

#### **INSTITUTIONAL BEST PRACTICES**

# **1. PALLIATIVE CARE**

# Best practice 1: "Palliative care" in association with Institute of Palliative Medicine (IPM), Calicut

Our institute believes in helping the people who are terminally ill by providing both mental and medical support. Hence, the Department of Public health Dentistry, KMCT Dental college has been conducting training for interns of our institute, in collaboration with Institute of Palliative Medicine (IPM), Calicut since 2018.

Institute of Palliative Medicine is the first centre for Community Participation in Palliative Care and Long Term Care; which WHO is collaborating with and helps in spreading "Kerala model" of Palliative care worldwide. Hence our college considers this as a great oppurtunity, so that Interns of KMCT Dental College can learn the palliative care practices effectively and cultivate a mentality to help the people who are terminally ill.

**Objectives of practice:** 



- 1. To provide palliative care to the patients with life threatening diseases.
- 2. To improve the quality of life of the patients and that of their families who are facing challenges associated with the illness.
- 3. To reduce the unnecessary hospital admissions of the patients by doing intermittent home visits.
- 4. To prepare our Interns a better human being by providing them an oppurtunity to help the people who are critically ill.

# The context :

- Palliative care aims to improve the quality of life of a patient with life threatening disease.
- Early delivery of palliative care is important, so that the unnecessary hospitalization can be minimized.
- The help provided by the volunteers must be regular and a team has to be set for this purpose.
- The voluteers must have a sense of humanity and empathy towards the patient and their family.

The Practise:



The interns who are posted in the Department of Public health Dentistry of our institute will be sent for posting in IPM, Calicut; on a regular rotation basis for the entire year with duration of 1 week for each batch. Each batch usually consists of 2 to 3 interns and it is compulsory to attend the 7 days and if incase missed in between, they must compensate it later and then only completion certificate will be issued by the IPM institute. There will be both Out-Patient and In-Patient postings in the palliative center and each Intern will be directed by a Doctor of IPM. In OP area, they will be doing all sort of examinations needed and prescribing the medicines under the guidance of the IPM team. In the IP sessions, Interns will be going for regular check ups with the IPM team and in a week, one to two home visists also will be done for terminally ill patients.

#### **Evidence of success :**

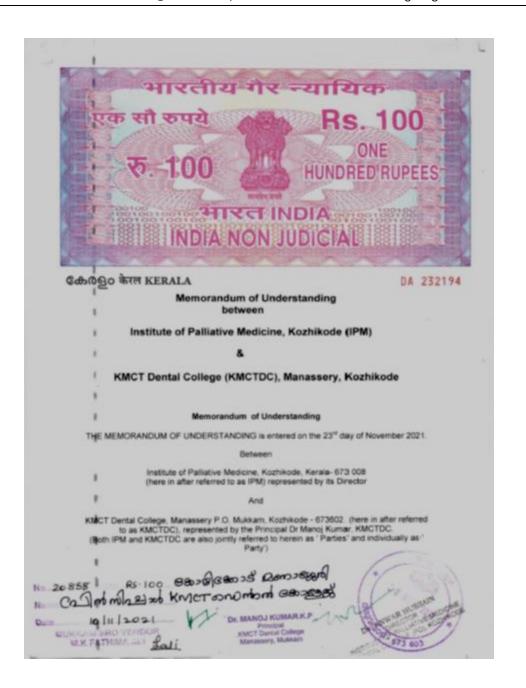
The interns of KMCT Dental college who attended posting in Institute of Palliative Medicine, Calicut gets trained in Palliative care and medicine and they learn how to deal with the terminally ill patients in an appropriate manner.

#### Problems encountered and Resources required :

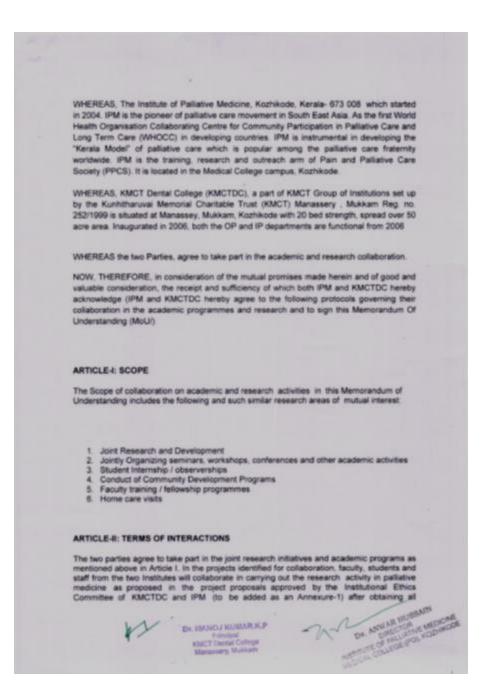
Iniatially we encountered delay to get permission from the IPM Authority and to get a working plan for our interns and later on the issue got solved and posting went smoothly.

#### <u>MoU</u>



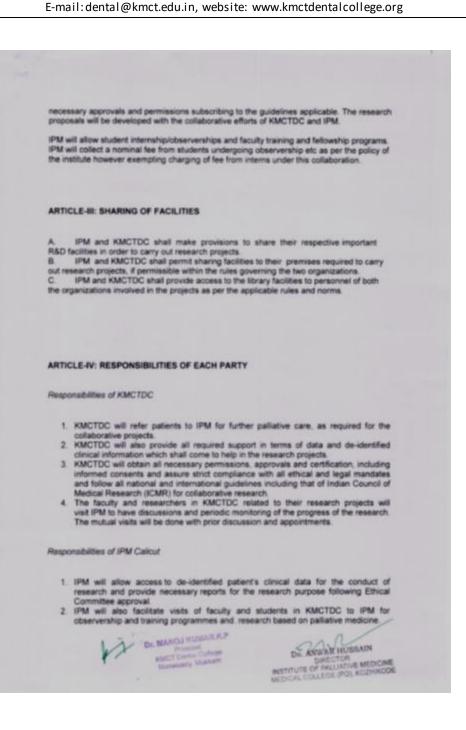








Recognised Research Centre of Kerala University of Health Sciences Recognised by Dental Council of India and Govt. of India KMCT Medical College Campus, Mukkam, Kozhikode-673602 Phone: (0495)2292002, 2292004





3. IPM will also obtain all necessary permissions, approvals and certification, including informed consents and assure strict compliance with all ethical and legal mandates and follow all national and international guidelines including that of Indian Council of Medical Research (ICMR) for collaborative research. ARTICLE-V: ACADEMIC COLLABORATION All the activities under academic collaboration in this article will be subjected to the appropriate approval from the Director of IPM and competent authorities and official bodies. 2. Faculty from KMCTDC will be invited to handle selected topics in the courses of programmes offered by IPM. 3. Faculty from IPM will be invited to handle selected topics in the courses of programmes offered by KMCTDC. Joint research and academic guidance in pallative care between KMCTDC and IPM.
Joint Internship and training will be provided at KMCTDC and IPM for students from KMCTDC as per need, as per the applicable rules and norms, and with prior permission. ARTICLE-VI: EFFECTIVE DATE AND DURATION OF MoU This MoU shall be effective from the date of its approval by competent authorities at A both ends. The duration of the MoU shall be for a period of three years from the effective date.
This MoU may be extended or terminated by a prior notice of not less than three months by either party. However, termination of the MoU will not in any manner affect the interests of the students/faculty/scientists who have been admitted to pursue a programme under this MoU, and the same shall be subjected to the final decision of the heads of the respective institutions.
The progress of the nesearch will be reviewed periodically and necessary measures will be taken to address the challenges and to take it forward.
If any of the partner institution wshes to terminate the MOU at the end of the stipulated period (3 years) it must notify the other institution not less than three months prior to the expiry of the MoU. The duration of the MoU shall be for a period of three years from the effective date. 8 ARTICLE-VII: IPR Rights regarding publications, patents, royalty, etc. under the scope of this MoU shall be equally shared between IPM and KMCTDC, with mutual consent between the two parties. m Ds. ANWAR HUBBAIN DE MANOJ KUMAN KA BRECTOR INTELLETING MEDICINE INTELLETING POLIS (DDIMODE Handpell Handle College Managery, Multiper



# ARTICLE-VIII: CONFIDENTIALITY During the tenancy of the MoU, both IPM and KMCTDC will maintain strict confidentiality and prevent disclosure of all the confidential information and data exchanged under the scope of this MoU for any purpose other than in accordance with this MoU. CONFIDENTIAL INFORMATION shall mean any proprietary information, data or facts belonging to PARTIES collectively or severally, disclosed by the disclosing party under this agreement or any subsequent agreement, whether in writing, verbal or electronically, irrespective of the medium in which such information is stored , which is marked confidential or with any other words having similar meaning by the disclosing party. or specifically agreed to be kept confidential by the parties, or declared or identified so by the disclosing party before such disclosure or during the discussions Confidentiality of patient related information will be given prime importance as suggested by the Institutional Ethics Committee (IEC) of KMCTDC and IPM. No data related to patients will be used out of the purview of this research and all patient identifie rs will be man Both IPM and KMCTDC shall bind their respective personnel who come into possession or knowledge of any confidential information not to disclose the same to third parties without written approval of the disclosing party or use such confidential information for any use other than intended under this agreement or projects. Further, both IPM and KMCTDC shall put in place adequate and reasonable measures to keep and store confidential information secure so as to prevent any unauthorized use. This clause shall survive the termination or expiry of this MoU. ARTICLE- IX: AMENDMENTS Any Article or clause of the MoU may be modified or amended by mutual agreement of KMCTDC and IPM . Any amendment or modification to this MoU shall be in writing and signed by both the parties hereto and shall only after such execution be deemed to form part of the MoU. ARTICLE-X: RESOLUTION OF DISPUTES This agreement shall take effect and be construed in accordance with the Laws of India. If dispute or difference whatsoever arises between the Parties in relation to or in connection with this MoU, both the parties shall first try to resolve the dispute/difference amicably between themselves failing which the matter shall be resolved through arbitration and the place of arbitration shall be Calicut. DR. ASNEAR HUMBAIN DESCTOR MITE OF FULLIATIVE MEDICINE DE MANOJ KUMARKE Principal MMCT Dentai College Manacorry, Nuisiger



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k.	By: The Principal, KMCT Dental College, I	Kozhikode, Kerala
Nat	E DE. MANOTKUMBE.K.	r #7
Date	23-11-2021	Dr. MANUL KUMARARAP Presided Kalcht Denke Cologe
	Vēness	Marcanary, Mulanam
	By The Director, Institute of Pallative Me	dicine. Kozhikode, Kerala
	ume De Anara Hurnard	-
C	ute 25.11.2021	
		DR. ANWAR HUSSAIN DIRECTOR INSTITUTE OF PALLIATIVE MEDICINE INSTITUTE OF PALLIATIVE MEDICINE
v	Vtness:	INSTITUTE OF PALLARYE MODE



Institute of Palliative Medicine Medical College, Kochikode, Kerala, India - 673 008 Phone : +\$1-455-2354166 Email : pallattivece@gmail.com Web :: instituteofpallativemedicine.org



IPM/2021/01

31.12.2021

#### TO WHOMSOEVER IT MAY CONCERN

This is to certify that Institute of Palliative Medicine, Medical College Po, Kozhikode -673008 and KMCT Dental College, Mampatta, Manasseri Po, Mukkam, Kozhikode, Kerala-673602 has been working in close collaboration with each other since 4<sup>th</sup> April 2018 to provide observer ship and training to Post Graduate and under graduate students of KMCT Dental college in the field of Palliative Care.

Dr.Anwar Hussain Director, IPM

Dis. ANWAR HUSSAM DIRECTOR INTER OF INLUSTIVE MEDICINE MEDICAL COLLEGE (POL KOZHKOOK



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# PAIN & PALLIATIVE CARE SOCIETY

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The Principal KHUL DENTAL COLLEGE

Dear Sir

Institute of Palliative Medicine (IPM) at Kozhikode Medical college campus has been attempting to improve the quality of life of people in their last phase of life. We are involved in running outpatient units, inpatient beds and home care for the incurably ill, bed ridden and dying people in and around Calicut.

Currently students from more than 35 colleges in and around Kozhikode are associating with us in various activities under the banner of SIP ( Students In Palliative Care).

We seek your permission to give an awareness class to your students and also make them aware of various volunteering opportunities at IPM. We kindly request you to nominate one of your teachers to coordinate the activities. We at IPM will then approach the students through the nominated teacher

Thanking you Yours faithfully

Lelv

Secretary

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PPCS

MANOJ KUMAR.K.P Principal KMCT Dental College Manassery, Mukkam

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# KMCT DENTAL COLLEGE MANASSERY, CALICUT

Ref No: KMCT/DC/C/56

DATE: 19/10/2019

#### **CIRCULAR**

As a part of the Pain and palliative care internship program, the department of Public Health Dentistry, KMCT Dental College is organizing a talk on "Role of youth in Palliative Care" by Dr Anwar Hussain, Director, Institute of Palliative Medicine, Kozhikode, for the interns on 22<sup>nd</sup> October 2019 at 7<sup>th</sup> floor lecture hall between 2pm to 4pm.

All H.O.D's to permit interns from their respective departments to attend the program.

#### Copy to:

- Director, Group of Institution
- Vice Principal
- Administrative Officer
- All H.O.D's
- Notice Board

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Dr. MANOJ KUMAR.K.P Principal KMCT Dontal College Manassery, Mukkam PRINCIPÀL DR. MANOJ MUMAR, M Principul KMGT Dental Collecta Manessery, Muskan DENTAL COLLEGE

Recognised Research Centre of Kerala University of Health Sciences Recognised by Dental Council of India and Govt. of India KMCT Medical College Campus, Mukkam, Kozhikode-673602 Phone: (0495)2292002, 2292004 E-mail:dental@kmct.edu.in, website: www.kmctdentalcollege.org

# KMCT DENTAL COLLEGE MANASSERY, CALICUT

Ref No: KMCT/DC/C/2018/138

Date: 09-04-2018

# CIRCULAR

The students of Final Year Part I enrolled in the "Campuses of Kozhikode" initiative of the Kozhikode District administration are participating in the program "Samvedhanam" organized by the district administration on 19<sup>th</sup> April 2018 at Institute of Palliative Medicine, Kozhikode from 9:30 am to 3:30 pm.

Kindly exempt these students (list attached) from all theory classes' and clinical postings on 19/04/18.

Copy to:

1. All HOD &

2. Vice Principal

3. Administrator

4. Notice Board

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# POSTINGS- 2018

#### KMCT DENTAL COLLEGE DEPARTMENT OF PUBLIC HEALTH DENTISTRY INTERN POSTING SCHEDULE 2018 RAFNA P, SAIMA RK, PRANATHI R

DATE	DEPARTMENT PHD	MEENCHANDA HEALTH CENTER	INSTITUTE OI PALLIATIVE MEDICINE
21-03-18 to 27-03-18	RAFNA P	SAIMA RK PRANATHI R	-
28-04-18 to 03-04-18	SAIMA RK PRANATHI R	RAFNA P	-
04-04-18 to 10-04-18	-	-	RAFNA P SAIMA RK PRANATHI R
11-04-18 to 19-04-18	RAFNA P	SAIMA RK PRANATHI R	-

KMCT Dena Manassery Dentistry



# KMCT DENTAL COLLEGE DEPARTMENT OF PUBLIC HEALTH DENTISTRY INTERN POSTING SCHEDULE 2018 FATHIMA F, FATHIMA N, GREESHMA

DATE	DEPARTMENT PHD	MEENCHANDA HEALTH CENTER	INSTITUTE OF PALLIATIVE MEDICINE
20-06-18 to 26-06-18	FATHIMA NISHLA FATHIMA FASNA	GREESHMA S	
27-06-18 to 03-06-18	GREESHMA S	FATHIMA NISHLA FATHIMA FASNA	
04-07-18 to 10-07-18	FATHIMA NISHLA FATHIMA FASNA	GREESHMA S	
11-07-18 to 18-07-18			GREESHMA S FATHIMA NISHLA FATHIMA FASNA



#### INSTITUTE OF PALLIATIVE MEDICINE MEDICAL COLLEGE, KOZHIKODE-673008

#### ATTENDANCE

Course		
course	:	BDS
From	:	104107 Dun 11.07.18
То	:	18.07.18
Days of leave	:	13-07-18
Number of days atten	ided:	6 days.

Name of Medical Officer: 00 · Thanshup · vh . Date : 18 07 (13 ·





#### **INSTITUTE OF PALLIATIVE MEDICINE** MEDICAL COLLEGE, KOZHIKODE-673008

#### ATTENDANCE

Name	:	FATHIMATH FASNA
Course	:	BDS
From	:	11-07-2018
То	:	18-07 - 2018
Days of leave	:	One leane, 13-07-2018
Number of days atte	ended:	

# 6 days

Signature of Medical Officer:



### Institute of Palliative Medicine

Medical College, Kozhikode, Kerala, India - 673 008 Phone : +91 495-2354166, 2351452, 2359607 Email : info@instituteofpalliativemedicine.org Web : instituteofpalliativemedicine.org



07.09.2018

Dr. Niby Shiny undergoing internship at KMCT Dental College was posted to IPM from 1st to 7<sup>th</sup> September 2018. She has not taken any leave during this period.

Dr. Lulu Mathews Program Director, Academics



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# POSTING-2019

#### KMCT DENTAL COLLEGE DEPARTMENT OF PUBLIC HEALTH DENTISTRY INTERN POSTING SCHEDULE 2019 LUBAIBA M, MALAVIKA K, SARANYA S, SHAISTHA S

DATE	DEPARTMENT PHD/ MAVOOR	MEENCHANDA HEALTH CENTER	INSTITUTE OI PALLIATIVE MEDICINE	
20-04-19 to 26-04-19	LUBAIBA M, MALAVIKA K SARANYA S,			
27-04-19 to 03-05-19	SARANYA S, SHAISTHA S	LUBAIBA M, MALAVIKA K	·	
04-05-19 to 10-05-19		SARANYA S, SHAISTHA S	LUBAIBA M, MALAVIKA K	
11-05-19 to 19-05-19 LUBAIBA M, MALAVIKA K			SARANYA S, SHAISTHA S	

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Hond College, KMCT Dental College Manassery, Mukkam



#### **Posting order**

DR.LUBAIBA MANAT

Date	Posting	Signature of duty MO or Nurse in charge		
04/05/2019 Sat	OP	he.		
05/05/2019 Sun				
06/05/2019 Mon	IP & OP	he.		
07/05/2019 Tue	OP /	he		
08/05/2019 Wed	НС	ons		
09/05/2019 Thu	НС	Shengert.		
10/05/2019 Fri	IP & OP	Brygalile .		



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#### Institute of Palliative Medicine Medical College, Kozhikode, Kerala, India - 673 008

Medical College, Kozhikode, Kerala, India - 673 008 Phone : +91 495-2354166, 2351452, 2359607 Email : info@instituteofpalliativemedicine.org Web : instituteofpalliativemedicine.org



10.05.2019

#### Certificate

This is to certify that Ms. Lubaiba Manat has completed the observership posting at Institute of Palliative Medicine from  $4^{th}$  to  $10^{th}$  May 2019.

Mrs. Chandralekha K P Secretary

True Copy Dr. MANOJ KUMAR.

Principal KMCT Dentst College Manassery, Mukkam

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# POSTINGS- 2021

KMCT DENTAL COLLEGE DEPARTMENT OF PUBLIC HEALTH DENTISTRY INTERN EXTENSION POSTING SCHEDULE 2021-22 TABITHA MJ, SHILPA N, SYED M SHAKEEB

DATE	DEPARTMENT PHD	MEENCHANDA HEALTH CENTER	MAVOOR CENTER	INSTITUTE OF PALLIATIVE MEDICINE
07-11-2021 to 13-11-2021	TABITHA MJ SHILPA N	SYED M SHAKEEB		
14-11-2021 to 20-11-2021	SYED M SHAKEEB		TABITHA MJ SHILPA N	
21-11-2021 to 27-11-2021		TABITHA MJ SHILPA N	SYED M SHAKEEB	
28-11-2021 to 05-12-2021				TABITHA MJ SHILPA N SYED M SHAKEEB
G	2) [] [2]		KUMAR.K.P Intel College NY, Mukkam	°Y 7-

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#### Institute of Palliative Medicine

Medical College, Kozhikode, Kerala, India - 673 008 Phone : +91 495-2354166, 2351452, 2359607 Email : info@instituteofpalliativemedicine.org Web : instituteofpalliativemedicine org

06/12/2021



#### **OBSERVERSHIP CERTIFICATE**

This is to certify that Tabitha Mary Joseph, has successfully completed her 6 days observership at the Institute of Palliative Medicine, Kozhikode from 29/11/2021 to 04/12/2021. During this time, she was posted in the In-patient unit, and Out-patient unit.

Dr Lulu Mathews

Dr Lulu Mathews Academic Director, IPM

Dr. MANOJ KUMAR.K.P Procipal KMCT Duntal College Manassery, Mukkam

True Cerpy

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# STUDENTS ATTENDING ORIENTATION PROGRAMME ORGANISED BY STAFFS OF INSTITUTE OF PALLIATIVE MEDICINE , KOZHIKODE

# "Wings of hope"

An initiative in collaborating with institute of palliative medicine of Kozhikode

Department of public health dentistry in collaboration with institute of palliative medicine Kozhikode started the program on September 2017

Started with the motive for benefitting all terminally ill patients under the care of IPM and children of special schools in Kozhikode district

1. **"Skip a tea**" – an initiative to raise funds for the inmates of palliative care centre. Total of 23,000/- was raised and handed over



2. One week palliative care postings (Govt Medical college) for the interns posted in the Dept of Public health dentistry.

3. Marketing and selling the handcrafts made by the patients of palliative care and adopted special schools











