

Northern Lincolnshire's End of Life Care Partnership
Supporting people at the end of their lives

Northern Lincolnshire end of life care learning directory

2022 - 2023



Contents

<u>Welcome</u>	3
<u>Notes on registering</u>	4
<u>Online learning platform</u>	5
<u>Domiciliary care: supporting those at end of life</u>	7
<u>Advance Care Planning</u>	8
<u>I don't know what to say!</u>	9
<u>Listen up: an introduction to communication skills</u>	10
<u>Understanding loss and bereavement</u>	11
<u>Becoming a Dementia Friend</u>	12
<u>Managing breathlessness in palliative care</u>	13
<u>Fatigue management in palliative care</u>	14
<u>Physical activity in palliative care</u>	15
<u>Goal setting in palliative care</u>	16
<u>Sleep hygiene</u>	17
<u>End of life care awareness training</u>	18
<u>Palliative and end of life care (general overview)</u>	19
<u>Healthcare assistant study day</u>	20
<u>Registered nurse study day</u>	21
<u>Syringe driver training and symptom management</u>	22
<u>Syringe driver training</u>	23
<u>Care in the last days of life</u>	24
<u>Palliative care course</u>	25



Welcome

Welcome to the Northern Lincolnshire End of Life Care Partnership 2022/23 education and training directory, which has something to offer for everyone. There is 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; it is vital that palliative care education and training reflects the needs of the people at the end of their lives, and their loved ones, to ensure we are able to provide consistently good care for everyone.

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

All courses are open to our partner health and social care staff; this will provide an opportunity to network and share experiences.

We hope you will find this useful.

Kind Regards,

Sally Watson

Northern Lincolnshire End of Life Care Education Lead



How to Register for a Course

If you are interested in any of the courses, please use the email address in 'booking information' to register your interest.

The course facilitator will then make contact with you to advise on:

Course dates

Course venue

Course start and finish times

Some of the courses listed here are dependent on sufficient numbers of people registering and therefore do not yet have dates planned. Please signal your interest as early as possible to the facilitator, this will allow you time to plan time around your work schedules and the facilitator time to consider venue size and facilities required.

Northern Lincolnshire End of Life Learning Outcomes Pathway

Online learning platform about palliative care

About the training

As a health and care system, our aim is to provide consistent End of Life Care (EoLC) training to achieve consistent learning outcomes (LOs) for all health and social care professionals working across Northern Lincolnshire, who are involved in the delivery of EoLC.

In an attempt to respond to educational challenges brought about by the scope of the work and changes in education delivery during the COVID 19 pandemic, our challenge is to develop high quality, accessible education for staff that are committed to delivering excellence in care to patients at the end of life.

We are offering both online training and face to face training outlined in this directory.

Host / facilitator

We have taken advantage of the Health Education England e-learning for Healthcare's (HEE e-LfH) End of Life Care (e-ELCA) e-learning programme to develop a local learning path. Lindsey Lodge Hospice have taken a lead partner role with the co-ordination of this work and an education and training EOL subgroup involving partner representatives has contributed and shared in both design and content.

Learning outcomes (LO) achieved

For priority training, we are using learning outcomes produced and implemented in other areas, published by NHS Health Education England. These have been developed by an expert group to improve the standards of EoLC delivered across the Yorkshire and Humber region.

The EoLC LOs were produced in the context of on-going national policies and recommendations for EoLC and were updated in October 2019.

They have been extensively tested and evaluated, and positive feedback has been received, which demonstrates:

1. The EoLC LOs are flexible, enabling them to be tailored to individual professional roles
2. Evidence can be used towards professional revalidation
3. Learning/development related to the LOs is achievable within current workloads
4. The EoLC LOs can assist organisations with succession planning, service, and staff/career development
5. The EoLC LOs can inform pre-qualifying and post-qualifying curriculum development.

The framework adopted defines the learning outcomes for EoLC. These have been developed for each staff grade. They should be used to support your workforce through their education and personal development.

It is recommended that the EoLC LOs are used to provide a common language for EoLC, to enable consistency and sustainability in education and training and for professionals to demonstrate learning that is transferable across settings and organisations. As a system working across Northern Lincolnshire, we have chosen to focus on the HEE End of Life Care Learning

Outcomes Sub-sets for One Chance to Get it Right and for 'mandatory or priority' EoLC education and training.

All EoLC LOs are organised using four key themes of clinical/professional practice:

1. Clinical / direct patient care
2. Leadership and collaborative practice
3. Improving quality and developing practice
4. Developing self and others.

Booking information

No booking is required for access to the virtual education and training.

All you need to do is register with [Futures NHS](#) and [E-Learning for Health](#), it's free and you can access the programmes at any time.

Some organisations using ESR e.g., Northern Lincolnshire and Goole NHS Foundation Trust and Care Plus Group, you will be able to access directly through your internal ESR system.

As you complete online training, you will be able to download a certificate that you can offer your line manager for your personal staff records.

Other non-priority training

It is recognised that face to face learning is desirable to some staff and therefore this learning directory offers you access to more EoL continuing professional development (CPD). You can access this training, delivered by differing facilitators at different venues, should a space be available. Remember, where no dates are specified, it is because the facilitator is waiting for sufficient interest to make the session viable - please register your interest and the facilitator will contact you.

We hope you find the training and education useful to your role and helpful to you in your care for patients and their loved ones.

We take this opportunity to thank our partner organisations for supporting this collaborative approach to education and training.

Domiciliary care: supporting those at the 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.

Host/facilitator

Lindsey Lodge Hospice

Learning outcomes

- An understanding of the 5 priorities in EoLC
- Recognise the likely symptoms 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 recognize the impact that loss has on individuals and how to offer support.

Booking information

llh.training@nhs.net

Delivery

Face to face

Advance Care Planning (ACP)

About the course

A half day course for 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.

Host/facilitator

Lindsey Lodge Hospice

Learning outcomes

- 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.

Booking information

llh.training@nhs.net

“I don’t know what to say!”

About the course

A half day course introducing and exploring communication skills in palliative and EoLC for non-clinical front line 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.

Host/facilitator

Lindsey Lodge Hospice

Learning outcomes

- 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.

Booking information

llh.training@nhs.net

Delivery

Face to face



Listen up: an introduction to communication skills

About the course

This course is for all health and social care professionals from across all clinical settings. The course focuses on the communication principles used in supportive conversations with people and their families.

Host/facilitator

Lindsey Lodge Hospice

Learning outcomes

- 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.

Booking information

llh.training@nhs.net

Delivery

Face to face



Understanding loss and bereavement

About the course

This course is for 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.

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

Host/facilitator

Lindsey Lodge Hospice

Learning outcomes

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

Booking information

llh.training@nhs.net

"It was helpful to have bite sized pieces of information, at a level that I could understand."

"The video was a brilliant resource."

"Discussions amongst everyone and finding your own ideas are (shared with) other people is so helpful and reassuring."

Become a Dementia Friend

About the course

Dementia Friends is an Alzheimer's Society initiative to create dementia friendly communities. Anyone can attend one of these one-hour sessions.

Host/facilitator

Lindsey Lodge Hospice

Learning outcomes

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.

Booking information

llh.training@nhs.net

Delivery

Face to Face - Sally Watson, Karen Andrew (Dementia Friends Ambassador Trainers)



Managing breathlessness in palliative care

About the course

A half day interactive course recognizing and understanding breathlessness in palliative care. The course is for 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.

Host/facilitator

Lindsey Lodge Hospice

Learning outcomes

- Define breathlessness
- Recognise signs and symptoms of breathlessness
- Identify causes of breathlessness
- Acknowledge the impact of breathlessness upon the individual's and carer's quality of life
- Pharmacological and non-pharmacological management.

Booking information

llh.training@nhs.net



Fatigue management in palliative care

About the course

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

The course is for 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.

Host/facilitator

Lindsey Lodge Hospice

Learning outcomes

- 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.

Booking information

llh.training@nhs.net

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

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.

The course is for 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.

Host/facilitator

Lindsey Lodge Hospice

Learning outcomes

- 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.

Booking information

llh.training@nhs.net



Goal setting in palliative care

About the course

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

The course is for 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.

Host/facilitator

Lindsey Lodge Hospice

Learning outcomes

- 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.

Booking information

llh.training@nhs.net



Sleep hygiene

About the course

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

The course is for 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.

Host/facilitator

Lindsey Lodge Hospice

Learning outcomes

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

Booking information

llh.training@nhs.net



End of life care awareness training

About the course

This is via Project Echo, Hull, and East Riding. For further information please see contact details below.

Host/facilitator

Hull and East Riding Echo Project (Victoria Wilkins)

Booking information

v.wilkins@nhs.net



Palliative care course (registered nurses / practitioners)

About the course

The course is for registered Nurses/practitioners

Host/facilitator

Care Plus Group

Learning outcomes

- To give an overview of the care of the palliative patient
- Understand the services involved in caring for palliative patients
- Build knowledge and confidence in caring for patients with a palliative diagnosis
- To know where to signpost patients to if any issues with palliative diagnosis

Booking information

CPG.CarePlusTraining@nhs.net

Places available

Delivery

Macmillan Palliative Care team plus guest speakers

Healthcare assistant study day

This study day lasts three hours and it is mandatory for NLaG staff who are required to attend every five years.

About the course

The course content is as follows:

- Identify definition of Palliative versus EoLC and the national drivers
- Look at the 5 Priorities for Care of the Dying/ and supportive documents including NLaGs "Care in the Last Days of Life Document/ Local Multi Agency Strategy
- Advance Care Planning- and supportive documentation used i.e. My Future Care Plan, DNACPR
- Guidelines/Policies available within the Trust

Host/facilitator

These sessions are facilitated by the NLaG palliative and end of life nursing team

Venue

Lister room, Scunthorpe General Hospital

Learning outcomes

- Understanding of the differences between palliative care and EoLC
- Understanding of the national palliative care and end of life Framework
- Understanding of the 5 Priorities of Dying
- Understanding of the requirements of the local end of life strategy
- Understanding of advanced care planning and how it is applied at end of life
- Understanding of trust policies relating to EoLC.

Booking information

Julieann.woollas@nhs.net

Alisonredhead@nhs.net

Registered nurse study day

This study day lasts 7.5 hours and it is mandatory for NLaG staff who are required to attend every five years.

About the course

The course content is as follows:

- To have knowledge of the National and local drivers
- Discuss care in the last days document and its importance
- Know where to access Policies and Legislation
- Advanced care planning
- Feel empowered to discuss clinical decisions
- Discuss the importance of Patient and Family Support.
- NLAG Strategy and Outcomes 2021-2026 incorporating the Six Ambitions
- End of Life Strategy (DOH 2008)
- The Five Priorities of Care for the Dying Person (2015)
- Leadership Alliance for the care of the dying person (2014)

Host/facilitator

These sessions are facilitated by the NLaG palliative and end of life nursing team

Learning outcomes

- Interpretation of the National Palliative Care and End of Life Framework and how it is used
- Interpretation of the requirements of the local end of life strategy
- Understanding of advanced care planning and how it is applied at end of life, including care in the last days of life document, how and why it is completed
- Understanding of trust policies relating to EoLC
- How to make clinical decisions and act as the patients advocate
- Understanding of the priorities of the dying person.

Booking information

Julieann.woollas@nhs.net

Alisonredhead@nhs.net

Syringe driver and symptom management

This study day lasts three hours and it is mandatory for NLaG staff who are required to attend every two years.

About the course

The course content is as follows:

- The registered nurse's responsibility and accountability
- Indications for use
- Support of both patient and family
- Pre-operational inspection of the machine
- Demonstration via video of the safe and effective preparation of the machine and syringe and effective use by monitoring the infusion
- Management of changing a new syringe / end of infusion
- Knowledge of the appropriate policy for procedure for the use of the McKinley syringe pump in palliative and EoLC
- Common symptoms that occur at the end of life
- Common drugs used in the syringe driver for palliative and end of life patients
- Converting drugs from oral medication to the subcutaneous route
- Direction to useful documents / resources.

Host/facilitator

These sessions are facilitated by the NLaG palliative and end of life nursing team

Learning outcomes

- The role and responsibility of the registered nurse regarding syringe drivers
- Identifying indications for use
- Guidance for patient and family
- Pre-operational inspection of the machine
- Understanding safe and effective preparation of the machine and syringe, and effective use by monitoring the infusion
- How to change a new syringe / and how to end an infusion
- Understanding of the appropriate policy/ procedure for the use of the McKinley syringe pump in palliative and end of life care
- Identifying common symptoms that occur at the end of life
- Understanding common drugs used in syringe driver for palliative and end of life patients
- How to convert drugs from oral medication to the subcutaneous route
- Direction to useful documents / resources
- To have knowledge of when to commence a syringe driver
- To be confident in setting up and using a syringe driver
- To be aware of common issues with a syringe driver and how to address these.

Booking information

Julieann.woollas@nhs.net

Alisonredhead@nhs.net

Syringe driver training

About the course

The course is for registered nurses/practitioners via Microsoft Teams

Host/facilitator

Care Plus Group

Learning outcomes

- To understand the common drugs used in a syringe driver
- To have knowledge of when to commence a syringe driver
- To be confident in setting up and using a syringe driver
- To be aware of common issues with a syringe driver and how to address these

Booking information

CPG.CarePlusTraining@nhs.net



Care in the last days of life

About the course

The course is for registered nurses and care workers

Host/facilitator

Care Plus Group

Booking information

CPG.CarePlusTraining@nhs.net

Delivery

Macmillan Palliative Care team



Palliative care course (care workers)

About the course

This course is for care workers

Host/facilitator

Care Plus Group

Learning outcomes

- To give an overview of the care of the palliative patient
- Understand the services involved in caring for palliative patients
- Build knowledge and confidence in caring for patients with a palliative diagnosis
- To know where to signpost patients to if any issues with palliative diagnosis

Booking information

CPG.CarePlusTraining@nhs.net

Delivery

Macmillan Palliative Care team plus guest speakers