



EAST & NORTH HERTS PALLIATIVE AND END OF LIFE CARE EDUCATION PROGRAMME

April 2019 - March 2020



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Welcome to our Palliative and End of Life Care (EOLC) Education Brochure for 2019/2020

The aim of this brochure is to detail the palliative and end of life care education available in East & North Herts during 2019/20.

It is not exhaustive and there are likely to be additional sessions organised throughout the year and these will be advertised through fliers.

The programme is open to all health and social care professionals within East and North Herts who provide Palliative or EOLC to patients in any setting.

As part of this programme we offer a structured programme according to need made up of short sessions, half and full study days and e-learning. Each step identifies suggested training depending on your role (see page 4).

The training is based on the End of Life Care Core Skills Education and Training Framework (2017), Ambitions for Palliative and End of Life Care (2015), NICE Guidelines - Care of dying adults in the last days of life (2015) and the End of Life Care Strategy (2008).

The training also encompasses the 5 core competencies that are outlined in the National Core Competencies for End of Life Care (2009) which were developed to support the End of Life Strategy.

These are;

- The overarching principals of Palliative and End of Life Care
- Communication skills
- Assessment and care planning
- Symptom management comfort and well being
- Advance Care Planning

MEND THE GAP - PALLIATIVE CARE EDUCATION



East and North Herts Proposed Core Education for Palliative and End of Life Care

TIER 1, Foundation

End of life care awareness

Staff working in the adult health and social care sector who have limited contact with people approaching end of life. E.g. physio, administrative or maintenance roles, newly qualified staff or those new to palliative care

Advance Care Planning (ACP)

Building Resilience

Dementia awareness

E – learning (E-LFH)

Introduction to Palliative and EOLC.

Supporting the Patient in the last few days of life

Communication Skills;

Sage and Thyme Workshop – How to talk to someone who is worried or distressed



TIER 2, Intermediate

Those who deliver person centred, high quality EOLC.

Staff who do not work in services that primarily care for individuals at end of life but will care for individuals as part of their role
E.g. Community nurses, GPs, acute hospital staff, AHPs working in a palliative care setting.

Advance Care Planning (ACP)

ACP & DNACPR

Bereavement

Building Resilience

Dementia

End of Life Care Competency Course

Heart Failure

Living with Long term conditions

McKinley T 34 Syringe Pump Training

Spiritual Care

Supporting the Patient in the last few days of life

Symptom Management

Study Day

Communication Skills;

Sage and Thyme

Intermediate Communication Skills



TIER 3, Advanced

Those who require an in-depth knowledge of EOLC

Staff working in services that primarily offer EOLC for individuals requiring potentially complex interventions.
E.g. hospice staff, clinical nurse specialists, community matrons, GPs.

Building Resilience

Challenging Pain in Palliative Care

Psychological skills training

Symptom Symposium

Transition Programme

Verification of Expected Adult Death

Communication Skills;

Sage and Thyme

Intermediate Communication Skills

Advanced Communication Skills

E - LEARNING

For some staff it may be difficult to attend training or staff may wish to pursue their own updates. This may be possible through e-learning for those staff that have access to and are familiar with computer use.

Some recognised sites are listed below.

If you are reading this on-line, hold the control button on your keyboard and click on the link to access;

Current Learning in Palliative Care. (CLiP)

CLiP is a free, flexible learning series in palliative care supplied in a partnership between St Oswald's Hospice and Hospice UK. It is a case-based programme of self-learning workshops that take about 15mins - ideal for busy healthcare professionals.

[https://www.stoswaldsuk.org/how-we-help/we-educate/resources/current-learning-in-palliative-care-\(clip\)/what-is-clip.aspx](https://www.stoswaldsuk.org/how-we-help/we-educate/resources/current-learning-in-palliative-care-(clip)/what-is-clip.aspx)

Do Not Attempt Cardiopulmonary Resuscitation.

This NHS e-learning site takes you through the issues around Do Not Attempt CPR and the importance for the patient and yourself as a professional.

https://www.elearningrepository.nhs.uk//LOR/uploads/NLMS/dnacpr_12032012/index.html

Dying Matters

In 2009 the National Council for Palliative Care (NCPC) set up the dying matters coalition to promote public awareness of dying, death and bereavement. It's mission is to help people talk more openly about dying, death and bereavement. The website hosts many useful resources including leaflets, information sheets and short films.

www.dyingmatters.org

End of Life Care for All (E-elca).

A range of modules that is nationally recognised. Scroll down the page to 'Priorities for care of the dying person'. Part one will show a range of recommended modules depending on your role. You will need to register to access the modules.

<https://www.e-lfh.org.uk/programmes/end-of-life-care/>

Marie Curie

The Palliative Care Knowledge Zone offers expert information, knowledge and support to staff to enable them to deliver the best possible care for people living with a terminal illness

<https://www.mariecurie.org.uk/professionals>

NICE Clinical Knowledge Summaries

The NICE CKS service provides primary care practitioners with a readily accessible summary of the current evidence base and practical guidance on best practice.

<http://cks.nice.org.uk>

Palliative Drugs.Com

A comprehensive and well-respected site that provides a wealth of information about medication in palliative care and much more.

www.palliativedrugs.com

BOOKING AND ATTENDANCE

Attendance at any of the education sessions detailed in this brochure is open to all staff irrespective of their employer/place of work. Booking of places by individuals onto any of the courses is dependent on the individual having their team leader / managers agreement. A place should be reserved by contacting the appropriate organiser. Booking forms to be completed as stated on the flyer (Isabel Hospice only.)

There is no charge for staff to attend training unless otherwise stated.

TO BOOK ONTO A TRAINING SESSION SEE FLYER OR PLEASE CONTACT;

East & North Herts, Lister Hospital:

East & North Hertfordshire NHS Trust
Education Administrator Palliative care
Frogmore, Flat 77,
Lister Hospital, Coreys Mill Lane,
Stevenage, SG1 4AB
Tel No. 01438 285248
Or e-mail: educationtraining.enh-tr@nhs.net

Garden House Hospice Care

Frances Doherty
Education Administrator
Garden House Hospice Care,
Gillison Close, Letchworth, SG6 1QU
Tel: 01462 416788
Or e-mail: education@ghospicecare.org.uk

Isabel Hospice bookings:

Laura Ashworth
Education Co-ordinator
Isabel Hospice, 61 Bridge Road East,
Welwyn Garden City, Hertfordshire, AL7 1JR
Tel No. 01707 382520
Or e-mail: education@isabelhospice.org.uk

Palliative & End of Life Care Education

Topic	Title	Level or Tier	Page Numbers
Communication	Sage & Thyme	1,2,3	8
	Intermediate Communication Skills	2,3	9
	Advanced Communication Skills	2,3	10
Introduction to Palliative Care	Passionate about Palliative Care, Student day	1	11
	Palliative and End of Life Care for Allied Health Professionals	1,2	12
	Introduction to Palliative Care	1,2	13
Competency Course	The Palliative & End of Life Competency Course	2	14
Symptom Management	Palliative Care - Symptom Control & Palliative Care Emergencies	2	15
	Challenging Pain in Palliative Care	2	16
Advance Care Planning	Advance Care Planning & DNACPR	1,2	17
	ACP, DNACPR and Guidance to conversations.	2	17
	Initiating the discussion and the Individualised Care Plan for the Dying Person - recognising dying	1,2	18
End of Life Care	End of Life Care Education, ABC Open Course	1,2	19
The last few days of life	Supporting Patients in the last few days of life... One chance to get it right	2	20
Syringe Pumps	McKinley Syringe Pump Training	2,3	21
Spiritual Care	Spiritual Care in palliative care	2,3	22
Bereavement	Bereavement Training	2,3	23
	Supporting Children in Loss & Bereavement	2,3	24
Resilience	Building Resilience	2,3	25
Dementia and Frailty	Walking alongside dementia	2,3	26
	Dementia and Frailty	2,3	27
Mental Health	Prepared to Care? Supporting patients with Mental Health and Palliative Care needs.	1,2,3	28
Long Term Conditions	Delivering Palliative Care in long-term conditions	2,3	29
Heart Failure	Heart failure Study Day	2,3	30

SAGE AND THYME COMMUNICATION WORKSHOP

To give participants the tools to carry out a level one psychological assessment and support distressed patients (as defined in the NICE guidance Supportive and palliative care for adults with Cancer, March 2004) using the SAGE & THYME model

Date	Venue
Monday 1 st April 2019 9.30 - 12.30 Registration at 9.00	Christopher Reeve Room, Bedford Hospital Education Centre Kempston Road Bedford MK42 9DJ
Thursday 16 th May 2019 9.30 - 12.30 Registration at 9.00	Stanborough Centre 609 St Albans Road Watford WD25 9JL
Monday 24 th June 2019 9.30 - 12.30 Registration at 9.00	Living Well with Isabel Community Hub Douglas Tilbe House, Hall Grove, Welwyn Garden City AL7 4PH
Wednesday 17 th July 2019 9.30 - 12.30 Registration at 9.00	Education Room Garden House Hospice Care Gillison Close Letchworth Garden City SG6 1QU
Wednesday 18 th September 2019 9.30 - 12.30 Registration at 9.00	The Cedar Room Lister Education Centre Lister Hospital Stevenage SG1 4AB
Friday 8 th November 2019 9.30 - 12.30 Registration at 9.00	Acorn Suite Hospice of St Francis Spring Garden Lane Berkhamsted HP4 3GW
Monday 14 th January 2020 9.30 - 12.30 Registration at 9.00	Fountain Suite Keech Hospice Great Bramingham Lane Streatley Luton, LU3 3NT
TBC March 2020 9.30 - 12.30 Registration at 9.00	Mount Cancer Vernon Centre Rickmansworth Road Northwood HA6 2RN

To book, please email Frances Doherty at education@ghhospicecare.org.uk

Tel: 01462 416788

DIFFICULT CONVERSATIONS FOR EXPERIENCED STAFF (INTERMEDIATE)

ABOUT THE COURSE

An intermediate course which builds on Foundation level communication skills training to develop increased confidence in communicating with patients and families in the area of palliative care.

WHAT WILL I LEARN?

- Revisit the key elements of basic communication skills
- Barriers to good communication
- Breaking bad news
- Techniques to facilitate good communication
- Working through difficult case studies

Dates & Times	Venue	Booking via
Tuesday 30 th April 2019 10.00 - 16.30	Living Well with Isabel Community Hub, Hall Grove, Welwyn Garden City, AL7 4PH	education@isabelhospice.org.uk
Thursday 23 rd May 2019 09.30 - 16.30	Room 4, The Old School of Nursing Lister Hospital SG1 4AB	educationtraining.enh-tr@nhs.net
Tuesday 25 th June 2019 09.30 - 16.30	QEII Hospital, Howlands, Welwyn Garden City, AL7 4HQ	HCT staff to book via My Learning Zone, non HCT staff please email learninganddevelopment@hct.nhs.uk or Sarah Thompson sarah.thompson47@nhs.net
Wednesday 4 th September 2019 09.30 - 16.30	Potters Bar Community Hospital, Barnet Road, Potters Bar, EN6 2RY	HCT staff to book via My Learning Zone, non HCT staff please email learninganddevelopment@hct.nhs.uk or Sarah Thompson sarah.thompson47@nhs.net
Thursday 28 th November 2019 09.30 - 16.30	QEII Hospital, Howlands, Welwyn Garden City, AL7 4HQ	HCT staff to book via My Learning Zone, non HCT staff please email learninganddevelopment@hct.nhs.uk or Sarah Thompson sarah.thompson47@nhs.net
Thursday 13 th February 2020 09.30 - 16.30	Garden House Hospice Care, Gillison Close, Letchworth Garden City, SG6 1QU	education@ghhospicecare.org.uk

ADVANCED COMMUNICATION SKILLS

ABOUT THE COURSE

This session will provide an opportunity for all experienced clinical staff who have difficult conversations as part of their everyday role to review the evidence base for effective communication. This may include handling strong emotions, managing conflict, giving significant news and introducing sensitive topics such as DNACPR conversations.

The content is based on the Connected 2 Day Model© of Advanced Communication Skills Training and utilises videoed role play within small groups, to practice scenarios with professional actors.

WHAT WILL I LEARN?

Learning outcomes include;

Increase awareness of own communication skills

Explore strategies to improve quality of clinical communication

Increase ability to deliver information effectively and explore decision-making

Increase confidence in responding to difficult communication situations

Enhance inter-professional communication

Advanced Communication Skills Training

Please note that a fee of £350 applies to this course.

Dates & Times	Venue	Booking via
Thurs 25 th April 09.00 - 17.00 & Fri 26 th April 09.00 - 17.00	Living Well with Isabel Community Hub Douglas Tilbe House, Hall Grove, Welwyn Garden City Herts AL7 4PH	education@stfrancis.org.uk
Wed 5 th June 09.00 - 17.00 & Thurs 6 th June 09.00 - 17.00	The Hospice of St Francis Spring Garden Lane, Berkhamsted HP4 3GW	education@stfrancis.org.uk
Thurs 25 th July 09.00 - 17.00 & Fri 26 th July 09.00 - 17.00	Peter Newton Pavilion Skimpot Road Dunstable LU5 4JU	education@stfrancis.org.uk
Tuesday 15 th October 09.00 - 17.00 & Wednesday 16 th October 09.00 - 17.00	Stevenage Football Club The Lamex Stadium Broadhall Way, Stevenage SG2 8RH	education@stfrancis.org.uk
Thursday 28 th November 09.00 - 17.00 & Friday 29 th November 09.00 - 17.00	Peter Newton Pavilion Skimpot Road Dunstable LU5 4JU	education@stfrancis.org.uk
Tuesday 21 st January 2020 09.00-17.00 & Wednesday 22 nd January 2020 09.00-17.00	Stanborough Centre 609 St Albans Rd, Watford WD25 9JL	education@stfrancis.org.uk

PASSIONATE ABOUT PALLIATIVE CARE

STUDENT DAY

ABOUT THE COURSE

A one-day course for students to explore inter-professional collaboration in providing high quality specialist palliative care. This course is for all health and social care pre-qualification students of nursing, medicine, physiotherapy, occupational therapy, social work, paramedics and art therapies.

WHAT WILL I LEARN?

- What is palliative and end of life care?
- Understanding hospice services
- Exploring patient journey's through palliative and end of life care
- Tools used in palliative care to enable patients to live and die well

Dates & Times	Venue	Booking via
Tuesday 25 th June 2019 10.00 - 16.00	Living Well with Isabel Community Hub, Hall Grove, Welwyn Garden City, Hertfordshire, AL7 4PH	education@isabelhospice.org.uk

PALLIATIVE CARE & END OF LIFE (ALLIED HEALTH PROFESSIONALS)

ABOUT THE COURSE

To help participants develop an understanding of the role of AHP's in palliative and end of life care and gain knowledge of rehabilitation in palliative care.

WHAT WILL I LEARN?

By the end of the session participants will have knowledge & understanding of:

- The role of AHP's in palliative and end of life care
- Overview and management strategies for complex symptoms e.g. breathlessness and fatigue
- Promotion of physical activity and self-management strategies in rehabilitative palliative care
- The role of specialist seating and equipment in end of life care
- Palliative emergencies and management of palliative symptoms
- National guidance for end of life, NICE guidelines and local policy

Dates & Times	Venue	Booking via
Wednesday 6 th November 2019 13.30 - 16.30	Tilbury Ward, Potters Bar Community Hospital, Barnet Road, Potters Bar, Herts, EN6 2RY	HCT staff to book via My Learning Zone, non HCT staff please email learninganddevelopment@hct.nhs.uk or Sarah Thompson sarah.thompson47@nhs.net

INTRODUCTION TO PALLIATIVE CARE

ABOUT THE COURSE

Suitable for all staff from all disciplines and locations as topics will cover a variety of aspects of palliative care.

WHAT WILL I LEARN?

- Advance Care Planning
- Individual Care Plan for the Dying Person
- Spirituality
- Recognising Dying
- Communication Skills
- Symptom Management

Date/times	Venue	Booking via
Monday 11 th & Tuesday 12 th March 2019 09.30 - 16.00 Both dates must be attended	Queensway Health Clinic, Hatfield, AL10 0LF	For HCT Staff only - please book via My Learning Zone
Thursday 18 th April 2019 09.30 - 16.30	Room 4, The Old School of Nursing Lister Hospital SG1 4AB	educationtraining.enh-tr@nhs.net
Wednesday 12 th June 2019 09.30 - 16.30	Garden House Hospice Care, Gillison Close, Letchworth Garden City, SG6 1QU	education@isabelhospice.org.uk
Tuesday 18 th & Wednesday 19 th June 2019 09.30 - 16.00 Both dates must be attended	The Box Moor Trust Centre, London Road Hemel Hempstead, HP1 2RE	For HCT Staff only - please book via My Learning Zone
Monday 9 th September 2019 09.30 - 16.30	Room 4, The Old School of Nursing Lister Hospital SG1 4AB	educationtraining.enh-tr@nhs.net
Tuesday 17 th & Wednesday 18 th September 2019 09.30 - 16.00 Both dates must be attended	Robertson House, Six Hills Way, Stevenage, SG1 2FQ	For HCT Staff only - please book via My Learning Zone
Wednesday 7 th November 2019 09.30 - 16.30	Living Well with Isabel Community Hub, Hall Grove, Welwyn Garden City, Hertfordshire, AL7 4PH	education@isabelhospice.org.uk
Tuesday 19 th & Wednesday 20 th November 2019 09.30 - 16.00 Both dates must be attended	The Box Moor Trust Centre, London Road Hemel Hempstead, HP1 2RE	For HCT Staff only - please book via My Learning Zone

THE PALLIATIVE AND END OF LIFE CARE COMPETENCY COURSE 2019

This diverse course covering all areas of palliative and end of life care will be delivered over 8 days from April to December.

Mentorship and Competencies form an essential part of this course. Study time is required outside of the course dates.

Venue:

Garden House Hospice Care
Gillison Close
Letchworth Garden City
Herts, SG6 1QU

From 09.30 to 16.30 for all days on:

Thursday 4th April
Thursday 9th May
Thursday 13th June
Thursday 11th July
Thursday 12th September
Thursday 10th October
Thursday 14th November
Thursday 12th December

IT IS ESSENTIAL TO ATTEND ALL DATES

Who is this course for?

Professionals who work with patients and families who may have palliative and end of life care needs in any setting

Please email Frances Doherty at education@ghhospicecare.org.uk
to apply for a place on this course

Closing date for applications is FRIDAY 15TH MARCH 2019

For additional information, please contact

Jenny White, Education and Practice Development Lead: 01462 416788
Nicky Wood, Lecturer Practitioner: 01707 382500 mobile 07817 270307

PALLIATIVE CARE - SYMPTOM CONTROL & PALLIATIVE CARE EMERGENCIES

ABOUT THE COURSE

To help participants develop an understanding of how to manage common palliative care symptoms and palliative care emergencies.

WHAT WILL I LEARN?

By the end of the session participants will be able to:

- Understand the importance of a good assessment
- Explore management /treatment options
- Recognise what constitutes a palliative care emergency
- Increase understanding of how to manage palliative care emergencies

Dates & Times	Venue	Booking via
Thursday 4th July 2019 09.00 - 16.30 (Symptom Management Day for Band 5/6 Nurses)	Living Well with Isabel Community Hub, Hall Grove, Welwyn Garden City, Hertfordshire, AL7 4PH	education@isabelhospice.org.uk
Tuesday 23 rd July 2019 09.30 - 16.00	Potters Bar Community Hospital, Barnet Road, Potters Bar, EN6 2RY	HCT staff to book via My Learning Zone, non HCT staff please email learninganddevelopment@hct.nhs.uk or Sarah Thompson sarah.thompson47@nhs.net
Tuesday 22 nd October 2019 09.30 - 16.00	Potters Bar Community Hospital, Barnet Road, Potters Bar, EN6 2RY	HCT staff to book via My Learning Zone, non HCT staff please email learninganddevelopment@hct.nhs.uk or Sarah Thompson sarah.thompson47@nhs.net
Thursday 21 st November 2019 09.30 - 16.00	Garden House Hospice Care, Gillison Close, Letchworth Garden City, SG6 1QU	education@ghospicecare.org.uk

CHALLENGING PAIN IN PALLIATIVE CARE

ABOUT THE COURSE

A one-day course looking at specialist pain control in palliative care. Attendees will gain knowledge of basic pain management used and also be introduced to the management of complex pain in palliative care.

WHAT WILL I LEARN?

- Causes and basic pain management of cancer pain
- Management of the sharp edge of neuropathic pain
- What can we do when pain cuts to the bone?
- The concept of total pain (case study)
- Non-pharmacological pain management techniques

Dates & Times	Venue	Booking via
Thursday 7 th November 2019, 09.00 - 16.30	Garden House Hospice Care, Gillison Close, Letchworth Garden City, SG6 1QU	education@ghospicecare.org.uk

Advance Care Planning & DNACPR (09:30 - 13:00)

Guidance to Conversations on ACP & DNACPR (14:00 - 16:30)

You may attend either one, or both of the above sessions

ABOUT THE COURSE

A morning session to gain an understanding in Advance Care Planning and DNACPR (including legal and ethical issues) followed by an afternoon session on how to commence discussions surrounding future planning and end of life care.

Applicants are able to attend one or both sessions as required.

Please state which sessions you will be attending

Dates/Times	Venue	Booking Via
Wednesday 4 th September 2019	Living Well with Isabel Community Hub, Hall Grove, Welwyn Garden City, Hertfordshire, AL7 4PH	education@isabelhospice.org.uk
Tuesday 11 th February 2020	Living Well with Isabel Community Hub, Hall Grove, Welwyn Garden City, Hertfordshire, AL7 4PH	education@isabelhospice.org.uk

Dates/Times	Venue	Booking Via
ACP & DNACPR ONLY Wednesday 1 st May 2019, 09.30 - 13.00	Garden House Hospice Care, Gillison Close, Letchworth Garden City, SG6 1QU	education@ghospicecare.org.uk
ACP & DNACPR ONLY Monday 25 th November 2019, 13.00 - 16.30	Room 4, The Old School of Nursing Lister Hospital SG1 4AB	educationtraining.enh-tr@nhs.net
ACP & DNACPR ONLY Thursday 5 th December 2019, 13.00 - 16.30	Garden House Hospice Care, Gillison Close, Letchworth Garden City, SG6 1QU	education@ghospicecare.org.uk

ADVANCE CARE PLANNING - Initiating the Discussion & the Individualised Care Plan for the Dying Person - Recognising Dying

ABOUT THE COURSE

To help participants develop an understanding of when and how to advance care plan and to understand the principles of recognising and using the individualised care plan for the dying person.

WHAT WILL I LEARN?

By the end of the session participants will be able to:

- Understand the importance of advance care planning in patients who are likely to be in their last year of life
- Initiate an advance care planning conversation
- Document patient's wishes correctly
- Recognise when someone is dying
- Understand the 5 Priorities of care for individuals who are in the last days of life.
- Document last days of life care correctly

Dates & Times	Venue	Booking via
Friday 17 th May 2019 09.30 - 12.30	The Box Moor Trust Centre, London Road, Hemel Hempstead, HP1 2RE	HCT staff to book via My Learning Zone, non HCT staff please email learninganddevelopment@hct.nhs.uk or Sarah Thompson sarah.thompson47@nhs.net
Wednesday 9 th October 2019 13.30 - 16.30	Robertson House, Six Hills Way, Stevenage, SG1 2FQ	HCT staff to book via My Learning Zone, non HCT staff please email learninganddevelopment@hct.nhs.uk or Sarah Thompson sarah.thompson47@nhs.net

END OF LIFE CARE EDUCATION, ABC OPEN COURSE

ABOUT THE COURSE

A two day end of life care course focusing on the 5 priorities of care for the dying person. This will cover 7 modules. Please note that both days must be attended. This course is currently being delivered in residential and nursing homes but is open to all health and social care professionals who would like to increase their knowledge on holistic palliative care. This course does not cover advanced drug management and symptom control.

WHAT WILL I LEARN?

- Overarching principles of palliative care
- Communication skills
- Comfort and wellbeing (symptom control)
- Assessment and care planning
- Advance Care Planning
- End of life tools
- Care in the last days of life

Dates & Times	Venue	Booking via
2 nd & 3 rd April 2019 10.00 - 16.00	Living Well with Isabel Community Hub, Hall Grove, Welwyn Garden City, Hertfordshire, AL7 4PH	education@isabelhospice.org.uk
3 rd & 4 th July 2019 10.00 - 15.00	Garden House Hospice Care, Gillison Close, Letchworth Garden City, SG6 1QU	education@ghhospicecare.org.uk
16 th & 17 th October 2019 10.00 - 15.00	Garden House Hospice Care, Gillison Close, Letchworth Garden City, SG6 1QU	education@ghhospicecare.org.uk
22 nd & 23 rd October 2019 10.00 - 16.00	Living Well with Isabel Community Hub, Hall Grove, Welwyn Garden City, Hertfordshire, AL7 4PH	education@isabelhospice.org.uk

SUPPORTING PATIENTS IN THE LAST FEW DAYS OF LIFE.... ONE CHANCE TO GET IT RIGHT

ABOUT THE COURSE

A one-day course which is framed around the One Chance to get it Right document & the 5 Priorities of Care:

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/323188/One_chance_to_get_it_right.pdf

WHAT WILL I LEARN?

- Recognise when the patient is in the last few days of life
- Communication - how do we discuss with patients and their families that we recognise they are dying?
- Supporting family members - practical advice as well as having those difficult conversations
- Involving the patient and their family, understanding their wishes and spiritual needs
- Plan and do - what needs to be in place at a practical level as well as addressing the patient's holistic needs and controlling common symptoms at end of life

Dates & Times	Venue	Booking via
Thursday 20 th June 2019 10.00 - 16.30	Living Well with Isabel Community Hub, Hall Grove, Welwyn Garden City, Hertfordshire, AL7 4PH	education@isabelhospice.org.uk
Wednesday 22 nd January 2020 09.30 - 16.30	Garden House Hospice Care, Gillison Close, Letchworth Garden City, SG6 1QU	education@ghhospicecare.org.uk

MCKINLEY T34 SYRINGE PUMP TRAINING

ABOUT THE COURSE

Suitable for all qualified nursing staff

WHAT WILL I LEARN?

- How to use the McKinley T34 syringe driver pump
- Reasons for use of syringe driver
- Setting up of McKinley T34 syringe pump
- Commonly used drugs, dosage and compatibilities
- Syringe driver competencies

Date	Time	Venue
Thursday 2nd May 2019 13:30 - 15:00	Room 1, The Old School of Nursing Lister Hospital SG1 4AB	educationtraining.enh-tr@nhs.net
Tuesday 10th September 2019 13:30 - 15:00	Room 4, The Old School of Nursing Lister Hospital SG1 4AB	educationtraining.enh-tr@nhs.net
Thursday 21st November 2019 13:30 - 15:00	Room 4, The Old School of Nursing Lister Hospital SG1 4AB	educationtraining.enh-tr@nhs.net

SPIRITUAL CARE IN PALLIATIVE CARE

ABOUT THE COURSE

This session will provide an opportunity to understand and recognise spiritual care as an important dimension of holistic palliative care; identify spiritual pain and develop a care plan to support a patient's spiritual care needs. This course is for any health or social care professionals who support patients and assess their spiritual needs or any member of the Multidisciplinary Team - Levels 2 & 3.

WHAT WILL I LEARN?

- What is meant by spirituality in a palliative care setting
- How to assess spiritual and religious care needs
- How to identify spiritual pain and respond
- How to record information and develop a spiritual care plan

Dates & Times	Venue	Booking via
Thursday 27 th June 2019, 09.30 - 13.00	Garden House Hospice Care, Gillison Close, Letchworth Garden City, SG6 1QU	education@ghhospicecare.org.uk
Thursday 21 st November 2019 09.30 - 13.00	Living Well with Isabel Community Hub, Hall Grove, Welwyn Garden City, Hertfordshire, AL7 4PH	education@isabelhospice.org.uk

BEREAVEMENT (LEVEL 2) TRAINING

ABOUT THE COURSE

A half day course to expand your knowledge on how to support those who have been bereaved in the community. This course is for all health and social care professionals who have an interest in expanding their knowledge in this area.

WHAT WILL I LEARN?

- Define bereavement, loss and grief
- Develop awareness ranges of responses to loss and coping strategies
- Have an awareness of appropriate skills needed when dealing with people who have been bereaved

Please note that this course does not cover complex grief.

Dates & Times	Venue	Booking via
Monday 15 th April 2019 14.00 - 16.30	Living Well with Isabel Community Hub, Hall Grove, Welwyn Garden City, Hertfordshire, AL7 4PH	education@isabelhospice.org.uk
Monday 7 th October 2019 14.00 - 16.30	Living Well with Isabel Community Hub, Hall Grove, Welwyn Garden City, Hertfordshire, AL7 4PH	education@isabelhospice.org.uk
Tuesday 10 th December 2019 14.00 - 16.30	Garden House Hospice Care, Gillison Close, Letchworth Garden City, SG6 1QU	education@ghhospicecare.org.uk

SUPPORTING CHILDREN IN LOSS & BEREAVEMENT

ABOUT THE COURSE

A half day course to address the support needs of children experiencing loss and grief. This course is for all health and social care professionals who would like a greater understanding of supporting children who experience loss.

WHAT WILL I LEARN?

- Gain an understanding of how children may experience loss and grief
- Improve awareness of children's support needs
- Examine the theory behind loss and grief
- Address how children may find meaning at this difficult time

Dates & Times	Venue	Booking via
Tuesday 18 th June 2019 09.30 - 13.00	Living Well with Isabel Community Hub, Hall Grove, Welwyn Garden City, Hertfordshire, AL7 4PH	education@isabelhospice.org.uk
Thursday 28 th November 2019. 13.00 - 16.30	Garden House Hospice Care, Gillison Close, Letchworth Garden City, SG6 1QU	education@ghhospicecare.org.uk

BUILDING RESILIENCE DAY

Including practical workshops to experience hand massage, mindfulness and the opportunity to walk a labyrinth within the venue - a pathway which honours our spiritual dimension

ABOUT THE COURSE

A half day course for those who want to gain insight into individual resilience within their professional career followed by optional practical workshops in the afternoon.

WHAT WILL I LEARN?

- What is resilience?
- Obstacles/tools to becoming resilient
- Increase individual awareness of resilience
- How to create an action plan on becoming more resilient
- Optional practical sessions at Isabel Hospice including Walking the Labyrinth, how to perform simple hand massage and Mindfulness

Dates & Times	Venue	Booking via
Tuesday 2 nd July 2019 Building Resilience, 13.00 - 16.30	Garden House Hospice Care, Gillison Close, Letchworth Garden City, SG6 1QU	education@ghospicecare.org.uk
Friday 18 th October 2019 Building Resilience, 09.30 - 16.00 Practical Workshops, 13.45 - 16.00	Living Well with Isabel Community Hub, Hall Grove, Welwyn Garden City, Hertfordshire, AL7 4PH	education@isabelhospice.org.uk

WALKING ALONGSIDE DEMENTIA

ABOUT THE COURSE

A one day course on the challenges that patients with dementia can experience. This will give healthcare professionals tools required to support patients facing these challenges from diagnosis to end of life care.

WHAT WILL I LEARN?

- What is dementia?
- Types of dementia
- Impact to the patient/carer
- Strategies to provide support in dementia care
- Future planning
- Recognising dying

Dates & Times	Venue	Booking via
Thursday 11 th July 2019 10.00 - 16.30	Living Well with Isabel Community Hub, Hall Grove, Welwyn Garden City, Hertfordshire, AL7 4PH	education@isabelhospice.org.uk
Wednesday 2 nd October 2019 10.00 - 16.30	Garden House Hospice Care, Gillison Close, Letchworth Garden City, SG6 1QU	education@ghhospicecare.org.uk
Thursday 5 th December 2019 10.00 - 16.30	Living Well with Isabel Community Hub, Hall Grove, Welwyn Garden City, Hertfordshire, AL7 4PH	education@isabelhospice.org.uk

DEMENTIA AND FRAILITY

ABOUT THE COURSE

To help participants develop an understanding of all stages of dementia and frailty and apply the principles of person-centred care.

WHAT WILL I LEARN?

By the end of the session participants will be able to:

- Understand the signs and symptoms of mild-severe dementia/frailty
- Understand the importance of the multidisciplinary approach to patient care and management
- Appreciate the importance of a holistic assessment
- Understand the importance of advance care planning
- Be able to recognise the dying phase

Dates & Times	Venue	Booking via
Thursday 27 th June 2019 09.30 - 16.30	The Box Moor Trust Centre, London Road Hemel Hempstead, HP1 2RE	HCT staff to book via My Learning Zone, non HCT staff please email learninganddevelopment@hct.nhs.uk or Sarah Thompson sarah.thompson47@nhs.net
Thursday 3 rd October 2019	Elm Room, Robertson House, Six Hills Way, Stevenage, SG1 2FQ	HCT staff to book via My Learning Zone, non HCT staff please email learninganddevelopment@hct.nhs.uk or Sarah Thompson sarah.thompson47@nhs.net

PREPARED TO CARE? SUPPORTING PATIENTS WITH MENTAL HEALTH AND PALLIATIVE CARE NEEDS

ABOUT THE COURSE

This one day course aims to bring healthcare professionals from both disciplines together with the primary objective of learning from each other. The programme will allow for collaborative work during sessions alongside separate sessions for each discipline. This course is for all mental health and palliative care professionals with an interest in supporting patient's with these dual needs.

WHAT WILL I LEARN?

Mental Health

What is palliative/end of life care?

What does a hospice actually do?

Recognising dying

Tools used in palliative care

Palliative Care

What is mental health care?

A brief understanding of conditions within mental health

Drugs used to support patients mental health needs

Understanding mental health services & how to refer

Drug interactions with mental health and palliative care medication

Dates & Times	Venue	Booking via
Tuesday 16 th July 2019 09.30 - 16.00	Living Well with Isabel Community Hub, Hall Grove, Welwyn Garden City, Hertfordshire, AL7 4PH	education@isabelhospice.org.uk

DELIVERING PALLIATIVE CARE IN LONG TERM CONDITIONS

ABOUT THE COURSE

This course is aimed at all grades and disciplines of staff who care for patients who have a long term condition. It will aid participants to develop an understanding of the implications of living with a long term condition while acknowledging the role of palliative care in the holistic care of the patient and the family.

WHAT WILL I LEARN?

- Have a greater understanding of the progression of common long term conditions
- Understand the relationship between palliative care and the care of a the patient with a long term condition
- Develop an awareness of how to support patients with a long term condition to plan for their future care

Dates & Times	Venue	Booking via
Thursday 19 th September 2019, 09.30 - 16.30	Garden House Hospice Care, Gillison Close, Letchworth Garden City, SG6 1QU	education@ghhospicecare.org.uk

HEART FAILURE STUDY DAY

ABOUT THE COURSE

A one day course examining heart failure and the impact of this to the patient. This course will look at the pathophysiology of heart failure and treatment provided. It will examine end stage heart failure and palliative interventions that can help manage symptoms. This course is for all health and social care professionals who support patients with heart failure.

WHAT WILL I LEARN?

- Pathophysiology of heart failure
- Treatments for heart failure
- Managing end stage heart failure
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- Supporting heart failure patients at end of life

Dates & Times	Venue	Booking via
Tuesday 19 th November 2019 10.00 - 16.00	Living Well with Isabel Community Hub, Hall Grove, Welwyn Garden City, Hertfordshire, AL7 4PH	education@isabelhospice.org.uk