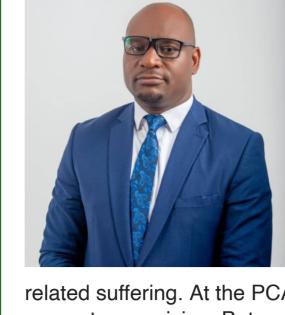


Dear PCAU Members and Friends,



Thank you so much for your continued support and connection with PCAU. Please receive our 1st quarter 2024 newsletter. We are most excited about our plans for this year as we celebrate 25 years of PCAU. I encourage you all to renew your membership and commit to supporting PCAU. As we celebrate 25 years, we take stock of how our focused investment has yielded compassion, holistic care, pain relief, comfort, hope, and justice for individuals, families, and Ugandan communities. We invite you to attend the PCAU Annual General Meeting on May 31st, 2024.

This year, we will continue to work with all of you in districts across Uganda to ensure that we reach many patients and families who are facing healthrelated suffering. At the PCAU Secretariat, we can only do much as we move to coach, mentor, and offer support supervision. But we have all of you our members in districts. We urge you to advocate, support, and participate in the delivery of palliative care at your level.

Many Ugandans are committing to supporting the work of PCAU and palliative care. We are very grateful

to the Rotary Clubs in Uganda which have signed up to support palliative care work. We thank you all **Mark Donald Mwesiga Executive Director - PCAU**

PCAU@ 25 years



2024 is PCAU's Silver Jubilee! For the last 25 years, PCAU has been starting its mission of advocating for and supporting the integration of palliative care into Uganda's healthcare system. As a pioneer national palliative care association in the region, PCAU has set a great example for advocacy, support to education and training, scientific conferences and research, and resource mobilization for the sustainability of palliative care not only for Uganda but beyond. As we celebrate 25 years, we will take stock of how our focused investment has yielded compassion, holistic care, pain relief, comfort, hope, and justice for individuals, families, and Ugandan communities. We will publish a new mapping on the spread of

It is 25 years since the founding of the Palliative

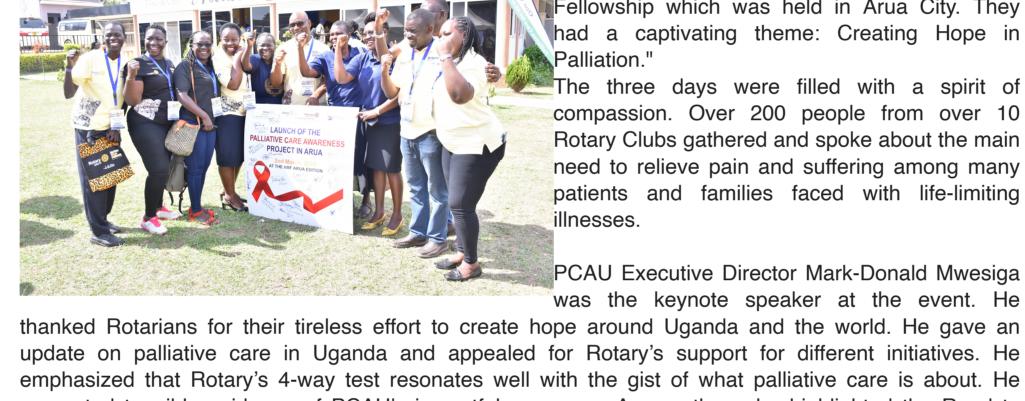
Care Association of Uganda (PCAU). The year

palliative care in Uganda. We appreciate we are yet to reach many Ugandans with palliative care information. We are developing a Digital Palliative Care Information App that we will launch to mark our 25 years. We have lined up a PCAU Members month from April 10th – May 15th, 2024. Please check in with PCAU to participate in the various activities listed. We will also discount on Membership subscriptions and other offers by PCAU. At the end of the year, on the 6th, we shall host a PCAU Silver Jubilee Gala Dinner in Kampala. Please keep in touch for more information. Please follow link to read more From All of us at PCAU





The three days were filled with a spirit of compassion. Over 200 people from over 10



Rotary Clubs gathered and spoke about the main need to relieve pain and suffering among many patients and families faced with life-limiting illnesses. PCAU Executive Director Mark-Donald Mwesiga was the keynote speaker at the event. He presented tangible evidence of PCAU's impactful programs. Among them, he highlighted the Road to Hope initiative, a beacon of hope that has effectively disrupted the cycle of poverty by supporting child

Disability Inclusion: Leaving No One Behind in Palliative Care in Uganda By Lisa Irumba Christine In the peri-urban community of Makindye lives Matia (not real name) a middle-aged gentleman with Diabetes Mellitus. Matia usually sits on the veranda of his house shaded from the busking sun in the city these days. Matia had a double amputation from the knees and partial blindness in his eyes due to complications from

all who cross his paths.

Palliative Care Setting

me that using a wheelchair is in itself a tragedy. It is a means of

caregivers of patients receiving palliative care.

Please follow link to read more about this Commitment

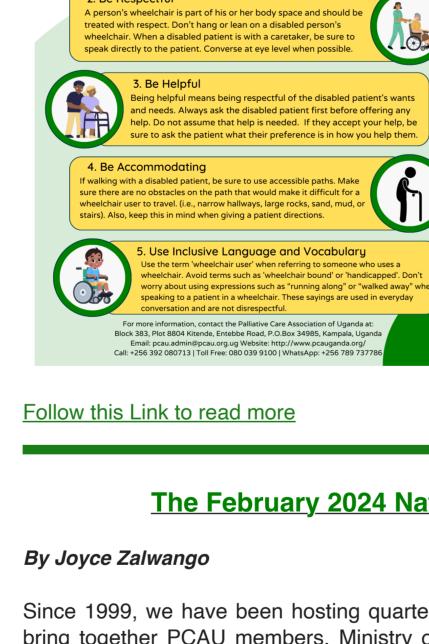
despite his physical limitations. Matia spends most of his time at home, yet his laughter brings warmth to Matia is regularly visited by the palliative care team at home but while sharing some of his stories, he tells a tale of some communication challenges he encountered when accessing health care.

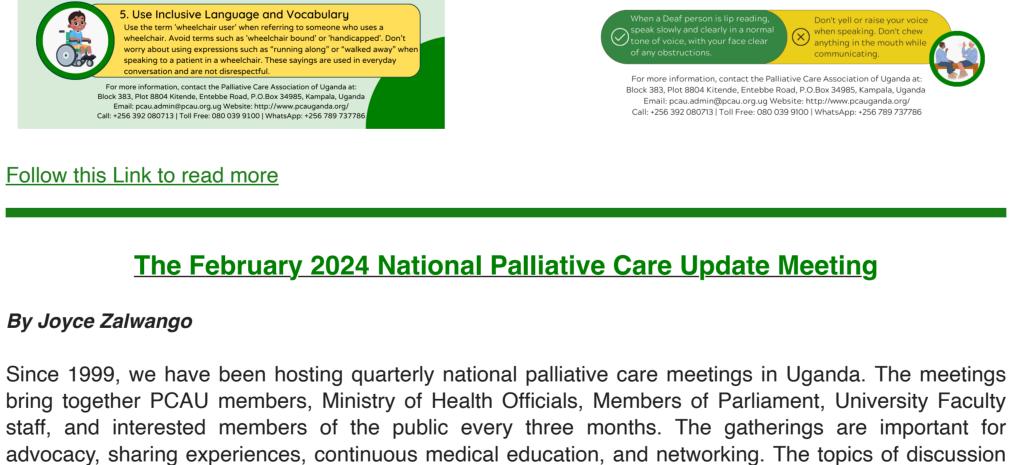
Diabetes. He is not just another patient but rather a beacon of resilience, with his spirit unwavering

At the Palliative Care Association of Uganda (PCAU), we have been engaged in disability inclusion work

since 2015 when our partnership with the <u>Uganda National Association for the Deaf (UNAD) commenced.</u> Recently we worked with Lena Dougherty an intern at Global Partners in Care and experts from Light for the World to develop Information, Education, and Communication materials for palliative care teams. We hope that these will improve their knowledge and skills as they support children and adults with disabilities receiving care from hospices and the palliative care units in Uganda. Our approach to disability inclusion in palliative care is a cross-cutting issue since dignity and comfort should know no bounds. LIGHT FOR THE WORLD Supporting Physically Disabled Persons in a







On 23rd February 2024, we held PCAU's 1st update meeting for this year. The hybrid meeting was attended by 50 people physically at PCAU and over 150 PCAU members mostly health workers who joined online in groups at 10 locations across the country. Other people joined at their workplaces and homes. From COVID-19, we have realized the importance of ensuring an online option for people to

at these meetings are agreed upon unanimously by participants as per the popular needs at the time.

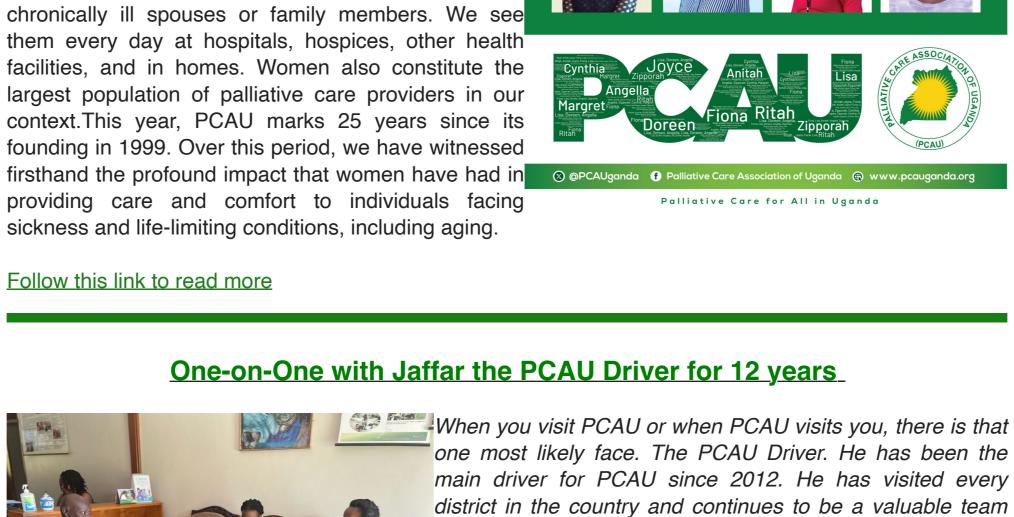
attend all our important gatherings that attract people from across the country and beyond. At the February meeting, the topic was: The Update on developing the National Cancer Control Plan for Uganda. Our distinguished presenters were Dr. Noleb Mugisha, a PhD Fellow of Community Oncology from the <u>Uganda Cancer Institute</u> (UCI), and Dennis Olodi the Executive Director of the <u>Uganda</u> Cancer Society (UCS). The meeting was chaired by Prossy Nakyanja, Acting Chief Executive Director of Hospice Africa Uganda.



Nation build a fairer, more just society." We at PCAU would also like to use the opportunity to recognize the important role of women in palliative care.

According to the World Health Organization (WHO), globally, 70% of health and social care workers are WOMEN'S DAY women. In Africa as in other parts of the world, women Best Wishes from the Ladies at play an indispensable role in family life. The African

role of a woman is extremely unique and embedded in culture and social beliefs. To an extent, the important role goes unrecognized. In Uganda, women are most likely to become the principal family caregivers of chronically ill spouses or family members. We see



palliative care initiatives. On such journeys, PCAU will move with other technical staff to conduct advocacy, offer mentorship, and conduct support supervision for palliative care. The nature of the work of PCAU and traversing districts requires a set of reliable cars. Jaffer Mohammed the PCAU Driver is a very valuable member of the PCAU Team.

Interview by Fiona Siima, Transcribed by, Dr. Angella Namatovu photos by Zipporah Kyomuhangi.

Please read his brief interview by following this link. Meet Dr. Angella Namatovu a Staff Member at PCAU By Dr. Angella Namatovu

Read More about her Journey with PCAU

By Esther Taaka

By Fiona Siima

By Anita Balikobaku

students mostly enjoyed the old man's tales.

Follow this Link to read more about this visit.

NOW HIRING

We are looking for a new Team Member!

Join Our team of

Compassionate Professionals

We are looking for a dynamic and results-

oriented communications professional to

join our compassionate team. This is a

volunteering opportunity. When they join

us, they will drive our communications

agenda toward universal provision and

forward to hosting you.

children from impoverished families facing health-related suffering.

Dr. Angella Namatovu Capacity Building Officer – Palliative Care Association of Uganda (PCAU). Dr. Angella Namatovu, a recent graduate with a Bachelor of Medicine and Bachelor of Surgery (MBChB) of Mbarara University of Science and Technology (MUST), currently serves as the Capacity Building Officer at PCAU. In this role, she significantly contributes to PCAU's top objective of Capacity Building which is aimed at strengthening the capacity of palliative care providers in Uganda through supporting continuous professional training, education, mentorship, and supervision. Dr. Namatovu is directly engaged in the planning and delivery of the Pain-Free Hospital Initiative (PFHI) at 3 National and Teaching Hospitals in Uganda. She is responsible for PCAU's SHiNE Child Program which is a pilot initiative on strengthening the care and treatment navigation for

> In 2022, the Ministry of Health passed the Health Management Information System (HMIS) Palliative Care registers and HMIS 105c Monthly

> Palliative Care reporting forms. This effectively enabled palliative care reporting through the District Health Information System (DHIS2). The

> approval by the Ministry of Health followed several years of advocacy and support by PCAU

> on the integration of palliative care data in the HMIS. PCAU Continues to effort to ensure that

member. A team of 3 staff recently had an interview with him. He shared his role and feel about the new Land

Cruiser acquired by PCAU last year. The vehicle which was acquired brand new last year has moved close to 15000

kilometers across Uganda. This is an average of 2500 Kilometers per month in the last period. PCAU moves to

districts to support initiating new palliative care teams/units

at hospitals and other health centers and to support

the over 300 health facilities accredited to offer palliative care across the country receive the required tools and training to report on palliative care. By the end of 2023, staff in 124 health facilities had been trained on Palliative Care HMIS tools. PCAU is working through a selected team of palliative care data champions located in subregions in Uganda to scale down sensitization, training, and advocacy for palliative care data and

reporting. As the scale-up for palliative care reporting takes shape, the Ministry of Health has created a

dashboard for palliative care data in the national health information system. The palliative care data

Breast Cancer Awareness and Fundraiser

Before joining the PCAU Secretariat as a staff member, Dr. Namatovu volunteered with the association to support the SHiNE Child Program. She was also strongly involved in founding the Students' Palliative

Care Reinforcement Program which aimed to interest students and provide knowledge about Palliative care. Her involvement with PCAU therefore extends beyond her current role, reflecting a history of

My Experience as a Palliative Care Data Champion in Uganda

dedicated volunteer service that demonstrates her devotion to the association's mission.

champions are doing a commendable job across the regions. Please read the experience of Esther Taaka a Palliative Care Nurse one of the Palliative Care Data Champions in Uganda.

On February 25^{th,} 2024, we joined our partners the Uganda Cancer Society for their annual Cancer Sukuma Dance event in Kampala. We were official partners in the event this year. This is an annual fitness, cancer awareness, and fundraising event with a specific theme

THE ROAD TO HOPE PROGRAM UPDATES.

also to commemorate World Cancer Day. This year the theme was: Restore Smiles, A Breast for Her. Proceeds from the event would be utilized to acquire and avail women who have suffered breast cancer-free artificial breasts post-surgery, which is crucial for their recovery and community reintegration. We were glad to make a generous contribution and also to participate. A team of PCAU Staff joined the hundreds at City High School as early as 7:00 am for the dance event. The dancing lasted for more than 2 hours and was led by a dynamic group of dancers; The Sukuma Foundation. It was a fun-filled event, it brought together people of all ages, the young and the old, it did not matter the style of dance, or the rhythm of the music, each one of us created our own and enjoyed ourselves for a noble cause, that's what mattered. Follow link to read more about this Fundraiser



OPPORTUNITIES AT PCAU.

PCAU

ADVERT

CALL FOR BID SUBMISSION FOR

PURCHASE OF USED MOTOR VEHICLE

Call for Bids for Purchase of a

Motor Vehicle

The Palliative Care Association of

Uganda (PCAU) is a non-governmental

organization (NGO) and the national

umbrella organization for all palliative

care providers in Uganda. PCAU invites

Location of Vehicle: Kitende - Entebbe

Please follow this link to learn more about

Year of Manufacture: 1998

how to submit your Bids.

bids from interested bidders for the Sale access to culturally appropriate palliative of 01 used Motor Vehicle unit detailed; care in Uganda. If you know that you have the right skills, knowledge, and **Number Plate: UAU 318A** attitude please apply. We also request Make: Toyota Rav4, Manual Drive you to share this opportunity within your Model: 1998 HP/CC circles. Follow this link to get the details. Chassis Number: SXA117010262

Road

UPCOMING EVENTS.

our annual performance report for the year 2023 as well as disseminate updates on palliative care development in Uganda. Most importantly members will vote into office new Board of Directors for PCAU

at this year's AGM. The meeting is an opportunity for PCAU members to connect as well as interact with the wider stakeholders including national leaders and professionals from diverse backgrounds. The PCAU

Board and Management always look forward to the AGM being able to account for the members. We look

The PCAU Annual General Meeting 2024 The PCAU Annual General Meeting (AGM) 2024 will be held on Friday, May 31st, 2024 at Fairway Hotel in Kampala from 9:00 am to 11:30 am. The AGM is our top governing body of PCAU and is attended by fully paid-up individual members and representatives of Member Organizations. At the AGM, we will share

We are grateful for the leadership of the current Board of Directors Chaired by Dr. Henry Ddungu whose term is coming to an end. This year, the Annual General Meeting of PCAU will vote into office 5 new people to fill vacancies on the Board. This call is therefore to invite PCAU Members to nominate professionals of integrity to join the PCAU Board. As per the PCAU Constitution; Only fully paid-up members of the Association can be nominated for election as Board Members. We request members of PCAU to participate in this exercise. The Board Executive Committee is responsible for this process. We

Notice on call for Nominations of New PCAU Board Members

are looking for professionals with diverse expertise:

• Specialists in Palliative Care work. • Specialists in Cancer (technical expertise) • Program Management/Development experience • Specialists in Accounting and Financial Management • Relevant Resource Mobilization expertise Advocacy expertise To nominate, please send the professional details of the nominee to the Executive Director at PCAU, and email: mark.mwesiga@pcau.org.ug. The nominee will be contacted for the next steps. The deadline for nominations is April 12th, 2024.



Our mailing address is:

Palliative Care Association of Uganda Block 383, Plot 8804 Kitende, Entebbe Road PO Box 34985, Kampala, Uganda **Tel:** +256 392 080 713 / +256 414 692 350 Email: pcau.admin@pcau.org.ug WhatsApp: +256 789737786

Support Child-Headed Families in Uganda FOLLOW US. Copyright © 2024 *Palliative Care Association of Uganda (PCAU)* All rights reserved.

DONATE TO SUPPORT OUR WORK.

Toll-Free: 0800399100 You can update your preferences or unsubscribe from this list.