

# St Michael's Hospice

## Education Programme 2018



Palliative and End of Life Care Training

Accredited Modules

Communication Skills

Workshops

Tailor-made Training



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**Courses may be deliverable in your workplace - please contact the Education Department to discuss**

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

Launch Day	Wednesday 05/09/18
Theory Component	Wednesdays 19/09/18 - 14/11/18
Presentations	Wednesday 28/11/18
Clinical Practice Days	3 days by January 2019
Course Fee	£450 Full Course £65 Individual Full days £40 Individual Half days

### Various study paths available

Including the complete module either accredited or unaccredited, or individual sessions as required. See pages 4 - 10 for details of the individual study days. If following the accredited route there is a course registration fee charged by University of Worcester, provisionally £113.

### 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.

- End of life care
- The policy and strategic context of End of Life Care, relevant pathways and frameworks
- Philosophy & principles of palliative care
- Patterns and disease trajectories in life limiting / threatening illness processes
- Managing pain, gastro-intestinal and respiratory symptoms
- Anxiety and depression in palliative care
- Symptom assessment
- Critical reflection on professional practice
- Principles of symptom control
- Body image and sexuality issues
- Clinical emergencies in palliative 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, 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](mailto:d.cook@worc.ac.uk)



# Philosophy & Principles of Palliative Care

Autumn 2018

Wednesday 19th 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



# Symptom Control in Palliative Care - Overview & Principles

Autumn 2018

Wednesday 26th 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



# Gastrointestinal Symptoms in Palliative Care

Autumn 2018

Wednesday 3rd 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



# Clinical Emergencies in Palliative Care

Autumn 2018

Wednesday 17th 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

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



# Respiratory Symptoms in Palliative Care

Autumn 2018

Wednesday 24th 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

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

# Pain in the Palliative Patient



Autumn 2018

Wednesday 7th November

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



# End of Life Care - The Final Phase of Life

Autumn 2018

Wednesday 14th 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?

# Accredited Module

## Palliative and End Of Life Care For People With Non-Malignant Illnesses - Theory & Practice Module

Launch Day	Wednesday 05/02/19
Theory Component	Wednesdays 20/02/19 - 01/05/19
Presentations	Wednesday 15/05/19
Clinical Practice Days	3 days by June 2019
Course Fee	£450 Full Course £65 Individual Full days £40 Individual Half days

### Various study paths available

Including the complete module either accredited or unaccredited, or individual sessions as required. See pages 12 - 21 for details of the individual study days. If following the accredited route there is a course registration fee charged by University of Worcester, provisionally £113.

### 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 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

Accredited by University of Worcester Level 6: 20 CATS points

If HESC3009 is satisfactorily completed together with HESC3089, 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](mailto:d.cook@worc.ac.uk)



# Palliative and End of Life Care Philosophy & Principles in Non-malignant Illness

Spring 2019  
Wednesday 20th 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 2019  
Wednesday 27th February  
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 2019  
Wednesday 6th 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 2019  
Wednesday 13th 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 & Transitional Processes
- Individual Assessment in Cognitive Impairment
- Managing Symptoms
- Maintaining Personhood
- Supporting Families



# Illness & Self Concepts

Spring 2019  
Wednesday 20th 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 2019  
Wednesday 27th 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 2019  
Wednesday 3rd 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 2019  
Wednesday 10th 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 2019  
Wednesday 17th 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 2019  
Wednesday 1st 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



# Verification of Death Workshop

## Including updated National Framework

2018

Thursday 25th October

11.00 - 12.30

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 Update - McKinley T34

2018

Monday 23rd July  
Thursday 25th October

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



# Syringe Driver Training

## Syringe Driver Introduction - McKinley T34

2018

Friday 17th August

09.30 - 13.00

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



# Advanced Communication Skills Training

2018

Wednesday 12th & Thursday 13th September

2019

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

# Practical aspects of care for people who are dying

## for Care Workers

2018

Thursday 22nd November

14.00 - 17.00

Course Fee £40 including refreshments

### Target Audience

Care Workers working for Care Agencies, Nursing Homes and Residential Care Homes

### Content

- Promoting comfort, dignity & compassion.
- Pressure area care
- Bowels
- Pain
- Mouthcare
- Recognising dying
- Sitting with the dying person
- Supporting family members

# Improving End of Life Care



## for Registered Nurses

2018

Tuesday 6th November

09.30 - 14.30

Course Fee £50 including refreshments

### Target Audience

RNs working in any healthcare setting

### Aim

To consider the ways in which we can enhance end of life care for both the dying person and their family & close others

### Content

- Recognition of the transition to dying/identifying the dying person
- Relevant tools and documents  
(inc DNACPR / ReSPECT / Care Plans & Records for end of life care)
- Aspects of communication with the person, their loved ones and colleagues
- Managing symptoms at end of life
- One chance to get it right - exploring the impact of the dying process & death on the family and ourselves

# Training and Conference Facilities

## Room Hire

Our education centre conference facilities are available for hire. 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 any catering or refreshments.

We have direct access from designated parking with dedicated reception, kitchen, accessible w/c. There are no steps to navigate and we have lift access to the main hospice if required. Parking is free of charge.

We have two training rooms to offer each fully equipped with Promethean interactive touchscreens, projectors and bluetooth speakers. These can be combined for use as a conference space. See overleaf for examples of available room layouts.

### **Swan - Large Training Room**

Seating: 30+ delegates in a horseshoe  
50-60 in theatre style rows  
up to 24 around central tables for meetings

£110.00 per day      £80.00 per half day      £30.00 per hour

### **Partridge - Medium Training Room**

Seating: 16+ delegates in a horseshoe  
up to 16 around central tables for meetings

£70.00 per day      £50.00 per half day      £20.00 per hour

### **Full Conference Space**

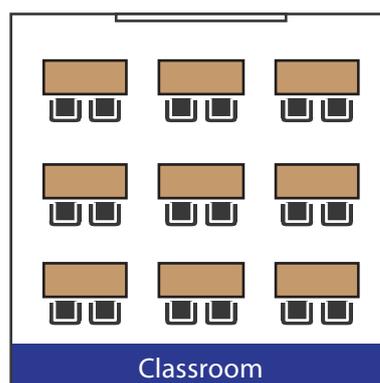
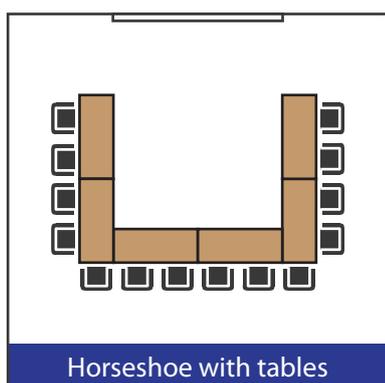
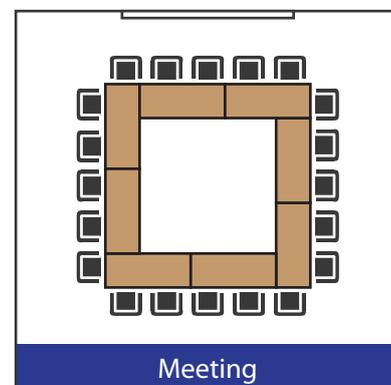
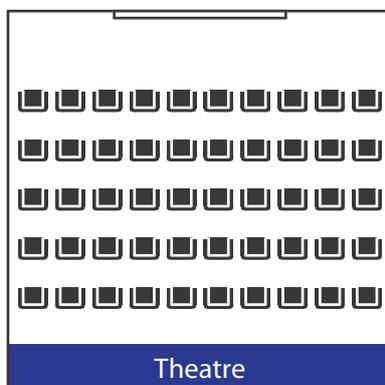
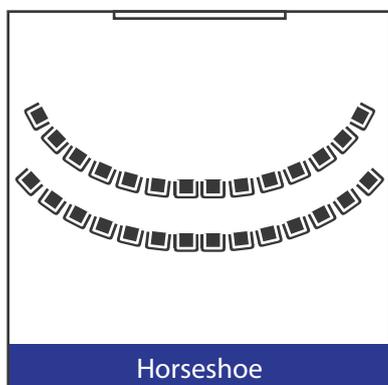
Large space for conferences, displays, events  
Seating: 90+ delegates in theatre style rows

£200.00 per day

# Training and Conference Facilities

## Room Layouts

Examples of room layout. Please contact us to discuss your requirements.



# Training and Conference Facilities

## Catering and Refreshments

The education centre has a kitchen equipped with fridge, microwave, hot water boiler, dishwasher. Groups using the education centre are welcome to use the kitchen and reception area on arrival and for coffee breaks etc.

### Refreshments

See below fees for provision of hot drinks. Organisations who wish to provide their own drinks may use the kitchen facilities by arrangement. Please discuss in advance of your booking.

#### Refreshments

Tea, coffee and biscuits - £5.00 per person per day, or £1.00 per drink

### Catering

The hospice cafe serves a selection of very reasonably priced sandwiches, salads, snacks, cakes and drinks including fresh coffee.

We can provide a buffet lunch if required. Please contact us in advance to discuss numbers and dietary requirements

#### 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 confirmation and payment 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.

## Refreshments:

Refreshments are provided within the course fee where listed, otherwise drinks are available in return for a small donation of £1.00 per drink. Module students will be required to support the cost of their own refreshments, but this is at a subsidised rate. Sandwiches, snacks, salads and drinks are available to purchase from our cafe. The education centre kitchen has a fridge and microwave available if required.

## Application Form:

Our application form and news on all other education events are available on our website [www.st-michaels-hospice.org.uk/education](http://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

**Email:** [education@smhospicehereford.org](mailto:education@smhospicehereford.org)

## 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).



St Michael's Hospice

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