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Community Health Symposium
ABSTRACT

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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