



... Improving the quality of life ...

Palliative Care ...

... improves the quality of life of patients and their families facing the problems associated with life threatening illness, through prevention and relief of pain and suffering by means of early identification and impeccable assessment and treatment of pain and other problems – physical, psychological and spiritual.

(WHO, 2002)

“I was of the opinion that terminal patients should just be left unattended as it was a waste of resources. Now I know that it is the opposite.”

- **Health Care Worker after attending PACAM training**

The Palliative Care Association of Malawi is a network of over 500 individuals and organizations working together to support and develop culturally appropriate care in Malawi; improving access and building quality.

Membership with PACAM is open to any health professional, organization, care giver or volunteer individual interested in palliative care

For more information on membership or to donate, please contact:

Palliative Care Association of Malawi

Ching’onga House, Likuni Road
P.O. Box 2467, Lilongwe
Phone: 01 929 502
Email: info.pacam@gmail.com

www.palliativecaremw.org



***Compassion Driven Care
In the
Warm Heart of Africa***



The Need for Palliative Care in

Malawi is urgent. Malawi like other countries in Sub-Saharan Africa, is struggling with the enormous burden of the HIV/AIDS pandemic.

There are more than a million people living with AIDS, and about 25 thousand



living with cancer and countless others living with other disease for which there are no curative treatments available at this time. It is estimated that about 80% of cancer patients will have pain in the terminal phase of their disease, and that 25% of HIV/AIDS patients will suffer severe pain during their illness.

The Palliative Care Association of Malawi (PACAM) is the national voice for palliative care in

Malawi. It supports, develops and promotes affordable and culturally appropriate palliative care in Malawi through advocacy, education, training, coordination and networking. Palliative care initiatives run by PACAM have so far affected and changed the lives of over five million people living in rural Malawi. With over 500 members it has representation in all districts in Malawi. PACAM envisions a country where people with life threatening illnesses are free from pain and distress.

PACAM's Core Programs Include:

Organizational Strengthening: Helping organizations to build internal capacity

PACAM supports its membership by providing best practice examples and mentorship of strategic plans, policies and procedures, board training, organizational development plans and monitoring and evaluation frameworks.

Education & Training: Standardized accredited palliative care resources and training

PACAM develops capacity building resources and delivers training to increase the knowledge of health professions and home-based care volunteers to deliver palliative care to patients.

Advocacy, Coordination and Networking: Advocating for essential palliative care drugs and services

Aimed at the Government and the Christian Health Association of Malawi, PACAM advocates for essential palliative care drugs and services.

Sharing the Burden

Helen Mkupa from Mangochi has been sick since 2006 and is usually in severe pain. When she gets up in the morning, Mkupa is taken into a shed behind her house to waste the day away. She can hardly walk. She does not enjoy meals because of the pain. Consequently, she has lost weight. Two and a half years after falling sick, what remains of her now is a shadow of the once strong and plump mother from Nkope area. "They told me I have cancer of the uterus and I lose a lot of blood because of this," she explained in a low tone, sitting feebly on the reed mat in the shed. She said that when relatives saw massive weight loss they suggested she should take an HIV test. "The results showed that I was not HIV-negative." Besides family members, Mkupta looks up to home-based care volunteers in the area of assistance. Sometimes the care givers bring her soap and basic food stuffs. They also provide her with drugs to ease the pain.

By George Ntonya, correspondent with The Nation, February 23, 2009.



Palliative Care patient receives home-based care