St Michael’s Hospice

Education Programme 2017

Palliative and End of Life Care Training
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*Some courses may be deliverable in your workplace - please contact the Education Department to discuss*
Palliative and End Of Life Care
For People With
Non-Malignant Illnesses

10-week course

Target Audience
Qualified health care staff engaged in the care of individuals in the palliative or end stage of life

Course Fees
Full 10-week course £450

Those unable to participate in the complete module have the opportunity to attend whole day or half day sessions. See pages 12 - 21 for details of the individual study days.

Full days £65
Half days £40

Content
This course is a meaningful way to gain knowledge for clinical practice and achieve CPD which can be used as evidence for NMC revalidation purposes.

It presents an opportunity to develop knowledge and confidence in relation to caring for and supporting individuals with non-malignant life threatening illness, and the palliative aspects of severely life-limiting illness

• Palliative Care and Non Cancer: Policy, Strategy and Real Life
• The impact of disease trajectory on the individual and the family
• Survivorship and depression in life-limiting and life threatening conditions
• Theories of grief and models of bereavement support
• Supporting Families
• Palliative aspects of:
  Neurological diseases / Respiratory diseases / Dementia / Cardiovascular diseases / Rheumatology & connective tissue disorders / Renal disease & organ failure
Palliative and End of Life Care
Philosophy & Principles in Non-malignant Illness

Spring 2017
Wednesday 22nd February
09.30 - 16.30

Course Fee £65 including refreshments

Target Audience
Qualified health care staff engaged in the care of individuals in the palliative or end stage of life

Content
Today provides the foundation for the rest of the module. We will critically review the WHO definition and principles for palliative care, together with the national and local strategies and consider how/if your own working contexts ‘fit’ with these agendas and how those with non-malignant conditions and their families may/will benefit from these. There will be an opportunity for supportive reflection and self directed study in the afternoon.

We will explore:
• What is Palliative Care?
• The Ethos and Philosophy Issues
• Critical Review of Models of Delivery and role for those with non-malignant and often long term conditions
• Changing Gear – Health Promotion, Independence Maintenance, Self Care – Palliation
Palliative & End of Life Care and Organ Diseases 1 (Renal & Liver Disease)

Spring 2017
Wednesday 1st March
09.30 - 12.30

Course Fee £40 including refreshments

Target Audience
Qualified health care staff engaged in the care of individuals in the palliative or end stage of life

Content
This afternoon we will consider issues relevant to Palliation of organ disease. We will have the opportunity to examine the impact of such diagnosis and the impact of transitions of care for both professionals and patient/family.

We will explore:

• Renal diseases
• Liver diseases
Palliative & End of Life Care and Organ Diseases 2 (Heart Disease)

Spring 2017
Wednesday 8th March
09.30 - 12.30

Course Fees £40 including refreshments

Target Audience
Qualified health care staff engaged in the care of individuals in the palliative or end stage of life

Content
We will consider issues relevant to Palliation of organ disease. We will have the opportunity to examine the impact of such diagnosis and the impact of transitions of care for both professionals and patient/family.

We will explore:

• Heart disease
• Transitions in care
Palliative & End of Life Care in Dementia

Spring 2017
Wednesday 15th March
09.30 - 16.30

Course Fee £65 including refreshments

Target Audience
Qualified health care staff engaged in the care of individuals in the palliative or end stage of life

Content
Dementia is a major health care issue locally, with an ageing population. This event offers an opportunity to review the palliative care needs in a group of people for whom assessment and communication present us with significant challenges.

• Dementia – What do we mean?
• Aims of Care & Transitionary Processes
• Individual Assessment in Cognitive Impairment
• Managing Symptoms
• Maintaining Personhood
• Supporting Families
Illness & Self Concepts

Spring 2017
Wednesday 22nd March
09.30 - 12.30

Course Fee £40 including refreshments

Target Audience
Qualified health care staff engaged in the care of individuals in the palliative or end stage of life

Content
We will look at specific aspects which may be pertinent to many individuals and families - whatever the life threatening illness may be.

• Self perception
• Illness behaviour
• Self care and transitions
• Living with chronicity
Ethical and Personal Impact Issues and Palliation in Rheumatological Diseases

Spring 2017
Wednesday 29th March
10.00 - 13.00

Course Fee £40 including refreshments

Target Audience
Qualified health care staff engaged in the care of individuals in the palliative or end stage of life

Content
This morning we are going to explore some of the psychological and ethical aspects of Long Term Conditions. We will also focus specifically on Palliative care and Rheumatology.
Supporting the Needs of Family Members In the Context of Non-malignant Life Threatening Illness

Spring 2017
Wednesday 5th April
09.30 - 12.30

Course Fee £40 including refreshments

Target Audience
Qualified health care staff engaged in the care of individuals in the palliative or end stage of life

Content
This day provides an opportunity to consider the needs of children and young people both as family members and as patients.

• Breaking bad news to children and young people - Whose role?
• Supporting children and young people when a family member is very ill
• Paediatric life threatening & life-limiting illness
• Supporting families when a child or young person is dying
• Bereavement – children and young people
Palliation in Respiratory Disease

Spring 2017
Wednesday 12th April
09.30 - 12.30

Course Fee £40 including refreshments

Target Audience
Qualified health care staff engaged in the care of individuals in the palliative or end stage of life

Content
This day offers insight into aspects of coping with a long term condition and a critical review of palliative care in respiratory disease.

• The Impact of Respiratory Disease
• Management of Non-malignant Respiratory Disease
• Interventions: Pharmacological & Non-pharmacological
Palliation in Neurological Disease

Spring 2017
Wednesday 26th April
09.30 - 16.30

Course Fee £65 including refreshments

Target Audience
Qualified health care staff engaged in the care of individuals in the palliative or end stage of life

Content
Neurological disease presents us with a raft of practical, clinical and ethical problems. The aim of this event is to consider how, when and where palliative care begins and fits in with other supportive care elements.

- Ethical Considerations of Treatment
- Parkinson’s Disease
- Multiple Sclerosis
- Motor Neurone Disease
- Other Neurological Conditions
Communication, Grief and Loss

Spring 2017
Wednesday 3rd May
09.30 - 16.30

Course Fee £65 including refreshments

Target Audience
Qualified health care staff engaged in the care of individuals in the palliative or end stage of life

Content
The focus of this day will be facing loss and death. How we offer supportive care to individuals and families, and how this work impacts upon us as professional carers.

• Multiple Losses
• Anticipatory Grief
• Theories and Models of Grief and Loss
• Bereavement Support – What, When, Where & Who?
• Who Cares for the Carers?
• Facing Death and Finding Hope
• Stress and Coping
Accredited Module

Evidence-Based Palliative and End of Life Care - Principles and Practice

Launch Day Thursday 06/09/17
Theory Component Wednesdays 20/09/17 - 08/11/17
Presentations Wednesday 22/11/17
Clinical Practice Days 3 days by January 2017
Course Fee £450
(Plus registration fee as charged by University of Worcester, provisionally £110)

Those unable to participate in the complete module have the opportunity to attend whole day or half day sessions. See pages 4 - 10 for details of the individual study days.

Full days £65
Half days £40

Target Audience
Qualified health care staff engaged in the care of individuals in the palliative or end stage of life

Content
This practice and theory module is a meaningful way to gain knowledge for clinical practice and achieve CPD which can be used as evidence for NMC revalidation purposes. It presents an opportunity to examine principles and to update on current practice in palliative care with regard to symptom management, and to review the evidence base for practice.

• Philosophy & principles of palliative care
• The Policy and Strategic Context of End of Life Care, relevant pathways and frameworks
• Patterns and disease trajectories in life limiting / threatening illness processes
• Principles of symptom control • Symptom assessment
• Managing Pain, gastro-intestinal and respiratory symptoms
• Anxiety and depression in palliative care • Critical reflection on professional practice
• Body image and sexuality issues • Clinical emergencies in palliative care
• End of life care • Individual and family experience • Nutrition and palliative care

Accredited by University of Worcester Level 6: 20 CATS points
If HESC3089 is satisfactorily completed together with HESC3009 (a module that must be completed directly though the University of Worcester), you may be eligible for the University Advanced Diploma in Palliative Care. For further information about the University Advanced Diploma, and other opportunities for undergraduate study including the BSc (Hons) Health Sciences top-up degree, please contact Deborah Cook at the University of Worcester directly: d.cook@worc.ac.uk
Individual Module Session

Philosophy & Principles of Palliative Care

Autumn 2017
Wednesday 20th September
09.30 - 12.30

Course Fee £40 including refreshments

Target Audience
Qualified health care staff engaged in the care of individuals in the palliative or end stage of life

Content
This workshop is suitable for those who have an interest in care of the very ill, dying and bereaved and who wish to gain some foundation knowledge in palliative care.

• What is Palliative Care?
• Who is Palliative Care For?
• The Ethos of Palliative Care
• Models of Death & Dying and their Relevance to Practice
Individual Module Session

Symptom Control in Palliative Care
- Overview & Principles

Autumn 2017
Wednesday 27th September
09.30 - 12.30

Course Fee £40 including refreshments

Target Audience
Qualified health care staff engaged in the care of individuals in the palliative or end stage of life

Content
This workshop will help you gain knowledge, skills and understanding of symptom assessment and general principles underpinning our approach to providing holistic palliative symptom control.

• Symptom Patterns & Prevalence
• Personality & Symptoms
• Principles of Symptom Control
• Symptom Assessment
Individual Module Session

Gastrointestinal Symptoms in Palliative Care

Autumn 2017
Wednesday 4th October
09.30 - 12.30

Course Fee £40 including refreshments

Target Audience
Qualified health care staff engaged in the care of individuals in the palliative or end stage of life

Content
This session is designed to enhance your knowledge and practice in helping palliative care patients and their families manage these complex and often underrated difficulties which may have a major impact on quality of life.

• Oral Problems
• Nausea & Vomiting
• Intestinal Obstruction
• Constipation
Target Audience
Qualified health care staff engaged in the care of individuals in the palliative or end stage of life

Content
Even within the context of palliative care some situations are emergencies. What are they? Can we prevent them? How do we manage them? What consequences do they hold? The aim of this session is to address these questions and explore practical and non practical issues which need to be considered.

- Hypercalcaemia of Malignancy
- Superior Vena Cava Obstruction
- Haemorrhage
- Fits
- Malignant Spinal Cord Compression
- Fractures
Individual Module Session

Pain in the Palliative Patient

Autumn 2017
Wednesday 18th October
09.30 - 16.30

Course Fee £65 including refreshments

Target Audience
Qualified health care staff engaged in the care of individuals in the palliative or end stage of life

Content
This day is aimed at those whose roles involve caring for people who have to face and cope with pain. The session will help you gain knowledge, skills and understanding of both the problems and a range of care and treatment strategies.

- Pain Assessment
- Pain Theories & Pain Mechanisms
- Concepts of Pain
- Acute & Chronic Pain – Aspects for Practice with Palliative Care Patients
- Palliative Pain Management Strategies
- Non Drug Management
- Drug Management
Individual Module Session

Respiratory Symptoms in Palliative Care

Autumn 2017
Wednesday 1st November
09.30 - 12.30

Course Fee £40 including refreshments

Target Audience
Qualified health care staff engaged in the care of individuals in the palliative or end stage of life

Content
One of the key focus points of this session is the role we may be able to play in helping with, or mitigating against, particularly distressing and emotive symptoms.

- Cough
- Dyspnoea
- Haemoptysis
- Hiccoughs
- Coping and Management Strategies
Individual Module Session

End of Life Care - The Final Phase of Life

Autumn 2017
Wednesday 8th November
09.30 - 12.30

Course Fee £40 including refreshments

Target Audience
Qualified health care staff engaged in the care of individuals in the palliative or end stage of life

Content

• Maximising Physical Comfort (including symptom management aspects)
• Psychosocial Care for the Individual and the Family
• Offering Spiritual Care - Not Just ‘Do You Want Your Vicar to Call?’
• Care in Context - National & Political Influences on Local Services & Configuration
• Self Preservation & Therapeutic Caring - Impossible Balance?
Verification of Death
Workshop

2017
Tues 28th February
11.00 - 12.30

Contact for further course dates

Course Fee £20 including refreshments

Target Audience
RGN’s working in any healthcare setting

Content
This workshop will clarify the terminology, professional roles and responsibilities as well as considering the practicality of how to verify death.

• Verification vs Confirmation vs Certification
• Legal Responsibilities
• When and How to Involve the Coroner
• Verifying in the Situation of an Expected Death
Syringe Driver Training

Syringe Driver Introduction - McKinley T34

2017
Monday 20th February
13.00 - 16.30

Course Fee £40 including refreshments

Target Audience
Qualified health care staff engaged in patient care.

For those who have not attended syringe driver training previously.

McKinley T34 model syringe drivers will be used unless you have arranged with us prior to the course to use a Graseby model.

Content
This workshop offers the opportunity to gain theoretical and practical knowledge of the use of syringe drivers in the palliative care context - in accordance with West Midlands Strategy and Local Care Trust Policies. There will be an opportunity to practice skills required to use commonly used syringe drivers.

- Syringe Drivers in Palliative Care - Contexts of Usage
- Advantages & Disadvantages of Syringe Drivers
- Setting Up & Maintaining Use of Syringe Drivers (skills practice)
- Common Drugs Overview
- Troubleshooting
Syringe Driver Training

Syringe Driver Update - McKinley T34

2017
Wednesday 18th January
Tuesday 28th February
Monday 27th March
Monday 24th April

All sessions 13.30 - 16.30

Course Fee £40 including refreshments

Target Audience
The Syringe Driver Update is for qualified health care staff engaged in patient care who have previously undertaken syringe driver training (either Graseby or McKinley T34) and who use syringe drivers in clinical practice. The session will include an update on any issues and also introduce use of the McKinley T34 model.

If it has been over 3 years since you last attended syringe driver training, it may be beneficial to attend a Syringe Driver Introduction unless you are using syringe drivers on a regular basis in clinical practice.

You will be required to bring along a copy of your most recent syringe driver training certificate or competency. Attendance is at discretion of trainer if no evidence of appropriate and timely previous training is produced.

Content

• Foundation Knowledge Review
• Update on any new changes related to syringe drivers
• Applied Mathematics
• Problem Solving
• There may be an opportunity to look at practical skills
Advanced Communication Skills Training

2017 Dates TBC

2 day course
09.00 - 18.00 on day 1
09.00 - 17.30 on day 2

Course Fee £450 including refreshments

Target Audience
Senior clinicians with an active role in patient management including aspects of communication such as breaking bad news, dealing with the transition to palliative / end of life care or talking with individuals and families in the face of impending and actual loss.

Suitable for Senior Allied Healthcare professionals, Medical and Nursing staff.

Content
2-day NCAT accredited communication skills course.

Experiential course which uses role play and trained actors to simulate the part of patients/carers and colleagues. Enables attendees to increase confidence and be more able to handle difficult conversations with patient’s relatives or colleagues.

• Using communication skills in complex and difficult situations - Participant led agenda
• Interactive exercises and skills practice
• Skills transfer - Theory to practice
Funded QCF Level 3
End of Life Care Units
City & Guilds Accredited

2-day course including completion of a QCF Level 3 written workbook

Cohort 1 Mon 23rd & Mon 30th January 2017
Cohort 2 Thurs 2nd & Thurs 9th March 2017
Cohort 3 May 2017 dates TBC

Target Audience
Free of charge for Care Staff working in Herefordshire.

Content
Attendees successfully completing the workbook will achieve 7 QCF credits at level 3. QCF Unit 301 & 307.

Course Requirements
This course requires completion of a QCF Level 3 written workbook. Some work may need to be undertaken in your own time between Day 1 and Day 2 in order to complete. The end of Day 2 will be the deadline for submission.

- It is important that applicants have the required literacy and comprehension skills as this course requires completion of a QCF Level 3 written workbook.
- Applicants should be able to demonstrate skills at GCSE / Diploma Level 2.
- Literacy and numeracy assessment will be conducted at the beginning of Day 1.
- Some work may need to be undertaken in your own time between Day 1 and Day 2 in order to complete your workbook.

NB - attendees will need to bring their passport or national insurance card on day 1. If you do not have either of these please contact us in advance.

If unsure of course requirements please contact the hospice education team to discuss further before booking a place.
Free End of Life Care Training for Carers

Free of charge for unpaid Family Carers in Herefordshire

Date Tuesday 31st January 2017
Time 10.00 - 14.00
Venue Meeting Centre, Multi Agency Building, Coningsby Road, Leominster

Tea and Coffee provided
(You are welcome to bring your own lunch if you wish)

Target Audience
Free of charge for unpaid Family Carers in Herefordshire

Content
• What kind of support is there in the community or hospital setting, once a carer is faced with this situation?
• How someone might die/What to look for/How to make them more comfortable
• Dealing with loss/grief
• What to do after death
• Continuing health care
• DNACPR (Do not resuscitate)

To reserve a place please contact:

the Education Department at St Michaels Hospice
Tel: 01432 851000   Email: education@st-michaels-hospice.org.uk

or Herefordshire Carers Support
Tel: 01432 356068   Email: help@herefordshirecarerssupport.org
Revalidation for Registered Nurses

2017
Thursday 26th January
10.00 - 12.00

Course Fee £20 including refreshments

Target Audience
RGN’s working in any healthcare setting

Content
- NMC Proposal
- Timelines
- Portfolios
Registered Nursing in the United Kingdom

2017
Thursday 26th January
13.00 - 15.00

Course Fee £20 including refreshments

Target Audience
RNs who have trained outside of the UK, working in any healthcare setting

Content
The role of a Registered Nurse working within the UK carries different responsibilities and levels of accountability as well as different role functions of qualified nurses working in some other countries.

The aim of this workshop is to help attendees identify specific aspects of practice, function and accountability under the Nursing Midwifery Council code of conduct.
Conference Facilities

Our education centre conference facilities are available for hire and are fully equipped with designated parking, kitchen and a/v kit.

We are able to accommodate groups of all sizes, from small meetings, to full day training courses and conferences. Please contact us to discuss your requirements including whether you require any catering or refreshments provided. See below for catering and refreshment fees.

Price list
Full conference space (seats 60 delegates)
£200.00 per day

Large Room (seats 30+ delegates)
£110.00 per day  £80.00 per half day  £30.00 per hour

Medium Room (seats 20+ delegates)
£70.00 per day  £50.00 per half day  £20.00 per hour

In-Reach Services (with tracking for moving and handling training)
£70.00 per day  £50.00 per half day

Refreshments
Tea, coffee and biscuits - £5.00 per person per day

Organisations who wish to provide their own drinks may use the kitchen facilities by arrangement. Please discuss in advance of your booking.

Buffet lunch fees
Selection 1:
Assorted sandwiches, cake, fresh fruit & beverages  £5.00 per head

Selection 2:
Finger buffet selection – sweet & savoury & beverages  £6.00 per head

Selection 3:
Cold meat, quiche, assorted salad & sweet & beverages  £8.00 per head
Tailor-Made Training

All courses featured in our programme may be deliverable at your workplace.

We are also very happy to develop tailor-made packages to suit the needs of your team on any aspect relevant to palliative care. Fees for tailor made events are negotiated at the time of booking.

Training together as a team on site, either for the whole of or part of a day, even in a lunch hour, after work or on a weekend, can be a rich experience. For some it is also the only practical or logistical solution.

You do not need any special facilities if you are considering out-reach training, we can bring all the equipment we need to conduct the training session. You simply have to have enough room for everyone to sit down and, ideally, a blank wall to use with a projector. Alternatively we can provide a venue.

Please contact a member of the Education Team at the Hospice to discuss.
Booking Information

Course Fees:
Course fees are payable in advance. A cancellation fee will be charged at 75% within 3 weeks of the date of the course (where appropriate fees may be carried forward to future events). Cancellations within 7 working days of the course will be charged in full.

If a substitute is put in place of someone who cannot attend on the day, this may incur an administration cost.

Applications without payment will be treated as a provisional booking. Provisional bookings may be cancelled after two weeks if completed application forms have not been received. Payment by instalments is possible by prior negotiation with the Education Department.

Course fees are kept as low as possible to facilitate attendance by those who are self-funding. Funding support may be available from the following sources: line manager, employer, local “Trust Funds” for GP Practice, ward area. It is the responsibility of the applying student to ensure that funding and study leave is approved and granted.

Discounts:
Discounted fees may be available for pre-registration nursing students or for block bookings of 4 or more individuals from one organisation.

Catering:
All refreshments, including light lunch for full day programmes, are provided within the course fee for freestanding days; this covers individual days or half day workshops only. Module students will be required to support the cost of their own refreshments, but this is at a subsidised rate.

Application Form:
Our application form and news on all other education events are available on our website www.st-michaels-hospice.org.uk/education alternatively you are welcome to call or email us to request a copy.

Further enquiries:
Tel: 01432 851000
Fax: 01432 851022
Email: education@st-michaels-hospice.org.uk

Data Protection Statement
St Michael’s Hospice maintains databases for course management and marketing. Contact details are held and may be used as a basis for a mailing list to promote future courses (this information is not made available to other organisations).