



Hospice Nepal

Business Plan

April 2021

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Introduction

Project Hospice Nepal is a joint Nepalese/UK/NZ initiative to build a new palliative care hospice in Kathmandu, supported by the Challenge Fund (UK Charity number 1079181), Rotary International and Joanna Lumley OBE.

www.projecthospicenepal.org.uk

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Executive summary

Overview

In first world countries, when diseases such as cancer are too advanced for cure, patients rightly expect at the very least to receive effective pain relief medications and many also will be offered a hospice bed. However, in countries like Nepal, well over 90% of terminally ill patients have no access to pain relief and other medications - let alone a hospice bed. As a result, they have to endure deaths with great suffering, usually at home, causing their families immense suffering as well as financial loss

Dying in unbearable pain in Nepal therefore is a fact of life. Despite a population of c. 30 million, Hospice Nepal is one of only of a few of its kind in the entire country. With only 8 beds from where terminally ill adults are able to pass away with minimum pain and with dignity, the comparisons with the United Kingdom, where there are 2,760 beds for a population c. 67 million, and New Zealand are simply staggering.

Furthermore, there is no such dedicated facility for children in the entire country.

Hospice Nepal has now outgrown its current facility and desperately needs a new building with many more beds, including some permanently reserved for dying children.

Thanks to a major donation of USD550,000 from a US donor, an excellent site has been purchased and detailed plans have been drawn up ahead of the build and fit out.

Working in partnership with key stakeholders on the ground, Project Hospice Nepal is now looking to raise a further £1,000,000 (one million Pounds Sterling) to fund the following: -

1. Pre-build expenditure including planning, architects etc.
2. Construction
3. Fit out

Covid-19

Nepal is not alone in having been chronically impacted by the global pandemic. However, the huge gulf in palliative care provision across the country, has never been more apparent than in over the last year.

Palliative care

A global lottery

Context

Every year, an estimated 40 million people worldwide require palliative care, of which 78% live in low and middle-income countries like Nepal. Despite the recognition of palliative care as a human right through the 2018 Declaration of Astana, only an estimated 14% of people who need to be relieved of suffering by means of early identification, assessment, and treatment of pain, actually receive it.

Nepal

Dying in pain in Nepal is a fact of life.

In the UK when a disease such as cancer is far too advanced or incurable, patients rightly expect at the very least to receive effective pain relief drugs such as diamorphine and many will be offered a hospice bed. However, in LMICs such as Nepal, over 90% of terminally ill patients have no access to pain relief medication and even less people have access to a hospice bed. As a result, in many cases they have to endure very painful deaths, usually at home, causing their families immense suffering too.

Supporting information

	UK	Nepal
Population	66,650,000	28,090,000
Those in receipt of palliative care in hospice each year	48,000	700
Those in receipt of palliative care at home each year	225,000	500
Number of adult hospice beds available	2,760	25
Total number of hospices	220	4
Number of dedicated children's hospices	58	0
Number of terminally ill patients with access to opioids	100%	9%

Sources World Health Organisation / International Agency for World Research on Cancer (2020)

About Project Hospice Nepal

The current Hospice - facts & figures

Location - Lagankhel, Lalitpur, Kathmandu

History

The current hospice was founded in 2000 by four Nepalese friends, two of whom are working doctors. They leased land near Patan Hospital and built an 8 bed unit. The construction was led by one of the four founding members, Mr Om Rajbhandary, a property developer. They also put in place the building blocks for a home care service which has resulted in the training of over 1,200 health professionals in palliative care, working across rural Nepal.

Mr Rajbhandary has played a key role in securing land for the new hospice and will oversee the development of the new facility.

Status

The hospice is run as a non-profit, Non-Governmental Organisation ('NGO'), registered with the Social Welfare Council in Lainchaur, Kathmandu.

All NGOs in Nepal have to get certification from the Social Welfare Council which is subject to an annual audit and verification by the Tax Division of the Finance Ministry.

Governance - The hospice is run as a registered charity overseen by a Board of Trustees.

Number of annual admissions to current hospice

	In-patient	Kathmandu Community	Rural community (Makwanpur)
2017/18	133	105	111
2018/19	160	104	213
2019/20	76	94	274

Number of deaths from cancer in Nepal in 2019

13,629 (Source: WHO)

About Project Hospice Nepal

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The new Hospice - facts & figures

Location - Dhapakhel, Lalitpur, Kathmandu

Vision

It is envisaged that the new Hospice will consist of 20-24 beds in either individual rooms or as a ward-like setting. There will be 3-5 pediatric beds together with a play area.

On the top floor there is to be a National Palliative Care Training Centre where medical and nursing staff from across Nepal can be given training in palliative care.

A teaching facility will also be incorporated for visiting healthcare professionals. A large lecture room and a small seminar room are planned. A library and IT facilities to enable tele-conferencing to support the Project Echo Programme are also included.

Finally, as 80% of Nepal's population are based rurally where transport links to Kathmandu are difficult resulting in poor medical access, the new Hospice Nepal will incorporate an administrative and staff area for those involved in the palliative care outreach programme. The current rural outreach provision is to be expanded and a rural model developed which is based on the principle of "For the locals, by the locals".

Aims

To become a state-of-the-art centre of excellence for the provision of palliative care and education of and a blueprint for future initiatives both in Nepal and beyond.

Current state of play

Thanks to a major donation of US 550,000 from a US donor and ongoing commitment from Om Rajbhandary, suitable land has been acquired for the new hospice. Pre-build work covering planning, detailed specifications and tendering is underway.

Governance - the new hospice will be run by the existing charity overseen by the Board of Trustees as is.

Budgeted construction costs:

£630,000

Budgeted fit out costs:

£370,000

The Team

In Nepal

Professor Rajesh Gongal - Founder Chairman of Hospice Nepal, Rajesh has recently been appointed Vice Chancellor of the Patan Academy of Health Sciences in Kathmandu. While Rajesh was previously Rector, the Vice Chancellorship is a political appointment from the Ministry of Health. It is very rare for such an appointment to go to an "insider" and is recognition by the Government of how well Patan Hospital and its training academy for Doctors and Nurses and Allied professions has responded to the challenges of COVID.

During 2015-16 Rajesh worked as a junior Doctor in a Hospice in Belfast for 18 months to gain a palliative care qualification.

Om Rajbhandary - Executive Chairman Brihat Group, co-founder of Trustee Hospice Nepal

Professor Pradeep Vaidya - Founder Medical Director of Hospice Nepal & Unit Chief in the Department of Surgery at the University Teaching Hospital in Kathmandu

In the United Kingdom

Pat Newland - Executive Director of the INCTR Challenge Fund. Fundraising and stakeholder communications

Professor Max Watson - Internationally renowned palliative care clinician living in Belfast, Max worked in Nepal for eight years in the 1990s and co-authors the Oxford Handbook of Palliative Care.

Joanna Lumley OBE - Ambassador

Clive Newland - Member of Project Hospice Nepal UK Committee

Emily Brown - Member of Project Hospice Nepal UK Committee

Peter Kemp - Member of Project Hospice Nepal UK Committee

In New Zealand

Dr. Stuart Brown - A Consultant in Palliative Medicine at Waikato Hospital, New Zealand who has worked in Brazil, India, Nepal & Tanzania with the Palliative Access (PAX) Program of INCTR & the Canadian based, Two Worlds Cancer Collaboration.

Mike Cahill MBE - Member of Project Hospice Nepal NZ Committee

Michael Grayson - Member of Project Hospice Nepal NZ Committee

Rachel Yang - Member of Project Hospice Nepal NZ Committee

Suppliers

Procurement process

Procurement process

The procurement process will be overseen by Om Rajbhandary and where possible three tenders will be sought for any single, significant expenditure.

Construction Project Manager:

tbc

Architect:

tbc

Developer:

tbc

Fit out:

tbc

Operations

Summary

Nepal

Planning & Construction

The procurement process will be overseen by Om Rajbhandary

Fit out

The procurement process will be overseen by Om Rajbhandary

Person responsible for day to day running (clinical care)

tbc

Staffing

tbc

Outreach programme and education facility

tbc

Person responsible for day to day running (finance & administration)

tbc

United Kingdom

Operations in the UK are centred around fundraising and advocacy.

New Zealand

Operations in NZ are centred around fundraising and advocacy.

Impact

Measurement

Overview

Societal return

A diagnosis of terminal cancer or other condition can be devastating in countries like Nepal. The costs of treatment often bankrupt families who sometimes are in search of treatments that are often futile.

Treatment of symptoms, such as pain, are often not provided and the suffering of the patient is combined with that of the family

An example of this is that young girls In Nepal are forced into leaving their education early in order to care for dying relatives and thereby reduce their chances of having more fulfilled lives & contributing to society. Hospice support and palliative care treatment will help to alleviate this.

Financial return

In societal terms there is a cost to society in terms of pursuing often expensive and futile treatments rather than less expensive and effective palliative treatments

Educational return

As seen above Hospice Nepal is very experienced in palliative education; having a larger hospice with educational facility will help expand the educational outreach to wider areas of Nepal.

Budget

Construction & Fit-Out

A detailed budget is available on request for the construction and fitting out phases.

Funds required for the ongoing running of the hospice are expected largely to be raised domestically in Nepal with external support as required.

Ongoing

The team in Nepal are looking to raise USD500,000 from industry and high net worth individuals. Based on the success of a scheme previously deployed for the Nepal Ambulance Service, this will include "Club Membership" whereby donor members commit to a monthly donation of R1,000 per month.

Sustainability

Joint initiative

It is important to stress that Project Hospice Nepal is very much a joint Nepalese/UK/NZ initiative with significant fundraising taking place in Nepal itself – as much as 40% of overall funds required are targeted to be raised there.

Track record

The team in Nepal have successfully ensured the smooth running of the current hospice for many years now, testament to their abilities as founders and the successful blending of their respective professional disciplines which has brought a sea change to palliative care throughout the country.

Furthermore, not only does the existing hospice serve to underline their philanthropic acumen, when one looks at what they have also achieved as co-founders of NAS the [Nepal Ambulance Service](#), donors can be rest assured that their money will be in very safe and very capable hands.

Future earthquakes

Nepal last experience a major earthquake in 2015. All new buildings have to meet rigorous seismic design requirements as set out by the Nepal National Building Code NBC 105. Donors should take comfort in the knowledge that under the highly experienced and watchful eye of Om Rajbhandary, everything possible will be done construction wise to help mitigate against the risk of future earthquakes.