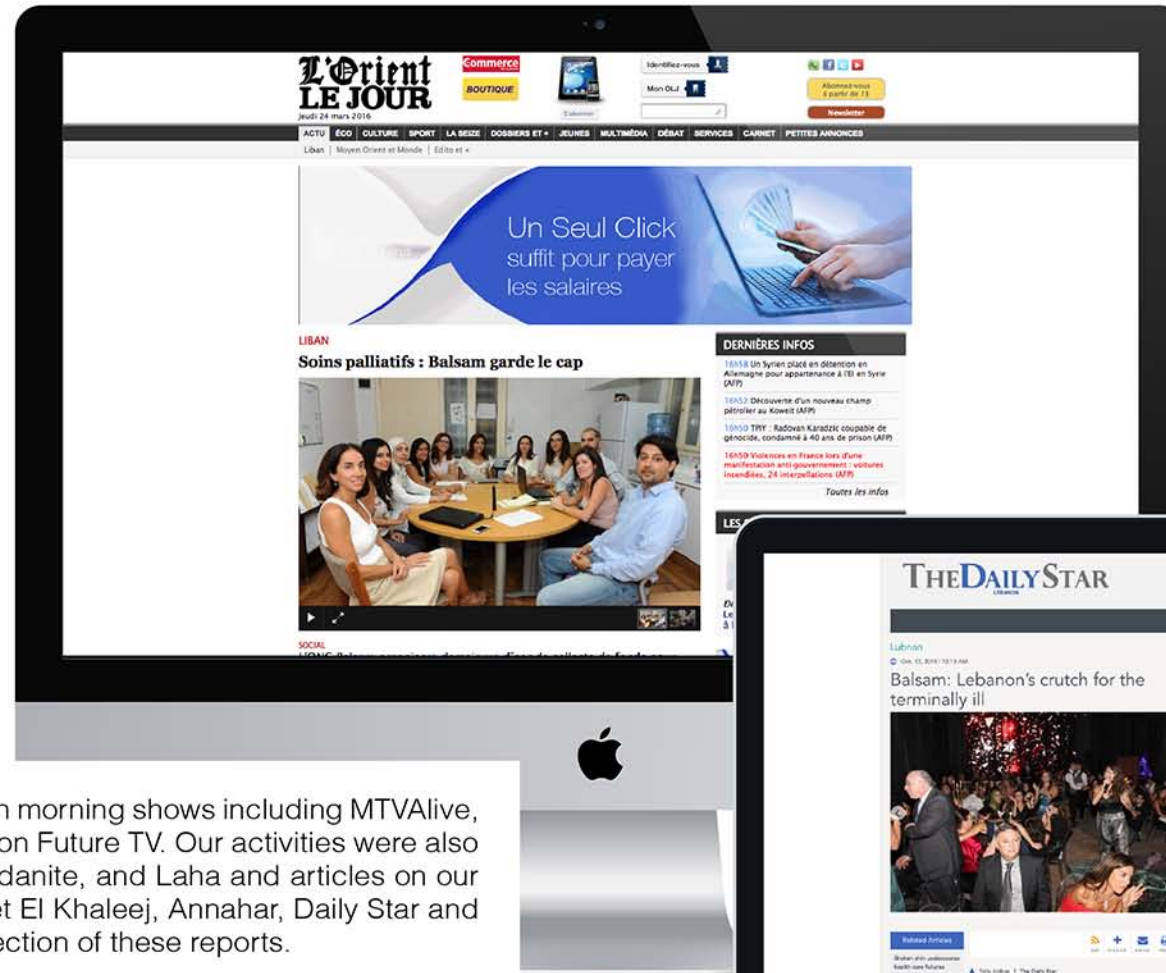


% Patients

■ ≤ 2 Days ■ 3 to 5 Days ■ ≥ 6 Days



APPENDIX II: ADVOCACY



Balsam was featured on several television morning shows including MTVLive, OTV's Yawm Jdid, and Akhbar El Sabah on Future TV. Our activities were also featured in the magazines Taamim, Mondanite, and Laha and articles on our work appeared in the newspapers Zahret El Khaleej, Annahar, Daily Star and L'Orient Le Jour. Below are links to a selection of these reports.

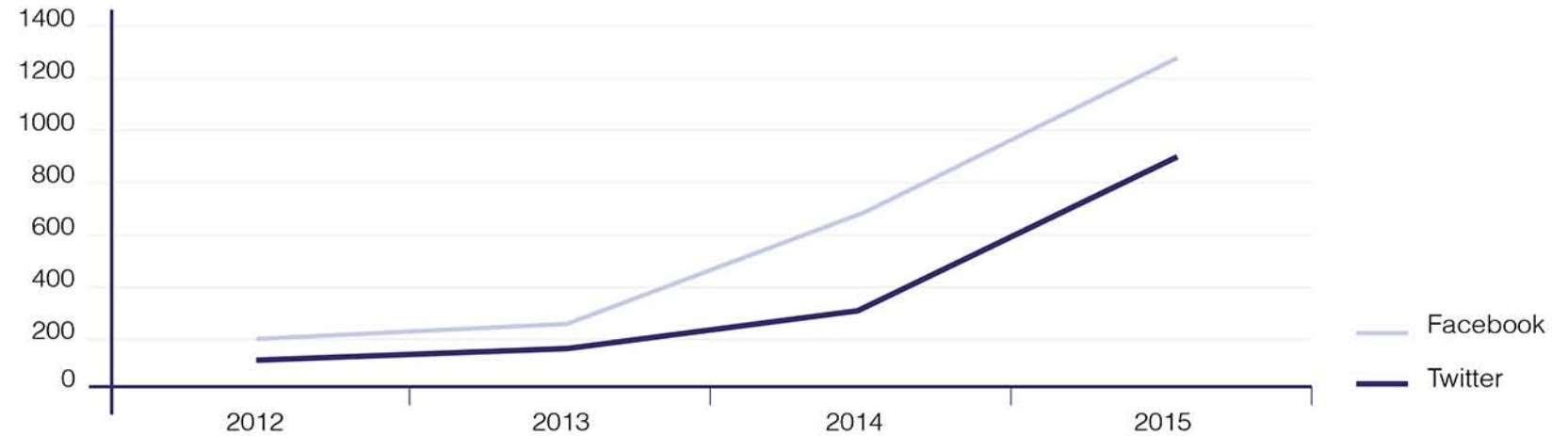
<http://www.lorientlejour.com/article/948107/soins-palliatifs-balsam-gard-e-le-cap.html>

<http://www.dailystar.com.lb/Life/Lubnan/2015/Oct-13/318646-balsam-lebanons-crutch-for-the-terminally-ill.ashx?src=iPhone>

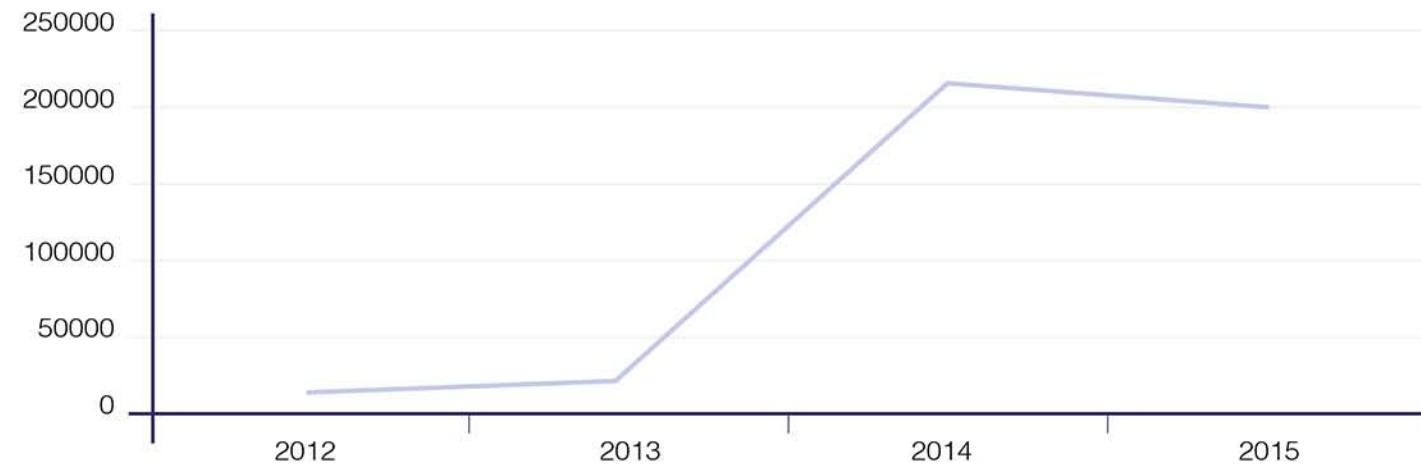


We have also been increasing our activity on social media. We created an Instagram account in September which now has 239 followers, and we are in the process of updating our website to be launched in 2016.

Facebook (FB) likes and Twitter



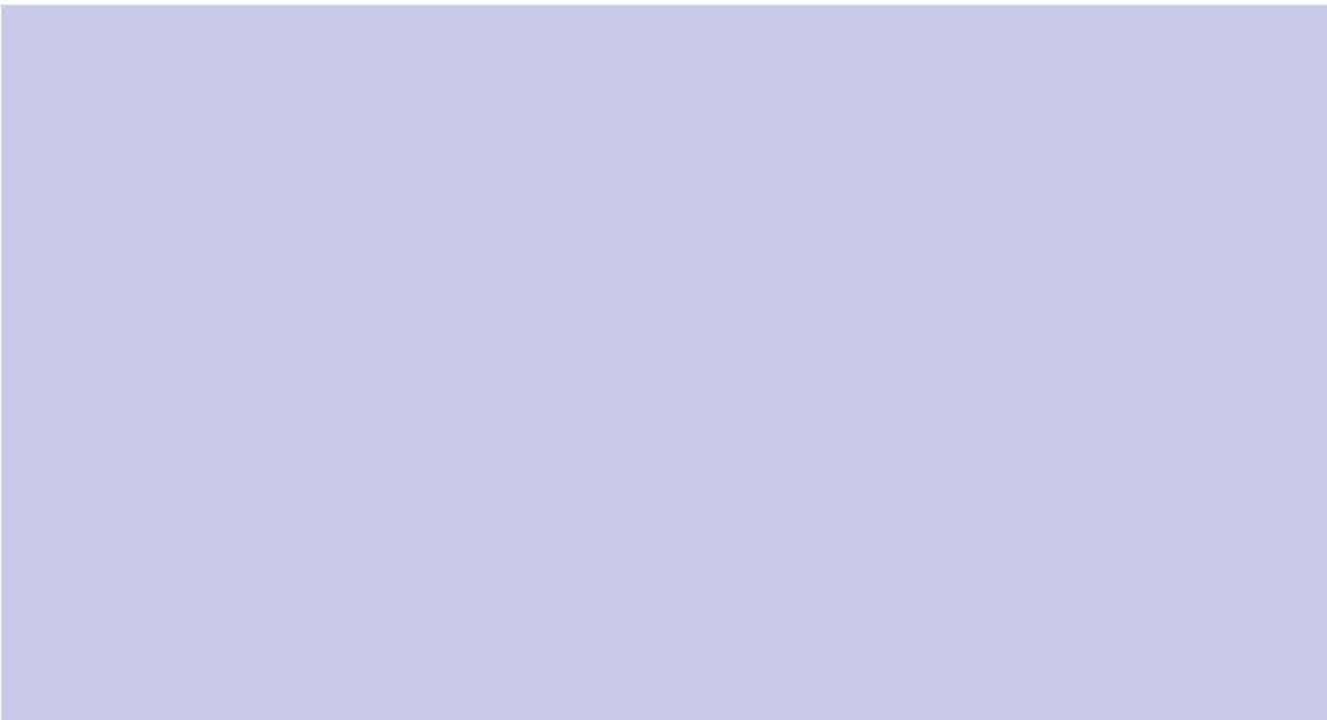
Website views 2012 to 2015 followers 2012 to 2015





5th Corporate Social Responsibility Forum (CSR) Lebanon (October)

Balsam participated in this forum organized by CSR Lebanon for the second year in a row. The event was under the patronage of the governor of Banque Du Liban, Mr. Riad Saleme and included several organizations and businesses that came together to network and participate in workshops on fundraising, volunteer management, sustainability and best practices.



APPENDIX III: CAPACITY BUILDING

BALSAM AS A TRAINING SITE



Balsam served as a training site for three senior social work students from the **Faculty of Health Sciences at the Lebanese University** – Ain WaZein Branch. The students participated in home visits with our nurses and social worker during the Fall semester and prepared a report about their experience. The experience provided them with the opportunity to learn basic concepts in palliative care and observe the challenges of communication about serious illness.

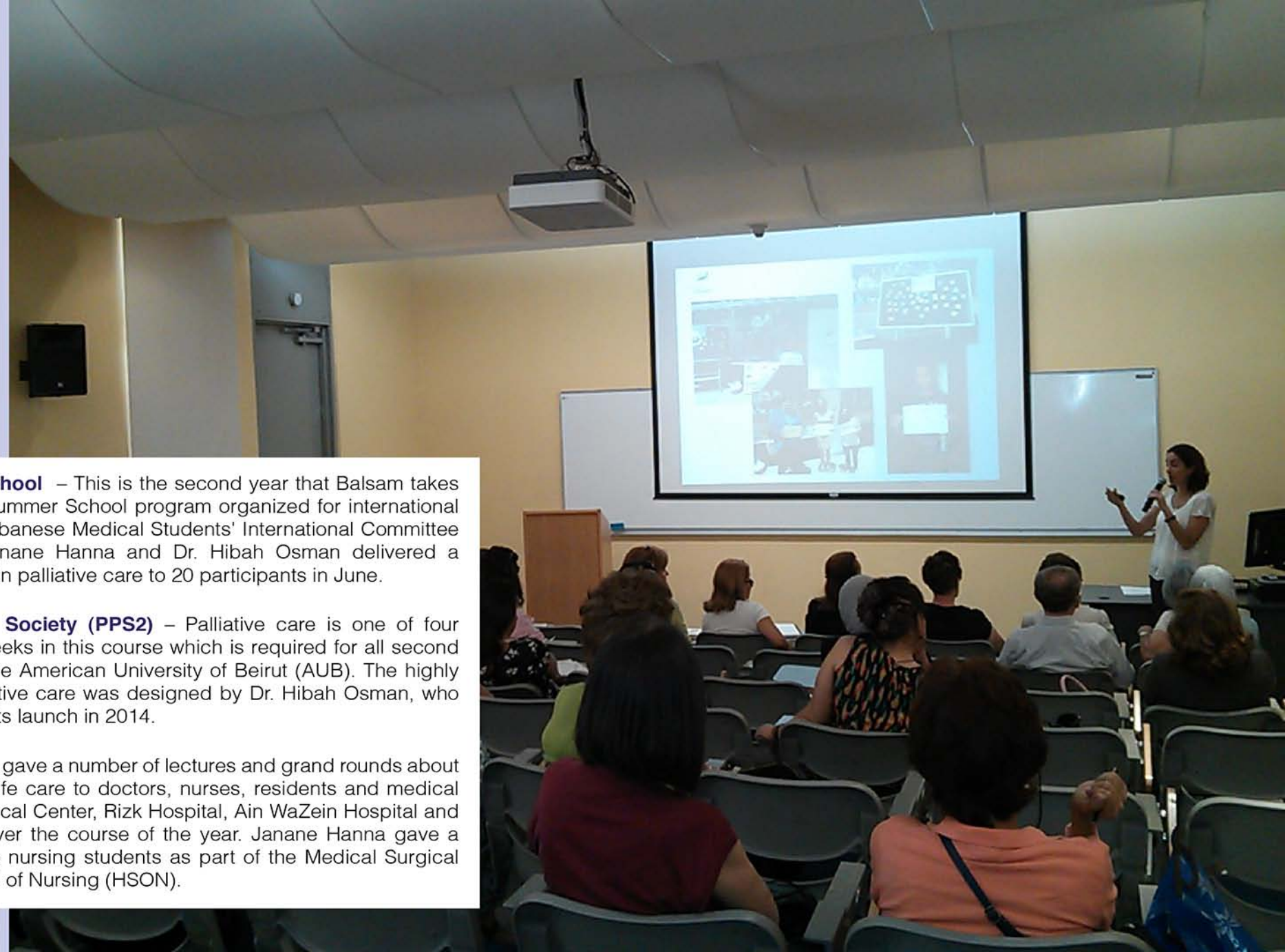
Fahed Al Ghanem, a 4th year of medical student at Lebanese American University, spent a two-week elective rotation at Balsam. He had the opportunity to visit patients at home with our nurses and attend our weekly interdisciplinary team meetings.

COURSES AND LECTURES

Mental Health Summer School – This is the second year that Balsam takes part in the Mental Health Summer School program organized for international medical students by the Lebanese Medical Students' International Committee (LeMSIC). Hiba Shami, Janane Hanna and Dr. Hibah Osman delivered a workshop on mental health in palliative care to 20 participants in June.

Physicians, Patients and Society (PPS2) – Palliative care is one of four modules given over four weeks in this course which is required for all second year medical students at the American University of Beirut (AUB). The highly evaluated module on palliative care was designed by Dr. Hibah Osman, who has been teaching it since its launch in 2014.

Lectures: Dr. Hibah Osman gave a number of lectures and grand rounds about palliative care and end of life care to doctors, nurses, residents and medical students at AUB, AUB Medical Center, Rizk Hospital, Ain WaZein Hospital and Bellevue Medical Center over the course of the year. Janane Hanna gave a lecture on palliative care to nursing students as part of the Medical Surgical course at AUB Hariri School of Nursing (HSON).



CONFERENCES AND WORKSHOPS

Members of the Balsam team delivered a number of presentations at conferences and workshops during the course of the year. Below are some examples:

Janane Hanna

- Pain Management - 3rd Cancer Care Forum - CMC (October)
- Pain and Palliative Care in Oncology - Medical Welfare Trust Fund 14th Workshop for Palestinian Nurses - AUBMC (April & November)
- Physiological Dimension of Palliative Care - Basics in Palliative & End of Life Care - AUB HSON (September)

Rebecca El Asmar

- Management of Side Effects of Hormonal Therapy - 3rd Annual Breast Cancer Conference - AUBMC (February)
- Updates in the Management of Chemotherapy: Induced Nausea and Vomiting - 47th Middle East Medical Assembly (MEMA) - AUB (May)
- Psychological Dimension of Palliative Care - Basics in Palliative & End of Life Care - AUB HSON (September)

Micheal Khoury

- Dealing Effectively and Affectively with Emotions - 47th Middle East Medical Assembly (MEMA) - AUB (May)
- Dignity in Palliative and End of Life Care - Basics in Palliative and End of Life Care - AUB HSON (September)



THANK YOU

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