



"You matter because you are you, and you matter to the end of your life. We will do all we can not only to help you die peacefully, but also to live until you die."  
-- Cicely Saunders

## The Lebanese Palliative Care Nursing Association Newsletter

### Issue - June 2023

### Inception of the Palliative Care Nursing Association

Dear Members and Supporters,

We are thrilled to announce the establishment of a new and ground-breaking nursing association for palliative care in Lebanon! With great enthusiasm and dedication, eight passionate nurses have come together under the umbrella of the Order of Nurses to form the Palliative Care Nursing Association. After months of brainstorming and collaborative work, we are delighted to inform you that the Palliative Care Nursing Association has received official approval from the Order of Nurses in April 2023.

The International Association for Hospice and Palliative Care defines palliative care as the "active holistic care of individuals across all ages with serious health-related suffering due to severe illness, and especially of those near the end of life. It aims to improve the quality of life of patients, their families and their caregivers".

This milestone allows us to embark on our mission to advance palliative care nursing throughout Lebanon. We firmly believe that by joining forces, we can enhance the quality of life of individuals and families living with serious illnesses. We aspire to be at the forefront of palliative care advancements, offering support and guidance to nurses, healthcare providers, family caregivers, and the wider community.

### Newsletter Highlights

#### **Our mission:**

Advance palliative care nursing through interprofessional education and training, advocacy, research, and leadership.

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#### **Our Vision:**

Provide compassionate and high-quality palliative care nursing to improve the quality of life of individuals and families living with serious illnesses in Lebanon.

# OUR Goals

## Education:

- Provide nurses with essential palliative care knowledge and skills.
- Identify and integrate core palliative care nursing competencies into different educational levels.

## Quality Service provision:

- Set national palliative care nursing standards of practice and quality indicators.
- Create a platform for communication and collaboration among nurses and interdisciplinary team members.

## Advocacy and Awareness Raising:

- Advocate for policy change including the inclusion of palliative care services under healthcare coverage schemes, integration of advance care planning into mainstream care, respect of individuals' wishes and preferences, certification of nurses, etc.
- Promote awareness of the public about palliative care and its benefits.

## Research:

- Promote palliative care research and interprofessional collaboration.

The Palliative Care Nursing Association has wasted no time in making its presence known. We are proud to share that our association has already been publicized in five different areas of Lebanon: North (May 4), Beqaa (May 9), South (May 16), Mount Lebanon and Beirut (May 18) through the official meetings of the Order of Nurses during the month of May. By reaching out to these regions, we aim to ensure inclusivity by allowing nurses from various geographical areas interested in palliative care to join the association.

We are delighted to invite you to join us on this remarkable journey. By becoming a member of the Palliative Care Nursing Association, you will have the opportunity to contribute to the growth and development of palliative care nursing in Lebanon. Together, we can make a significant difference in the lives of those facing serious illnesses.

Stay tuned for upcoming events, workshops, and educational opportunities that the Palliative Care Nursing Association will be organizing. We look forward to your active participation and involvement in our activities.

## OUR PILLARS

*"We thrive for palliative care nursing that is rooted in patient and family centered care, compassion, dignity, equity, education, competence and interprofessional collaboration."*



### Founding Members

Silva Dakessian Sallian (*President*)  
Farah Demachkieh (*Vice President*)  
Marie-Claire Mouhaweij (*Secretary*)  
Celine Bakri, Janane Hanna, Najibe Khalil (*Board members*)  
Dr. Huda Huijer and Dr. Myrna Doumit (*Advisors*)

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**For more information and membership inquiries, please contact us at**  
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