

# PALLIATIVE AND END OF LIFE CARE EDUCATION COURSE PROSPECTUS 2017/18

DELIVERED BY:  
THE NORTHAMPTONSHIRE  
END OF LIFE CARE PRACTICE  
DEVELOPMENT TEAM

Working together  
to improve skills,  
behaviour and  
knowledge to  
deliver high  
quality end of life  
care



**MAKING A  
DIFFERENCE  
FOR YOU,  
WITH YOU**

# THE TEAM

The Northamptonshire End of Life Care Practice Development Team was the first hospice education team in the country to be awarded the **Skills for Health Quality Mark**, as an endorsement of the high quality education we offer. We provide high quality, evidence based education and support. All facilitators are highly qualified with the relevant skills and current experience, pertinent to facilitate each specific session. Primarily each session is led by 2 facilitators, as learner safety is paramount to us during the delivery of these potentially emotive subjects.



## AMANDA TAYLOR

**End of Life Care Practice Development Team Leader**

RGN, Dip(Ed), BA (Hons) Palliative Care, Post Graduate Certificate in Practice Education, MSc Health Care Practice

Amanda commenced her career within ITU and general medicine. As a ward sister at Leicester Royal infirmary (LRI) she developed an interest in palliative care and went on to become a Clinical Nurse Specialist (CNS) at the LRI and Kettering General Hospital. After working in New Zealand for a time, Amanda now leads the Practice Development Team and maintains her clinical skills by working as a Community CNS and within the hospice.

## HAYLEY COLE

**End of Life Care Facilitator**

Diploma of Higher Education (RN), BA (Hons) Palliative Care, Post Graduate Diploma in Palliative Care, Certificate in Education and Training

Hayley qualified as a registered nurse in 1999 and commenced work at Cynthia Spencer Hospice in 2001 after some time spent working within an acute surgical ward and ITU step-down unit at Northampton General Hospital. She joined the Practice Development Team in 2012 and continues to maintain her clinical skills through working within the hospice inpatient unit and the Northamptonshire Hospice at Home Team.

## ASSOCIATE FACILITATORS

Our associate facilitators have a wealth of senior nurse experience and currently work in a range of clinical settings within Specialist Palliative Care. They support the Practice Development Team in the delivery of high quality education.

# COMMISSIONED BESPOKE COURSES DESIGNED FOR YOU

The team welcome the opportunity to provide education to suit the needs of individual organisations. Based on your specific requirements we can design and plan bespoke half or full study day workshops; sessions can be held either at Cynthia Spencer Hospice or at your workplace. Alternatively, choose from our list of topics (see pages 2-11) and we can tailor this to meet specific needs, providing you with greater flexibility and choice:-

McKinley T34 syringe driver training	McKinley T34 syringe driver refresher training	The role of the support worker in the management of the syringe driver and end of life medication	Sage and Thyme communication skills training	Practical skills and knowledge workshop
Care in the last days of life – a workshop for support workers	Care in the last days of life – a workshop for Registered Professionals	Nurse revalidation and reflective writing	Introduction to end of life care within the learning disability setting	
Advance Care Planning workshop	5 Priorities for the care of a person who it is thought may die within the next few days or hours	Gold Standards Framework Foundation Level for Care Homes	Gold Standards Framework – full accreditation programme	

Within this commissioning prospectus each session is outlined and the total inclusive session price is stated or cost per learner where applicable. This total price is inclusive of the course advertising, recruitment, administration, venue, refreshments (not meals), resources, and session delivery.

# MCKINLEY T34 SYRINGE DRIVER TRAINING

## SUITABLE FOR

Registered nurses working in health and social care.

This interactive day encompasses both McKinley T34 syringe driver device training and education regarding symptom assessment, management and drug calculations.

## WORKSHOP LEARNING OUTCOMES:

- Have the knowledge and understanding of how the McKinley T34 syringe driver is to be used safely and effectively within the clinical area
- Demonstrate the skills required to safely start up, monitor and close down the device in order to use the T34 McKinley syringe driver effectively in the clinical area
- Demonstrate the importance of communication with regards to the side effects of commonly used drugs and interventions at end of life, including the use of a syringe driver
- Explain the relevance of assessment skills with regards to effective symptom management

- Discuss the importance of non-pharmacological treatments within symptom management
- Apply the concepts of dose titration and calculation to the use of commonly used drugs at the end of life

## COMMISSIONING:

To enable high level supported education this session has a ratio of 1 facilitator to 4 learners. If the learner requires further support, at the end of the session they are invited to work with a facilitator at the hospice to further develop skills. Full day, delivered to a minimum of 4 learners, at £145 per learner.

# MCKINLEY T34 SYRINGE DRIVER REFRESHER TRAINING

## SUITABLE FOR

Registered nurses working in health and social care who have completed the full day McKinley T34 Syringe Driver Training.

This 3 hour session is for Registered Nurses who have completed the full day McKinley T34 syringe driver training and require a refresher to maintain competence.

### WORKSHOP LEARNING OUTCOMES:

- Have the knowledge and understanding of how the McKinley T34 syringe driver is to be used safely and effectively within the clinical area
- Demonstrate the skills required to safely start up, monitor and close down the device in order

to use the T34 McKinley syringe driver effectively in the clinical area

### COMMISSIONING:

This half day session can be delivered to minimum of 4 learners, at £80 per learner.

# THE ROLE OF THE SUPPORT WORKER IN THE MANAGEMENT OF THE SYRINGE DRIVER AND END OF LIFE MEDICATION

This half day session for support workers aims to develop skills and knowledge regarding the management of a syringe driver and end of life medication within the scope of the support workers role.

### WORKSHOP LEARNING OUTCOMES:

- Have an understanding of the importance of ordering end of life medication
- Be familiar with the prescription documentation required in the home for syringe drivers and PRN medication
- Be able to explain the purpose of a syringe driver

- Have an understanding of how to maintain syringe driver infusion sites
- Be able to apply knowledge of commonly used drugs at the end of life to clinical practice

### COMMISSIONING:

This half day session, can be delivered to a minimum of 6 learners at £70 per learner

# SAGE AND THYME COMMUNICATION SKILLS TRAINING

## SUITABLE FOR

Staff working in health and social care.

The practice development team are qualified to teach this nationally recognised Sage and Thyme communication skills training. This model for training health and social care staff, aims to teach the core skills of dealing with people in distress to meet the Level 1 skills requirement – Nice Guidance (2004).

## THE WORKSHOP AIMS TO TEACH PARTICIPANTS TO:

- Recognise psychological distress and give general emotional support
- Communicate honestly and compassionately
- Recognise when they have reached the boundary of their competency

## COMMISSIONING:

Three hour session, facilitated by 3 trainers, to maximum of 20 learners, total inclusive cost £1920.

# PRACTICAL SKILLS AND KNOWLEDGE WORKSHOP

## SUITABLE FOR

Non registered, novice carers working in health and social care; Social care staff (including domiciliary care, day care, residential care).



**This introductory half day workshop is aimed at novice carers wishing to develop skills, knowledge and behaviours of caring for an individual towards the end of their life. The workshop will focus particularly on the practical elements of this care and the theory to support this.**

## WORKSHOP LEARNING OUTCOMES:

- Have an appreciation of the vital role of the carer in end of life care
  - Understand what is meant by the terms “end of life care” and “palliative care”
  - Have an awareness of the importance and the skills required in recognising when a person may be approaching the end of life
  - Have an awareness of advance care planning and ones role within this
  - Explain the importance of dignity, privacy and compassion when caring for a dying person
- and demonstrate key skills required within compassionate communication
  - Have an understanding of ones role within symptom assessment and management towards the end of life
  - Demonstrate the practical elements in line with the 5 priorities for care of the dying person, understanding the theory behind this

## COMMISSIONING:

This half day workshop, can be delivered to a minimum of 6 learners at £70 per learner.

# CARE IN THE LAST DAYS OF LIFE - A WORKSHOP FOR SUPPORT WORKERS



**SUITABLE FOR**  
Support staff working in  
health and social care

Support workers play a vital role in caring for people in the last days of their lives. This one day workshop aims to provide the knowledge and skills to assist staff to fulfil this role with confidence.

## WORKSHOP LEARNING OUTCOMES:

- Have an appreciation of the vital role of the support worker in end of life care
- Understand what is meant by the terms “end of life care” and “palliative care”
- Have an awareness of the importance and have the skills required in recognising when a person is approaching the end of their life, and the tools available to help with this
- Demonstrate an understanding of the importance and principles of advance care planning, shared decision making and the support workers role within this
- Explore the needs of families and others identified as important to the dying person
- Have an understanding of the importance of compassionate communication and the associated skills that can be used in practice
- Explain the support services available
- Have an awareness of the 5 priorities for care of the dying person and their application to practice
- Have an evidence based understanding, knowledge and practical skills as to how to care for a person in the last days of life, including symptom assessment and hydration and nutrition
- Understand the importance of looking after one’s self

## COMMISSIONING:

This full day workshop, can be delivered to a minimum of 6 learners at £120 per learner.

# CARE IN THE LAST DAYS OF LIFE - A WORKSHOP FOR REGISTERED PROFESSIONALS

## SUITABLE FOR

Registered professionals  
working in health and  
social care.

**This session is for Registered Professionals wishing to update their knowledge and skills in key aspects of care of a person in the last days of life. The session is based on the latest evidence from the NICE (2015) guidance for care of dying adults in the last days of life.**

## WORKSHOP LEARNING OUTCOMES:

- Understand what is meant by the terms “end of life care” and “palliative care” and the application to practice
- Understand the importance of recognising when a person is approaching the end of life
- Demonstrate the skills required to apply prognostic indicator tools to clinical practice
- Demonstrate an understanding of the importance, principles and application to practice of advance care planning, shared decision making and do not attempt cardio-pulmonary resuscitation
- Actively explore, respect and meet as far as possible the needs of those important to the dying person
- Understand the importance of compassionate communication and be able to demonstrate the skills required to support this in practice
- Have a working knowledge of the support services available and how to co-ordinate these services in practice
- Plan and offer care in line with the 5 priorities for care of the dying person to support best practice
- Have evidence based understanding, knowledge and skills as to how to care for a person thought to be in the last days of life, including symptom assessment, management and prescribing and the management of hydration and nutrition
- Understand the importance of looking after one’s self and of colleagues

## COMMISSIONING:

This full day workshop, can be delivered to a minimum of 6 learners at £120 per learner.

# NURSE REVALIDATION AND REFLECTIVE WRITING

## SUITABLE FOR

Registered nurses who have revalidation pending but also those who would like to be prepared and collate evidence.



Revalidation with the Nursing and Midwifery Council (NMC) can seem a daunting task. This highly interactive, skill building workshop will enable nurses to confidently and competently fulfil the requirements and process of revalidation.

## WORKSHOP LEARNING OUTCOMES:

- Explain the 4 key domains of the NMC Code of Conduct (2015) and link them to revalidation
- Have a full understanding of revalidation requirements and the associated process
- Understand the purpose of reflective writing, its relevance to practice and have a working knowledge of a selection of models of reflection

## COMMISSIONING:

This half day session, can be delivered to a minimum of 6 learners at £70 per learner.

# INTRODUCTION TO END OF LIFE CARE WITHIN THE LEARNING DISABILITY SETTING

## SUITABLE FOR

Health and social care staff working within the learning disability setting.



This introduction to end of life care is for care staff wishing to increase their knowledge and skills in key aspects of end of life care, specifically within the learning disability setting.

## WORKSHOP LEARNING OUTCOMES:

- Explore the context and meaning of 'end of life care' and 'palliative care'
- Discuss the principles of Advance Care Planning and consider its use in practice
- Consider holistic assessment and symptom management as end of life approaches
- Discuss the importance of sensitive, compassionate communication
- Explore one's professional role, and the roles played by other services
- Discuss care planning in line with the 5 priorities for care of the dying person

## COMMISSIONING:

This half day session, can be delivered to a minimum of 6 learners at £70 per learner.

# ADVANCE CARE PLANNING WORKSHOP



## SUITABLE FOR

Staff working in health and social care.

Advance Care Planning (ACP) is seen as a key enabler to achieving high quality end of life care. It can give people the opportunity to plan for their future care. Planning in advance can help guide others to make the best decisions about a person's care, if the person loses mental capacity, or can no longer communicate.

As ACP use increases it is imperative that we have the knowledge and skills to facilitate an individual's end of life wishes, therefore we are pleased to offer this practically focused ACP education.

## WORKSHOP LEARNING OUTCOMES:

- Have an understanding of the background and context of ACP, and of the Northamptonshire ACP booklet
- Define the principles of ACP under the terms of the Mental Capacity Act (2005)
- Explain the importance of one's role in the ACP process

- Demonstrate the communication skills required in order to help initiate ACP

## COMMISSIONING

This half day session, can be delivered to a minimum of 6 learners at £70 per learner.

# 5 PRIORITIES FOR THE CARE OF A PERSON WHO IT IS THOUGHT MAY DIE WITHIN THE NEXT FEW DAYS OR HOURS

## SUITABLE FOR

Staff working in health and social care.

This session has been developed in response to the withdrawal of the Liverpool Care Pathway and the publication of the 'One chance to get it right - Improving peoples experience of care in the last few days and hours of life' document (LACDP, 2014); within this 5 priorities for care have been developed nationally.

### WORKSHOP LEARNING OUTCOMES:

- Explore the 5 Priorities for Care and the organisation's use and application to practice.

### COMMISSIONING:

This half day session, can be delivered to a minimum of 6 learners at £70 per learner.

# GOLD STANDARDS FRAMEWORK FOUNDATION LEVEL FOR CARE HOMES



**SUITABLE FOR**

Care Homes in  
Northamptonshire

This 9 month Gold Standards Framework programme enables care homes to take the first manageable steps to understand and implement the principles of the nationally recognised Gold Standards Framework (GSF), leading to a Certificate of Completion.

## EVERY HOME THAT ACHIEVES GSF FOUNDATION LEVEL WILL BE ABLE TO CONFIDENTLY STATE THAT:

- Every person in the last year of life is identified
- The person has a person centred assessment using appropriate clinical assessment tools, a pro-active plan of care negotiated and shared with GP
- The person has the opportunity to discuss ACP
- There is GP collaboration regarding ACP, anticipatory prescribing, DNACPR and informing out of hours

- There are measures in place to reduce avoidable hospital admissions
- People in the last days of life have an individualised, person centred care plan

## COMMISSIONING:

This programme is heavily facilitated by the local Practice Development Team and is supported by the National GSF team, this includes: 4 full day workshops and individual support and facilitation to participating homes.

Total inclusive cost per care home for this 9 month programme £995. A minimum of 6 and a maximum of 10 care homes per cohort would be accepted.

# GOLD STANDARDS FRAMEWORK - FULL ACCREDITATION PROGRAMME



On completing the Gold Standards Framework Foundation Level for Care Homes, the homes may choose to progress to the fully accredited programme. The demand for this programme is ongoing and costs are individually negotiated in collaboration with the National GSF team (please discuss costings with the Practice Development Team).

The team welcome the opportunity to provide education to suit the needs of individual organisations. We can design and plan bespoke workshops, or you can choose from the courses within this prospectus.

Please contact us with any questions:



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**Cynthia Spencer Hospice**  
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Foundation Trust

If you require this leaflet in other formats or languages please contact PALS: 0800 917 8504

এই লফিলটেটটি যদি আপনার অন্য কোনো ফরম্যাটে বা ভাষায় প্রয়োজন হয়, তবে অনুগ্রহ করে 0800 917 8504 নম্বরে পালস এর সাথে যোগাযোগ করুন

Jeżeli sę Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub języku,

prosimy o kontakt z PALS pod numerem telefonu 0800 917 8504.

Dacă aveți nevoie de acest prospect în alte formate sau limbi, vă rugăm să contactați PALS: 0800 917 8504

Если Вы хотели бы получить данную брошюру на другом языке или в другом формате, просим обращаться в PALS (Информационная служба для пациентов) по 0800 917 8504.

Inspected and rated

Good

