



March 2023
Newsletter



NHS
Northamptonshire Healthcare
NHS Foundation Trust

End of Life Care Practice Development Team

Our aim is to share information & inform you of our education sessions



Welcome to this edition of the End of Life Practice Development Teams newsletter. Over the past few months we were able to offer our courses free due to Health Education England funding. Unfortunately, this has come to an end and we have to now charge. We hope you can find the information within this newsletter to support your learning needs; however we are always open to developing bespoke sessions for organisations – please make contact with us to discuss this if we can help.

Dr Kathryn Mannix, retired Consultant in Palliative Care, recently offered some words of wisdom regarding Terminal Agitation that can be summarised as:

'There are so many causes of agitation, but often the same solutions:

- *Calm, quiet, smiling care from familiar people.*
- *Check for missed medications.*
- *Check for discomfort.*

Only use sedatives if the person is distressed- many muddled people aren't distressed, even though their loved ones are disconcerted by the changes in them.'

For Dr Mannix's full insights, please search 'Dr Kathryn Mannix – Terminal Agitation'.

T34 Syringe Pump Training for Registered Nurses



Syringe pump training is still being delivered face to face within individual care homes following current guidelines. Please contact us to discuss this.

We have Face 2 Face training days planned for **Tuesday 23rd May and Thursday 28th September 2023** at Cynthia Spencer Hospice, where we will hold a refresher (£80 per learner) and a full day workshop (£145 per learner).

Please contact us to discuss your learning requirements and book a place on one of these dates.

SAGE & THYME Foundation Level Communication Skills workshop teaches:

- A memorable structured approach for getting into and out of a conversation
- How to empower patients/carers who are worried or distressed
- Communication skills that are evidence based



- ❖ **Wednesday 27th September 2023 – 1.30-4pm Via MS Teams**
- ❖ **Thursday 14th December 2023 – 1-4pm Face to Face**
Face to face sessions at Cynthia Spencer Hospice

This is a nationally
recognised workshop
charged at £90 per person

ADVANCE CARE PLANNING (ACP)

ACP enables people to consider their wishes and preferences and plan for a time when they may no longer be able to speak for themselves. As the use of ACP increases it is imperative that we develop our knowledge and skills to facilitate this.

We are pleased to offer ACP education which includes the principles and legalities of ACP and the associated communication skills.



- Thursday 29th June 2023 10am-12 Noon
This session will be via MS Teams
- Wednesday 6th December 2023 2-4pm
Face to face Session at Cynthia Spencer Hospice

Workshop charged at £45.00
per person

End of Life Care Link Group

This group has free membership from health and social care organisations across Northamptonshire, who have a particular interest in End of Life Care; if you would like to join this group, please email eolceducation@nhft.nhs.uk.

- Wednesday 12th July 2023 – 2.30-3.30pm via MS Teams
- Wednesday 13th December 2023 – 2.30-3.30pm via MS Teams

Evidence Based Care in the Last Days of life for Support Workers

This interactive workshop offers evidence based education & simulated learning for support workers across health & social care providers. It focuses on the key recommendations for care in the last days of life raised in National and local policy and guidance. Topics include communication, advance care planning, symptom management, the role of the support worker and the practical elements of caring for a person in the last days of life.

- **Thursday 13th July 2023**
- **Thursday 12th October 2023**

Both workshops will be 9am – 1pm and Face
to Face at Cynthia Spencer Hospice
and are charged at £80 per person

Enhanced Communication Skills Workshop

We are excited to offer further dates on this course that has been developed in collaboration with the internationally recognised Maguire Communication Skills Training Unit. This one day enhanced level communication skills course is for Registered Professionals who have already completed SAGE & THYME Communication Skills and covers key communication skills and behaviours, within an evidence based structure 'ENGAGE'.

- ❖ **Thursday 27th April 2023**
- ❖ **Thursday 11th May 2023**
- ❖ **Thursday 10th August 2023**
- ❖ **Friday 10th November 2023**

Both workshops are 9am – 4pm and will be
Face to Face at Cynthia Spencer Hospice
£120 per person

'Care towards the end of life'

A short course for Newly Registered Nurses

This short course will be partly depicted by the learning needs of the participants, but will include increasing foundation knowledge regarding:

- **Prognostication** – proactive identification of people coming towards the end of their life
- **Advance care planning** – principles of ACP, national policy and legislation, how to implement and associated communication skills
- **Symptom management** – assessment, management of key symptoms in last days, anticipatory prescribing, and communication regarding symptoms
- **Priorities for care of the dying person** - considering the national 5 priorities for care of the dying person and the application to practice
- **End of life care services** – available across Northamptonshire
- **Resilience** – caring for one's self



Workshop 1 will be Face 2 Face from 9am – 4.30pm. Workshops 2 - 6 will be held 1-4pm via MS Teams, dates are:

- Workshop 1- Thursday 7th September 2023
- Workshop 2 - Thursday 21st September 2023
- Workshop 3 – Thursday 5th October 2023
- Workshop 4 – Thursday 19th October 2023
- Workshop 5 – Thursday 2nd November 2023
- Celebration & Sustainability Workshop - Thursday 16th November 2023

The total cost to attend this course is £330 and also includes a place on the SAGE & THYME Communication Skills Workshop.

"I absolutely loved this course, and I would and do recommend it to everyone on my team you learn so much and it is so helpful for practice. The course really does help build your confidence with patients when asking tricky questions or conversations."

Community Nurse – 2022

Care of dying adults in the last days of life for Registered Healthcare Professionals

These workshops offer an opportunity to consider evidence-based End of Life Care; Learners will be registered healthcare professionals from across health and social care providers. Four, two hour workshops will focus on the following key theme including; prognostication, haematological picture in the deteriorating patient, advance care planning, symptom assessment and management, decision making regarding clinically assisted hydration and nutrition and exploring grief and bereavement.

- ❖ Wednesday 4th October 2023
- ❖ Wednesday 18th October 2023 (F2F workshop)
- ❖ Wednesday 1st November 2023
- ❖ Wednesday 15th November 2023

Total cost to attend these 4 x 2 hour workshops is £180.

All webinars, apart from 18th October which will be face to face, will run via MS Teams 2.30 - 4.30pm

"Great refresher and gained new knowledge, feel more confident in caring for the palliative and EOL patients. Empowered to advocate for my patients to challenge and ask questions of GP and to support them in EOL prescribing. "

Registered Nurse 2022

Please note that where sessions are free, non-attendance without 72 hours prior notification will be charged for and we will invoice your organisation. To check availability and book your place via our booking form, please contact [03000 271300](tel:03000271300) or email eolceducation@nhft.nhs.uk. Places will only be reserved for 7 days from point of enquiry. Without receipt of completed booking form and invoicing details, reserved places will be released.

We continue to be commissioned by individual organisations to deliver education to suit their particular learning needs, if this is of interest, please contact us for a copy of our course prospectus.

If you require further support or have additional learning needs
the team will endeavour to offer you support.

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remove you from our distribution list.



Quality Mark 

