

## Pallident- The role of a dentist in Palliative care

### Objective:

A collective initiative in collaboration with Pain and palliative care trust, Kollam, National service Scheme, Azeezia DentalCollege, teaching and non-teaching faculties and students of Azeezia DentalCollege, aims at improving the quality of life of needy patients and their families facing issues related to life threatening illness by employing active total care. It provides relief from pain and other distressing symptoms by integrating the social, psychological aspects of patient care. Palliative Care posting and home care visits started during the academic year 2023 and aims at inculcating a caring mentality among the students and the activities of the same are continued with vigour and vitality by the college staff in cooperation with the students, so that we could render patients and their loved ones expert clinical and moral support.

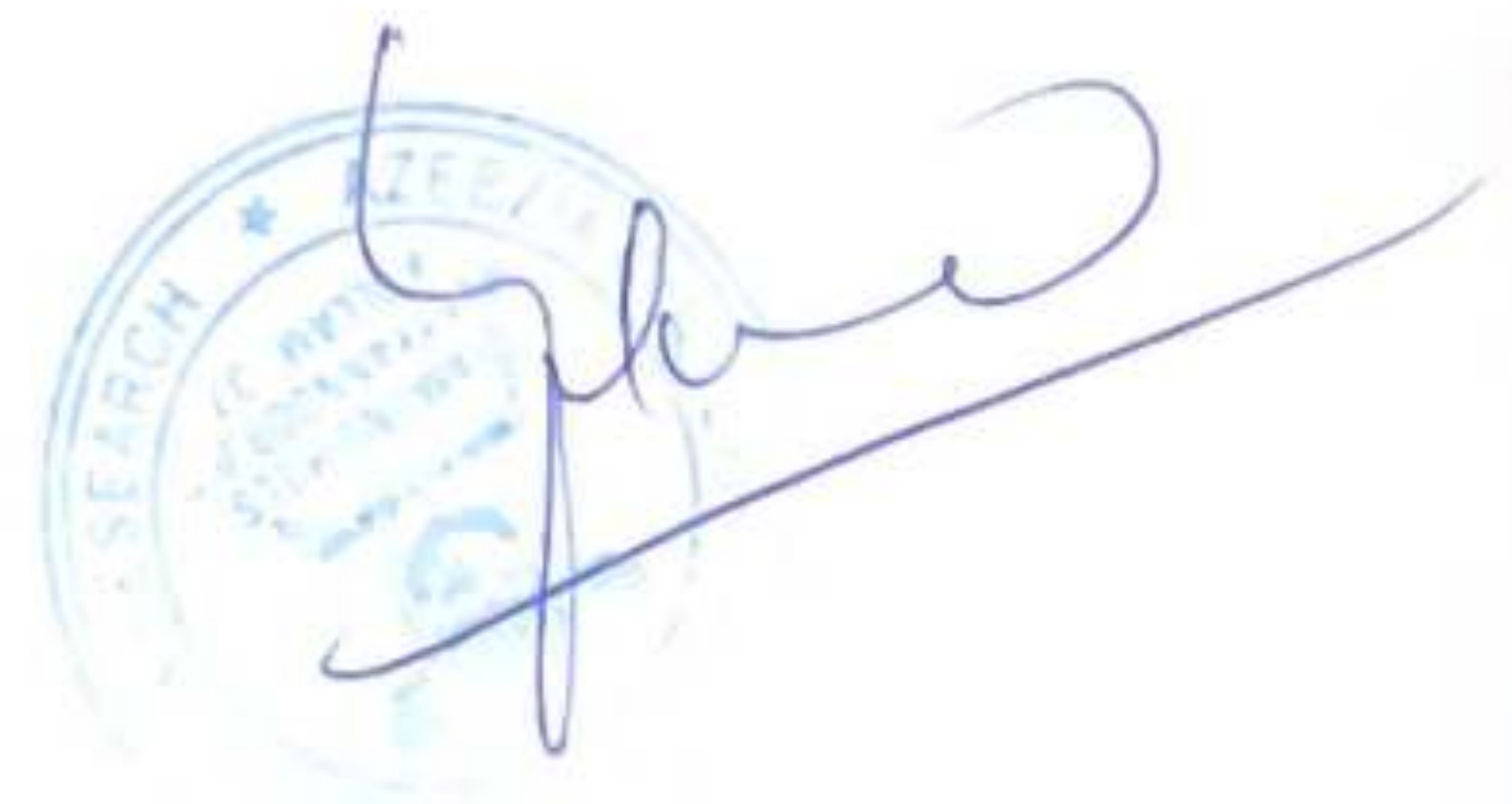
### The Context:

Palliative care programme in our college initiatives give students an open platform to meet the suffering ones, know about their hardships and they will learn to be passionate to such peoples. Activities are planned along with pain and Palliative care trust Kollam. The patients over there are mainly from poor socio economic status and there is a vast civic who needs support, care and guidance. The main reason for choosing this area as our project is because these people are basically marginalized Community. Lack of awareness, ignorance of medical facilities, lack of knowledge about various govt schemes, unhygienic living conditions, poor financial background are the major setbacks that these people experience. Because of these hindrances, lots of palliative cases are there in this community.

### The Practice and evidence of success:

The programme is carried out mainly under these areas- Home care visits, 10 rupee challenge, Remedy, and Dress for a cause.

Home care visits- During the time of visit they interact with patients and their family members, collect the details of needed things such as medicines, food items, surgical items or any other help they need.



10 rupee challenge- By donating just 10 rupees a month by all teaching and non teaching staff and students would help the palliative care patients improve their quality of life. It's as simple as skipping a tea a month to help someone ease their pain.

Remedy- A medicine drop off box was installed to drop off used but not expired left over medicines with clear intact labelling. All medicines collected are handed over to the patients of palliative care under the supervision of registered medical practitioners.

Dress for a cause- A clothing drive is organised regularly to donate used or new clothing for these patients.

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Distribution of food kits - In most of the visits the patients often request for groceries. Grocery items in the form of kits are distributed to palliative patients accordingly.

Problems encountered and resources required:

Student palliative programme gives younger minds a chance to understand the real life of people that is entirely different from the colours of campus. It helps to nature human values such as love, sharing, and kindness in the minds of students. However the major difficulty was to reach homes that are far away from the campus without affecting the regular functioning of the college. Collaborations with various NGOs, clubs and associations are underway to enhance the quality and quantity of the palliative care activities.





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**COLLEGE OF DENTAL SCIENCES & RESEARCH**

01-03-2023

To

The Secretary,  
Pain & Palliative Care Trust,  
Kollam.

Respected Sir,

As per the Kerala University of Health Sciences curriculum, palliative care has been introduced to final year BDS students and would be beneficial if our students could associate with your trust and get practical knowledge about palliative care. As per our previous communication 5 students will visit the centre once a week. We are absolutely confident that the students shall greatly benefit from this posting.

With Regards and Thanks.

PRINCIPAL

1-3-2023

CIRCULAR

The Department of Public Health Dentistry, Azeezia College of Dental Sciences and Research and NSS unit (NSS/SFU/KLM/KUIIS/3) is organizing a 10 Rupees Challenge for palliative care patients. Kindly donate Rs 10 monthly for these palliative care patients. Let's all reach out to these palliative care patients as our gestures of compassion will enrich their lives in more ways than we will ever know.

Principal

AZEEZIA COLLEGE OF DENTAL  
SCIENCES AND RESEARCH  
MEEYANUR KULIAMPALAM

Copy to: All Departments

Office file





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## Home care visit



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**Distribution of food kits**



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## DEPARTMENT OF PUBLIC HEALTH DENTISTRY



NSS/SFU/KLM/KUHS/3



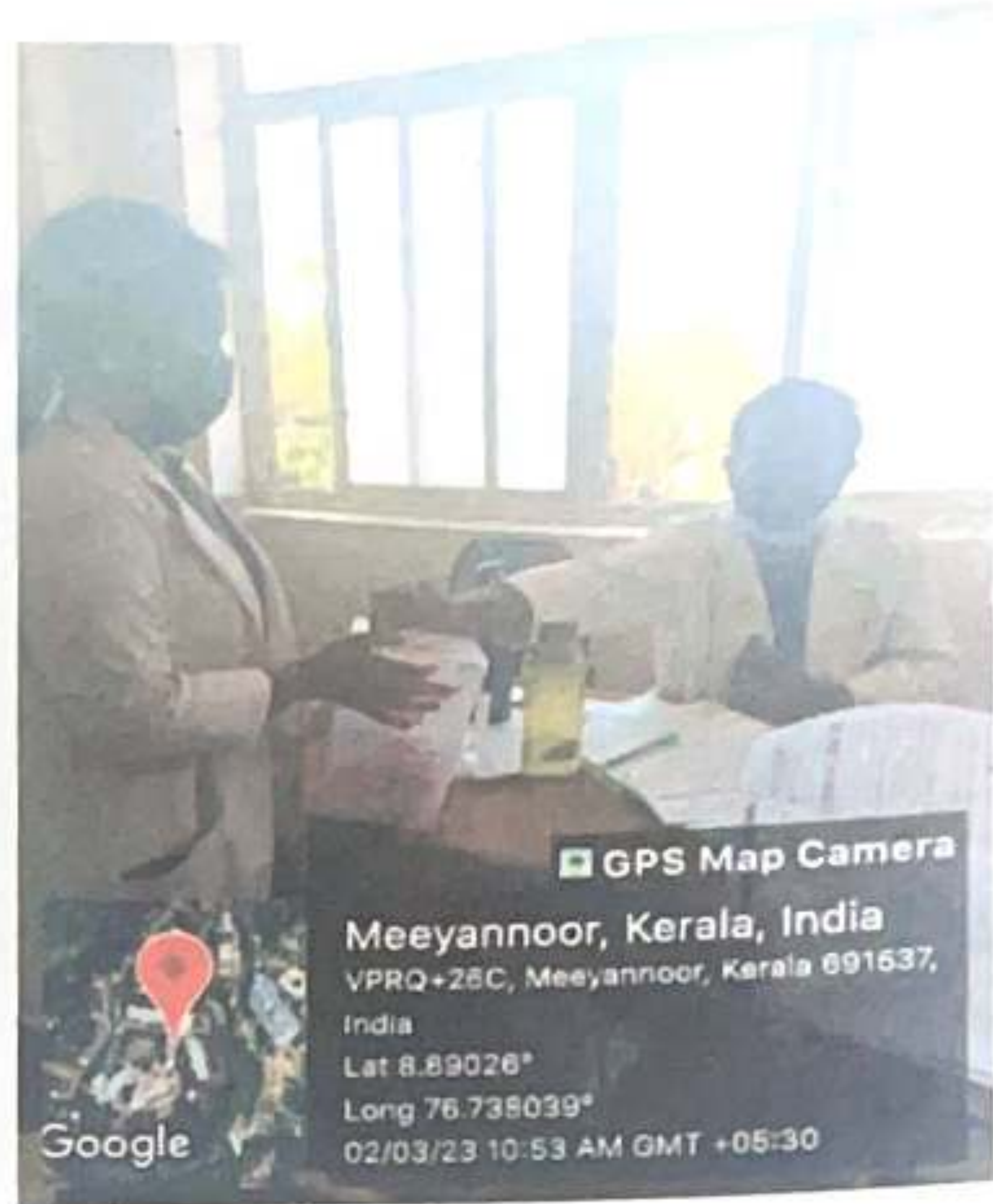
# #10RUPEESCHALLENGE

SKIP A TEA A MONTH TO HELP SOMEONE EASE THEIR PAIN!

For a patient suffering from terminal illness, palliative care is the only way to improve the quality of life by easing their pain and providing essential and spiritual support. However, it is resource intensive in terms of medical equipment, consumables and logistic support. We seek your support to reach out to these patients and provide the best care possible

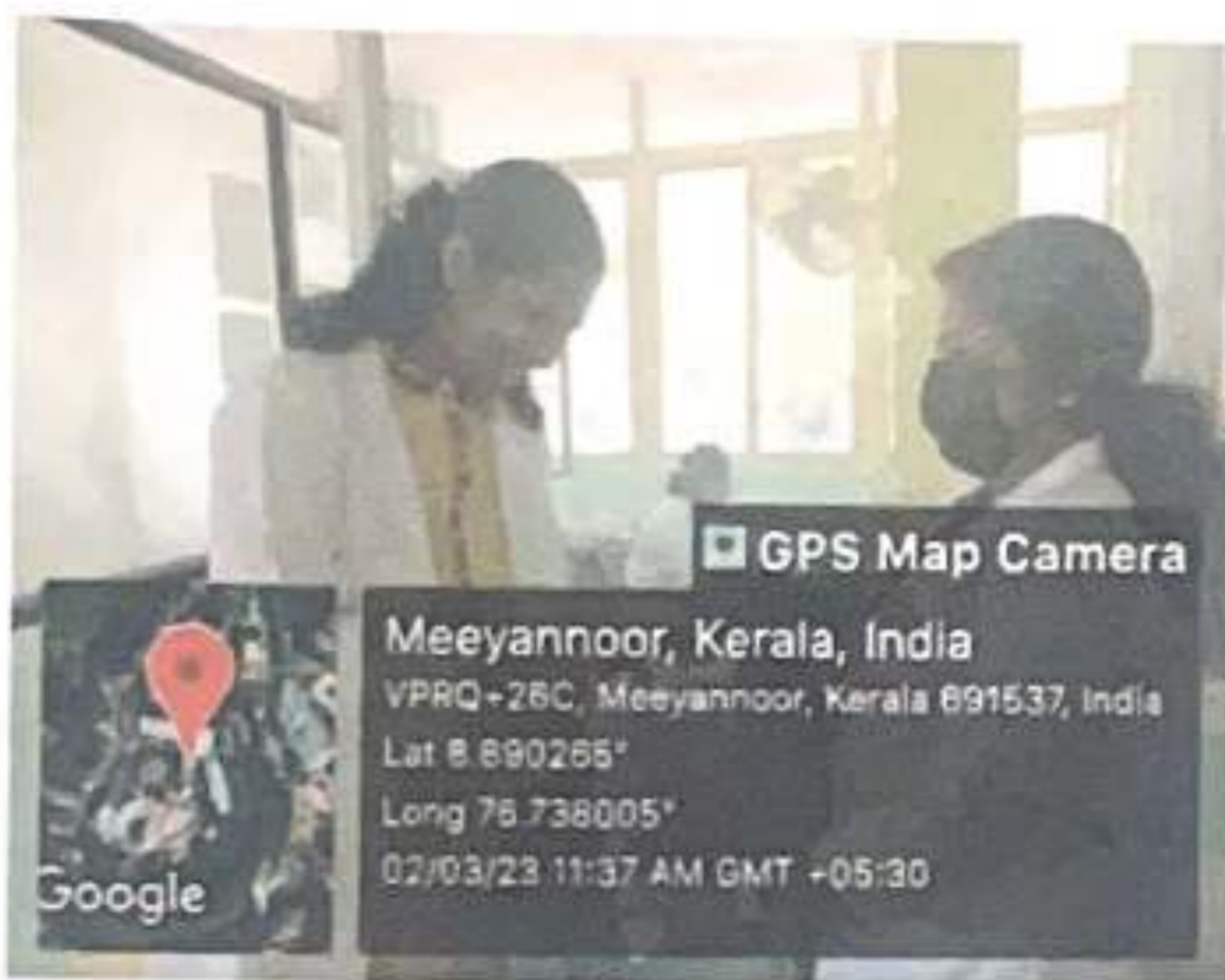
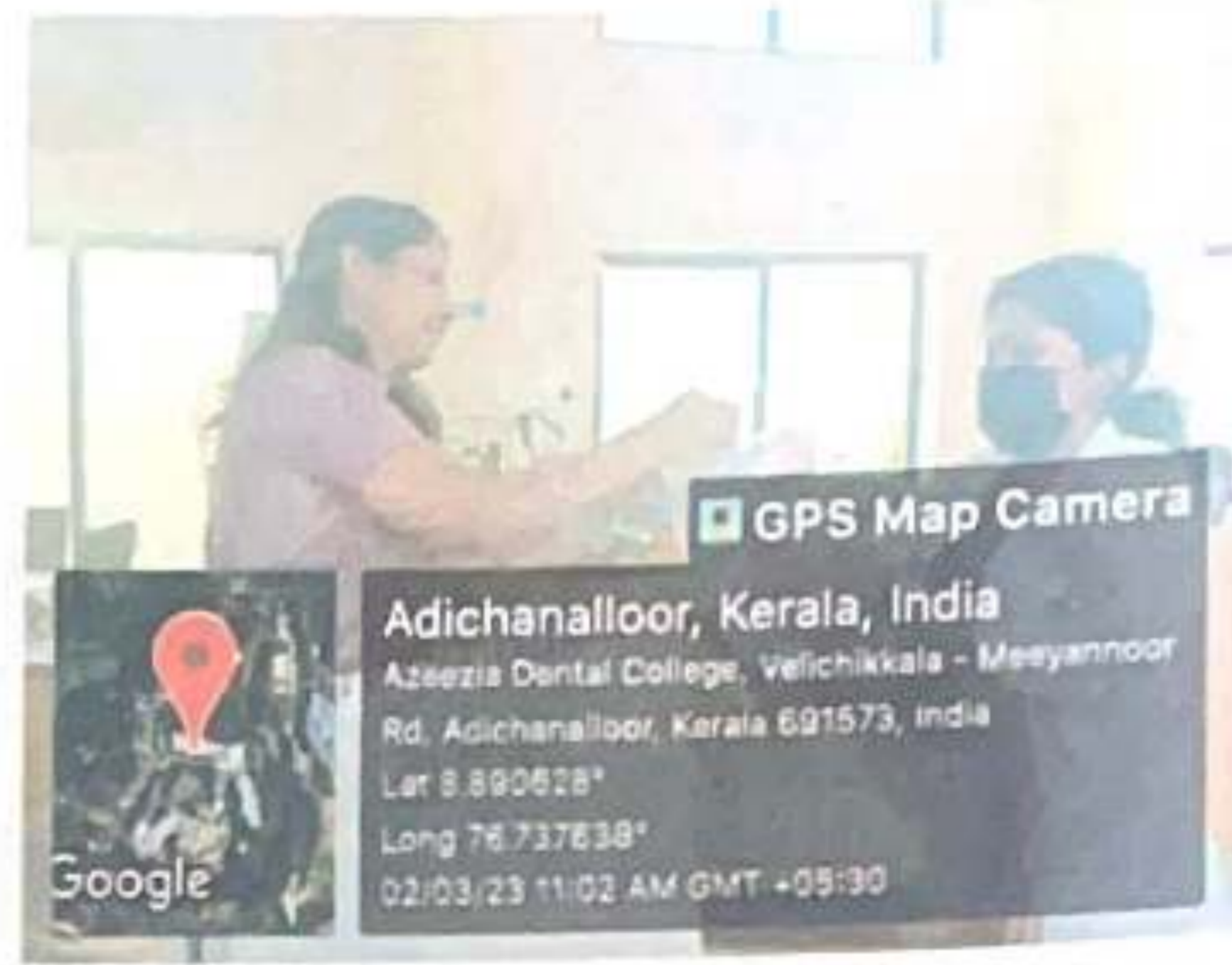
If we all donate just 10 rupees a month, it will help them to improve their quality of life. Its as simple as skipping a tea a month to help someone ease their pain!





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AZEZIA COLLEGE OF DENTAL SCIENCES  
MEEYANNOOR, KERALA

## REPORT ON 10RUPEEECHALLENGE

10 rupee challenge was an initiative of Department of Public Health Dentistry &NSS unit Azeezia College Of Dental Sciences and Research institute with the aim of supporting patients who suffer from terminal illness.

The programme was jointly organized by the Public Health Dentistry, NSS unit(NSS/SFU/KLM/KUHS/3)Azeezia College Of Dental Sciences and Research institute & Pain and Palliative Care Trust Chinnakada, Kollam.

For a patient suffering from terminal illness, palliative care is the only way to improve the quality of life by easing their Pain ad providing essential and spiritual support. However, it's resource intensive in terms of medical equipment, consumables and logistic support.

Through this program we aimed to reach out to these patients and provide the best care possible to them. By donating just 10 rupees a month, it'll help them to improve their quality of life. It's as simple as skipping a tea a month to help someone ease their pain.

The program was inaugurated by Dr. Midhulaj Azeez, Director, Azeezia College of Dental Sciences and Research institute on 1<sup>st</sup> March 2023. As a part of this program interns from the department visited other departments to introduce **#10rupeesChallenge** and to deliver the importance of palliative care and collected 10 rupees from all including teaching and nonteaching staffs. The programme was a great success and will be continuing in the upcoming months.


10 Rupees challenge



*Yone*



**AZEEZIA**

Department of

# **PUBLIC HEALTH DENTISTRY**

 NSS/SFU/KLM/KUHS/3 



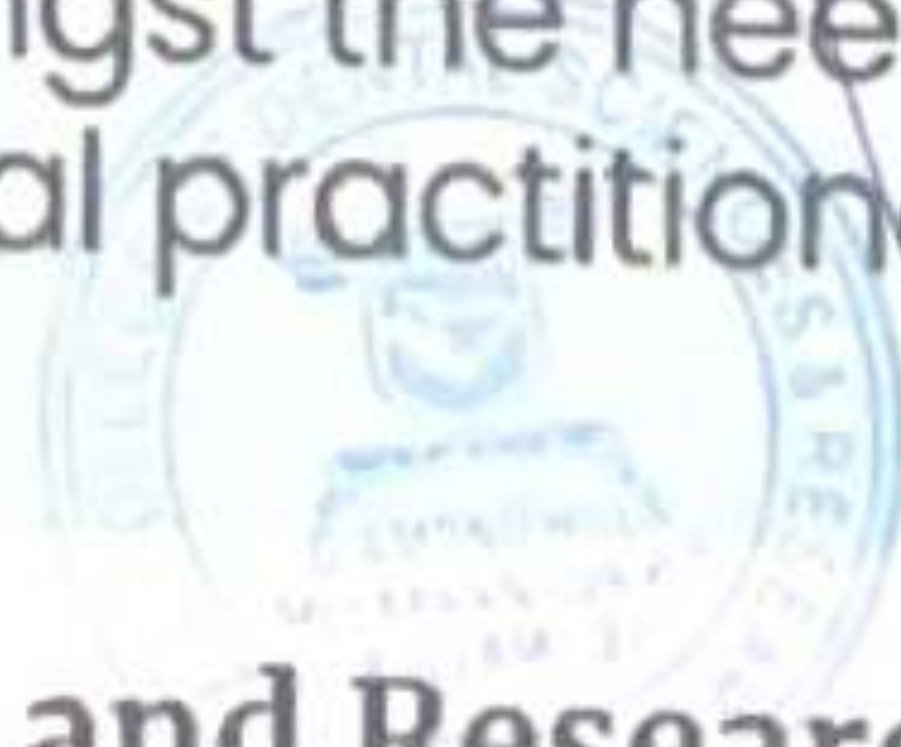
## **REMEDY**

### **Medicine Drop Off Box**

Drop off your used but not expired left over medicines with clear intact labelling into the medicine drop off box kept in the department of Public Health Dentistry.

All medicines collected will be handed over to local hospitals and charitable trusts for distribution amongst the needy under the supervision of registered medical practitioners.

**Azeezia College of Dental Sciences and Research**  
Meeyannoor, Kollam | Ph: 0474 2722 350



REMEDY –MEDICINE DROP OFF BOX



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**COLLEGE OF DENTAL SCIENCES & RESEARCH**  
 MEEYANNOOR P.O, KOLLAM - 37, TEL : 0474-272-23-50



**DEPARTMENT OF PUBLIC HEALTH DENTISTRY**

# CLOTHING DRIVE



**3rd - 7th June, 2023**

**LET YOUR OLD CLOTHES LIVE!**

Donations will be redirected to Pain and Palliative Care Centre to help people in need

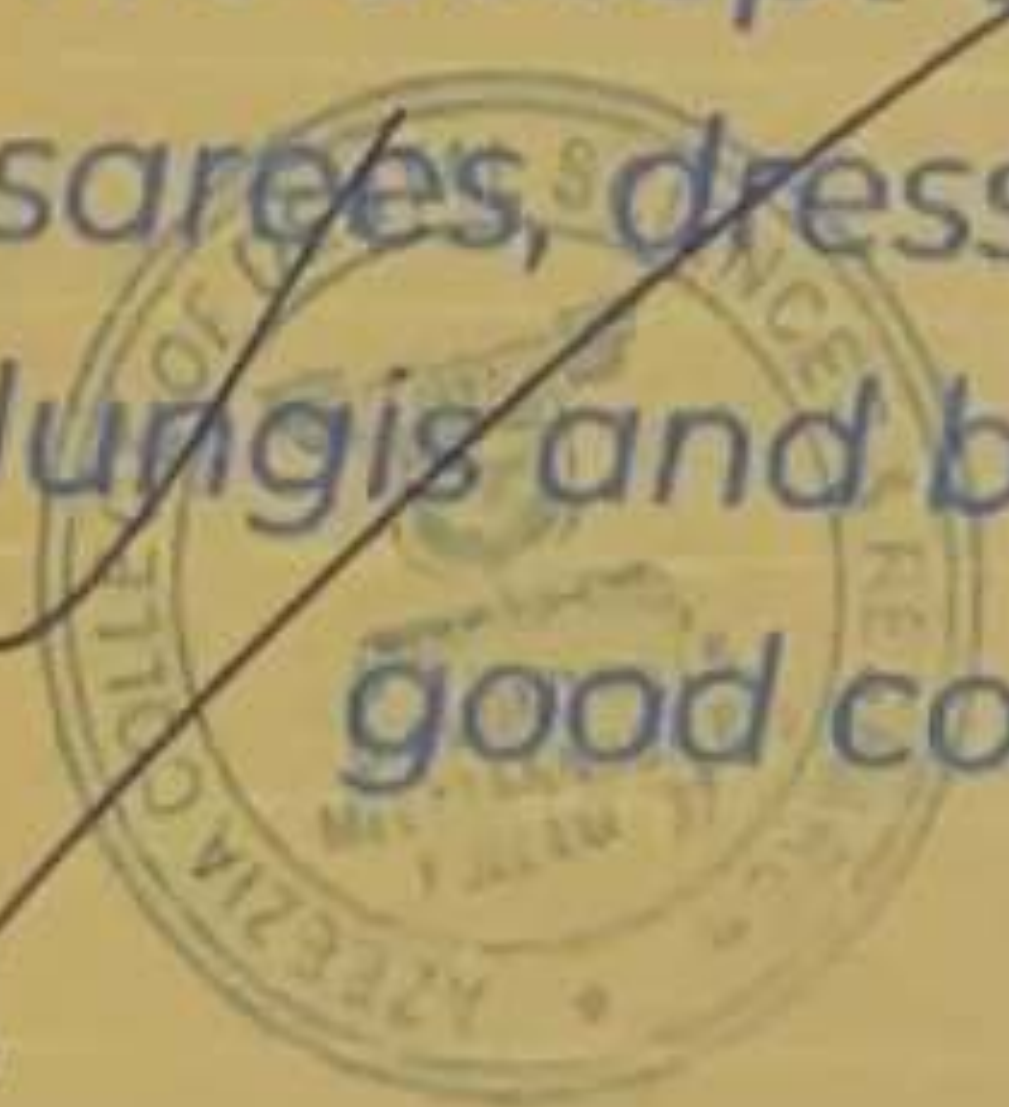


Donate gently used or new clothing to those in need

**Drop off box placed at Dental reception area**



We accept donations of sarees, dresses, nighties, lungis and bedsheets in good condition



CLOTHING DRIVE 3<sup>RD</sup> TO 7<sup>TH</sup> JUNE 2023



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Title of the Practice:

**Fish farming**

Objectives

More and more people have been embracing the idea of farming lately, concerned with health and environment care issues. Benefits of farming also include another significant aspect – the higher nutritional value of natural food as compared to the one grown with chemical additives.

Hence the basic idea of fish farming in Azeezia dental college is to provide food with optimum nutritional value and minimum dangerous ingredients, with only permitted substances used.

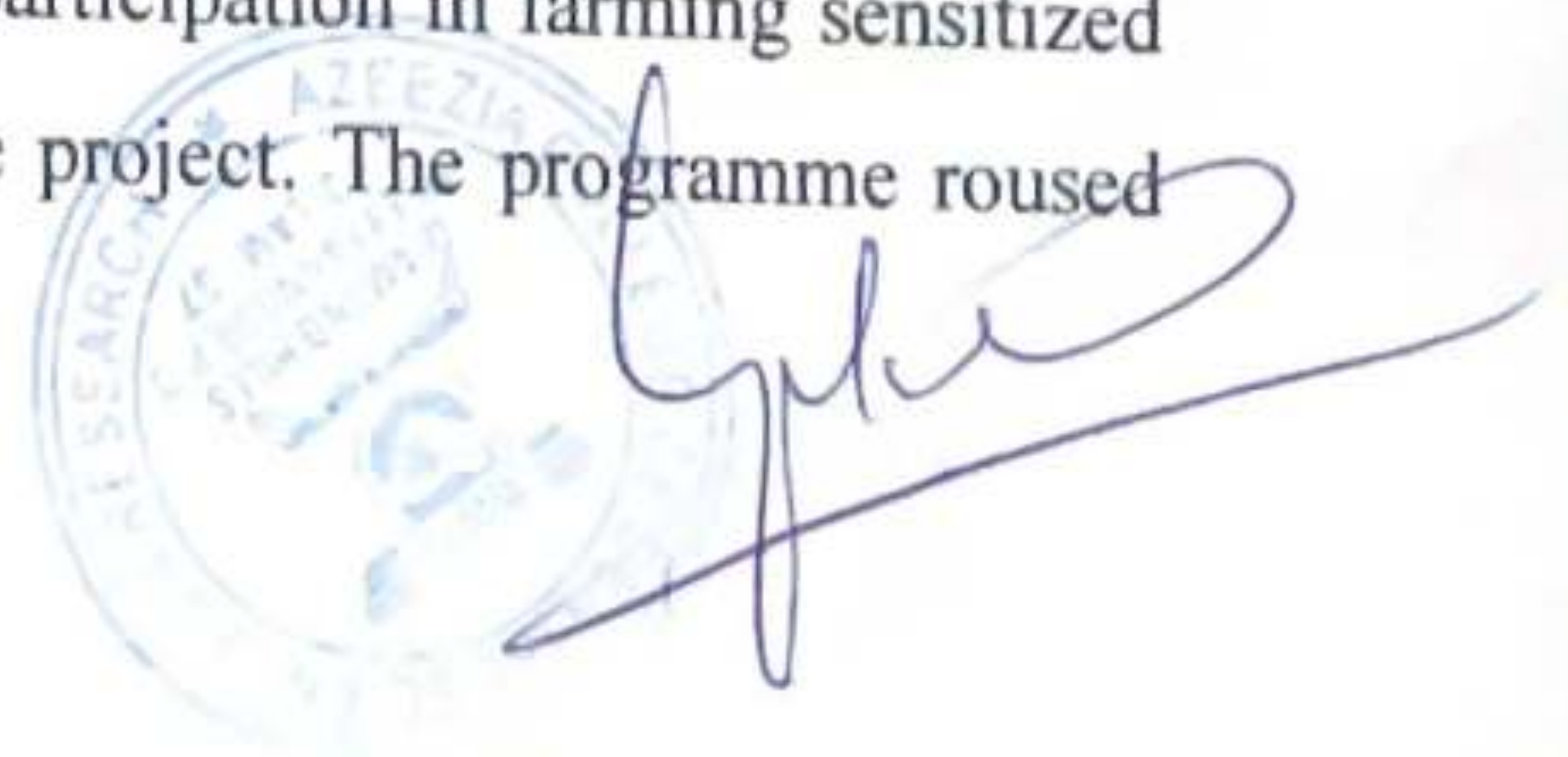
The context

Fish farming in colleges creates awareness on harmful effects of chemical-based food to health and refreshes the importance of saving environment and adoption of eco-friendly practices.

It also enhances student's food literacy by familiarizing them with foods grown, teaching them how and where their food is grown, building knowledge about how to prepare healthy food and educating them about health, nutrition, social and environmental impacts of food choices.

The practice

Colleges are recognized as institutions that impart knowledge and give quality education, and thereby build a nation's future. Fish farming in colleges can shape the future of the country and even that of the whole world. Apart from helping students understand the process of cultivation and recognize what makes food nutritious, the practice of fish farming creates a wider, healthier ecosystem in the campus. The student's participation in farming sensitized and improved the skill of students while implementing the project. The programme roused



the interest of the student's in learning the correlation farming with production of healthy food. It also acts as a catalyst for learning life skills.

Problem encountered and resources required:

**Less production:** The initial yield in fish farming is less in the initial years. So, it's difficult to accommodate large-scale production.



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## FISH FARMING





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