



Online sessions



Face-to-Face sessions

# Rowcroft Hospice Education

September 2021 – March 2022 For further information and to book your place please visit, [rowcrofthospice.org.uk/education](https://rowcrofthospice.org.uk/education)



## September

### Loss and bereavement Thursday 16

To consider different perspectives on bereavement and grief to explore and increase understanding and confidence in supporting someone facing loss.



### Become a Dementia Friend in your community Tuesday 21

Increase awareness of the impact of living with dementia and consider simple actions that can help support.

### T34 Ambulatory syringe pump training Sept 22, Dec 8 and Mar 10 2022

For registered nurses working in nursing homes only. Gain confidence setting up and using pumps and understanding commonly used medication to manage symptoms.

### Fundamentals of end-of-life care – talking about dying Wednesday 29

An opportunity to practice communications skills, which will improve your confidence when caring for a person at the end of life.

## October

### Just in case and syringe pump prescribing at end of life Wednesday 6

Exploring the why, when, what and how of prescribing for syringe pumps and just in case medicines especially in the community setting.

### Fundamentals of end-of-life care – comfort measures Tuesday 12

To recognise changes, explore and understand how to practically care for someone's mouth, skin, bowel and bladder at the end of life.

### Supporting someone with advanced Parkinson's disease at end of life Thursday 14

A short introduction into management of advanced Parkinson's disease.



### Communicating over the phone – end-of-life care information Tuesday 19

Helping you prepare for occasions when you are having end-of-life conversations by phone or video, including unwelcome news.

### Managing breathlessness and fatigue at end of life Wednesday 20

Using an evidence-based approach to non-pharmacological techniques in managing fatigue and promoting energy conservation for the breathless patient.

## November

### Fundamentals of end-of-life care – helping people in spiritual and psychological distress Tuesday 2

Improve confidence in recognising psychological and emotional distress and learning strategies to support while also looking after yourself.

### Mouth care in end-of-life care Wednesday 3

Recognising the importance of mouth care and understanding the priorities and risks to a patient at the end of life. Also exploring the tools that can help aid mouth care.



### Digital afterlife – helping others plan future ownership of their accounts Wednesday 10

What happens to your Facebook/Instagram account when you die? Who will make your decisions if you cannot? Helping patients understand their choices and decision making around all password protected digital accounts.

### Spiritual care at the end of life Thursday 11

Explore and develop how to assess and support someone's spiritual and religious needs when they are facing life-threatening illness.

### Fundamentals of end-of-life care – care of someone in the last days of life Wednesday 17

Increase understanding and confidence to recognise and care for someone approaching the very end of life and how to support after death.

### Withholding and withdrawing treatment Thursday 18

Help in understanding decision making, planning and communicating with patients and others about withdrawing or withholding treatments or interventions at the end of life.

### "I don't know what to say" ... Coping with strong emotions at the end of life Tuesday 30

Explore communication approaches to help identify and support a patient or relative struggling with denial, anger, unrealistic expectations and uncertainty.

## December

### Helping others voice their choices for their end of life Tuesday 14

A workshop to explore the conversations we should have but don't. To increase your confidence in helping people plan what matters most and what they leave behind, including their social media presence.



## January

### An introduction to the five priorities for care Wednesday 12

Increase your awareness about the national priorities for care for the end of life and help embed them to your memory. Promote the principles of a 'good death' to apply to your practice.



### Treatment escalation plans (TEP) and the gift of sight Tuesday 18

Develop your understanding of what your responsibilities are around TEP forms. Learn what corneal donation entails and feel more confident about talking with patients and families about corneal donation and TEPs.

### Priorities for care – recognising dying Thursday 20

Consider why recognising dying is the key to enabling a good death. Explore knowledge and understanding about recognising dying in the months, weeks and days before death occurs.

### MND update – topic to be announced nearer the time Tuesday 25

A topical update for health and social care professionals who work with people living with MND across Torbay and South Devon.



### Priorities for care – communicating sensitively Wednesday 26

Understand the principles of clear and sensitive communication using models to assist. Improve confidence in having conversations in preparation of impending deterioration and death.

## February

### Priorities for care – involving the dying person with choices and decisions Wednesday 2

How do we put the patient at the centre of our care. Ensuring we involve the patient who is approaching death and their family. Building a better understanding of their wishes and respecting decisions they may have outlined.



### Priorities for care – supporting the person and those important to them Tuesday 8

Supporting the families and children of the dying person. Exploring what measures we can take to improve their understanding, involvement and bereavement experiences.

### Palliative care emergencies Wednesday 9

To help you understand and manage palliative care emergencies, e.g. spinal cord compression, hypercalcaemia and haemorrhage.

### Managing nausea, vomiting and bowel obstruction in palliative care Tuesday 15

To help you improve your assessment and management of gut symptoms for palliative and end-of-life patients.



### Priorities for care – planning and delivering care Thursday 17

Be able to describe the elements of an end-of-life care plan including symptom management and psychological, social and spiritual support as we care for a dying person.

## March

### Pain management in palliative and end-of-life care Tuesday 15

To recognise and apply the principles of pain management and understand the role and rationale of non-pharmacological intervention and prescribed medication.



### Helping people plan future wishes and choices (ACP Part 1) Wednesday 16

An overview of Advance Care Planning (ACP) and how we can establish what matters most for patients and families. This session links to another on legal aspects.

### Facing death creatively Wednesday 23

Explore the role that music can have at the end of life and raise awareness of how creativity can enable a person to remain outward looking.

### Pain assessment in palliative and end-of-life care Thursday 24

To gain an understanding of how to assess the patient's experience of pain and be aware of different tools available. This session links to another on pain management.

### Legal aspects of Advance Care Planning (ACP Part 2) Tuesday 29

Understand decisions which are supported by legal and ethical frameworks in end-of-life care and have clarity about responsibility for treatment and other choices. This session links to another on ACP overview.

