

CME ON PAIN AND PALLIATIVE CARE

A Continuing Medical Education (CME) program on **“Pain and Palliative Care – Empowering Comfort: Advances in Pain and Palliative Care”** was held on November 1, 2025, at **Sri Shankara Cancer Hospital and Research Centre, Bengaluru**. It was organized by the Department of Pain and Palliative Care headed by Dr. Vinod N. K (Organising Chairman), Dr. Prashanth R. Putran (Organising Secretary), and Dr. Sunitha B. S (Organising Co-Secretary), under the aegis of the **Society of Onco-Anaesthesiology and Perioperative Care, Bengaluru chapter**.

The CME featured a lineup of distinguished faculty , including Dr. Nandini Vallath (St. John’s Medical College, Bengaluru), Dr. Pratibha Matche (JSS Medical College, Mysuru), Dr. Raghu S. Thota (Tata Memorial Hospital, Mumbai), Dr. Raghavendra Ramanjulu (Aster Hospitals, Bengaluru), Dr. Babitha P. A. Varkey (Bangalore Hospice Trust – Karunashraya), Dr. Amelia Sahana Michael (Aster CMI Hospital, Bengaluru), Dr. Anuradha Ganigara (Indira Gandhi Institute of Child Health, Bengaluru), Dr. Pavithra Harinath (Sri Shankara Cancer Hospital, Bengaluru), and Ms. Michelle Normen (Karunashraya).

The sessions covered a wide range of topics including the Neurobiology of pain, Neuropathic pain management, Ethical challenges in EOLC, Pediatric palliative care, and the role of Psychological support. There were Pro–Con debates and Panel discussions on the use of cannabinoids, and on the role of Terminal sedation and decision making in the ICU. Live role-plays on communication in palliative care, made the event highly interactive and impactful.

Dr. B. S. Srinath, Senior Consultant Surgical Oncologist and Head of the Institution, was the patron of the CME. In his inaugural address which reflected his visionary commitment to holistic cancer care Dr. Srinath emphasized that the fight against cancer extends beyond curative intent — it encompasses comfort, dignity, and quality of life. His words set a deeply humane tone for the scientific sessions that followed.

A special highlight of the day was the official release of **“A Handbook on Essentials of Palliative Care”** authored by Mrs. Sailaja Busi and Dr. Prashanth R. Putran. The book serves as a concise and practical guide for healthcare professionals committed to improving the quality of life for patients with life-limiting illnesses.

The CME which was a hybrid one, witnessed enthusiastic participation from consultants, postgraduates, and students across various institutions. There were 90 registrations.

The program reaffirmed the message that effective cancer care goes beyond tumor control — it must address pain, symptom burden, and emotional well-being. In the true spirit of the theme **“Empowering Comfort,”** the event stood as a testament to the hospital’s dedication to compassionate, patient-centered oncology.