

## 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 as well as an opportunity to tour our facilities.

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

<b>Dates:</b>	<b>Wednesday 25th January 2012</b>	<b>Chaplain</b>
	<b>Tuesday 28th February 2012</b>	<b>Lymphoedema Team</b>
	<b>Wednesday 28th March 2012</b>	<b>Complementary Therapist</b>
	<b>Tuesday 24th April 2012</b>	<b>Social Worker</b>
	<b>Wednesday 30th May 2012</b>	<b>Occupational Therapist</b>
	<b>Tuesday 26th June 2012</b>	<b>Physiotherapist</b>

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

### **Facilitators:**

Members of the Education Team  
Members of Multi Disciplinary Team from Day Care, Ward and Community  
Clinical Nurse Specialist Team

### **Ideal for:**

Multi-professionals and students from all disciplines.

## PROGRAMME

- 1.30pm Palliative Care and Strathcarron Hospice;  
Past, Present and Future**
- 2.00pm Strathcarron Hospice Day Care**
- 2.30pm The Patient Experience**
- 3.00pm Tea/Coffee**
- 3.15pm Specialist Palliative Care –  
Each Session will highlight one specific aspect of our multi  
professional approach to care**
- 3.40pm The Role of the Community Clinical Nurse**
- 4.00pm Tour of facilities**
- 4.15pm Evaluation and Close**

## Verification of Expected Death by Registered Nurses

This afternoon workshop focuses on promoting the development of knowledge and skills required by registered nurses to verify expected death in a range of care settings. The workshop is practical in nature allowing participants the opportunity to understand the physiological signs of death and explore ways of supporting relatives at the time of death. The importance of support for staff will be explored.

**Dates:** **Wednesday 22nd February;**  
**repeated on Wednesday 9th May 2012**

**Time:** **1.15pm – 4.15pm**

**Venue:** **Strathcarron Hospice**

**Cost:** **£30.00**

### **Facilitators:**

Elaine McManus, Lecturer in Palliative Care, Strathcarron Hospice

Pam Clark, Lecturer in Palliative Care, Strathcarron Hospice

### **Ideal for:**

Registered Nurses working in care homes, community or cottage hospitals and community settings.

Please bring a stethoscope for the practice element of the workshop

## PROGRAMME

- 1.15pm**      **Welcome and introductions**
- 1.30pm**      **Verification of expected death: An overview**
- 2.00pm**      **Practical session**
- 2.45pm**      **Tea/Coffee**
- 3.00pm**      **Supporting relatives at the time of death**
- 3.45pm**      **Looking after self and staff support**
- 4.15pm**      **Evaluation and close**

## Enhancing End of Life Care following Acute Stroke

### NEW FOR 2012!

This study day is an exciting new collaboration between Chest Heart & Stroke Scotland (CHSS) and Strathcarron Hospice. Stroke is the greatest single cause of severe disability in Scotland and the 3rd most common cause of death. Each year in Scotland many people will require care at the end of their lives following acute stroke. Available evidence indicates significant unmet need for patients and families, in particular, a lack of planning for end of life care and poor access to Specialist Palliative Care Services (Payne et al, 2010).

Learning outcomes will include:

- Increased understanding of clinical presentation, patient pathways and clinical outcomes following acute stroke
- Explore the management of symptoms and changing goals of care for the patient dying from acute stroke
- Discuss advance care planning issues/decisions such as clinically assisted nutrition, withdrawal of treatment and DNACPR
- Explore strategies aimed at meeting the support needs of families.

**Dates:** Thursday 8th March 2012

**Time:** 9.30am – 4.30pm

**Venue:** Strathcarron Hospice

**Cost:** £70.00

### Facilitators:

Elaine McManus, Lecturer in Palliative Care, Strathcarron Hospice  
Gillian Currie, Stroke Training Coordinator, Lothian & Borders, CHSS  
Clinical experts in Acute Stroke Care, Specialist Palliative Care professionals, Speech and Language Therapists and Dietician staff will also contribute to the study day

### Ideal for:

Health and social care professionals supporting patients following acute stroke in acute and rehabilitation stroke units, primary care settings, care homes and community hospitals throughout Scotland.

## PROGRAMME

- 9.30am**      **Welcome and Overview of programme**
- 10.00am**    **Dying from Acute Stroke: End of Life Care Challenges**
- 11.00am**    **Supporting Families and Carers**
- 11.30am**    **Tea/Coffee**
- 11.45am**    **Acute Stroke: Symptom management at the End of Life**
- 12.45pm**    **Lunch**
- 1.30pm**      **Advance Care Planning: What are the Issues?**
- 2.30pm**      **Tea/Coffee**
- 2.45pm**      **Involving patients in decision-making**
- 3.30pm**      **Discussing decisions about Clinically Assisted Nutrition**
- 4.15pm**      **Evaluation/Close**

## 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. Enhanced understanding of:

- The indications and rationale for the use of syringe pumps in palliative care
- The advantages/disadvantages and potential risk factors involved in the use of syringe pumps
- The process of initiating and maintaining syringe pumps
- Increased awareness of commonly used drugs in syringe pumps
- The nurse's role in documenting and reviewing a patient with a syringe pump
- How to set up a McKinley syringe pump in a non clinical environment

**Dates:** Monday 26th March 2012

**Time:** 1.30pm – 4.30pm

**Venue:** Strathcarron Hospice

**Cost:** £30.00

### Facilitators:

Lesley Ferguson, Ward Manager, Strathcarron Hospice

Anne Wilson, Pharmacist, Strathcarron Hospice

### Ideal for:

Registered Nurses within a care home environment.

## PROGRAMME

- |               |   |
|---------------|---|
| <b>1.30pm</b> | <b>Welcome/Introduction to Programme</b>                  |
| <b>1.35pm</b> | <b>Introduction to McKinley Syringe Pump Presentation</b> |
| <b>2.00pm</b> | <b>Case Scenarios 1 &amp; 2</b>                           |
| <b>3.00pm</b> | <b>Tea/Coffee</b>   |
| <b>3.20pm</b> | <b>Case Scenario 3</b>                                    |
| <b>3.50pm</b> | <b>Drugs used in syringe pumps</b>                        |
| <b>4.20pm</b> | <b>Questions</b>  |
| <b>4.30pm</b> | <b>Close</b>  |

## Practical Interventions with the Breathless Patient

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:** Wednesday 16th May 2012

**Time:** 1.30pm – 4.30pm

**Venue:** Strathcarron Hospice

**Cost:** £30.00

### **Facilitators:**

Jenny Gilbert, Complementary Therapy Lead, Strathcarron Hospice

Jean Gow, Specialist Physiotherapist, Strathcarron Hospice

### **Ideal for:**

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

## PROGRAMME

- 1.30pm**      **Welcome/Overview of the Day**
- 1.45pm**      **Non pharmacological interventions to help patients with breathlessness Including psychosocial aspects, breathing techniques, positioning, pacing and environment**
- 2.45pm**      **Tea/Coffee**
- 3.00pm**      **The Influence of Touch on the Breathless Patient (reducing anxiety, control, relaxation)  
Practical tips and suggestions around the use of touch with breathless/anxious patient, giving opportunities for some hands on experience**
- 4.15pm**      **Evaluation and Close**

## Calming the Anxious Mind

This workshop will equip the course member with a “kitbag” of relaxing therapies that can be used with and taught to, patients and relatives to reduce anxiety and increase comfort, relaxation and coping.

The workshop will include demonstrations of foot, head and face massage. Course members will be encouraged to participate in gentle massage of hands. This will allow course members the opportunity to experience for themselves the beneficial nature of these techniques in supporting patients and families.

**Dates:** Wednesday 23rd May 2012

**Time:** 9.30am – 4.30pm

**Venue:** Strathcarron Hospice

**Cost:** £70.00

### Facilitators:

Betty McGrory, Complementary Therapist, Strathcarron Hospice

Pam Clark, Lecturer in Palliative Care, Strathcarron Hospice

### Ideal for:

This course is open to all health care professionals, nursing auxiliaries, nursing students and community healthcare workers and complementary therapists: indeed everyone who is involved in the care of patients with palliative care needs.

Due to the experiential nature of this workshop places will be limited to 14.

## PROGRAMME

- 9.15am – 9.30am**    **Registration and Coffee**
- 9.30am – 10.00am**    **Welcome and Introduction to the Day**  
**What is Palliative Care?**
- 10.00am – 11.00am**    **Recognising and Exploring Interventions with the  
anxious person**
- 11.00am – 11.15am**    **Tea/Coffee**
- 11.15am – 12.15pm**    **Use of Touch and Principle of Gentle Massage**
- 12.15pm – 12.45pm**    **Comforting Touch (HEARTS)**
- 12.45pm – 1.30pm**    **Lunch**
- 1.30pm – 2.00pm**    **Relaxation**
- 2.00pm – 4.00pm**    **The Use of Touch – demonstration of foot, head/face  
massage and practice of hand massage**
- 4.00pm – 4.15pm**    **Looking after self**
- 4.15pm – 4.30pm**    **Evaluation and Close**



Dealing with people in distress

## Communication Workshop for Care Home Staff in Forth Valley

**Do you sometimes find it difficult to support patients and/or relatives who are in distress?**

Research evidence suggests that when faced with the concerns, fears and emotions of patients/relatives, health care workers have a tendency to:

- Focus on physical and practical issues in order to save time
- Avoid listening to the concerns of patients and their caregivers
- Change the subject of focus onto the least threatening aspect of the conversation
- Deal with the first concerns before hearing all of the concerns
- Give information or advice/reassurance too early

The new communication model **SAGE & THYME** has been developed by University Hospital of South Manchester (UHSM) NHS Foundation Trust in 2009. It is designed to be used as a guide to help health care workers recognise and respond to patients/relatives concerns in a way that allows them to explore their own solutions and sources of support to manage their distress.

The workshop will utilise a range of experiential learning & teaching methods including small group discussions, interactive demonstrations and DVD analysis

**Dates:** Tuesday 29th May 2012

**Time:** 1.15pm – 4.30pm

**Venue:** Strathcarron Hospice

**Cost:** £ 35.00 (Includes licensed SAGE & THYME Information Pack and refreshments)

### **Facilitators:**

Elizabeth Travers, Educational Project Manager, Palliative Care, NHS Education for Scotland

Elaine McManus, Lecturer in Palliative Care, Strathcarron Hospice

Jackie Higgins, Lecturer in Palliative Care, Strathcarron Hospice

### **Ideal for:**

This exciting communication workshop is practice-based and developed specifically for staff working in the care home sector within Forth Valley. It is equally relevant for nursing assistants, patient activity leaders/support staff as well as registered nursing staff

**Places are limited to 30 people due to the practical nature of the workshop**

## PROGRAMME

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|------------------------|---|
| <b>1.15pm – 1.30pm</b> | <b>Coffee and registration</b>  |
| <b>1.30pm – 1.45pm</b> | <b>Welcome, housekeeping, ground rules and introduction to Sage and Thyme</b>   |
| <b>1.45pm – 2.00pm</b> | <b>Session 1 – Small group work</b><br>How do you pick up the emotional concerns of a patient?<br>How do you respond to the emotional concerns of a patient?  |
| <b>2.00pm – 2.30pm</b> | <b>SAGE and THYME Model - Powerpoint Presentation</b>   |
| <b>2.35pm – 2.45pm</b> | <b>Session 2 - Small groups – Exploring the model</b><br>What similarities do you notice between your discussion in the first group session and the SAGE and THYME model?<br>Do you think that the Sage and THYME model could be helpful in your clinical practice? |
| <b>2.45pm – 3.00pm</b> | <b>Tea/Coffee</b>   |
| <b>3.00pm – 3.35pm</b> | <b>Facilitated rehearsal - Practical demonstration of SAGE and THYME model</b>  |
| <b>3.35pm – 4.10pm</b> | <b>As above – second scenario</b>   |
| <b>4.10pm – 4.20pm</b> | <b>Session 3 – Small groups</b><br>What have you learned?   |
| <b>4.20pm – 4.30pm</b> | <b>Evaluation and Close</b>   |

## Strathcarron Hospice 2nd Annual Conference

# NEW DIRECTIONS IN PALLIATIVE MEDICINE

Incorporating the Scottish National Training Programme for Palliative Medicine

**Theme: Gastro-Intestinal Disease**

**27-28 September 2012 Airth Castle Hotel, Stirlingshire**

CPD Approval Pending by Royal College of Physicians (London)

10 CPD Points for 2 days

### Guest Speakers include:

Professor Marie Fallon, St Columba's Hospice Chair in Palliative Medicine, University of Edinburgh

Professor Jeff Evans, Professor of Translational Cancer Therapeutics, Beatson West of Scotland Cancer Centre

Dr Carla Ripamonti, Head, Supportive Care in Cancer Unit, IRCCS Foundation, National Cancer Institute of Milano

Dr Andrew Davies, Consultant in Palliative Medicine, Royal Surrey County Hospital

Professor Paul Andrews, Emeritus Professor of Comparative Physiology, St Georges University, London

Dr Wendy Prentice, Consultant and Honorary Senior Lecturer, King's College London

Professor David Clark, Director of Dumfries Campus, University of Glasgow

Professor Ken Fearon, Professor of Surgical Oncology, University of Edinburgh

Dr Damian Mullan, Clinical Radiology Consultant, The Christie NHS Foundation Trust, Wilmslow

Mr Andrew Dickman, Consultant Pharmacist, Palliative Care, Blackpool Teaching Hospitals NHS Foundation Trust

Dr Jason Boland, Clinical Lecturer, University of Sheffield.

**For further information please visit [HYPERLINK](#)**

**["http://www.strathcarronhospice.org"](http://www.strathcarronhospice.org)[www.strathcarronhospice.org](http://www.strathcarronhospice.org)**

## UWS University of the West of Scotland/Strathcarron Hospice Graduate Certificate in Palliative Care

This new distance learning programme delivered at SQF level 9 (degree level) has been designed to equip graduates with further knowledge and skills to enable them to provide evidence-based, holistic, palliative care to those who require it regardless of place of care or diagnosis.

Delivered in partnership with Strathcarron Hospice, it is aimed at experienced nurses and other health/social care professionals who care for patients, regardless of age, with life-limiting illnesses in primary, secondary and tertiary care. The programme will be delivered on a distance learning basis with on-line component and with optional face-to-face tutorials.

### Entry

The minimum entry requirement is an appropriate first degree award. Registered healthcare professionals who do not hold a first degree may also undertake this programme on the provision of two satisfactory references. It would be advantageous for prospective students to be working in an area where they have contact with dying patients and their families on a regular basis.

To be eligible for the title Graduate Certificate in Palliative Care, students must successfully complete three core modules: 'Palliative Care Principles 1'; 'Palliative Care Principles 2'; Malignant Palliative Care'.

The length of time to complete the programme would normally be one year, on a part time basis.

A minimum of 60 points (3 x 20 point modules) at the exiting level must be successfully completed while registered on your chosen programme with this University, including the appropriate core module(s).

### Contact

To find out more about this programme contact Dr Erna Haraldsdottir, Strathcarron Hospice tel: 01324 826222 or email: [erna.haraldsdottir@nhs.net](mailto:erna.haraldsdottir@nhs.net) or visit [www.strathcarronhospice.org](http://www.strathcarronhospice.org)

For an application pack, contact the Health & Nursing Studies Team tel: 0141 848 3656 or email: [hnsu@uws.ac.uk](mailto:hnsu@uws.ac.uk) or visit [www.uws.ac.uk/pt](http://www.uws.ac.uk/pt)