**Palliative Care Education**

**Overview**

Improving the quality of End of Life and Palliative care for all patients is our focus.

To achieve this, we aim to support all staff through providing multiple opportunities for education suitable for all grades.

**There are a number of key educational opportunities which we want to highlight:**

**Palliative Care Study days**

* Study days spread throughout the year covering topics such as symptom control and communication skills.
* See below for more detailed information.

**Electronic Palliative Care Training (e-Pall)** (On-line training covering Priorities of care for the dying person)

* This is a bespoke e-learning package with 5 modules which support the principles of the priorities of care for the dying person.
* This will be available from early 2018 – and we will update this page with details of how to access it at that point.
* See below for more detailed information.

**Communication training**

* *Communication Study Day (One of the 5 Palliative Care Study days)*
  + *Sage & Thyme:* This is a half day accredited foundation level communication course looking specifically at how to communicate with an upset person
  + *Communications half day:* Exploring the theory and practice of communication around end of life
* *ePall Communication module:* A 40 minute module exploring difficult conversations

**Core Level 2 training: Professional Requirement**

* As of January 2018, training in palliative care is a new requirement on the Professional training requirements for some specific staff groups.
  + This will be through completion of the relevant module/s of ePall (e-palliative learning online) (total time approx. 1 hour)

**E-ELCA**

* This is an e-learning module which is more in depth. There are modules on all subjects that relate to palliative and end of life care.
* To access this, go to: <https://www.e-lfh.org.uk/programmes/end-of-life-care/>
* You will need to create a log in user / password and then log in.

**Training according to need**

* The Specialist Palliative Care Team is keen to promote ‘Core Level’ palliative care i.e. the skills and knowledge required by non-specialists to manage non-complex palliative patients.
* We would welcome opportunities to:
  + Have individuals spend time with our team for experience
  + Be invited to your ward or department to provide education to a group on a topic of your choosing
  + Be involved with any education initiative that you are involved with where palliative care input would be relevant and useful
* For more information about this, call: 01384 456 111 (ext 2238)

**External Training**

* There are more educational opportunities for further learning through various sources for example:
  + Compton Hospice [www.compton-hospice.org.uk/education/](http://www.compton-hospice.org.uk/education/)
    - These sessions are provided as part of a West midlands Education Consortium
    - Session details are available on their web site
    - The Majority of these sessions will have a training cost
  + Princess Alice Course (google for details)
  + Symptom Management courses in palliative care (google for details)

**If you would like further information about any of these educational opportunities or if you would like to register your interest on a particular course, then we will try to prioritise you when that course is advertised.**

**You can either email:**

[**Karen.lewis@dgh.nhs.uk**](mailto:Karen.lewis@dgh.nhs.uk) **(Dudley Hospital staff)**

**or** [**michelle.humphries@dgc.nhs.uk**](mailto:michelle.humphries@dgc.nhs.uk) **(community staff)**

**or** [**Andrew.kenwrick@marystevenshospice.co.uk**](mailto:Andrew.kenwrick@marystevenshospice.co.uk) **(Hospice staff)**

**Or call: 01384 456 111 ext 2238 (in hours)**

**Palliative Care Study Days – Training Programme Information Pack for Dudley Economy**

These days are open to all Health Care Professionals from either the acute trust, or from the community and includes sessions for:

* Doctors of all grades
* Registered nurses working in the acute, community, hospice and care home setting
* Allied Health Professionals and Social Workers
* Health Care Assistants / carers working in the acute, community, hospice and care home setting

**Programme:**

|  |  |  |
| --- | --- | --- |
| **Day** | **Subject am** | **Subject pm** |
| Day 1 | **Priorities of Care for the dying person:**  Learning Outcomes:   * How to recognise the dying patient * Consider the need for sensitive communication that a person is dying * Consider how to involve the dying person and those important to them in decisions about their care * Consider individual needs of the dying person and those important to them * How to develop an individual plan of care | **Advance Care Planning (ACP):**  Learning Outcomes:   * Understand the concept of ACP * Consider the impact that ACP can have on the dying person * Understand legalities around ACP * Consider the different types of ACP * Learn how to start an ACP conversation |
| Day 2 | **Symptom Control**  Learning Outcomes:   * Consider core level diagnosis and management of common symptoms at end of life including   + Pain   + Nausea | **Symptom Control**  Learning Outcomes:   * Consider core level diagnosis and management of common symptoms at end of life including   + Agitation   + Secretions   + Breathlessness |
| Day 3 | **Communication – Principles and practice**  Learning Outcomes:   * Consider important principles of communication including   + Preparation for difficult conversation   + Challenges with communication around end of life   + Active listening and exploring techniques   + Dealing with difficult questions   + Providing information   + Documentation | **Communication – Sage & Thyme foundation level communication skills training**  Learning Outcomes:   * Develop confidence in having conversations with upset or distressed people |
| Day 4 | **Palliative Care for non Cancer Patients**  Learning Outcomes:   * Recognising the dying person with life limiting illness other than cancer * Symptom assessment and management * Use of Prognostic indicators | **Palliative Emergencies**  Learning Outcomes:   * Recognition of palliative emergencies * Assessment and management of:   + Metastatic Spinal Cord Compression   + Hypercalcaemia   + SVCO   + Haemorrhage   + Seizures |
| Day 5 | **Spiritual Care / Resilience**  Learning Outcomes:   * Understand the principles of spiritual care in the context of terminal illness * Understand the role of the chaplaincy team and how to recognise patients for whom referral would be beneficial * Understand how to provide basic level spiritual care to all patients and families | **Psychology / Bereavement**  Learning Outcomes:   * Understand principles of psychological care in the context of terminal illness * Understand the role of the psychology team and how to recognise patients for whom referral would be beneficial * Understand how to provide basic level psychological care to all patients and families |

**Registered Nurses:**

* All qualified nurses working in any setting can access all of these sessions.
* It is recommended that all sessions are appropriate to registered nurses.

**Allied health Professionals (AHPs)**

* All AHPs working in any setting can access all of the sessions.
* It is recommended that all sessions are appropriate for AHPs, but the priority should be to attend:
  + Priorities for Care of the dying person / Advance Care planning
  + Communication

**Clinical Support Workers CSWs / Health Care Assistants HCAs (Band 4 and Below)**

* CSWs and HCAs (Band 4 and below) working in any setting can access the sessions recommended below:
  + Priorities of care for the dying person and Advance Care Planning
  + Communication
  + Spiritual care / resilience and Psychology / Bereavement

**Doctors of all grades:**

* Even though these sessions are designed for nursing / AHP professionals, these would be relevant for any doctor wanting to attend.

**To Book a place:**

You will see various **eventbrite** invitations sent round to advertise these events 3 MONTHS before the event.

**Electronic Palliative Care Training (e-Pall)**

This is a bespoke e-learning package with 5 Courses:

**Course 1 – Recognising the dying patient**

Learning Outcomes:

* + - * Challenges in recognising that a person is dying and in their last days or hours
      * Considering the context and background of the patient in determining whether or not the patient may be dying
      * Reversible / treatable causes which may mimic the dying process
      * Common clinical findings which may suggest that the patient is dying
      * The importance of understanding what the patient and the family and those important to them about what is happening, and involving them in discussions
      * How to manage uncertainty and the importance of reassessment

**Course 2 – Communicate**

Learning Outcomes:

* Think about the consequences of poor communication with the patient / family and those important to them
* Consider why good communication is important
* Consider some of the challenges with communicating around death and dying
* Think about some common pitfalls for health care professionals communicating about death and dying
* Consider how to approach a difficult conversation around death and dying
* Consider some common difficult questions asked by patients, families / those important to them, and possible answers to these questions
* Consider the importance of good communication between health care professionals and in particular, how to make a discharge letter GREAT

**Course 3 – Involve**

Learning Outcomes:

* Advance Care Planning
* Discussing Resuscitation
* Capacity to make decisions
* Best interests decision making

**Course 4 – Needs and Support**

Learning Outcomes:

* Individual needs
  + Including Spiritual Care
  + Including Psychological Care
* Decisions around Food and Fluids in the dying patient
* Rationalising Medication
* Treatment Escalation Plan

**Course 5 – Plan and Do**

Learning Outcomes:

* Individualised care
* Anticipatory Medications
* Symptom control for dying patients
* Calling for help and support