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Welcome to Strathcarron Hospice Education Centre Spring 2010 programme of study days and shorts courses. The centre aims to enable health and social care practitioners to provide high quality palliative care to all those in need through a high standard of education, commitment and support to life long learning related to Palliative Care. Strathcarron Hospice Education Centre has one full time and three part time lecturers and an education administrator. All lecturers have a varied background in palliative care before moving into education. In addition to experienced education lecturers, courses regularly include input from members of the clinical team at Strathcarron Hospice as well as external speakers with a wide range of expertise.

In addition to our planned programme we are able to work with a diverse range of groups and organisations that may require palliative care education/training. We welcome specific requests for tailor made study days or courses which we can develop and deliver to meet the needs of the specific group or organisation.

## **EDUCATION DEPARTMENT TEAM PROFILES**

### **DR ERNA HARALDSDOTTIR – HEAD OF DEPARTMENT**

Having trained as a nurse in Iceland in the 1980s, the major part of Erna's nursing career has been in palliative care in community and hospital settings. She has wide experience of teaching health care practitioners in palliative care issues. Erna was instrumental in setting up the first palliative care team at the Icelandic National Hospital and helped to establish the first in-patient hospice in Iceland. She has a Masters degree in nursing from the University of Edinburgh and has just completed her PhD, how the phenomenon of "being with" appears in palliative care nurses' day to day practice at a hospice in Scotland. Her current main interests are in reflective clinical practice, clinical supervision and spiritual issues in palliative care.

### **ELAINE MCMANUS—LECTURER**

Elaine joined the team in 1997 following a Masters Degree in nursing at Glasgow University and experience in under-graduate and continuing nurse education at Bell College. Her background is in general nursing, midwifery and community nursing. Elaine's substantial community nursing experience has proved an excellent foundation for working with primary care groups. Her current main interests include experiential teaching and learning, symptom management, communication and palliative care in non-malignant disease.

## **JACKIE HIGGINS—LECTURER**

Jackie joined the department in September 2005. Having worked as a Staff Nurse in Strathcarron Hospice's in-patient unit since 1999. Nursing experience prior to this included ten years in mental health, care of the elderly and general nursing. Jackie has a BSc in Social Science / Nursing and an MSc in Nursing from Edinburgh University (1997). She completed a Post-Graduate Diploma in Palliative Care in 2002 and Post Graduate certificate in Professional Education 2009. Jackie's interests include communication and counselling, psychosocial issues, symptom management and ethics.

## **PAM CLARK—LECTURER**

After graduating from Glasgow Caledonian University with an Honours degree in Nursing Studies, Pam spent the first two years of her career working in intensive care before moving her interests to renal nursing. It was in 2003, while studying for an MSc in Health Care at the University of Glasgow that Pam joined the team at Strathcarron Hospice. Initially she worked as a Staff Nurse within the in-patient unit until more recently gaining valuable experience as a Clinical Nurse Specialist in Palliative Care with the Hospice community team. Pam is the newest member of the education team, joining in November 2006. Her areas of interest include bereavement and loss, spirituality and psychosocial needs of patients and staff within palliative care.

## **CATHERINE HAGGERTY**

Our department is supported by an administrator, Catherine Haggerty. Please feel free to contact Catherine for further information about any course.

**Tel: 01324 826222 email: [catherine.haggerty@gp25614.forth-hb.scot.nhs.uk](mailto:catherine.haggerty@gp25614.forth-hb.scot.nhs.uk)**

## Lunch and Learn Workshops

### NEW FOR 2010!

These monthly lunchtime sessions are designed to offer those working in the community the opportunity to attend a short education session over lunch. Opportunity will thus be provided to revise, refresh or revisit relevant topics related to palliative care.

<b>Dates:</b>	<b>15th January 2010</b>	<b>Depression in Palliative Care</b>
	<b>25th February 2010</b>	<b>Neuropathic Pain in Palliative Care</b>
	<b>22nd April 2010</b>	<b>Complementary Therapies – The Use of Touch to promote comfort and care</b>
	<b>3rd June 2010</b>	<b>Wound Management in Lymphoedema</b>

**Time:** 12.45pm – 2.15pm

**Venue:** Strathcarron Hospice

**Cost:** FREE. Lunch will be provided – Funded by NAPP  
Pharmaceuticals Ltd

### Facilitators:

Jackie Higgins, Lecturer in Palliative Care, Strathcarron Hospice

Pam Clark, Lecturer in Palliative Care, Strathcarron Hospice

Members of the Hospice Multi Disciplinary Team

### Ideal for:

Trained health care professionals working in both the community and acute sector providing care and support to those with palliative care needs.

**Participants must complete an application form**

## Introductory Hospice Visit

Strathcarron Hospice is the leading provider of specialist palliative care across Forth Valley, Cumbernauld and Kilsyth. Over time the services provided have adapted and developed in response to the changing needs of this population. We offer these afternoon sessions to any professional or student with an interest in finding out more about the on-going work of the Hospice, whether you are new to practice or just need a refresher. These informal sessions offer plenty of opportunity for discussion, with representation from day care, home care as well as an opportunity to tour our facilities first hand.

In addition to representation from our day care, ward and community team each session will highlight one specific aspect of our multi professional approach to care as follows:

<b>Dates:</b>	<b>28th January 2010</b>	<b>Lymphoedema Team</b>
	<b>25th February 2010</b>	<b>Complementary Therapist</b>
	<b>25th March 2010</b>	<b>Social Worker</b>
	<b>28th April 2010</b>	<b>Occupational Therapist</b>
	<b>27th May 2010</b>	<b>Physiotherapist</b>
	<b>24th June 2010</b>	<b>Chaplain</b>

**Time:** 1.30pm – 4.30pm  
**Venue:** Strathcarron Hospice  
**Cost:** FREE

### Facilitators:

Pam Clark, Lecturer in Palliative Care, Strathcarron Hospice  
Members of Multi Disciplinary Team from Day Care, Ward and Community Clinical Nurse Specialist Team

### Ideal for:

Multi-professionals and students from all disciplines.

## Trouble Shooting in Palliative Care (CPD Point Pending)

Symptom management in palliative care is increasingly complex with a high demand for expertise in the general health care setting. These afternoon sessions will be focused around various topics related to clinical challenges in palliative care. Case studies from practice will be used to stimulate dialogue around difficult clinical decision making that will highlight the latest evidence base in symptom management including spiritual and psychosocial issues.

### **Dates:**

<b>1st February 2010</b>	<b>Nausea and vomiting: Can it always be controlled?</b>
<b>29th March 2010</b>	<b>Pain management: Which Opioids when?</b>
<b>10th May 2010</b>	<b>Facing death: How can we maintain hope?</b>

<b>Time:</b>	<b>2.00pm – 4.00pm</b>
<b>Venue:</b>	<b>Strathcarron Hospice</b>
<b>Cost:</b>	<b>£20.00</b>

### **Facilitators:**

Dr Fiona Downs, Specialist Palliative Care Medical Consultant , Strathcarron Hospice.

Dr Erna Haraldsdottir, Head of Education, Strathcarron Hospice

### **Ideal for:**

Health care professionals working in primary and acute care.

## **Palliative Care for People with COPD, Heart Failure and Renal Failure (CPD Point Pending)**

### **NEW FOR 2010!**

This series of non-malignant study days aims to stimulate dialogue and the sharing of good practice in relation to promoting quality palliative care for this client group. The content will;

- Examine the different illness trajectories illustrating changing palliative and end of life care needs for people with COPD, Heart Failure and Renal Failure
- Explore the use of prognostic indicators to aid assessment/review of care planning during deterioration in the final year of life and in the dying phase
- Discuss end of life approaches to complex symptom management and other care issues
- Increase understanding of the range of psychosocial issues affecting patients with particular emphasis on Advance Care Planning - withholding treatment, DNAR, preferred place of care/death

#### **Dates:**

**8th February 2010**

**27th April 2010**

**7th June 2010**

**Time:**

**Venue:**

**Cost:**

**Palliative Care in Renal Failure**

**Palliative Care in COPD**

**Palliative Care in Heart Failure**

**9.30am – 4.30pm**

**Strathcarron Hospice**

**£70.00**

**Attend one study day and receive 25% discount on another in this series**

#### **Facilitators:**

Dr Angela Bentley, Consultant in Palliative Medicine, Strathcarron Hospice.

Elaine McManus, Lecturer in Palliative Care, Strathcarron Hospice.

Jackie Higgins, Lecturer in Palliative Care, Strathcarron Hospice.

Other expert speakers in Cardiology, Respiratory and Renal specialties will contribute to this series

#### **Ideal for:**

Ideal for a range of multi-professionals providing supportive and specialist palliative care.

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## Is it Lymphoedema? Is it Chronic Oedema? What is the Difference?

### NEW FOR 2010!

Distinguishing between different types of Oedema and determining the most likely cause(s) is a common dilemma for practitioners. Is the cause venous? Is it secondary to Cancer? Is it Primary Lymphoedema? Who do I refer to?

- This interesting workshop will allow you to explore these dilemmas and draw on expertise from guest speakers including: Tissue Viability, Vascular specialties and Specialists in Lymphoedema Management
- There will be an opportunity to practice gentle and palliative bandaging and you will be introduced to a wide range of appropriate hosiery/garments. Challenges in preventing skin complications and managing common wound care problems will also be addressed
- Enabling a self-care approach for patients with Lymphoedema is an important theme of this workshop

**Dates:** 11th February 2010  
**Time:** 1.30pm – 4.30pm  
**Venue:** Strathcarron Hospice  
**Cost:** £30.00

### Facilitators:

Margaret Anne Garner, Lymphoedema Specialist, Strathcarron Hospice  
Yolande Borthwick, Lymphoedema Specialist, Strathcarron Hospice  
Lorraine Wright, Tissue Viability Nurse Specialist, Bonnybridge Hospital  
Vascular Nurse Specialist, to be confirmed

### Ideal for:

Anyone who encounters Oedema in the course of their practice including AHP's and Nurse Specialists in generalist/acute care settings.

**Places are limited to 16 due to the practical emphasis of this workshop.**

## Introduction to Use of McKinley Syringe Pumps in Palliative Care

This half study day aims to introduce registered nurses within a care home environment to the use of the McKinley syringe pump. Learning outcomes include:

- Discuss indications and rationale for use of syringe pump in palliative care
- Discuss advantages/disadvantages and potential risk factors involved in use of syringe pump
- Demonstrate awareness of the process in initiating and maintaining syringe pump
- Demonstrate increased awareness of commonly used drugs in syringe pump
- Discuss the nurse's role in documenting and reviewing a patient with syringe pump
- Practice setting up McKinley syringe pump in a non clinical environment

**Dates:** 23rd February 2010, repeated 8th June 2010

**Time:** 1.30pm – 4.30pm

**Venue:** Strathcarron Hospice

**Cost:** £30.00

### Facilitator:

Lesley Ferguson, Ward Manager, Strathcarron Hospice

Jackie Higgins, Lecturer in Palliative Care, Strathcarron Hospice

### Ideal for:

Registered Nurses within a care home environment.

## **Practical Interventions with the Breathless Patient**

### **NEW FOR 2010!**

This afternoon session is ideal for anyone working with individuals experiencing Dyspnoea due to a long term condition who wishes to improve their understanding and interaction with this client group. Time will be dedicated to explore the reality of living with Dyspnoea, pharmacological and non pharmacological interventions and the role of relaxation and complementary therapies in alleviating distress and promoting self management.

**Dates:** 4th March 2010  
**Time:** 1.30pm – 4.30pm  
**Venue:** Strathcarron Hospice  
**Cost:** £30.00

### **Facilitators:**

Pam Clark, Lecturer in Palliative Care, Strathcarron Hospice

Jenny Gilbert, Complementary Therapist, Strathcarron Hospice

Jean Gow, Specialist Physiotherapist, Strathcarron Hospice

Janice Christie, Community CNS, Strathcarron Hospice

### **Ideal for:**

Nurses, Physiotherapists, Occupational Therapists working in acute, primary care, care home or palliative care settings.

## Exploring Base Products to Enhance Essential Oil Efficacy

### NEW FOR 2010!

This two day class is designed for aromatherapists wishing to extend their use of base products for a range of essential oil applications. With both theoretical and practical content, the relevance of choosing the right base for a particular application becomes apparent over the two day period. The therapist will gain increased knowledge, experience and confidence in using a range of bases including hydrolats, fixed oils, infused oils, gel, cream, ointment, honey and clay.

Comprehensive documentation will be provided.

Topics include:

- Recognising how different bases can influence the therapeutic activity of essential oils
- Using bases as either neutral carriers or active agents
- Understanding basic chemistry of fixed oils, hydrolats and other bases such as honey and aloe vera
- Examining profiles of 10 hydrolats and 10 fixed/macerated oils
- Selecting the right base (oil, cream, gel, ointment, clay) for a particular indication
- Incorporating other actives (essential oils/herbs/tinctures) into the base preparation

- Preparing the base; ensuring consistency, stability and efficacy
- Adding essential oils to different base types: guidelines on preparation and dose
- Questioning emulsifiers, humectants and preservatives: their advantages and disadvantages
- Debating organic cold pressed or refined fixed oils: advantages and disadvantages

**Dates:** 13th & 14th March 2010

**Time:** 1.30pm – 4.30pm

**Venue:** Strathcarron Hospice

**Cost:** £180.00

**Facilitators:**

Rhiannon Harris, Essential Oil Resource Consultant and Clinical Aromatherapist

**Ideal for:**

Aromatherapists

## Living and Dying with Dementia

A palliative care approach for people with dementia is from diagnosis to end of life. Palliative care aims to promote a quality of life for people who have a life limiting illness. It can be delivered as the main focus of care by providing pain and symptom relief, spiritual and psychosocial support.

**Dates:** 18th March 2010  
**Time:** 9.30pm – 4.30pm  
**Venue:** Iris Murdoch Building, University of Stirling  
**Cost:** To be confirmed

### Facilitators:

Shirley Law, RMN and Project Manager for Best Practice Project  
Elaine McManus, Lecturer in Palliative Care, Strathcarron Hospice  
Jackie Higgins, Lecturer in Palliative Care, Strathcarron Hospice

### Ideal for:

Doctors, Nurses, Social Workers, Allied Health Professionals, professionally quality care home staff and managers as well as those who commission and inspect services. This is an ideal opportunity to update on the issues and to become aware of best practice initiatives.

**To book a place and for further information please contact**  
**[www.dementia.stir.ac.uk](http://www.dementia.stir.ac.uk)**  
**Tel: 01786 467740**

## **Palliative Care in the Care Home Setting Link Nurse in Palliative Care**

This is a 3 day course that has been designed and developed for RGNs with a specialist interest in developing the palliative care approach within the care home setting. Evidence show that the course supports the establishment of link nurses within the care home environment that influences and develops practice.

Course content will cover all aspects of symptom control and end of life care for people with cancer, dementia and other long term conditions including communication, spiritual and psychosocial issues with specific focus on the nursing care environment. Emphasis will be made on enabling participants to cascade their knowledge within the care home setting based on the course.

**Dates:** 29th April, 30th April & 14th May 2010  
**Time:** 9.30pm – 4.30pm  
**Venue:** Strathcarron Hospice  
**Cost:** £200.00

### **Facilitators:**

Jackie Higgins, Lecturer in Palliative Care, Strathcarron Hospice  
Pam Clark, Lecturer in Palliative Care, Strathcarron Hospice  
Clinical Nurse Specialists in Palliative Care, Strathcarron Hospice  
Members of multi disciplinary team

### **Ideal for:**

RGNs working in care homes.

## Spiritual Care Course

### Who are you? Who am I? How do I care for you?

This two day course has been developed in response to increasing emphasis on spiritual care as part of health care delivery. It will address core skills and attitudes that are important for the provision of spiritual care, increasing participant self-awareness and their understanding of their role in provision of spiritual care. The course is based on principles of experiential learning with interactive exercises and involvement from delegates.

**Dates:** 29th April & 6th May 2010

**Time:** 9.30am – 4.30pm

**Venue:** Strathcarron Hospice

**Cost:** £90 for health care professionals within Forth Valley  
and North Lanarkshire  
£150 for health care professional's outwith Forth Valley

#### Facilitators:

Dr Erna Haraldsdottir, Head of Education, Strathcarron Hospice  
Marjory Collin, Head of Spiritual Care NHS Forth Valley

#### Ideal for:

All health care professionals with interest in developing their skills in delivering spiritual care to patients and their families.

## Exploring Book Making as a Journal Memoir and Gift

### NEW FOR 2010!

The benefit of dialogue and storytelling is well established within palliative care. This workshop will look at a range of examples of handmade books in various formats that will enhance the process of reflection for patients and enable them to transfer these into a memory book or a personal journal. Course participants will be encouraged to explore the creative possibilities through discussion and hands on book making. No previous experience of book making is required!

**Dates:** 7th May 2010  
**Time:** 9.30am – 4.30pm  
**Venue:** Strathcarron Hospice  
**Cost:** £30.00 (subsidised by Task Funding)

### Facilitators:

Carol Marples, Artist and Founder of Soul Mark Trust  
Dr Erna Haraldsdottir, Head of Education, Strathcarron Hospice

### Ideal for:

Health and social care professionals interested in developing their ability to enhance patients' personal reflection.

## **Allied Health Professionals Study Day Providing Supportive Care for Women Living with Breast Cancer**

**Are you an Allied Health Professional working with women with breast cancer?**

**Would you like to enhance your knowledge and understanding?**

This one day course aims to increase insight and understanding of pathology, diagnosis and treatment of breast cancer, together with self care. Specific consideration will be given to the management of lymphoedema and the implications on body image for patients and families.

**Dates:** 12th May 2010  
**Time:** 9.30am – 4.30pm  
**Venue:** Strathcarron Hospice  
**Cost:** £70.00

### **Facilitators:**

Fiona Fraser, Occupational Therapist, Strathcarron Hospice  
Jean Gow, Specialist Physiotherapist, Strathcarron Hospice  
Other speakers to be announced including Breast Specialist

### **Ideal for:**

Physiotherapist, Occupational Therapist, Speech Therapists, Dieticians, Pharmacists, and other AHPs.

## **“Please sir, can I have some more?” Nutrition and Palliative Care**

Due to the success of last year’s course Strathcarron Hospice are delighted to announce another Nutrition and Palliative Care study day.

Participants will have the opportunity to increase their knowledge on some of the factors that can affect dietary intake, explore barriers to effective nutrition and strategies to overcome this. One of the most highly valued elements of this course was the opportunity to network with others in a similar field and so this will also be imbedded within the day as well as showcasing some examples of good practice currently active within the UK.

<b>Dates:</b>	<b>13th May 2010</b>
<b>Time:</b>	<b>9.30am – 4.30pm</b>
<b>Venue:</b>	<b>Strathcarron Hospice</b>
<b>Cost:</b>	<b>£70.00</b>

### **Facilitators:**

Pam Clark, Lecturer in Palliative Care, Strathcarron Hospice

External speakers will include Macmillan Specialist Dietician, Speech and Language Therapist

### **Ideal for:**

Cooks, Kitchen Staff, domestic staff, care assistants, nurses, dieticians and anyone else responsible for the delivery of food to patients with specialist palliative care needs in acute, community or hospice settings.

## **Clinical Supervision Enhancing Clinical Effectiveness through Guided Reflection**

### **NEW FOR 2010!**

This study day will explore the process of reflection embedded in the context of clinical supervision. The course leader is Professor Christopher Johns, who has researched and written extensively on clinical supervision and reflective practice, and practices clinical supervision across diverse health care settings. The course will provide an evidence based model for structured group supervision.

**Dates:** 17th & 18th May 2010  
**Time:** 9.30am – 4.30pm  
**Venue:** Strathcarron Hospice  
**Cost:** £150.00

### **Facilitators:**

Professor Christopher Johns, University of Bedfordshire

### **Ideal for:**

Health and social care professionals interested in developing their ability to provide clinical supervision.

## Family Study Day

Evidence suggests there are substantial gaps in the provision of supportive care for families and this stimulating study day aims to explore the complexities of family care, with a particular focus on:

- Gaining a deeper understanding of family dynamics and functioning and how this changes in the face of advanced progressive illness
- Examining approaches to family assessment including how to use genograms more effectively
- Discussing how we can identify families who may be at risk of psychological morbidity in their adjustment process
- Exploring the role of family therapists in promoting adaptive coping mechanisms and how to access a range of family services

The day will be facilitated by senior researchers, family therapists and experienced practitioners in palliative care. Experiential learning methods will include use of Sculpting, Clinical interview analysis and Case studies.

**Dates:** 25th May 2010  
**Time:** 9.30am – 4.30pm  
**Venue:** Strathcarron Hospice  
**Cost:** £70.00

### Facilitators:

Dr Liz Forbat, Senior Researcher, Cancer Care Research Centre, University of Stirling and Family Therapist (Clinical Psychologist)  
Elaine McManus, Lecturer in Palliative Care, Strathcarron Hospice

### Ideal for:

A range of multi-professionals supporting families in community services, hospices, care homes and community hospitals.

## **Palliative Care and People with Learning Disabilities**

### **NEW FOR 2010!**

This aim of this study day is to increase awareness of palliative care issues for those health care professionals who work with learning disability clients and their families. The following content will aim to stimulate dialogue and the sharing of good practice for palliative care with this client group.

- Explore the concept of palliative care within the context of learning disability
- Identify key documents and current initiatives in relation to palliative care and learning disability
- Explore the palliative care needs of the individual and the family – identifying the challenges
- Caring in the community – a collaborative approach
- Supporting the carers

**Dates:** 1st June 2010  
**Time:** 9.30am – 4.30pm  
**Venue:** Strathcarron Hospice  
**Cost:** £70.00

### **Facilitators:**

Jackie Higgins, Lecturer in Palliative Care, Strathcarron Hospice  
Gail Allan, Community CNS, Strathcarron Hospice  
External speakers with expertise in learning disability

### **Ideal for:**

Ideal for health and social care professionals who provide care and support to those with a learning disability, who wish to explore associated palliative care issues within this client group.

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# Application Form

Title: ..... Surname: .....

Forename: .....

Address: .....

..... Post Code: .....

Tel No.(W)..... Tel No (H) .....

Email: .....

Qualifications: ..... Job Title: .....

Place of Work: .....

Course Applied for: .....

Date/s: .....

Payment:  I enclose cheque made payable to Strathcarron Hospice

Please debit my Debit/Credit card with the amount £

Card No: .....

Issue date: ..... Exp Date: .....

Security No (last three digits on security slip) .....

This information will be destroyed after use.

Please send invoice to:

Organisation: ..... F.A.O. ....

Address: .....

..... Post code: .....

Telephone No: .....

PLEASE NOTE CANCELLATION POLICY: Places reserved on a course must be paid for in advance or details of invoice address and contact name enclosed with registration form. Cancellations made in writing more than 14 days prior to the course start date incur a 25% administration fee, less than 14 days no refund is given. Substitutions can be made at any time before commencement of the course.

Special dietary requirements: .....

**Please tick box if you do not wish to receive details of future courses**

**Signature:** ..... **Date:** .....

**Please complete and return with payment to**  
**Catherine Haggerty, Strathcarron Hospice, Randolph Hill, Denny FK6 5HJ**  
**Tel: 01324 826222/Fax 01324 824576**  
**Email: catherine.haggerty@gp25614.forth-hb.scot.nhs.uk**



