



# THE JANKI FOUNDATION FOR GLOBAL HEALTHCARE

# NEWS



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*"Being positive is listening to others with an open mind."*  
Health manager, Suriname

*"It felt great to think that the core values I admire most, may already reside within me."*  
Medical student, Brighton

NOVEMBER 2006

## EDITORIAL

### Values makes International Inroads

Values in Healthcare: A Spiritual Approach (VIHASA), a personal and team development programme is making inroads in Europe, Asia, the South Pacific and the Americas. Dr APJ Abdul Kalam, President of India, (pictured above on right) officially launched VIHASA in that country on 28 April 2006. In Brazil, the Institute of Living Values, established in January 2005 to promote values-based courses and trainings, has already translated VIHASA, with its accompanying CDs, into Portuguese and will soon publish it. Other translations in progress include German, Italian, Hungarian, Greek and Chinese; other news of how VIHASA has been implemented around the globe is contained in this issue.

### Weaving onwards

The Janki Foundation for Global Health Care (JF) continues to promote an integrated spiritual approach to healthcare through its regular seminar and lecture programme. These included two events in London this summer: The Janki Foundation Lecture, entitled 'The

Compassionate Surgeon' and a one-day experience of the compassion module. For the VIHASA teams in the UK, the past nine months have been eventful, with training of facilitators, attendance at conferences and networking. Two facilitator training events took place this year, at Mt Abu, Rajasthan, India and in New York State; a third residential four-day training took place in Oxford, in mid-November.

### Keeping heart

The Foundation continues to support the work of the Global Hospital & Research Centre (GHRC), a flagship for integrated spiritual and holistic healthcare serving an impoverished area of Rajasthan. Also, at an international conference on preventive cardiology at Mt Abu, inaugurated by Dr Kalam and attended by 200 delegates including 1200 doctors, in September 2006, the JF held a poster exhibition. We hope you enjoy reading our news and if you would like to find out more about VIHASA or other JF activities, please visit our website [www.jankifoundation.org](http://www.jankifoundation.org).

Editor: Dr Kala Mistry

## JF INVITED TO CHINA MEDICAL CONFERENCE

by Bhavna Patani

The Chinese Medical Doctors Association (CMDA), established in 2002 with a membership of over 2 million physicians, invited the JF to speak at their First Medical Ethics & Doctor-Patient Relationship Forum held 27-28 May in Shenzhen, China. The CMDA is a non-profit national body set up under the Ministry of Health to represent the professional needs of doctors and to create links between practitioners of Chinese and western medicine ([www.cmda.net](http://www.cmda.net)). Dr Ashok Mehta, a Scientific and Medical Advisor to JF and Medical Director of BSES MG Hospital, Mumbai and I attended the conference, together with guest speakers from the USA, and many prominent speakers and delegates from all over China.

We were met at Shenzhen coach station and taken to a hotel in the suburbs, surrounded by many lakes. We were received very warmly by the hosts, Ms Zhang Yu, deputy director of Beijing Zhengde Yuze Economy Culture Centre, Mrs Chai, the main sponsor of the conference and Dr Li Mingxia, vice-director & director of training, CMDA pictured below, left, centre and right.

We had a **Values in Healthcare – Caring for**

**Doctors** exhibition panel in Chinese together with leaflets also printed in Chinese. On 28 May, each speaker from abroad gave their talk and answered questions from the delegates. Dr Mehta spoke on 'How to remove the bad emotions of doctors', a title that the CMDA had chosen. He focused on why doctors are facing stress and burnout, his personal experiences and the need to 'care for ourselves' as doctors by rekindling our core values. Introducing the VIHASA programme, he talked about the implementation of it in his hospital in Mumbai and the launch in India by the President. There was a lot of interest from many delegates and business cards were exchanged.

Dr Mehta and I met with Dr Li Mingxia and Ms Zhang Yu a week later at the CMDA headquarters in Beijing. They were very impressed by this new approach of focussing on the needs of doctors, which complements the aims of the CMDA, in contrast to more formal training. We discussed how the VIHASA programme could be implemented in China with CMDA members. We would very much like to thank Jin Yao for being our tireless translator and key communicator and the CMDA for their generous hospitality in every way.

President of CMDA (centre) and other board members (mentioned above) with guests from USA and JF





## VIHASA IN SOUTH AFRICA

**Starting in Durban** In late 2005, Raksha Balbadhur, medical officer at Addington Hospital, Durban teamed up with Lalitha Sharanund, senior health educator, primary and community care to facilitate VIHASA for staff at King George Hospital in their one-hour lunch break. She advised us, "So far, 8-10 heads of department, including the hospital manager, have attended and tell us that the weekly sessions make a difference to their entire lives. In particular they mentioned that it has enhanced clarity and productivity at work." Encouraged by this, workshops have also been initiated at Phoenix Community Health Centre, for 25 nurses at Tongaat clinic, and all the nursing managers at Addington Hospital.

**Heading to the Eastern Cape: Port Elizabeth** The pair were invited to facilitate an introductory workshop here. Raksha reports: "I found the response amazing - 76 healthcare professionals from various backgrounds attended - nurses, professors, government doctors, GPs, pharmacists, therapists, hospice carers, rape crisis carers. It was an awakening for myself to watch the impact of the module as they progressed ...before we finished, the group expressed interest in becoming trained to be VIHASA facilitators, as they foresee how valuable the programme will be to all their colleagues."

**And yet further to East London** Retired nursing lecturer Ms Vallie Ragavall reports below what happened when she invited the Durban VIHASA team to conduct a half-day workshop in East London. **It is relevant** "On 11 April 2006, a novel workshop took place in the boardroom of Frere Hospital Complex. The objectives of the workshop included: to

empower health professionals by emphasising core values in healthcare, to foster team-building and to promote harmony and non-stress in the workplace. In view of the tremendous importance and relevance to nursing, the chief nursing director at the Department of Health, Dr Phyllis Solembela, had quickly made all the arrangements, targeting senior nursing managers, lecturers, community nursing personnel and administration officers in the healthcare sector."

**It is empirical** "Selected exercises from module one of the JF VIHASA programme were facilitated, including trainings featuring movement, appreciation, listening, visualisation, meditation, discussion and a reflection on Values that Matter Most to Me. Participants expressed their appreciation of re-affirming and improving their understanding of core values. They commented on the empowering effect of the training on personal courage, enthusiasm and motivation and volunteered changes they intend to bring about in their working lives, such as being more balanced in giving time to themselves, being more peaceful or creative at work, being connected to greater love /patience /kindness/ positivity when working with patients and always being good to people on duty!"

**We recommend it** "They especially highlighted the importance of self-care, reflection and introspection as a pathway to bringing about these changes. Plans for development of the programme in South Africa were articulated and will include discussions with the Department of Health and Nursing Directorate and the Eastern Cape Skills Development Programme."

*Dr Phyllis Solembela, centre and Lalitha S, left flank with East London healthcare staff at VIHASA workshop.*



## GOING THAI

Ms Suppavan Phungrasamee, VIHASA facilitator with a background in counselling psychology, reports from Pattani province in south Thailand, where there has been increasing terrorist violence in the community over the last 2 years. "After completing the facilitators' training in India in March, I introduced VIHASA to the government department of health in Pattani. A two-day workshop was arranged immediately to explore: Personal and Professional Values, Re-charging Energy by Being Peaceful and Positive, Understanding Others through Cooperation and the Meaning of Spirituality, in a spiritually diverse staff group." Three groups ran in May, the first attended by four hospital directors in Pattani, along with 125 senior staff. The second group comprised 150 staff, including the head of community health services and the third group ran for 3 days, comprising 30 mental health clinicians in Bangkok, most of them psychologists. Everyone was so happy and relaxed and some of them commented that they were learning more than they had expected. They especially enjoyed the methods of learning within the programme. It even rubbed off on the administrative staff, who became gentler and used positive language!

**Holding the enthusiasm** "Since then, we have run two more workshop groups for Public Health (100 in each group), one for 40 research staff in June and workshops outside Pattani for Mayu Hospital staff in July. In August, Values in Health care was broadcast on TV UBC 7 on 'Khan Tan Prataththai', a programme specifically for doctors. Many enquiries came in as a result."

*Movement breaks take on a new meaning in Thai!*



## THE COMPASSIONATE SURGEON

*by Davina Lloyd*

On Monday 24 July, David Rosin, consultant surgeon at St Mary's Hospital in Paddington, one of the pioneers of 'keyhole surgery' in England, performed a neat operation in the conference hall of Global Co-operation House. In a 'sharp', illustrated talk, he cut away some old notions about the unfeeling nature of his fellow surgeons through the ages! Beginning with his early forbears, the Worshipful Company of Barbers, Mr Rosin deftly stitched a history of his profession showing how surgery became a science, from the study of blood circulation, infection and pain control, and how contemporary surgical practice has to juggle new challenges generated by technological advances and demands for patient-centred care. The lecture followed the JF AGM at which a presentation on the cleft palate repair work at GHRC, undertaken in collaboration by doctors from the UK, Sweden, GHRC and India since 2002, was given by the coordinator of the project, plastic surgeon Dr Shailesh Vadodaria.



## TWELFTH INTERNATIONAL REFLECTIVE PRACTICE CONFERENCE, CAMBRIDGE

3-5 JULY 2006

**"Being and intention in health educational care"; <http://www.wmin.ac.uk/sih/page-859>**

Over 100 educationalists, healthcare practitioners and academics from the UK, USA, Canada, Iceland, France, Germany, Netherlands, Denmark, Holland, Australia and South Africa attended this Cambridge conference. The intention was to develop and sharpen practitioners' spiritual 'tools' and to explore how to become more focused and fulfilled.

### Being and being with

One of the featured speakers, Dr Sarah Eagger, psychiatrist, chair of the spirituality in psychiatry special interest group at the Royal College of Psychiatrists and VIHASA coordinator, talked about 'being' and how that translates into the task of 'being with' our patients. She described spiritual skills, such as that of creating a still and peaceful mind and compassionate listening as those that allow us to 'be with' and that help to create healing communities where presence, empathy, listening, encounter and love are honoured.

### Not all sitting and listening

From the outset this conference sought to incorporate sessions on self-care and reflection and a variety of relaxing workshops were offered by participants for participants, including yoga, Tai Chi, meditation and massage. Sarah and Masana de Souza hosted the VIHASA information stand throughout the three days and co-facilitated a post-conference workshop on compassion from the VIHASA programme. Many people expressed an interest in knowing more and attending one of the training days.

**Other academic news:** Some of the VIHASA core team members are part of discussions at Warwick University Medical School on how spirituality can be integrated into undergraduate medical education in the UK. We will update you on progress.

Preliminary discussions have taken place with nurse tutors at St Richard's Hospital in Chichester and at Winchester University with reference to designing a study module on values to address issues of stress and low morale in the healthcare professions.

## FACILITATORS' TRAINING, NEW YORK

2-5 JUNE 2006

The weekend programme was approved as a Continuing Education Activity for physicians and nurses and attracted 70 health professionals from a wide range of disciplines for the introductory experience of VIHASA. Delegates came from USA, Canada, Jamaica, Trinidad & Tobago, Guyana, Surinam, and Guam and 40 stayed on to complete the facilitator training. The eight training facilitators, also from different cultural backgrounds, worked well together for what was the launch of VIHASA facilitator training in the USA.

Everyone benefited from the hilly hideaway of Peace Village as well as from the support given by the residents, and was able to participate fully in the process. Comments received from the participants indicated deep appreciation for the content of the programme, for the facilitation methods adopted and modelled and for the opportunity to reflect on personal values 'at play'.

*"I truly came away with a deeper experience of self through this values clarification experience."*

*"Beautiful sessions - and the simplicity helped bring out many qualities in everyone."*

Representatives from the USA and Canada created support groups so that they could continue to develop and build on their experience to make it culturally appropriate for their audiences.

VIHASA training, tucked away in Peace Village, Catskill Mountains, upstate New York



## OTHER NEWS FROM THE UK

**London:** the complete VIHASA programme has been facilitated over spring and summer 2006 at St Charles Hospital, London with inpatient staff from the department of mental health care of the elderly. Currently, similar sessions are taking place with day-hospital and community staff.

*UK Facilitator Maryam (right) speaks to a senior health education executive visiting the JF stall, at the Arab Health Exhibition, Dubai, Jan 06.*



**Wakefield:** Reverend Mike Gartland, head of the Pastoral and Spiritual Care Unit of South West Yorkshire Mental Health NHS Trust (SWYMHT) has gained approval for the entire VIHASA programme to be presented, for the first time, in a chaplaincy setting in the UK, to promote and support staff well-being. Incorporated into the Trust's existing training programme, the course is scheduled to be completed this winter. For further details, please contact [mike.gartland@swyt.nhs.uk](mailto:mike.gartland@swyt.nhs.uk).

*Wakefield workshop participants envisioned an ideal healthcare*



**Whitby:** The JF contributed a day workshop Valuing Yourself, Valuing Others for the Celebrating Differences Retreat, held in September at Sneaton Castle, organised by SWYMHT for service users who are active in public involvement.

**Newcastle:** A half-day workshop on self-care entitled Valuing Yourself... Sustaining the Carer was held in May at the Education Centre in Freeman Hospital, Newcastle upon Tyne. The group, mainly from a mental health background, said it gave them time to reflect on the importance of revisiting self-respect and prioritising 'me time'.

**Bradford:** JF held a VIHASA display at an extremely well attended one-day conference, entitled 'Improving the Patient Experience – Developing a Response to Spiritual Healthcare in the NHS', organised by the Chaplaincy Department at Bradford Teaching Hospitals NHS Foundation Trust.

**Manchester:** A workshop on Valuing Yourself ... Values in Practice was held on 30 September at Manchester Business School, University of Manchester.

**North Wales:** John Fleet, a retired surgeon, has continued to offer VIHASA workshops for hospital based staff throughout 2006. In spring, he facilitated Values /Spirituality and Health modules for nursing staff at Wrexham Hospital, a group of mentors in education, a nursing home staff group and social worker groups (on recommendation from previous groups) and with newly qualified doctors in the short time period prior to starting house jobs.

**Brighton:** A Student Selected Component is a substantial element of the medical curriculum at Brighton and Sussex Medical School. It offers students an opportunity to study non-core, health-related topics in depth, in a diversity of settings. Dr Craig Brown, a general practitioner for 27 years, trustee of the British Holistic Medical Association and a core team member of VIHASA, put together an eight-week module on 'holistic healing' for third year medical students. The course incorporated many aims and aspects of the VIHASA programme, including appreciating spiritual values and core values, using reflective learning, developing a positive attitude, experimenting with spiritual tools and exercises on communication, co-operation and being more peaceful, positive and compassionate.

## NEWS FROM INDIA *VALUES IN HEALTHCARE TRAINING*

### Thirty-nine participants from 12 countries attended the last international training of facilitators at Mt Abu, India which took place in March 2006.

The four-day programme proved to be a positive experience for all and was well-received; concepts such as authentic communication generated a lot of dialogue and novel and amusing suggestions added to the creativity and fun of movement sessions. The event concluded with establishing support groups and action groups to implement VIHASA in healthcare settings in places as diverse as south-east Asia, Australia, India and Europe amongst others.

### Implementation at GHRC

Several healthcare staff from GHRC, who attended the March training, have since contributed to implementing the programme at GHRC, as a series of two-hour workshops, spread over several weeks. While the facilitators honed their skills over January, April/May and August 2006, Mathilde Sergeant, nurse tutor at GHRC observed that many participants uncovered long-concealed skills in art and poetry. "It has been a process of close teamwork on methods and objectives, while delegates drew out personal aims and insights," she said.

### At Gurgaon

A retreat centre in Gurgaon has run a number of one-day VIHASA workshops, starting with a group of 15 medical, nursing and administrative staff from Guru Tegh Bahadur hospital in Delhi. The last event, in September 2006, was a three-day workshop for 70 nursing students from Chandigarh, facilitated by delegates from the last two facilitators' trainings in India.

### At Raipur, Chhattisgarh

In Raipur, organized in collaboration with the Govt of Chhattisgarh, facilitation of Values in Healthcare takes place monthly for government doctors of Chhattisgarh State. The Health Minister, the Hon Dr Krishna Murty Bandhi, is taking a keen interest and listened to feedback from the delegates. Each group consists of 35-40 government doctors, surgeons and chief medical officers, who participate in discussions and meditations. The sixth training took place on 10 September and the organisers plan to continue until all the doctors in the state (nearly 4000) have attended. Thereafter senior nursing staff will be invited.

*The Health Minister listens to feedback from senior government doctors, Raipur.*



## OTHER NEWS FROM AROUND THE GLOBE

**Greece:** VIHASA workshops have taken place in Thessaloniki and Athens since May 2006. The team in Greece has also established a Values in Healthcare association.

**Hungary:** On 2 May 2006, the Values in Health Care Association-Hungary (VHCH) was recognised as a legal body. Pharmacist Tunde Eörsné-Dóra has also started translating the VIH programme and its accompanying meditations.

**Trinidad and Tobago:** an introduction and taster session on VIH was conducted with a group from the Family Planning Association and North-West Regional Health Authority.

**Jamaica:** an introduction was given to the Ministry of Health and a local steering group set up.

**Iceland:** Over summer 2006, three articles discussing Values in healthcare have made their way into the Icelandic Nursing Journal. The first contained reflections after Valgerdur Jonsdottir, editor of the Icelandic Nursing Journal and Herdis Jonasdottir, nursing tutor, participated in a facilitators' training weekend at Oxford last November. This was followed by a thorough article on the VIHASA manual and an interview with the president of the Foundation, Dadi Janki.

**Suriname:** Dr Louise Bommel, a paediatrician from Surinam, South America has run a number of VIHASA modules since March 2006 with a team of directors and managers from Diakonessen Hospital. She reports: "Everyone commented on the palpable effects the sessions brought to their working environment and personal lives, and mentioned a shift in awareness which had resulted in improved performance and enthusiasm. Since then, we have introduced the

programme to the medical staff at the hospital and plan to start sessions in November with groups of about 20 people."

**Mauritius:** In collaboration with the Mauritius Council of Social Services (MACOSS), Positive Approach to Total Health (PATH) held a VIHASA function on 12 June 2006, at which 48 representatives of different NGOs who had followed workshops on Values in Healthcare (on Values, Peace, Cooperation & Valuing Yourself) were presented with a certificate of attendance.

*VIHASA Mauritius. Guest speakers included Mr Pradeep Jagutpal, President of PATH, the Hon Mr S Faugoo, Minister of Health & Quality of Life, Mr D Chengan, President of MACOSS, the Hon Mrs S Bappoo, Minister of Social Security, Mr M Baldowa Chairperson, Training Dept of MACOSS and Dr (Mrs) A Sorefan, President of Health Network.*



*Facilitating movement exercises at Rashid Hospital, Dubai*

