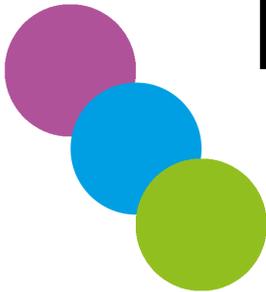


LINDSEY LODGE LEARNING



Learning and leading through excellence

2020/21 PROSPECTUS



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Welcome

Welcome to our 2020/21 education and training prospectus which has something to offer for everyone. There are a wealth of opportunities to support and help you in your work caring for people with a palliative care need.

Our programme has been influenced by the people we care for as it is vital that palliative care education and training reflects what everyone needs to enhance the care they deliver.

Whether you are a doctor or volunteer, a nurse or support worker, a complementary therapist or an administrator, there is something for you in our prospectus.

All of our courses are open to our internal staff and external applicants, thereby encouraging networking and sharing of experiences.

We look forward to welcoming you in the near future.

Kind Regards,

Sally Watson
Clinical Trainer



Passionate about Palliative Care Student Day

About the course

A one day course for multi-professional students to explore their role in providing high quality palliative care.

What will I learn?

- What is palliative and end of life care
- Understand hospice services
- Explore patient journey's through palliative and end of life
- Tools used to enable patients to live and die well
- Emphasis on developing own inter-personal skills

Who should attend?

All health and social care pre-qualification students of nursing, medicine, physiotherapy, OT, social work, paramedics

Cost

£30 to include all course materials, refreshments and light sandwich lunch



Domiciliary care: Supporting those at end of life

About the course

A one day course to enable workers who support and care for people, and their families who are approaching end of life or have palliative care needs to provide care of the highest quality.

What will I learn?

- Gain an understanding of the 5 priorities in end of life care
- Recognise the likely signs of the dying process
- Identify the communication skills required to communicate effectively with a person at the end of life
- Consider best practice when caring for someone in respect of personal care, oral care, fluids and nutrition
- Be able to recognise the impact that loss has on individuals and how to offer support

Who should attend?

Domiciliary care workers who support and care for people, and their families at the end of life or have Palliative Care needs.

Cost

£50 to include all course materials, refreshments and a light sandwich lunch

Advance Care Planning

About the course

A half day course to develop understanding in Advance Care Planning in ascertaining peoples wishes and making advance statements

What will I learn?

- The importance of offering this to people approaching the end of their lives
- How to implement this in practice
- Understanding of the legal and ethical issues concerning ACP
- Increase knowledge and confidence in commencing discussions surrounding future care

Who should attend

- All health and social care professionals working across all care settings who require an introduction to ACP or who wish to develop their communication skills in relation to future care conversations

Cost

£30 to include all course materials and refreshments



I don't know what to say!

About the course

A half day course introducing and exploring communications skills in palliative and end of life care for front line staff.

What will I learn?

- Explore basics of effective communication skills
- Ways of responding to people who may be distressed, angry or confused
- Strategies when you “don't know what to say”
- Awkward questions
- Managing difficult telephone conversations

Who should attend?

It is for non-clinical support staff such as secretarial, clerical or administrative personnel, domestic and catering staff, porters and maintenance staff from hospitals, hospices, care homes or local authorities.

Cost

£30 to include all course materials and refreshments

“A lot of sensitive topics were covered, this has increased my confidence.”

Listen up: An Introduction to Communication Skills

About this course

This course focuses on the communication principles used in supportive conversations with people and their families.

What will I learn?

- Identify the fundamental meaning of communication and to increase awareness of own communication skills
- Recognise the importance of effective communication and the consequences of poor communication
- Identify blocking and facilitating strategies when used communicating
- Explore strategies to develop your communication skills

Who should attend?

For all health and social care professionals from across all clinical settings.

Cost

£75 per person to include all course materials, refreshments and a light sandwich lunch

“I really enjoyed the presentation style, the interactive exercises and the humour!”

Understanding loss and bereavement

About this course

This course will expand your knowledge of supporting people and their families in death, dying and bereavement.

What will I learn?

- Define bereavement loss and grief
- Develop awareness ranges of responses to loss and coping strategies
- Explore communication strategies supporting the bereaved
- Recognise mechanisms to looking after yourself and supporting each others.

Who should attend?

All health and social care professionals who have an interest in expanding their knowledge in this area and have contact with people facing loss and bereavement.

Cost

£75 per person to include all course materials, refreshments and a light sandwich lunch

“It was most helpful to have bite size pieces of information, at a level that I could understand.”

“Discussions amongst everyone and finding your own ideas are also other peoples is so helpful and reassuring.”

“The video was a brilliant resource.”

Walking alongside Dementia

About this course

A one day course to explore the challenges that people with dementia can face and their supporting care needs in end of life care.

What will I learn?

- What is dementia
- Types of dementia
- Impact for patient/carer
- Strategies to provide support in dementia care
- Recognising dying
- Future planning

Who should attend

All health and social care professionals across all care settings who would like a greater understanding of dementia care and the support that can be provided.

Cost

£75 per person to include all course materials, refreshments and a light sandwich lunch



Become a Dementia Friend

Dementia Friends is an Alzheimer's Society initiative to create dementia friendly communities.

A Dementia Friends Information Session will allow you to learn a little more about what it is like to live with dementia and turn that understanding into action.

These 1 hour sessions are free and anyone can attend



Managing Breathlessness in Palliative Care

About this course

A half day interactive course recognising and understanding breathlessness in palliative care.

What will I learn?

- Define breathlessness
- Recognise signs and symptoms of breathlessness
- Identify causes of breathlessness
- Acknowledge the impact of breathlessness upon the individuals and carer's quality of life
- Pharmacological and Non-Pharmacological Management

Who should attend?

All health and social care professionals across all care settings who would like a greater understanding of breathlessness and the support that can be provided.

Cost

£30 to include all course materials and light refreshments



Fatigue Management in Palliative Care

About the course

An interactive half day course using a case study approach with video input on recognising and understanding fatigue in palliative care.

What will I learn?

- Explore what is fatigue and why people get fatigued
- Impact of fatigue
- Management strategies and models of care including physical exercise/ activity
- Fatigue management at the end of life
- Role of a fatigue clinic

Who should attend?

All health and social care professionals across all care settings who would like a greater understanding of fatigue and the support that can be provided.

Cost

£30 to include all course materials and refreshments



“This session was excellent to understand what fatigue is and how to help people manage it.”

“The video was a brilliant resource.”

Physical Activity in Palliative Care

About the course

An interactive half day course exploring the role of physical activity in people with palliative care needs and how it can positively impact on their physical and emotional wellbeing.

What will I learn?

- Understand concept of physical activity in palliative care and benefits it can bring
- Link to improving physical and emotional symptoms
- Examples of safe levels of activity and exercise
- Current research and local services
- Chair based exercises

Who should attend?

All health and social care professionals across all care settings who would like a greater understanding of the role of physical activity in palliative care and the support that can be provided.

Cost

£30 to include all course materials and refreshments



Goal setting in Palliative Care

About this course

An interactive half day course that explores the concept of setting personal goals with people with palliative care needs.

What will I learn?

- What are goals and what they mean to people
- The importance of setting goals
- Elements of motivational interviewing
- How to goal set with end of life patients
- Graded activity

Who should attend?

All health and social care professionals across all care settings who would like a greater understanding of goal setting and the support that can be provided.

Cost

£30 to include all course materials and refreshments

Sleep Hygiene

About this course

An interactive half day course that explores the concept of sleep and the impact on a person's physical and emotional wellbeing.

What will I learn?

- Functions of sleep, types, benefits and stages
- Sleep and the body clock
- What causes poor sleep and the impact
- Management strategies

Who should attend?

All health and social care professionals across all care settings who would like a greater understanding of the importance of sleep and the support that can be provided.

Cost

£30 to include all course materials and refreshments



Palliative Care Emergencies

About this course

This session explores common palliative care emergencies: recognition and management

What will I learn?

- Types of emergencies including malignant spinal cord compression, hypercalcaemia, neutropenic sepsis, seizures, bleeding and terminal agitation
- General principles of management
- Focussed management plans
- Advance care planning

Who should attend?

This session is suitable for anyone who wishes to increase their confidence in recognising symptoms of a palliative care emergency and escalating access to treatment and management.

Cost

£30 to include all course materials and light refreshments

“This has made me aware of the signs and symptoms of different emergencies and what to do if they may occur.”

I can do that! Teaching and Presenting Skills

About the course

A one day course to help you plan and deliver formal or informal teaching sessions and to build confidence speaking in public.

What will I learn?

- Gain an understanding of teaching methods and learning styles
- Explore the challenges of public speaking
- How to set realistic aims, objectives and lesson plans
- Ideas for promoting and evaluating your sessions

Who should attend?

Staff from health and social care who are involved in formal or informal teaching and have an interest in expanding their knowledge and skills in this area.

Cost

£75 per person to include all course materials, refreshments and a light sandwich lunch

Infection Prevention and Control

About this course

This session explores the need for infection prevention and control in a health and social care environment and the measures need.

What will I learn?

- Principles of infection prevention and control
- How infections originate and spread
- Handwashing
- Personal Protective Equipment
- Personal hygiene
- Cleaning and waste disposal
- Risk assessment

Who should attend?

This session is suitable for all health and social care workers who need to develop their awareness and skills around preventing infection.

Cost

£25 to include all course material and light refreshments

Food Hygiene

About this course

A half day course to allow food handlers to understand and comply with legislation and their legal obligation for food safety training to ensure that food is prepared, cooked and handled in a safe and hygienic manner.

What will I learn?

- Responsibilities of Food Handlers including legal requirements and personal hygiene
- What is Food Poisoning- prevention
- Contamination and food hazards
- Safe handling & storage of food
- Cleaning and disinfection
- Food Allergens

Who should attend?

All food handlers who need to update their food safety knowledge and understanding.

Cost

£30 to include all course materials and light refreshments



Whose notes are they anyway?

About this course

If it's not recorded, then it's not happened!

This interactive half day course is designed to support staff to develop best practice around recording care.

What will I learn?

- Purpose, function and legalities of record keeping
- Fact vs opinion
- Accurate reflection of the views and wishes of the individual and carers/ family members
- Recording disagreements and differing views
- Protecting sensitive and personal information
- Consequences of poor record keeping- what can we learn?

Who should attend?

All health and social care staff who wish to ensure that recording practice is legally compliant and that it accurately reflects the voice of the individual.

Cost

£30 to include all course materials and light refreshments

Lunchbites

About these sessions

Open to anyone with an interest in palliative and end of life care. The aim is to focus on a specific palliative care topic with a 45 minute presentation including a handout with references to further reading.

There will be an opportunity for discussion and it is hoped that participants will informally swap and exchange ideas to enhance clinical practice.

These sessions are free to attend but places must be booked.

Tea and coffee will be provided, please bring your own lunch to eat while listening.

We will ask you to make a donation to Lindsey Lodge Hospice.

Bespoke Study Days

Please contact us if you require any bespoke palliative and/or end of life care training for yourself or your organisation.

We would be delighted to share our expertise and facilitate yours.

Placements and Professional Visits

We can offer insight days to professionals with an interest in palliative and end of life care. These visits will involve time spent on our inpatient unit and in our wellbeing centre. We may also be able to occasionally offer short term placements for students or professionals looking for a more in-depth experience in specialist palliative care. These requests are considered on an individual basis as we have a rolling programme of students from both The University of Hull and The Hull and York Medical School

We also offer a wide range of volunteering opportunities. Please contact the Volunteer Services Manager lh.volunteering@nhs.net

Meeting room hire

Lindsey Lodge Hospice is an ideal venue for seminars, study days & meetings (away from the normal workplace). All facilities are independent of the patient areas offering a quiet environment, close to local amenities, free parking on-site catering all within a private, tranquil setting.

We have 2 rooms available for hire:

- Formal room for up to 25 people, suitable for large groups or those seeking space for practical demonstrations
- Meeting room for up to 8 people, a seminar room located on the first floor (lift available for use)

Both rooms have disability access, Laptop & Screen with a flip chart, white & pens if required.

To enquire about hiring our meeting room, please contact Kaye Bolton via kaye.bolton1@nhs.net or call 01724 270835



How to book

To join us on one of our events please go to www.lindseylodgehospice.org.uk/professionals/training-courses and download a course booking form. Once completed please email this to llh.training@nhs.net

Please read the terms and conditions before booking.

For any queries email the training department at llh.training@nhs.net or phone 01724 270835 between 8:30am and 2:30pm and ask for the clinical trainer.

Terms and Conditions

Bookings

We will only confirm course registration upon receipt of a completed booking form for a named delegate. Until such time course place requests remain provisional and therefore may be subject to cancellation.

Course Fees

Payment is required prior to attendance. These can be paid by cash, cheque or BACS. For payments requiring an invoice, terms are 30 days from date of invoice or at least 10 working days before the start of the course, whichever is sooner.

If any information that you have given to us proves to be incorrect, which has resulted in our not charging you the correct fee for the courses that you are buying, we reserve the right to adjust the fee (upwards or downwards) so that it is the correct fee for your circumstances

Cancellations

If a registered delegate is unable to attend the study event they should telephone the training department on 01724 270835 between the hours of 8:30am- 2:30pm followed by email confirmation of the cancellation to llh.training@nhs.net

Provided this is received 7 days or more before the event a full refund of any fees will be made.

If cancellation notification is received less than 7 days prior to the event then no refund will be made. However, a substitution of a named delegate will be allowed. If this is not agreed then there will be no refund.

Unfortunately, we occasionally find it necessary to cancel an event. When this need arises we are committed to taking positive steps to alert you to the cancellation as soon as possible. Please note that we are unable to reimburse the cost of pre-booked travel or any other costs incurred by the delegate in connection with the cancelled course. If we cancel an event, any pre-booked course fees will be reimbursed.

Frequently asked questions

Confidentiality

Training materials circulated pursuant to the curriculum of that training course remain the property of Lindsey Lodge Hospice.

Any information that is of a confidential nature, disclosed by the Hospice or any other attendees shall not be published or shared without express prior written consent. Lindsey Lodge Hospice encourage sharing of educational information only to those persons necessary for the purposes of the relevant training course and for enhancing performance of their duties and that of their peers.

Data Protection

We will not sell or share your information with any other organisations in compliance with Data Protection Acts 2018. You can read our full privacy statement online at www.lindseylodgehospice.org.uk/LindseyLodge/media/Lindsey-Lodge-Media/Downloads/Lindsey-Lodge-Hospice-Privacy-Notice-General-1_1.pdf

Dietary Needs

Please advise us of any dietary allergies or intolerances when booking an event so they can be catered for.

Intellectual Property Rights

By attending the course, you acknowledge that all intellectual property rights in the Training Materials belong to Lindsey Lodge Hospice, unless otherwise acknowledged. These training materials may be used in accordance with this agreement, solely for the purpose of sharing your learning with your colleagues, you have no rights in, or to, the training materials other than to use them for this purpose.

Our right to vary these terms and conditions

We have the right to revise and amend these terms and conditions from time to time.

How to find us

Lindsey Lodge Hospice is located on Burringham Road, Scunthorpe, North Lincolnshire. DN17 2AA
Please find directions at www.lindseylodgehospice.org.uk/about-us/contact-us/

If you are unable to locate us on the day, please telephone reception on 01724 270835 and we will endeavour to help you!

Parking

Free parking is available on site. We do ask you that you park towards the bottom of the car park to allow the spaces nearest the hospice be available for our patients and visitors and for those less mobile.

Reception

On arrival, please make your way into the building via main reception. You will be asked to sign in electronically via the data entry system to comply with fire regulations. When leaving, please make sure that you sign out.

**Lindsey Lodge Hospice, Burringham Road,
Scunthorpe, North Lincolnshire DN17 2AA**



Email: llh.enquiries@nhs.net

Phone: 01724 270835

Web: www.lindseylogehospice.org.uk

