

Appendix 1

Resources

Overview

This chapter is designed to give those involved in palliative care in sub-Saharan Africa sources of further information about all aspects of palliative care provision and HIV/AIDS care. Palliative care is in its infancy worldwide and is developing within Africa (see Figure A.1). There are useful resources available within sub-Saharan Africa and throughout the world.

Resources are organised by topic. Presented is a select collection of Internet resources alongside organisations, educational facilities, and reference books. Note: Resources are current as of 9/05. Web sites, addresses, and phone numbers may change.

Authors

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At a Glance

Palliative Care
Organisations

Policies, Programs,
Funding

Education and Training

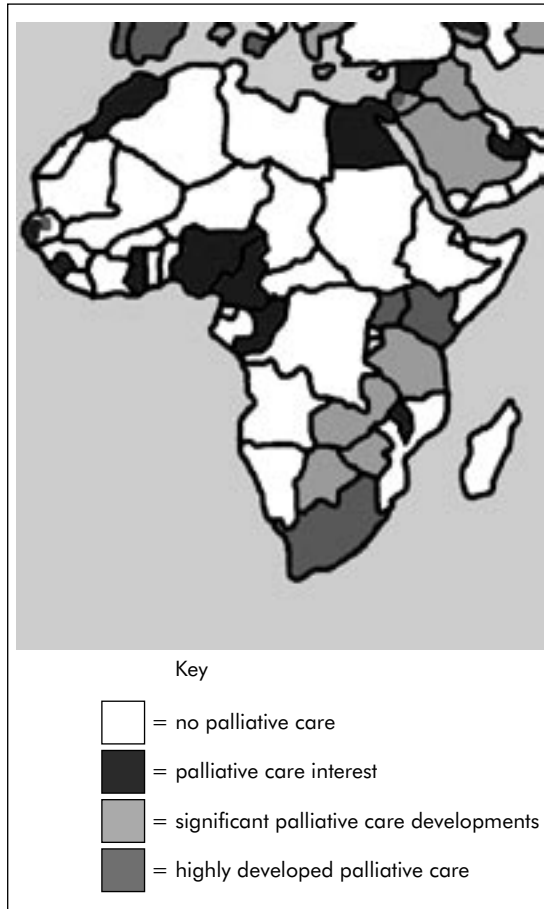
Information Resources

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Palliative Care Organisations

Figure A.1: Palliative Care Services in Africa



Source: *Hospice Information Service 2004*, with permission.

Global Organisations

Australasian Palliative Care Link (APLI)

Peter MacCallum Cancer Centre, St Andrew's Place
Locked Bag 1

East Melbourne, Victoria 8006, Australia

Tel: + 61 (0)3 96 56 1111 Fax: + 61 (0)3 96 56 1998

Email: odettespruyt@petermac.unimelb.edu.au, Dr
Odette Spruyt

A group of palliative care personnel interested in the development of palliative care globally. Aims to encourage links between individuals and services in developed and developing countries. Publishes *The APLI News*.

Hospice Information

Hospice House, 34-44 Britannia Street, London
WC1X 9JG

OR

St Christopher's Hospice, 51-59 Lawrie Park Road,
London SE26 6DZ

Tel: 00 44 (0)20 8676 5511

Web site: <http://www.hospiceinformation.info>

Email : info@hospiceinformation.info

A partnership between St Christopher's Hospice and Help the Hospices. Provides information on palliative care training and twinning opportunities, service provision, contacts, advice and publications, and possible sources of funding that may be useful to established overseas services and those wishing to develop palliative care services. Publish UK and international directories, a 'starter pack', fact sheets, a quarterly magazine, and an electronic newsletter, all with an international perspective. Membership service available (free to those in resource-limited settings).

Appendix 1: Resources

International Association for Hospice and Palliative Care (IAHPC)

5535 Memorial Drive, Suite F-PMB 509
Houston, TX 77007 USA
Tel: + 1 (0)713 880 2940 Fax: + 1 (0)713 880 2948
Web site: <http://www.hospicecare.com>
Email: info@iahpc.com

Promotes the development of hospice and palliative care in the world through educational initiatives, twinning, travelling fellowships and scholarships, awards, donation of educational material, and its Web site. Publishes free electronic monthly newsletter. Web site provides educational and service resources regarding palliative care worldwide. Leaflets cover how to start a palliative care service and current palliative care services in Africa.

International Observatory on End of Life Care

Institute for Health Research, Bowland Tower East,
Alexandra Square
Lancaster University, Lancaster LA1 4YT
Tel: +44 (0)1524 592513 Fax: +44 (0)1524 592-401
Web site: <http://www.eolc-observatory.net>
Programme provides research-based information about hospice and palliative care provision in the international context. It presents public health and policy data as well as cultural, historical, and ethnographic perspectives.

National Hospice and Palliative Care Organization

1700 Diagonal Road, Suite 625
Alexandria, VA 22314 USA
Tel: 703-837-1500
Web site: <http://www.nhpco.org>
Email: sconnor@nhpco.org

Organisation dedicated to leading and mobilizing social change for improved care at the end of life.

National Palliative Care Associations Web site

Web site: <http://www.hpc-associations.net>

Web site launched by Help the Hospices to assist national hospice and palliative care associations to share information and experience from across the globe.

The UK Forum for Hospice and Palliative Care Worldwide

Hospice House, 34-44 Britannia Street, London
WC1X 9JG
Tel: 00 44 (0)20 7529 8200
Web site: <http://www.helpthehospices.org.uk>

Established as part of Help the Hospices, assists the work of organisations and individuals based in the UK who support hospices and palliative care services overseas. Its facilitative and enabling role includes creating a funding structure to support hospices overseas, facilitating twinning arrangements, a training and education programme (including web-based materials), and an information-giving and influencing role including a publication list of possible sources of funding.

African Palliative Care Organisations

FYI: A comprehensive list of local palliative care providers in different countries is available through the International Palliative Care Association at <http://www.hospicecare.com> or Hospice Information at info@hospiceinformation.info.

African Palliative Care Association

PO Box 7757, Kampala, Uganda
Web site: <http://www.hospiceafrica.or.ug/>
Email: info@apca.co.ug

Founded in 2003 to promote and support affordable and culturally acceptable palliative care throughout Africa.

The Association of Kenya Hospices

c/o Hospice Care Kenya, Church House, 23 Great George Street, Bristol BS1 5QT
Tel: 0117 907 4205 Fax: 0117 907 4206
Web site: <http://www.hospicecarekenya.com>
Email: hospice.care.kenya@virgin.net

Association represent hospices in Kenya.

The Foundation for Hospices in Sub-Saharan Africa

1700 Diagonal Road, Suite 630, Alexandria, Virginia 22314 USA.
Tel: 1-703-647-5176 Fax: 1-703-837-1233
Web site: <http://www.fhssa.org>.
Email: fburrs@fhssa.org Fay Burrs, RN, Executive Director

Matches African hospice programmes with U.S. hospice partners. Web site lists partnerships. Free electronic newsletter.

Hospice Africa (UK)

16 Arden Close, Ainsdale Southport, PR8 2RR
Tel/Fax: +44 1704 573170
Web site: <http://hospice-africa.merseyside.org/>
Email: hospaf@connectfree.co.uk

Provides financial and practical support for Hospice Africa (Uganda) and assessment and seed funding for other African countries.

Hospice Association of Zimbabwe

P O Box A 1822 Avondale, Harare, Zimbabwe
Tel: +263 4 705771 or 705772 Fax: +263 4 253540
Email: hospaz@africaonline.co.zw

National organisation plans to bring training, advocacy, and standards in palliative care to the country and region.

Hospice Palliative Care Association of South Africa

PO Box 38785, Pinelands 7430
Tel: +27 21 531 2094 Fax: +27 21 531 7917
Web site: <http://www.hospicepalliativecaresa.co.za>
Email: hpca@iafrica.com

Coordinates the development of hospices in the Southern Africa region by providing a centralised source of information. Publishes *Standards of Palliative Care* and *Guidelines on Starting a Hospice*.

Palliative Care Association of Uganda

Hospice Africa Uganda, PO Box 7757, Kampala, Uganda
Tel/Fax: +256 41 267488
Email: educ@hospiceafrica.or.ug

Publishes quarterly palliative care journal.

Palliative Care Society of South Africa

Contact person: Nina du Toit
Tel: +27 (0)11 933 4031 Fax: +27 (0)11 933 3482
Web site: <http://www.palliativecaresociety.co.za>
Email: info@palliativecaresociety.co.za

A society to promote palliative care in South Africa, for individuals interested or working in palliative care.

Tanzania Palliative Care Association

PO Box 1990, Arusha, Tanzania
Email: hartwig@elct.or.tz Kristopher Hartwig

Policies, Programs, Funding

Policy/Setting up a Palliative Care Service

The Centre to Advance Palliative Care

Web site: <http://www.capc.org>

An Internet-based American resource for those interested in developing a palliative care service. Provides information on service development and educational resources. Web site resources include a manual on how to develop a palliative care programme.

Guidelines on Starting a Hospice

Web site: <http://www.hospicepalliativecaresa.co.za/>

Published by Hospice Palliative Care Association of South Africa.

Hospice Information Service

Web site: <http://www.hospiceinformation.info>

Email : info@hospiceinformation.info

Provide educational and service-related resources regarding palliative care worldwide, including leaflets on how to start a palliative care service, lists of current palliative care services in Africa, and information organisations that have published standards/guidelines for palliative care.

International Narcotics Control Board

Web site: <http://www.incb.org>

Details requirements for national estimates of controlled drugs to be submitted before allowing importation; forms re: usage and importation of controlled drugs; advice for patients taking controlled drugs who wish to cross international borders.

Médecins Sans Frontiers Access to Essential Medicines Campaign

Web site: <http://www.accessmed-msf.org>

Details recent drug policies affecting global drug access, details of ARV pricing; helps campaign for fair access to medicines.

National Council for Hospice and Specialist Palliative Care Services

Web site: <http://www.hospice-spc-council.org.uk>

Predominantly UK-focused but Web site includes range of publications and briefing papers for downloading: some free and others for purchase.

Palliative Care Links and Resources

Web site: <http://www.palliative.info>

Canadian Web site with links to palliative care Web sites and locally-developed guidelines.

Pain and Policy Studies Group, University of Wisconsin Medical School

Web site: <http://www.medsch.wisc.edu/painpolicy>

The WHO collaborating centre for policy and communications in cancer care. Supports a global communication programme to improve access to pain relief, palliative care, and pain policy. Web site offers information on pain relief and public policy, an international pain policy resource list, and relevant full text journal articles.

UNAIDS

UNAIDS Information Centre, 20 Avenue Appia,
1211 Geneva 27, Switzerland
Phone: +41 22 791 3666
Web site: <http://www.unaids.org>
E-mail: unaids@unaids.org

UNAIDS produces a series of reports and publications available through the Web site. A CD-ROM UNAIDS library version 3 2004 contains searchable html versions of all UNAIDS publications available through the WHO Web site or WHO publications.

Among the palliative care UNAIDS publications:

Palliative Care: Issues and Challenges
Report (18/12/2002)

AIDS: Palliative Care: UNAIDS Technical Update
Report (1/10/2000)

Summary Booklet of Best Practices, the International Partnership Against AIDS in Africa
(2001)

Reaching Out, Scaling Up Eight Case Studies of Home and Community Care for and by People with HIV/AIDS (2003) Report focusing on projects and programmes that have brought an improved quality of life to people living with or affected by HIV/AIDS by reaching out into the community.

Caring for Carers: Managing stress in those who care for people with HIV and AIDS: UNAIDS case study Report (2000)

World Health Organisation

WHO Marketing and Dissemination, 1211 Geneva 27, Switzerland.
Telephone +41 22 791 2476 Fax +41 22 791 4857,
Web site: <http://www.who.int>
Email to place orders: bookorders@who.int
Email queries to: publications@who.int

Publishes a number of useful booklets and reports which can be ordered directly from WHO. Publications can also be ordered through publishers in many countries. A list of sales agents is available on the Internet at: <http://www.who.int/dsa>

Select WHO publications include:

Achieving Balance in National Opioids Control Policy: Guidelines for Assessment (Geneva, 2000)
See <http://www.medsch.wisc.edu/>

A Community Health Approach to Palliative Care for HIV/AIDS and Cancer Patients in Sub-Saharan Africa. Describes the current status and achievements of a joint project among Botswana, Ethiopia, United Republic of Tanzania, Uganda, Zimbabwe, and the WHO. Guides national health planners and public health programme managers to conduct situation analysis and assessment of palliative care needs for HIV/AIDS and cancer patients. (Geneva, 2004)
See <http://www.who.int/cancer/palliative>

Cancer Pain Relief, 2nd edition (Geneva, 1996)

National Cancer Control Programmes: policies and managerial guidelines, 2nd edition (Geneva, 2002) Includes palliative care as an essential component of a comprehensive cancer control programme. Chapter on pain relief and palliative care, recommendations for priorities in palliative care in different resource settings. See <http://www.who.int/cancer>

Symptom Relief in Terminal Illness (Geneva, 1998)

The WHO Model List of Essential Medicines, 14th edition (Geneva, 2005)
See <http://mednet3.who.int/EMLib/>

WHO global communication Web site With the WHO publication *Cancer Pain Relief*, provides information on developments in clinical medicine, oncology, pain control, and symptom control relevant to palliative care. See Web site <http://www.whocancerpain.wisc.edu>

Funding

Global Fund to Fight AIDS, Tuberculosis, and Malaria

53 Avenue Louis Casai, 1216 Geneva, Switzerland

Web site: <http://www.theglobalfund.org>

The purpose of the Fund is to attract, manage, and disburse additional resources through a new public-private partnership that will make a sustainable and significant contribution to addressing HIV/AIDS, tuberculosis, and malaria in countries in need. The Fund contributes to poverty reduction as part of the Millennium Development goals. Funding is via country coordinating mechanisms.

Hospice Information

Hospice House, 34-44 Britannia Street, London

WC1X 9JG OR

St Christopher's Hospice, 51-59 Lawrie Park Road, London SE26 6DZ

Tel: 00 44 (0)20 7520-8232

Web site: <http://www.hospiceinformation.info>

Email : info@hospiceinformation.info

Publishes a list of potential sources of funding for palliative care services.

In Kind Direct

Web site: <http://www.inkinddirect.org/>

Enables charities to buy high-quality goods at discounted prices; mainly new, end-of-line, slow moving stock, seconds, or with faulty packaging. Refurbished Pentium computers supplied loaded with Microsoft software. To qualify, overseas organisations must have a UK partner charity that will pay an annual fee to join and receive a monthly catalogue of goods available.

President's Emergency Plan for AIDS Relief (PEPFAR)

Web site: http://www.usaid.gov/our_work/global_health/aids/pepfar.html

Administered through USAID, \$15 billion over 5 years, 15% earmarked for palliative care in 12 African countries and two Caribbean countries.

The UK Forum for Hospice and Palliative Care Worldwide

Hospice House, 34-44 Britannia Street, London WC1X 9JG

Tel: 00 44 (0)20 7529 8200

Web site: <http://www.helpthehospices.org.uk>

Offers annual education grants for palliative care training to individuals and organisations in resource-poor countries. Also produces a guide, *Funding for Hospice and Palliative Care Services* (in press).

The Beit Trust

Email: beitrust@africaonline.co.zw or

beitrust@clara.co.uk for general enquiries.

Small UK-based charity that supports health, welfare and educational projects in Malawi, Zimbabwe, and Zambia. Grants to a maximum of £30,000.

Needs Assessment

Higginson I. 1997. *Health Care Needs Assessment Palliative and Terminal Care*. Oxford, UK: Radcliffe Medical Press.

Doyle D, Hanks GW, Macdonald N, editors. 2003. *Oxford Textbook of Palliative Care*, 3d Edition. Oxford, UK: Oxford University Press.

Ekiria Kikule. 2003. A good death in Uganda: survey of needs for palliative care for terminally ill people in urban areas. *BMJ*. 327: 192–194.

Sepúlveda C, Habiyambere V, Amandua J, et al. 2003. Quality care at the end of life in Africa. *BMJ*. 327: 209–213.

Wright J, Williams R, Wilkinson JR. 1998. Development and importance of health needs assessment. *BMJ* 316:1310–1313.

Williams R, Wright J. 1998. Epidemiological issues in health needs assessment. *BMJ* 316:1379–1382.

Note: Articles in the *British Medical Journal* can be downloaded free from the Web site <http://www.bmj.com>.

Demographic Information

aidsmap

Web site: <http://www.aidsmap.com>

Provides information on HIV/AIDS organisations throughout the world, regionally specific information, and updated news on HIV/AIDS and guidance on ARV use.

CIA World Fact Book

Web site: <http://www.cia.gov/cia/publications/factbook>

Provides up-to-date demographic, economic, and environmental information on countries throughout the world.

UNAIDS

UNAIDS Information Centre, 20 Avenue Appia, 1211 Geneva 27, Switzerland

Phone: +41 22 791 3666

Web site: <http://www.unaids.org>

E-mail: unaids@unaids.org

Web site provides current information on HIV/AIDS disease burden, manifestations, and management in countries and regions across the world.

United Nations Development Programme

Web site: <http://www.undp.org>

Provides up-to-date demographic and economic information useful for report writing.

Education and Training

African Education and Training Resources

The following organisations in Africa provide information on local palliative care services, research activities, and resources, including publications, education, and training.

African Palliative Care Association

PO Box 72518, Kampala, Uganda
Web site: <http://www.apca.co.ug.htm>
Email: apca@hospiceafrica.or.ug

Representing Kenya, South Africa, Tanzania, Uganda, Zimbabwe and all African countries.

Centre for Palliative Learning Hospice Association of the Witwatersrand

P O Box 87600, Houghton 2041, South Africa
Tel: 27 11 483 9100 Fax: 27 11 728 3104
Web site: <http://www.hospicewitwatersrand.org.za>
Email: cpl@hospicewitwatersrand.org.za

Provides education and training in palliative care and publishes *The Manual of Palliative Care in AIDS*, which is available free to all doctors and nurses. Languages spoken: English, Zulu, South Sotho.

Hospice Africa (Uganda) - Resource and Training Centre

PO Box 7757, Kampala
Tel: +256 41 266 867 / 510089 Fax: +256 41 510087
— residence
Web site: <http://www.hospiceafrica.or.ug>
Email: info@hospiceafrica.org OR
info@hospiceafrica.ug

A model hospice to encourage initiation of palliative care in other African countries. Provides palliative home care for patients with advanced cancer and AIDS, palliative care education and training. Information and resource centre.

Jajja's Home Children's Programme

PO Box 24985, Kampala, Uganda
Tel: +256 41 200813/4/6 Fax: +256 41 200777
Email: jajjashome@mildmay.or.ug

This Mildmay International project for children with HIV/AIDS provides holistic palliative care and rehabilitation for children through day care and inpatient care. Along with the Centre outside of Kampala, they provide rural day care services in many different districts within Uganda and training in aspects of paediatric HIV/AIDS care, particularly communication and counselling skills for children.

The Mildmay Centre

PO Box 24985, Kampala, Uganda
Tel: +256 41 200 862
Fax: +256 41 200861
Web site: <http://www.mildmay.org.uk/UgandaCentre.html>
Email: mildint2@infocom.co.org

A Ugandan Ministry of Health project managed by Mildmay International. Specialist outpatient service for adults and children with HIV/AIDS, including children's and pastoral care centres. This centre trains people in HIV/AIDS care and management and offers training courses, described on its Web site.

The Regional AIDS Training Network

P.O. Box 16035, 00100-Nairobi, Kenya

Tel: +254 20 3871016/3872129

Fax: +254 20 3872270

Web site: <http://www.ratn.org>

Email: ratn@ratn.org

A network of training institutions in the eastern and southern Africa regions, established in 1997 to provide a forum for communication and sharing of experiences between training institutions. Besides providing courses in different aspects of HIV/AIDS care, including palliative care, the agency has a well-established resource centre and publishes a regular electronic newsletter with updates of training activities.

The AIDS Support Organisation, TASO

Web site: <http://www.tasouganda.org>

Email: mail@tasouganda.org

A pioneering Ugandan organisation supporting patients and families to live positively with HIV/AIDS. Runs home care and day care services for patients and provides training in HIV counselling, community care, and peer education.

Professional Training Within Africa

Palliative Care Specialist Course for Uganda at Hospice Africa Uganda

PO Box 7757, Kampala Uganda

Tel/Fax: +256 41 267488

Email: educ@hospiceafrica.or.ug

Nine-month training course for registered nurses/clinical officers (with three years of post-registration experience) to become palliative care specialists. The course consists of practical experience and clinical placements. In the final two months trainees will return to their own district to initiate and/or develop palliative care services with the support of the hospice training team. Nurses and clinical officers trained on this programme are allowed to prescribe morphine under the recent change of statute, in an endeavour to increase prescribers in Uganda. Hospice Africa Uganda also offers courses and practical training for health professionals and volunteers, residential courses, and a resource centre for teams initiating palliative medicine in African countries.

Diploma in Palliative Care – Oxford Brookes University in collaboration with Nairobi Hospice, Kenya

Contact: School of Health Care, Oxford Brookes University, Headington Campus, Gipsy Lane, Oxford OX3 0BP, United Kingdom

Tel: +44 (0)1865 483769 Fax: +44 (0)1865 483755

Web site: <http://www.brookes.ac.uk>

Nairobi Hospice, PO Box 74818, Nairobi, Kenya.

Tel: + 254 2 712361 Fax: + 254 2 722212

Email: nhos@wananchi.com

The course offers health or social care professionals from Africa and neighbouring regions the opportunity to achieve an internationally respected qualification with minimum absence from their own practice and workplace setting.

Appendix 1: Resources

Multidisciplinary Distance Learning Diploma in Palliative Care for Africa – Uganda

Email: dld@hospiceafrica.or.ug

Diploma in Palliative Care (undertaken by distance learning) affiliated with Makerere University. An 18-month part-time modular programme for health professionals from African countries.

Diploma in HIV/AIDS Care and Management

Email: registrar@mildmay.or.ug

Mildmay International, in conjunction with the University of Manchester, England, offers a part-time, modular multidisciplinary course. Modules are held at the Mildmay International Study Centre in Kampala, and students also work in their own areas of clinical practice. It is anticipated that this course will be offered at degree level from 2005. Other courses on palliative care and different aspects of HIV/AIDS care are also delivered at the Mildmay Centre and within the region for different cadres of health care professionals, religious leaders, and teachers.

Masters Degree in Palliative Medicine, University of Cape Town

The University of Cape Town offers two postgraduate programs in palliative medicine. The diploma in palliative medicine is an 18-month course. The masters in philosophy in palliative medicine is a 2-year course. Both are offered as distance-learning programmes, with two 3-day residential workshops each year. <http://www.uct.ac.za/>

Professional Training Outside Africa

These listings are distance learning courses that can be completed in sub-Saharan Africa. Information on UK-based educational/training opportunities in palliative care and bereavement is available from Hospice Information (Web site: <http://www.hospiceinformation.info> or Email : info@hospiceinformation.info).

Certificate in Palliative Care

Certificate in Palliative Care, Palliative Medicine Education Dept, University of Wales, Velindre NHS Trust, Velindre Hospital, Whitchurch, Cardiff CF14 2TL.

Tel: +44 (0)29 20 196 112/11

Fax: +44 (0)29 20 196 114

Web site: <http://www.palliumwales.co.uk>

Email: dippallmed@velindre-tr.wales.nhs.uk

A multidisciplinary distance learning course designed for experienced professionals who wish to develop their understanding of the principles and practice of modern palliative care. The course is largely Web-based and can be taken over one or two years. Applicants must hold a professional qualification in a relevant health care discipline and current professional registration to practice and be in an active clinical practice, providing care to patients, some of whom are terminally ill.

Diploma in Palliative Nursing

Marie Curie Education, Marie Curie Cancer Care, 2 Herbert Terrace, Penarth, Vale of Glamorgan CF64 2AH

Tel: +44 (0)29 2070 9814. Fax: +44 (0)29 2042 6064

Email: twiggham@mariecurie.org.uk

Distance learning course over 30 weeks.

Diploma in Palliative Medicine

Palliative Medicine Education Dept, University of Wales, Velindre NHS Trust, Velindre Hospital, Whitchurch, Cardiff CF14 2TL.
Tel: +44 (0)29 20 196 112/111
Fax: +44 (0)29 20 196 114
Web site: <http://www.palliumwales.co.uk>
Email: dippallmed@velindre-tr.wales.nhs.uk

Three-term distance learning course for consultants, principals in general practice, and doctors working in palliative medicine; and MSc in Palliative Medicine offered by the University of Wales College of Medicine. One-year distance learning course aimed at students who have achieved a minimum of 55% in the overall assessment in the Diploma of Palliative Medicine.

Diploma/MSc in Palliative Care

Macmillan Education Resource Unit (MERU) Centre for Medical Education, Tay Park House, University of Dundee, 484 Perth Road, Dundee DD2 1LR
Tel: +44 (0)1382 631965 Fax: +44 (0)1382 631981
Email: m.m.finan@dundee.ac.uk

Modular multiprofessional distance learning course. University of Dundee.

On-Line Distance Learning MSc in Oncology and Palliative Care

Web site: <http://www.ncl.ac.uk/cancereducationonline>

This course is run in association with the Northern Centre for Cancer Treatment and Marie Curie Cancer Care, the University of Newcastle upon Tyne, UK. The programmes are aimed at oncology and palliative care practitioners including doctors, nurses, pharmacists, physiotherapists, occupational therapists, and radiographers. Full details, including costs, are available on the Web site.

Department of Palliative and Supportive Services, International Institute of Palliative and Supportive Studies (Adelaide Australia)

Web site: <http://www.flinders.edu.au/courses/postgrad/palliat.htm>
Email: pallcare@flinders.edu.au Professor David Currow

Offers multidisciplinary, distance postgraduate awards in palliative care and aged care.

Death and Dying (K260) (Open University course)

Contact: School of Health and Social Welfare, Open University.
Tel: +44 (0)1908 653231 Fax: +44 (0)1908 645806
Web site: <http://www.open.ac.uk/shsw>

A 30-point, second-level undergraduate course that can contribute both to a degree and to a Diploma in Health and Social Welfare. K260 is available as a distance learning course or as a pack (without accreditation.)

Information Resources

Print and Online

Free Books for Doctors

Web site: <http://www.freebooks4doctors.com>

A number of medical textbooks available in full text online, including some HIV/AIDS and cancer textbooks. Also enables free access to a number of full-text medical journals.

Health Internetwork Access to Research Initiative

Web site: <http://www.healthinternetwork.net>

Launched in 2002 to provide access to more than 2000 journals (including palliative care, HIV, and pain journals), books, and other health databases such as the Cochrane database of systematic reviews and electronic BNF. This is a WHO-led initiative to improve availability of medical information to developing countries. Free access to full-text articles for institutions (e.g., universities, teaching hospitals, and professional schools, such as nursing schools) in countries with GDP per capita < US\$1000. In countries with GDP per capita US\$1,000–3,000, costs US\$1,000 per year per institution. Free access to abstracts and some areas. Requires Internet connection speed of 56k baud or higher.

International Network for the Availability of Scientific Publications

Web site: <http://www.inasp.info>

Organisation set up by the International Council of Science to aid the dissemination of scientific information. A growing number of African journals are available online through this Web site.

Source International Information Support Centre

Institute of Child Health, 30 Guilford Street,
London, WC1N 1EH

Tel: 00 44 (0)20 7242 9789 (ext 8698)

Fax: 00 44 (0)20 7404 2062

Email: source@ich.ucl.ac.uk Victoria Richardson

Web site: <http://www.asksource.info>

A resource centre designed to meet the information needs of individuals and organisations working in health, disability, and development worldwide. Over 20,000 health and disability resources, many of which are unpublished or unavailable elsewhere. All material, including books, reports, posters, CD-ROMS, videos, newsletters, and journals, as well as contact details of organisations working in health and disability worldwide, are indexed on databases on the Web site.

Teaching-Aids at Low Cost (TALC)

PO Box 49, St Albans, Herts AL1 5TX

Tel: 00 44 (0)1727 853869 Fax: 00 44 (0)1727 846852

Web site: <http://www.talcuk.org>

Email: talc@talcuk.org

A registered charity that supplies low-cost teaching aids and books. Also produces copyright-free information and training materials on CD-ROM available free of charge to health care workers in developing countries.

Palliative Care, Pain, and Symptom Control

The APCA Journal of Palliative Care

Email: info@apca.co.ug

This new journal was launched in June 2004 by the African Palliative Care Association. Copies can be obtained from the APCA secretariat.

The British Medical Journal

Web site: <http://www.bmj.com>

Free access to content which includes articles on palliative care.

Cancer Pain Relief

Web site: <http://www.whocancerpain.wisc.edu>

This is the publication of the World Health Organization global communications program to improve cancer pain control and palliative and supportive care. *Cancer Pain Relief* provides information on current developments in clinical medicine, oncology, pain control, and symptom control relevant to palliative care. A quarterly newsletter aims to promote the goals of the WHO's Cancer Pain and Palliative Care Program. Available in: English, French, and Spanish.

End-of-Life Palliative Education Resource Center

Phone: 414-456-4353

Web site: <http://www.eperc.mcw.edu/>

E-mail: eperc@mcw.edu

Funded by the Robert Wood Johnson Foundation and hosted by the Medical College of Wisconsin, USA. The site provides links to high quality information, conferences and educational materials on end-of-life issues. A discussion board is available. Educational materials may be submitted for review.

A Guide to Symptom Relief in Palliative Care, 5th Edition (2004)

Regnard C, Hockley J. Radcliffe Medical Press, ISBN 1 85775 930 3

Halley Stewart Library, St Christopher's Hospice

Tel: +44 (0)20 8768 4660 Fax: +44 (0)20 8776 9345

Web site: <http://www.stchristophers.org.uk>

Email: d.brady@stchristophers.org.uk

The library contains a multidisciplinary collection of books, journals, and other material on all aspects of hospice, palliative care, and bereavement. Reference queries can be made by telephone, letter, or in person (by previous appointment with the librarian.) Books and reprints are also available by mail order (12 journal article reprints are available at a pre-paid cost of £40 per year). A list of current holdings is available from Denise Brady, Librarian, St Christopher's Hospice.

Innovations in End-of-Life Care

Web site: <http://www.lastacts.org/>

Free online peer-reviewed journal.

International Society of Nurses in Cancer Care

Contact: ISNCC, 108 Chestergate, Macclesfield, Cheshire SK11 6DU, UK.

Tel: + 44 (0)1625 669588

Web site: <http://www.isncc.org>

Email: secretariat@isncc.org

Offers publications including position statements on cancer pain (in English, Spanish, Portuguese, Turkish, and Xhosa); the Directory of Oncology Nurse Researchers; and The Palliative Care Curriculum, endorsed by WHO and International Council of Nurses (print format). Runs small grants programme and core curriculum for a post-basic course in palliative nursing.

Appendix 1: Resources

Introduction to the Integrated Community-Based Home Care Model

Email: magweni@kindsley.co.za

Videotape from the Hospice Association of South Africa, 2001.

The PCAU Journal of Palliative Care

Email: info@hospiceafrica.org or

info@hospiceafrica.ug

Available from Hospice Africa Uganda.

Last Acts

Web site: <http://www.lastacts.org/>

USA-based organisation aimed at increasing the quality of end-of-life care, states that their goals are to bring death-related issues out in the open and help individuals and organisations pursue better ways to care for the dying. Web site offers an electronic newsletter, a bookshop, and various media resources.

Oxford Textbook of Palliative Care, 3d Edition

Doyle D, Hanks GW, Macdonald N, Editors. Oxford University Press (2003)

Palliative Care Training Manual for Health Professionals, 1st edition

Price US\$15 Hospice Africa (Uganda)

info@hospiceafrica.org.ug

Pain and Symptom Control in the Cancer and/or AIDS Patient in Uganda and other African Countries, 3rd edition

info@hospiceafrica.org or info@hospiceafrica.ug

Price US\$6. Also available free on CD-ROM Issue No 2, December 2002 available from TALC.

PPSG pain policy Web site

Web site: <http://www.medsch.wisc.edu/painpolicy>

Offers information on pain relief and public policy. It includes an international pain policy resource list and some relevant full-text journal articles. (see above).

<http://www.pallcare.info>

Details articles in a number of palliative care journals, courses and meetings, reviews on palliative care books, bulletin board. Allows access to and downloading of the *Palliative Medicine Handbook, 3d Edition*, by Dr Ian Back.

<http://www.palliative.info>

(listed under Policy/Setting Up a Palliative Care Service)

Palliative Medicine Internet Resources

Web site: <http://www.smbs.buffalo.edu/med/intmed/pall.html>

Web site provides helpful clinical and education weblinks.

Shaare Zedek Cancer Pain and Palliative Care Reference Database

Web site: <http://www.chernydatabase.org>

Searchable database of over 30,000 references related to cancer pain and palliative care.

Symptom Management Algorithms: A Handbook for Palliative Care, 2d Edition

Linda Wrede-Seaman, MD. Intellicard (1999). ISBN: 188841107-4

Decision algorithms for assessment and management of pain and common symptoms in terminal illness.

Symptom Management in Advanced Cancer, 3d Edition

R Twycross and A Wilcock. Radcliffe Medical Press (2001). ISBN 1 85775 510 3.

Paediatric Palliative Care

Association for Children with Life-Threatening or Terminal Conditions and Their Families

Web site: <http://www.act.org.uk>

UK-based organisation supporting palliative care for children. Web site contains useful information including a guide to pain and symptom control in children which can be downloaded.

Association François-Xavier Bagnoud

Phone: (Switzerland) +41-217-961-302; (US) 617-432-3511

Web site: <http://www.fxb.org/>

E-mail: info@afx.org

An international organisation that sponsors research, programs, and field work in areas such as palliative care, care for AIDS orphans in Africa, humanitarian rights, and paediatric HIV/AIDS care. The work in palliative care involves services, research, and training.

Cancer Pain Relief and Palliative Care in Children

WHO, Geneva (1998).

Web site: <http://www.who.int>

Children's Hospice International

Web site: <http://www.chionline.org>

American organisation supporting paediatric palliative care.

Children's HIV Association

Web site: <http://www.bhiva.org/chiva/>

CHIVA is a subgroup of BHIVA, the British HIV association. Web site contains information and protocols regarding paediatric HIV management.

Initiative for Paediatric Palliative Care

Web site: <http://www.ippcweb.org>

Consortium of organisations to improve care and quality of life of children and families. Web site offers quality improvement tools, videos, and a curriculum.

National Paediatric and Family HIV Resource Center

Web site: <http://www.pedhivoids.org/>

Resource for health and social service professionals who serve children, adolescents, and families with HIV/AIDS. Offer education, training, and technical assistance, patient materials, and other resources.

Paediatric Palliative Care Training for Home Based Carers

Willis N, McGilvary M, McNally LM, Pawinski RA.

Enhancing Care Initiative, University of KwaZulu-Natal. (2005) ISBN 1-86840-559-1.

E-mail: pawinski@ukzn.ac.za

This paediatric palliative care manual is a good resource for home carers and nurses involved in the care of children in resource-constrained parts of sub-Saharan Africa.

Winston's Wish

Web site: <http://www.winstonswish.org.uk>

This children's bereavement programme provides information for children, parents, and teaching and health professionals with downloadable guidelines for professionals.

HIV/AIDS Palliative Care

Home-Based HIV/AIDS Care

A manual for caregivers by Lena Uys and Susan Cameron, Oxford University Press (2003), aimed at nurses and patient families, offers guidelines on patient care in under-resourced settings based on experience providing home-based care in South Africa.

Palliative Care for People with AIDS, 2d Edition

Ruth Sims and Veronica Moss. Singular Publishing (1995). ISBN 1565933591

UNAIDS

UNAIDS Information Centre, 20 Avenue Appia, 1211 Geneva 27, Switzerland
Phone: +41 22 791 4651
Web site: <http://www.unaids.org>
E-mail: unaids@unaids.org

Produce a series of HIV palliative care and HIV management educational resources and reports available on the Web site or on CD-ROM (see above).

HIV/AIDS Clinical Care

Aegis

Web site: <http://www.aegjs.com/>

HIV/AIDS information and resource Web site. The site includes clinical and treatment information, and a large searchable database for information and reports.

AIDSMAP

Web site: <http://www.aidsmap.com>

Web site on HIV/AIDS set up by BHIVA, the international HIV/AIDS alliance, and NAM. Covers many aspects of HIV/AIDS management with downloadable guidelines, fact sheets, and lists of international AIDS organizations.

British HIV Association

Web site: <http://www.BHIVA.org>

Promotes quality care in HIV/AIDS. Guidelines on ARV treatment, pregnancy and HIV, tuberculosis and HIV in both adult and paediatric care can be downloaded from the Web site.

CDC Global AIDS Program Technical Strategies

Web site: <http://www.cdc.gov>

The U.S. Centers for Disease Control and Prevention offers a strategic plan on implementing global AIDS strategies. The plan also discusses some best practices and global models of palliative care in HIV/AIDS.

The Enhancing Care Initiative

Web site: <http://www.eci.harvard.edu>

A collaborative effort of the Harvard AIDS Institute with AIDS care teams in Brazil, Puerto Rico, Senegal, South Africa, and Thailand. The initiative focuses on implementing continuity of care programs that provide care in 10 areas — including prevention approaches with HIV/AIDS counseling and testing, basic medical care services, community-based care with care for the dying, and care for caregivers.

Global Health Council

Web site: <http://www.globalhealth.org> Accessed 8/05.

E-mail: ghc@globalhealth.org

Web site offers news updates, newsletters, and a resource exchange, including many HIV/AIDS materials.

Handbook of HIV Medicine (2002). Wilson D, Naidoo S, Bekker L-G, Cotton M, Maartens G.

Available from Oxford University Press Southern Africa at +27 (0)21 596 2300 or through various book sellers

This document covers various HIV/AIDS care topics, including antiretroviral therapy.

Handbook on Paediatric AIDS in Africa (2004)

Web site: <http://www.fhi.org/en/HIVAIDS/pub/guide/mans1.htm> (whole document or section by section) or www.rcqhc.org (entire document download only).

Email: dtindyebwa@rcqhc.org or anecca@rcqhc.org

Write for Copy: Dr Denis Tindyebwa, Chairperson ANECCA, P O Box 29140, Kampala, Uganda, 256-41-530888, Fax 256-41-530876

This handbook was developed by the African Network for the Care of Children Affected by AIDS (ANECCA). Antiretroviral treatment is but one of multiple HIV care chapters presented.

HIV/AIDS

Grant A., Katabira E. T., Marum L. H., De Cock K. In Parry EHO, Godfrey R, Mabey D, Gill G, Editors, *Principles of Medicine in Africa*, 3rd Edition. Cambridge University Press (2004). Low price edition available for developing countries.

<http://www.HIVandHepatitis.com>

American Web-based resource on HIV/AIDS and Hepatitis B and C. Offers treatment guidelines and reports on the latest articles relevant to the field. Offers a free electronic newsletter on HIV/AIDS by registering through the Web site.

HIV InSite

Web site: <http://www.hivinsite.ucsf.edu/insite>

University of California-San Francisco Web site offers information on the medical aspects of HIV/AIDS, prevention, policy, and international issues. *The AIDS Knowledge Base* is a manual on HIV/AIDS treatment.

International AIDS Society — USA

Web site: <http://www.iasusa.org>

E-mail: info@iasusa.org

American continuing medical education organisation offers up-to-date information for physicians actively involved in caring for people living with HIV/AIDS. The publication *Topics in HIV Medicine* and treatment guidelines are available on the Web site.

International Association of Physicians in AIDS Care

Web site: <http://www.iapac.org/>

This U.S. organisation's Web site provides clinical management updates, conference coverage, provider resources, and health policy information. Publishes the monthly *International Association of Physicians in AIDS Care*.

Appendix 1: Resources

Johns Hopkins AIDS Service

Web site: <http://www.hopkins-aids.edu>

A Web site of HIV/AIDS information and resources including consumer interactive forums for seeking answers to questions. Resources and information on managed care, epidemiology, prevention, and treatment. You can register through the Web site for the electronic newsletter *Hopkins HIV Report*, or write to *HIV Report*, PO Box 5252, Baltimore, MD 21224, USA, Attn: Distribution.

Management of HIV

This manual, by John G. Bartlett, can be ordered through the Johns Hopkins Web site at <http://www.hopkins-aids.edu> or by phone: (USA) 800-787-1254.

Medscape HIV/AIDS page

Web site: <http://www.medscape.com>

HIV/AIDS resources in CME, clinical updates, clinical management, conference coverage. The *Antiretroviral Reference Guide* contains information on ARV summary tables, drug-drug combinations, ARV resistance mutations, and ARV drug interactions. This file can be found and downloaded under the 'clinical updates' section of the Web site. *MedPulse*, a newsletter providing weekly updates on key medical news and clinical advances in chosen specialty areas, such as HIV/AIDS, can be ordered through the Web site.

SATELLIFE

Email: info@usa.healthnet.org

Web site: <http://www.healthnet.org>

Offers a series of publications featuring clinical and public health information. Available at no charge to health professionals living in the developing world, SATELLIFE's content is selected from more than 60 peer-reviewed medical journals. Subscribe by email or through the Web site.

Publications include:

HealthNet News — a weekly publication featuring current, peer-reviewed, practical, clinical and research information. A full-text version is distributed monthly.

HealthNet News — AIDS - a bi-monthly publication featuring current medical information, specifically on HIV/AIDS. A full-text version is distributed monthly.

HealthNet News — Community Health - a monthly publication featuring current, thematic public health information. A full-text version is distributed monthly.

University of Liverpool Drug Interactions Web site

Web site: <http://www.hiv-druginteractions.org>

This Web site offers up-to-date and interactive information about drug interactions, particularly with HAART. You can register for a free electronic newsletter detailing new updates through the Web site.

HIV/AIDS Antiretroviral Treatment Guidelines

Internationally Developed Guidelines: World Health Organisation

Web site: <http://www.who.int/hiv/en/>

E-mail: Dr. Marco Vitoria, HIV/AIDS Department, WHO, vitoriam@who.int

WHO has developed various guidelines, including ART Guidelines in Resource Limited Settings. The 2006 version (a revision of the 2004 edition) covers ART in adults and adolescents, children, and prevention of mother-to-child transmission.

Country Specific Guidelines: Listing of Various HIV/AIDS Treatment Guidelines

Web site: <http://hivinsite.ucsf.edu/>

This site lists international and country-specific guidelines (click on Medical and then on Treatment Guidelines). The site is maintained by the University of California-San Francisco's HIVInsite. When reviewing guidelines listed here, make sure to check original source Web site to ensure that the version presented on HIVInsite is the latest version. Following is a sampling of guidelines presented on this webpage.

U.S. HIV/AIDS Care Guidelines

Phone: 1-800-448-0440; Fax: 1-301-519-6616

Outside US 1-301-519-0459

Web site: <http://aidsinfo.nih.gov/>

E-mail ContactUs@aidsinfo.nih.gov

Live Help Line: http://aidsinfo.nih.gov/live_help/

Developed under the auspices of the U.S. Department of Health and Human Services (DHHS), guidelines cover antiretroviral therapy (adults/adolescents, paediatrics, prevention of mother-to-child transmission) as well as prevention and treatment of opportunistic infections and other topics.

British HIV Association HIV Treatment Guidelines, 2005

Web site: <http://www.bhiva.org/index.html>

E-mail: eileen.witney@chelwest.nhs.uk

Treatment guidelines developed by a European panel of experts. These guidelines are comparable to US guidelines.

National Antiretroviral Treatment Guidelines, 2004

South Africa Department of Health

Web site: <http://www.doh.gov.za/docs/>

<http://www.doh.gov.za/docs/factsheets/guidelines/artguidelines04/index.html>

Pharmacologic Information

British National Formulary

Web site: <http://www.bnf.org/bnf> and
<http://www.who.int/hinari/en/>

Published by the BMA/British Pharmaceutical Association and available at a reduced cost from TALC and free access for resource-poor countries. The publishers of the BNF offer unrestricted access to the text to organisations in developing countries through the Health InterNetwork Access to Research Initiative (HINARI, <http://www.healthinternetwork.org/>).

Pain and Symptom Control in the Cancer and/or AIDS Patient in Uganda and Other African Countries, 3rd edition

Email: info@hospiceafrica.or.ug

This latest edition features a new section on ARVs in palliative care. See entry in Palliative Care Pain and Symptom Control section.

<http://www.palliativedrugs.com>

Essential international independent information for health professionals about the use of drugs in palliative care. The site offers a bulletin board where you can ask questions about difficult cases, use of drugs, etc.

Palliative Care Formulary, 2d Edition

Twycross R, Wilcock A, Charlesworth S, Dickman A. Radcliffe Medical Press (2002), ISBN 1 85775 511 1.

Palliative Medicine Handbook, 3rd Edition

Dr Ian Back. The handbook can be accessed and downloaded from <http://www.book.pallcare.info>.

WHO Model List of Essential Medicines

WHO, Geneva (2004). Available to be downloaded from <http://www.who.int/medicines>.