

**ESMO Palliative Care Fellowship  
(01 May – 31 May 2024)**

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**FINAL REPORT**

Home Institute: Needle Hospital, Somalia

Host Institute: The Royal Marsden NHS Foundation Trust, United Kingdom

Mentor: Angela Halley

**Introduction**

Integrating palliative care into oncology can improve both the physical and emotional well-being of patients and their families. Therefore, to provide comprehensive care to cancer patients, adequate knowledge of palliative care is essential for oncologists.

As part of my specialty training in clinical oncology, I have been trained in the basic principles of palliative care. To further improve my skills and knowledge in palliative care and to provide comprehensive cancer care, I felt the need for training at an esteemed oncology centre. In January 2024, I was awarded the ESMO Fellowship in Palliative Care and was fortunate in securing a fellowship placement at The Royal Marsden NHS Foundation Trust for one month. This report will outline my experiences during my visit.

**Goals or aims**

Observe how palliative care is integrated into standard oncology at The Royal Marsden.

Witness a multidisciplinary approach to practice in palliative care.

Improve the quality of the palliative care we provide to our patients at my home institute.

Share the skills and knowledge I gained from the programme with colleagues in my institution.

Create a networking link with the palliative care experts at The Royal Marsden for ongoing mentoring and experience sharing.

## Description of the time spent at host institute

The host institute I visited was The Royal Marsden NHS Foundation Trust in London, United Kingdom, which is one of the ESMO Designated Centres of integrated oncology and palliative care. The Royal Marsden opened its doors in 1851 as the world's first hospital dedicated to cancer diagnosis, treatment, research, and education. The Royal Marsden operates from two centres: Chelsea and Sutton.

During one month of observation, I spent my time undertaking:

- Taking part in the morning handover activities.
- Ward rounds with the symptom control and palliative care teams.
- Attending multi-disciplinary (MDT) meetings.
- Observing the activities at the Royal Trinity Hospice.
- Attending palliative care outpatient evaluations.
- The opportunity to observe practice at other clinics like the breast unit, pain clinic haematology, GI clinic, melanoma clinic, sarcoma clinic and nuclear medicine.
- Attended the palliative care journal clubs.

## Conclusion

Although my stay at The Royal Marsden was brief, I had the opportunity to explore new experiences in palliative care and observe cancer patient care in the best setting. This will help to improve my knowledge and practice in palliative care. From this I aim to improve the availability of drugs for palliative care services at my home institute. It has also inspired me to do some palliative care-related research.

## Acknowledgments

I would like to extend my thanks to ESMO for providing me with this wonderful opportunity to participate in this programme. I also want to thank my host designated centre, The Royal Marsden NHS Foundation Trust. My special thanks and appreciation go to Dr. Angela Halley who was supportive throughout my application and fellowship placement, and for providing me with a clear daily programme with exposure to different oncology/palliative care clinics. Moreover, I want to thank the staff of the Symptom Control and Palliative Care Teams at the Chelsea and Sutton sites for sharing their knowledge and for making me feel at home. Finally, I want to thank Dr. Susannah Stanway for her hospitality.

