

ACCORD HOSPICE Education Department

Introduction to Palliative Care Courses
Hospice Partners
SPAR Champions – Phase One and Two
SPAR Champions – Phase Three
From
January – June 2012



Palliative Care

Palliative care is about promoting the best possible quality of life for people who have been diagnosed with a life-limiting illness. It is concerned with:

- Relieving pain and other distressing symptoms.
- Helping people to cope with the impact of life-limiting illness.
- Supporting families throughout their loved one's illness, and in to bereavement.

This course aims to support care home staff in developing their skills, competence and confidence in delivering palliative and end of life care.

Courses

Course Code	Date Time: 9.30 - 4.15	Aimed At
HC121 (Page 4)	Day 1 - 14 Feb 2012 Day 2 - 28 Feb 2012 Day 3 - 13 March 2012	Care Assistants & Senior Carers
TR121 (Page 5)	Day 1 - 27 March 2012 Day 2 - 17 April 2012 Day 3 - 1 May 2012 Day 4 - 15 May 2012	Registered Nurses
HC122 (Page 4)	Day 1 - 22 May 2012 Day 2 - 29 May 2012 Day 3 - 12 June 2012	Care Assistants & Senior Carers

Evaluation comments from previous Introduction to Palliative Care Courses

"I liked the mix of discussion and teaching and case study work and watching clips from DVD's. Helps me to put myself in a residents shoes and be more empathic toward their situation.."

Health Care Assistant

"I am going to speak to my management about the tools and frameworks I learned about on this course. I will also try to keep on remembering that we do an important job."

Registered Nurse

"I will make more time to listen rather than bustling about with less important things."

Health Care Assistant

"Palliative care is something we must all be more confident in providing as it is of crucial importance for all people with life-limiting illnesses. Thank you for a very positive course."

Care Home Manager

"I learned about dignity conserving care, and how to use palliative and end of life frameworks and tools. These are very important and I will use them to guide my practice"

Registered Nurse

An Introduction to Palliative Care For Care Assistants and Senior Care Assistants

A three day course
9.30am - 4.15pm

Course Code - HC121 & HC122

Day 1

- What is palliative care?
- Losses in later life
- Communication Skills—Active Listening

Day 2

- Common symptoms
- Spiritual care

Day 3

- Care of the person who is dying
- Loss, grief and bereavement
- Caring for myself so I can care for others



An Introduction to Palliative Care For Registered Nurses

A four day course
9.30am - 4.15pm

Course Code - TR121

Day 1

- **First principles of palliative care**
 - History
 - Policy
 - Theories of loss and grief
 - Palliative Care as a Continuum
 - Spiritual care and the person with dementia

Day 2

- **Palliative & End of Life Frameworks & Tools**
 - The Gold Standards Framework (SPAR)
 - Advance Care Planning
 - Communication skills
 - SBAR communication tool
 - Breaking Bad News

Day 3

- **Promoting Quality of Life**
 - Common symptoms
 - Using the GG&C Palliative Care Guidelines
 - Supporting families
 - Communication skills- Active Listening

Day 4

- **Care of the person who is dying**
 - Diagnosing Dying
 - DNA-CPR policy
 - Managing common symptoms of dying
 - Staff Support

SPAR Champions

Many care home residents have chronic long term conditions, which can lead to increasing palliative care needs.

- Some residents have clear changes in their health status, and experience a rapid deterioration (e.g. a person with widespread cancer).
- Some residents have a slow deterioration in their health, which tends to be punctuated by acute exacerbations (e.g. a person with chronic lung disease).
- Finally, some residents experience a slow and subtle deterioration in their health over a long period of time (e.g. a person with dementia). Conservative estimates suggest that up to 70% of care home residents are living and dying with dementia.

SPAR (supportive and palliative action register) is a traffic light system which aims to support care home staff to identify palliative needs and changes in a resident's condition - whatever the diagnosis. SPAR is being rolled out in Renfrewshire. Phase One and Phase Two are nearing completion. Phase Three will start in April 2012. SPAR Champions groups are for staff from participating care homes. If you would like to register interest for Phase Four please contact Lorna Reid.

Date	Time	Aimed at
SPAR Champions Phase One & Two Tuesday 24 January 2012	9.30 - 12.30pm	SPAR Champions and Care Home Managers
SPAR Champions Phase One & Two Wednesday 21 March 2012	9.30 - 12.30pm	SPAR Champions and Care Home Managers and invited others
SPAR Champions Phase Three Wednesday 11 April 2012	9.30 - 4.15pm	SPAR Champions and Care Home Managers

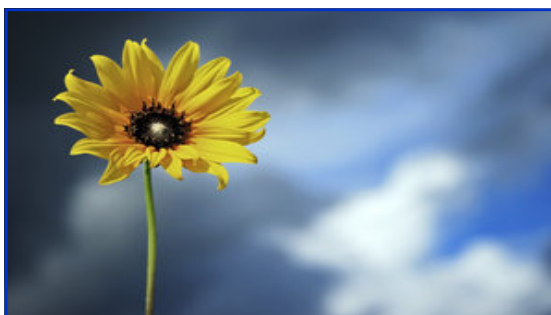
Hospice Partners Initiative

The aim of this initiative is to:

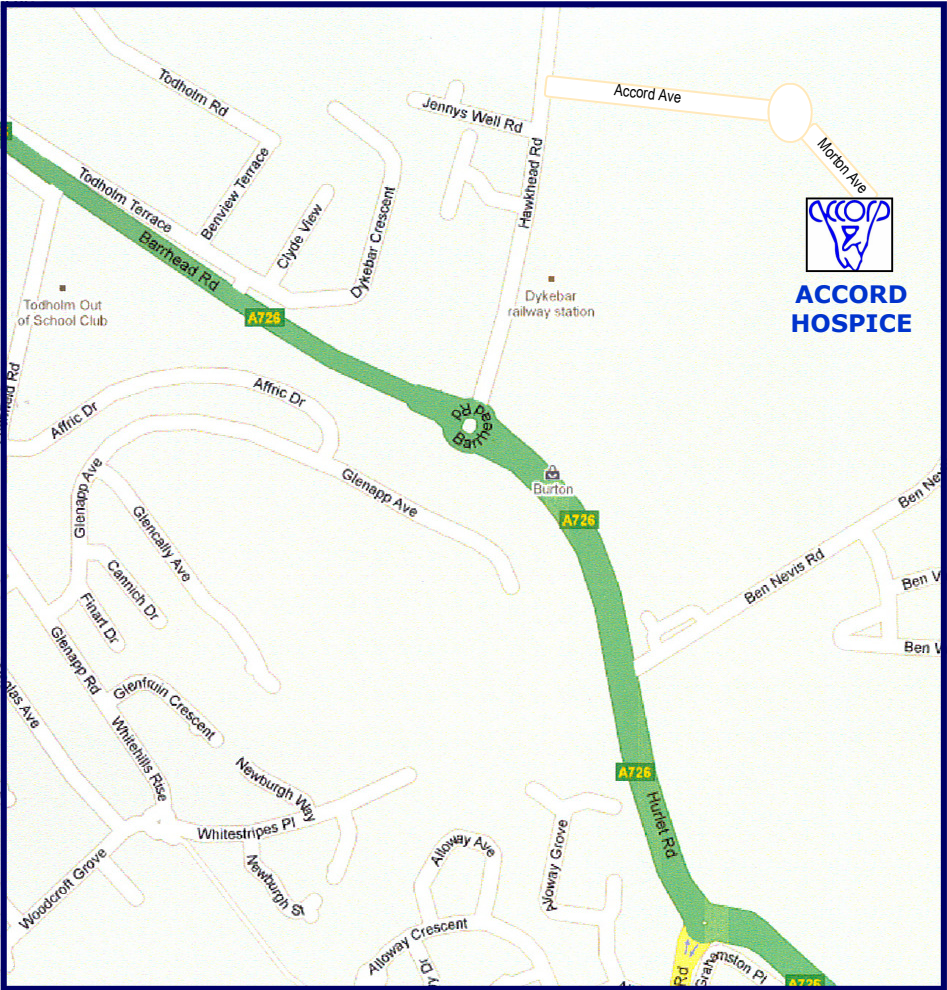
- raise awareness of the palliative approach to care,
- share information about current thinking on best practice,
- build on the knowledge, skills, competence and confidence of all grades of care home staff.

Partners are invited to attend regular meetings. Meetings include a learning session, reflection on current practice, and opportunities to meet and share experience with other care home staff.

If you would like to join this initiative, please e-mail Lorna Reid, lorna.reid@accord.org.uk for further information.



Date	Time	Aimed at
Wednesday 8 February 2012	10 - 12.30pm	Care Staff
Wednesday 25 April 2012	10 - 12.30pm	Registered Nurses
Wednesday 20 June 2012	10 - 4pm	Joint - Care staff & registered nurses



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