

AAM-UPHC Leh Observes World Hospice and Palliative Care Day 2026

Theme: “Pain Management: An Essential Part of Palliative Care”



Leh, October 10,2026: AAM-UPHC Leh observed “World Hospice and Palliative Care Day 2026” today with an awareness and capacity-building session for all Female Multipurpose Health Workers (FMPHWs) of the urban area, highlighting the importance of compassionate care, effective pain management, and improving the quality of life of patients with life-limiting illnesses.

The programme commenced with an introductory session by Dr Jigmet Wangchuk, Medical Officer, AAM-UPHC Leh, who sensitised the participants about the principles of hospice and palliative care, the importance of early identification of patients requiring palliative support, holistic management of pain and other distressing symptoms, and the need to provide dignity, comfort and emotional support to patients and their families. The session highlighted this year’s theme, “Pain Management: An Essential Part of Palliative Care,” emphasising that relief from suffering and access to quality palliative care are essential components of comprehensive healthcare.

This was followed by a detailed presentation on hospice and palliative care by Mrs Chamba Dolker, a Training-of-Trainers (ToT)-trained professional in Palliative and Hospice Care. The presentation focused on the practical aspects of home-based palliative care, symptom assessment and management, patient and caregiver counselling, the role of frontline health workers, and the importance of providing continuous support to patients and families facing serious and terminal illnesses.

As part of the observance, the Palliative and Hospice Care Team of AAM-UPHC Leh, comprising of Medical Officer, Staff Nurse, 2 FMPHW (All three trained in Palliative & Hospice Care) & FMPHW of the ward undertook a home visit to a 95-year-old terminally ill patient requiring end-of-life care. On arrival, the patient was found to be in severe respiratory distress, with gasping respirations and vital signs that could not be recorded. The team promptly initiated supportive measures, including oxygen therapy through an oxygen concentrator, nebulisation with bronchodilator medication, and intravenous corticosteroid therapy. Despite these efforts, the patient’s condition continued to deteriorate, and the patient subsequently passed away. Death was confirmed and declared by the attending healthcare team.

Recognising that hospice care extends beyond the patient to include the emotional well-being of family members, the team provided bereavement support and counselling to the patient’s daughter, offering compassionate reassurance and emotional support during this difficult time, in accordance with the principles of hospice and palliative care.

The home visit underscored the vital role of community-based palliative services in bringing compassionate healthcare to the doorsteps of elderly, bedridden and terminally ill patients, particularly those who require comfort-focused care in familiar surroundings. It also highlighted the importance of supporting family caregivers and addressing their emotional needs during the final stages of a loved one's life and after their loss.

The observance concluded with a renewed commitment by the healthcare team to strengthen community awareness, build the capacity of frontline health workers, and expand access to dignified, person-centred hospice and palliative care services in Leh.

World Hospice and Palliative Care Day serves as a reminder that palliative care is not merely about managing illness; it is about relieving suffering, preserving dignity, supporting families and ensuring that every person receives compassionate care when it matters most.