WORLD **HOSPICE** AND **PALLIATIVE CARE** DAY

10 OCTOBER 2026

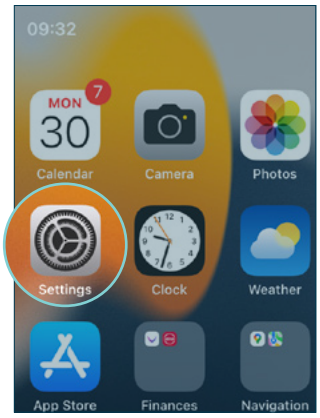
PAIN MANAGEMENT: AN ESSENTIAL PART OF PALLIATIVE CARE

whpca worldwide hospice palliative care alliance

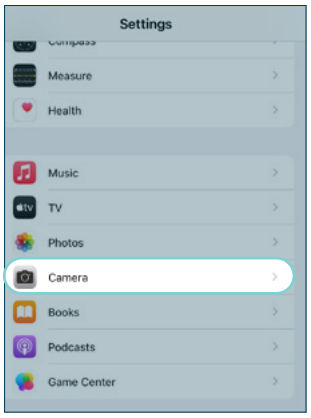
TECH TIPS RECORDING VIDEO TO IPHONE

ENSURING THE HIGHEST QUALITY VIDEO

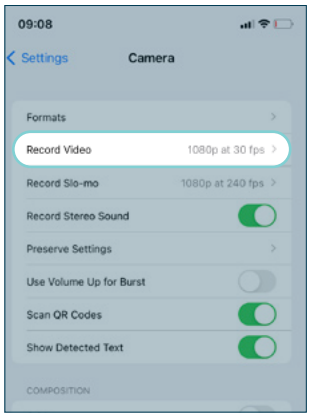
1 Go to your phone settings



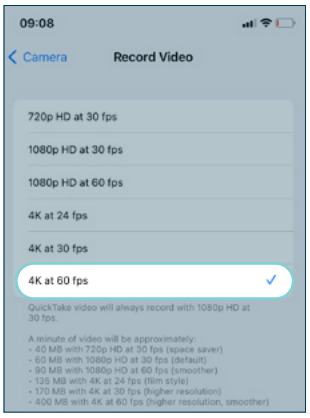
2 Select camera



3 Click record video



4 Select 4k at 60fps



BEFORE YOU FILM CHECKLIST

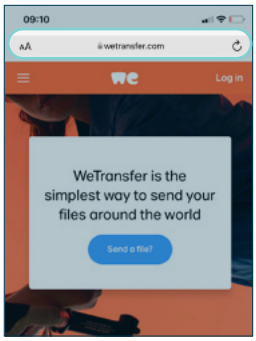
1. Flip phone to **landscape** (horizontal)
2. Check for **confidential information** on walls or personal photos.
3. Is your **background visually interestin**g - more than just a plain wall?
4. If you face your camera towards a window from indoors, it will cause your video picture to distort. Ensure the room is **well lit**, with either artificial or day light.
5. Look out for the reflection of **yourself** or the camera operator in a window or mirror.
6. **Aim for a waist-up shot with you or the subject's head and eyes level with the camera. If filming yourself place the camera on a surface that is eye level, maybe on a shelf or propped on books on a desk. Do not hold the camera too low or too high from the your/the subject's eye level.**

SENDING YOUR VIDEO

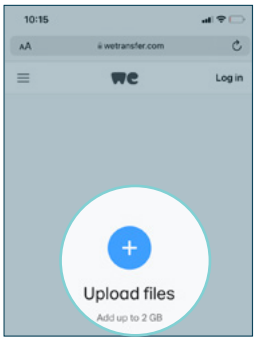
Ensure you are on **WiFi**.

Send video via **WeTransfer** (it's free and doesn't require sign up). Other platforms may compress the video and reduce quality.

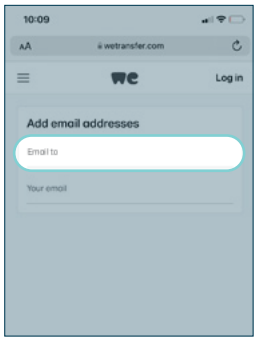
1 Enter www.wetransfer.com in your browser



2 Select video *(You can upload up to 2GB for free)*



3 Insert the email address of the recipient



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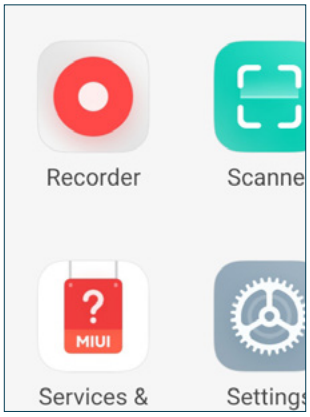
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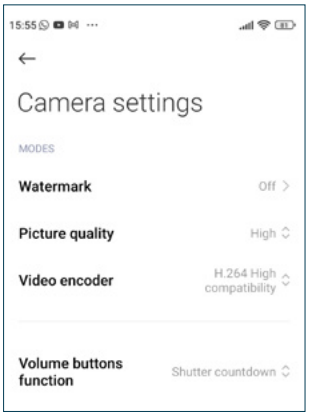
TECH TIPS RECORDING VIDEO TO ANDROID

ENSURING THE HIGHEST QUALITY VIDEO

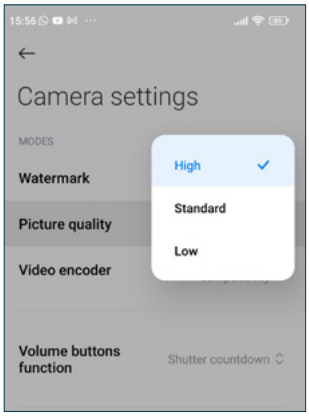
1. Go to your camera app



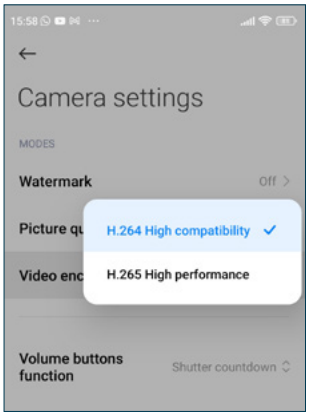
2. Press the settings 'cog' icon in the top right



3. Press video size



4. Choose 4k and return to the app



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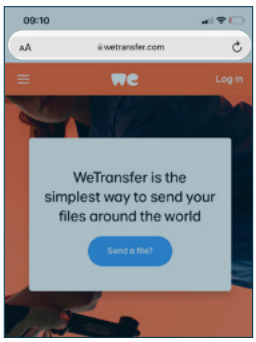
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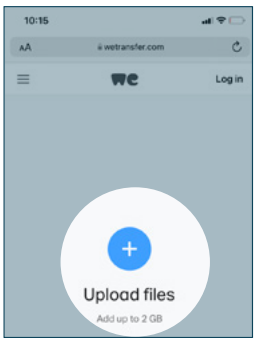
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