



Jeelani Drabu Palliative Care Course

Karachi (November 2025)

Summary

The Jeelani Drabu Palliative Care Programme, funded by the late Dr Jeelani and late Ayesha Drabu, aims to strengthen palliative care capacity in Pakistan and the Jammu and Kashmir region. Following a successful initial course in Lahore, the second phase was delivered in Karachi (24–28 November 2025) in partnership with Aga Khan University.

Course design and delivery

The 5-day residential course was delivered by a multidisciplinary faculty from the UK and Pakistan. It combined clinical and non-clinical training, covering symptom management, end-of-life care, communication, leadership and psychosocial support. Teaching methods included lectures, workshops and interactive discussions. A key component was 'training the trainers', equipping participants with the skills to disseminate learning locally.

Participants

Over 150 applications were received, with 30 participants shortlisted and 29 attending. The cohort included 22 doctors and seven nurses from across Pakistan, representing a wide range of specialties, career stages and geographical locations.

Pre-course survey results indicated that most participants had basic to intermediate knowledge of palliative care and were motivated by improving patient care and professional development.

Outcomes and impact

Feedback was highly positive: 85 % of participants were very satisfied and all respondents reported achieving their learning objectives. Participants demonstrated

increased familiarity with key palliative care topics and improved confidence in clinical decision making, communication and teaching.

Many participants indicated plans to deliver training within their organisations, initiate quality improvement projects, and pursue further education in palliative care.

Strengths

- > Interactive, participant-centred approach
- > Strong, experienced faculty
- > Diverse cohort enabling wider dissemination
- > Integration of clinical and non-clinical skills

Areas for improvement

- > Longer course duration
- > More detailed clinical and ethical content
- > Additional training on communication and multidisciplinary roles
- > Provision of practical tools and resources

Next steps

Follow-up evaluations will be conducted at 6 and 12 months to assess the longer-term impact of the course. Participants will remain connected through a WhatsApp group to support ongoing learning and collaboration

Conclusion

The Karachi course successfully built on the Lahore programme, significantly improving participants' knowledge, skills and confidence in palliative care. It also established a strong foundation for sustainable capacity building and future programme development.