Mukund Acharya, PhD, Kavitha Ramchandran, MD, Claire Bleymaier, MPH, BSN, RN, Ashley Bragg, BS, Grant Smith, MD

VIRTUAL PALLIATIVE CARE EDUCATION FOR THE SOUTH ASIAN COMMUNITY

The Palliative Care Health Education, Engagement, and Promotion program (PC-HEEP) partnered with non-profit organization Sukham (www.sukham.org) in October 2020 to conduct an hourlong webinar on Palliative Care for South Asians.

South Asians typically have a poor understanding of, or are misinformed about this topic. They often share culture, traditions, and values that can impact their ability to handle serious illness, and may be ill-prepared to make difficult medical decisions.

Sukham promotes healthy living and aging well by offering information and support, with a focus on the South Asian community.

The webinar presenter, palliative care physician Kavitha Ramchandran, is of South Asian origin. Sukham’s Mukund Acharya provided a contextual introduction.

Sukham promoted the event via email, social media, and the readership of India Currents and India West. PC-HEEP posted the event on Stanford calendars and their website. A recording is publicly available on SHC’s YouTube channel.

42 of the 63 individuals who registered attended the event. A post-webinar survey (response rate 24%) included likelihood to recommend (Likert scale 1-5), demographic data, and open ended questions. The majority of respondents were older South Asian females (78% Asian Indian, 11% Chinese, 11% White, 70% female, 30% male, mean age 71, range: 60-78). The YouTube recording has been viewed 460 times to date. Some attendees provided Sukham unsolicited positive feedback via email.

Easy to prepare and implement, the webinar was well-received by attendees. PC-HEEP and Sukham enjoyed the collaboration and are now planning quarterly educational events together. The next one is in March 2021.

COMMUNITY PARTNER
SUKHAM