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Prospectus 2012

Excellence in Care through Education



LOROS
Hospice Care for Leicestershire & Rutland

Education & Research

Acknowledgements



Event Catering Lunch Direct
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to attend any of our courses call our booking line **0116 231 8455**

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Welcome to the 2012 LOROS Education Prospectus

You may not think the content of this prospectus is for you. Perhaps you feel that your work does not bring you into contact with dying patients. Perhaps you do not work in a specialist palliative care setting. However we are all encouraged to consider end of life care as everybody's business no matter where we work or what our role may be. I therefore urge you to think again!

Accounts of poor care, disregard for individuals, poor communication and disrespectful and undignified care are sadly commonplace. The Ombudsman states that these 'failures' of care are not the result of a lack of resources, guidelines or codes of conduct but because of 'personal and institutional attitudes' that fail to recognise the 'humanity' of individuals facing the end of their life. The impact of this is far reaching; people are discharged from hospital with false hope because prognosis is not routinely discussed, most people still don't die in a place of their choosing and trust in the caring professions is undermined. Amidst this, care professionals feel anxiety around end of life care due to a lack of training and confidence; this may well be escalated because of the 'taboo' nature of death which leads to a reluctance to discuss death and dying openly.

End of life care can be improved through learning and personal and professional development and through adoption of appropriate attitudes and culture-ultimately this comes down to every relevant organisation having the determination to make end of life care one of its core commitments.

The LOROS Education Prospectus 2012 aims to support staff from across health and social care in the development of the necessary skills, knowledge and confidence to take up the pivotal role we each have in ensuring that the headlines so prominent in 2011 are eradicated. High quality, individualised end of life care should be the norm and the LOROS Education Department is passionate about supporting the health and social care workforce in making this a reality. Please do take some time to read through the many varied learning opportunities contained within this prospectus and feel free to contact us for further information and/or guidance in choosing an event which best suits your needs.

We look forward to welcoming you to one of our events soon.

Sharon de Caestecker, Head of Education



General Information

Accreditation

Appropriate accreditation is sought for each event and/or certificates of attendance are provided.

Cancellations

All cancellations must be received in writing or by email up to three weeks before the event; thereafter no refunds will be given (however, named substitutes may be made).

Course Fees

Delegate fees must be paid prior to each event. Unless stated, lunch and/or refreshments and course materials are included within the course fee.

Fire Safety

The fire alarms are tested weekly, and you will be informed if a test is expected. In the event of a fire, the fire alarm will sound continuously and the fire doors will close. The meeting point is in the front car park.

How to Book

Enquiries should be directed to the education department. Confirmation of bookings is dependent upon return of a completed booking form.

Registration

We request that all delegates attending our events sign a register. For Study Day events registration may take slightly longer, so please be aware that events that are listed as starting at 9:00am will include a 30 minute registration, with the teaching day commencing at 9:30am.

Course Cancellation Policy

If a sufficient amount of bookings are not received for a course, the Education Department reserves the right to cancel/postpone that course. Potential delegates will be informed as soon as possible and given an opportunity for attendance at a re-arranged event or all course fees will be refunded.

Car Parking Availability

Parking is very limited within the LOROS grounds, therefore we encourage delegates to car share or use public transport wherever possible. Delegates are asked to refrain from parking on the nearby housing estate. LOROS cannot accept any responsibility for any loss or damage whilst using the car park. Disabled parking is available on site.

About us



The Leicestershire and Rutland Hospice (LOROS) is a local registered charity (No.506120). LOROS employs doctors, nurses and healthcare professionals, supported by physiotherapists, occupational therapists and social workers, in an environment that recognises the particular needs of patients and their families. It provides expertise in controlling pain and other distressing symptoms as well as offering emotional, spiritual and social care, for those who are suffering from a terminal illness when cure is no longer possible.

LOROS also recognises its role in supporting wider workforce development through Education and Practice Development. LOROS seeks to contribute to the identification and implementation of evidence based practice through its growing research activity.

Meet the teaching team



Sharon de Caestecker
Head of Education

RGN, BN (Palliative Care) MA (Ethics of Cancer and Palliative Care)
Sharon has worked in specialist palliative care for much of her career. She is Honorary Senior Lecturer with both the University of Northampton and De Montfort University. As Head of Education she is keen to ensure that education and training is accessible for all members of the multi-disciplinary team working with patients with palliative care needs, across all care settings. Her interests include the impact of advanced illness on sexuality, spiritual well-being and the impact of education on patient care. Sharon sits on the Executive Committee of the National Association for Palliative Care Educators (NAPCE) and was honoured to receive the IJPN Educator of the Year award 2011.



Christina Faull
Medical Lead for Education and Research

MBBS BMedSci MD FRCP PGCert Med Ed Dip Clin Hyp.
Christina has been a Consultant for nearly 18 years and has worked at LOROS for the past 7. She is Honorary Principle Lecturer at De Montfort University where she is co-Chair of the CPEP: Centre for the Promotion of Excellence in Palliative Care. Her education leadership focuses on the development and support of GPs and other doctors and on specialist level nurses. Her research is integrated into the education delivered by the Department. The third edition of the BMA award winning Handbook of Palliative Care for which she is Senior Editor will be published in 2012.

Christina is a member of the executive committee for the Association for Palliative Medicine and Chairs the Professional Development Committee.



Philippa Graham
Education Facilitator

BA (Social Policy and Administration), Dip SW, BPhil Social Work, CCETSW (Practice Teacher Award)
Philippa has worked in palliative care for 15 years at The Leicestershire and Rutland Hospice. She is Honorary Senior Lecturer at the University of Northampton, and worked as a palliative care social worker for over 11 years before being appointed to the Education team in December 2006. She has responsibility for the Foundation Degree in Palliative and Supportive Care and has enjoyed the challenges and opportunities involved in developing this exciting new qualification for support staff. Her other interests include the psychological and social perspectives of end of life care and delivering palliative care education to a multi-disciplinary audience.

Meet the teaching team continued



Kerry Blankley
Education Facilitator

RGN, BSc (Health Sciences) MSc (Advanced Nursing Practice-palliative pathway) Diploma in Professional Studies Nursing (Community Health)

Kerry has worked in specialist palliative care both in hospital, community settings and care homes as a clinical nurse specialist. She was appointed to the Education team in November 2008. Kerry has responsibility for the Masters programme and the University Certificate. She is Honorary Lecturer at University of Northampton and De Montfort University. Her interests include communication skills and she is a trained advanced communications skills facilitator. In addition, she has a particular interest in the role of care homes in palliative care.



Julie Dearden
Education Facilitator

Julie has worked as a Hospital Palliative care nurse specialist and as a Cancer Genetics Nurse Counsellor.

She works privately as a psychotherapist. Her interests include psychological aspects of Palliative care, spirituality and caring for healthcare professionals.



Judith Smith
Education Facilitator

RGN, NDN, RHV, B.A. Hons. Palliative Care (Specialist Nurse - Adult)

Judith joined the team in 2009. Her background is largely in community nursing, in a variety of roles, District Nurse, Health Visitor and Macmillan Nurse Specialist in Leicestershire. Latterly she worked as a Liverpool Care Pathway (LCP) Facilitator, introducing the LCP to the community and care homes in Northamptonshire.

She is keen to improve skills in communicating with patients at the end of life and is an Accredited Trainer in Communication Skills, regularly facilitating the three day Advanced Communication Skills courses. Other interests include exploration of spiritual and psychological issues in palliative care.



Alison Pilsworth
Education Facilitator

RGN ENB Coronary Care Nursing, ENB Developments in Nursing Practice, ENB 998 Teaching Principles of Managing Chronic Heart Failure, Independent Nurse Prescriber, Advanced Communication Skills Facilitator. Alison has been nursing for over 18 years. Most of this time she has been dealing with cardiac patients.

This has given her an insight into the impact of sudden illness and the difficulties of living with chronic disease and uncertainty for both patients and relatives. Her interests include communication skills and she was one of the first nurses outside cancer care to train and then go on to facilitate Advanced Communication Skills.



Sue Taplin
Education Facilitator

Sue initially studied Modern Languages to Masters level, before embarking on a career in social work and qualifying with the MA/ PG Diploma in Social Work from the University of Leicester in 1995. She practised as a palliative care social worker for nine years, also gaining the Practice Assessors Award, and then moved into education and training, now working part-time in the Education Department at LOROS and part-time as a Lecturer in the Centre for Social Work at the University of Nottingham. She also works as a clinical supervisor in palliative care. She is an active member of the Bereavement Research Forum, the British Association of Social Workers, affiliated to the Association of Palliative Care Social Workers and an Associate Member of the British Psycho-Oncology Society. Sue has a doctorate in social work.

Practice Development Facilitators Team (PDFT)



LOROS Education is committed to developing novel and innovative approaches to learning as we recognise that a 'one size fits all' approach is not realistic or indeed feasible. The PDFT was created through the provision of end of life care monies in 2010 with the aim to take education out into the working environments of a variety of health and social care providers. Structured education programmes alongside mentoring and reflection in practice sessions have been delivered to staff in several care environments such as:

- Residential and Care Homes
- The local acute trust
- EMAS
- Community teams, as part of a preceptorship programme
- A specialist dementia unit
- Domiciliary Care Agencies
- Primary and Secondary Schools
- Practice Managers from a GP consortium

As far as we are concerned, end of life care is 'everybody's business' however big or small the challenge and therefore skills, knowledge and confidence need to be developed in the whole of the health and social care workforce, with learning opportunities tailored to individual needs.

The team members have a wealth of experience in palliative and end of life care and come from a variety of health and social care backgrounds including nursing, social work and chaplaincy.

If you would like any further information about the training on offer please contact the team on **0116 231 8470**.

e-mail debrabroadhurst@loros.co.uk

Meet the administration team

Rachel Lovett

Office Manager / PA to Sharon de Caestecker

Rachel joined the Team in February 2009 after having worked for many years within customer services.

Peta Wright - Education Secretary

Peta joined the Education Department in May 2008, after having spent some time as a LOROS Volunteer.

Melanie Stacey - Education Secretary

Mel joined the team in November 2009 having worked in the acute hospital sector.

Julie Pickering - Education Secretary

Julie has recently joined the Education Team having previously worked for LOROS within the Family Support Service.

Our Administration Team are here to support you and are happy to help with any course enquiries, bookings and general information.

They can be contacted on **0116 231 8455**
or by email education@loros.co.uk

Office hours are from 8.30am – 5.00pm, Monday – Friday.
(an answering machine is available if you wish to leave a message outside of office hours).

Foundation degree in Health & Social Care: Adult Pathway (Palliative & Supportive Care)

Validated by the University of Northampton

The programme offers a high degree of flexibility, incorporating a significant work based element and allowing students the choice of undertaking a one year course resulting in a Certificate in Higher Education or continue with the second year of study to achieve the Foundation Degree in Health and Social Care (Palliative and Supportive Care). Students have access to library and learning resources at the University of Northampton along with tutorial and mentoring support throughout the programme. The majority of the teaching takes place at LOROS with the exception of the university induction and graduate skills. The pathway's focus is on adult care but students working with children and young people may also benefit from the programme, particularly if combined with the specialist children's palliative care modules.

This programme is aimed at health and social care support staff working with adults in all settings including the community, hospital, residential care and hospice. It recognises the vital role played by support staff in End of Life Care and aims to develop the necessary skills and knowledge to fulfil this role with competence and confidence.

Entry requirements

Students should have been working in the public, private or voluntary sector for a minimum of 6 months and achieved NVQ level 3. Students should have GCSE C in English (or equivalent).

Year 1

University induction
Graduate skills
Work-based learning
Interprofessional working
Principles and practice of palliative and supportive care
Long term conditions

Year 2

Evidence based practice
Advanced work based practice
Responding to loss – knowledge and skills for practice
Ethical and spiritual perspectives in end of life care
Communication skills: a palliative care approach
Symptom management

Fees and funding

Fees for 2012/13 (September 2012 intake) academic year are £3,375.00
Funding may be available please enquire for further information.

Degree level top up

Completed the Foundation Degree in Palliative Care?
Want to top it up to achieve an Honours Degree?

Students who have completed the foundation degree are able to continue studying an additional 120 credits at academic level 6 to be awarded the BSc (Hons) Palliative & Supportive Care. Members of the multi-disciplinary team can also use specialist modules (*) as Continuing Professional Development (CPD)

Teaching is delivered at Northampton University and LOROS.

Modules offered

- Advance care planning in end of life care*
- Contemporary issues in palliative care*
- Integrated perspectives on disease
- Enhanced communication for healthcare professionals

Students are required to undertake a dissertation as a core element of the programme.

Entry requirements

Students should have achieved a Foundation Degree in Health and Social Care (palliative and supportive care) or be able to APEL another Foundation Degree into the degree top up.

Students enrolling as CPD should have evidence of successful study at academic level 5.

Course Director

Philippa Graham

Course Administrator

Peta Wright

Masters Level Learning in Palliative Care

The MSc Palliative Care is aimed at a range of health and social care professionals. It is relevant to specialists in the field and to those for whom the provision of palliative care is part of a wider range of responsibilities.

The programme is a joint venture between LOROS and De Montfort University and is offered on a part-time basis. See individual module outline for further information about content.

The MSc Palliative Care programme is made up of core and option modules. Students can complete their studies at postgraduate certificate or post graduate diploma level having attained 60 or 120 credits respectively. A full masters of 180 credits requires a dissertation in the final year.

Stand alone modules

Modules are available on a stand alone basis through a continuing professional development route, however, a maximum of 30 credits can be studied on this basis.

Entry requirement

Applications are welcomed from all members of the MDT and from individuals working in a voluntary capacity who have regular contact with patients with palliative care needs.

Applicants should have

An Honours Degree (equivalent of a British Honours Degree 2.2 or above)

Evidence of working at postgraduate level.

(in exceptional circumstances consideration may be given to other students see De Montfort University website: <http://www.dmu.ac.uk/faculties/hls/nursingmidwifery/nursing/palliative-care>).

Modules available are

Leadership in Cancer and Palliative Care
1st & 2nd February, 21st & 22nd March 2012

Putting theory into practice*
9th February 2012 or 7th June 2012

Ethical Dilemmas in Palliative Care
1st, 15th, 29th March 19th April & 3rd May 2012

Understanding the experience of living with Advanced Non-Malignant Disease
9th, 16th & 23rd May, 6th & 20th June 2012

Advanced Symptom Management
12th, 13th, 14th, 26th & 27th June 2012

Advance Care Planning
6th, 13th, 20th & 27th November, 4th & 11th December 2012

Communication Skills (University based)
TBC

End of Life Care: Principles and Practice
12th & 26th September, 10th & 24th October & 7th November 2012

Effective support for people living with advanced illness
20th September, 4th, 18th October, 1st & 15th November 2012

**Indicates a core module which must be taken as part of the PG Certificate/ Diploma. A Research module must also be taken as part of the PG Diploma.*

Funding is available for practitioners employed within the East Midlands Healthcare Workforce Deanery* Please contact course administrator for further information relating to each module, commencement dates or for details of eligibility for funding.

*Conditions apply

Course Directors

Sharon de Caestecker
Head of Education

Dr Christina Faull
Medical Lead for Education

Martyn Geary
Programme Director
De Montfort University

Kerry Blankley
Education Facilitator

Effective Support for People Living with Advanced Illness

(15 credit module)

Optional Masters Level Module

The module aims to enable the student to explore and critically evaluate the nature and breadth of the challenges to an individual's "personhood" in the face of advanced illness and the strategies that may be employed.

Content includes

- The social dimension: critically exploring the variety of influences to an individual's responses to advanced illness.
- The psychological impact of advanced illness: coping with loss, responding to life-limiting illness and the promotion of coping strategies.
- The spiritual dimension: critically exploring the concept of spirituality and its role within the provision of effective support in advanced life limiting illness.
- Responding to ethnic diversity in palliative care: critically exploring the concepts of culture, ethnicity and their impact on responses to advanced life limiting illness.

Suitable for

Health and Social Care workers working in or with an interest in End of Life Care. This module can be used as Continuing Professional Development (CPD) or accredited learning towards the Masters programme. Students can study up to 30 credits per year for their CPD.

Venue

LOROS

Dates and times

20th September,
4th & 18th October,
1st & 15th November 2012

Fees and funding

Funding may be available for staff working across the East Midlands through the LBR contract - please enquire for details. Outside of the funding remit there is a cost of £547 per module

Putting Theory into Practice

(15 credit module)

Core Masters Level Module

This is a core module for the Post Graduate Certificate in Palliative Care, the Postgraduate Diploma in Palliative Care and the MSc Palliative Care. It must be undertaken after completing 45 credits of option modules. It is the final module for students wishing to exit the programme with a Postgraduate Certificate.

The module aims to provide you with enhanced self-directed learning opportunities in palliative care. In discussion with the Module Leader, you will establish your own learning outcomes to be achieved within a 5 day placement of your choosing. The learning outcomes you establish will have direct relevance to your individual area of practice.

Suitable for

Health and Social Care workers working in or with an interest in End of Life Care. This module can be used as Continuing Professional Development (CPD) or accredited learning towards the Masters programme. Students can study up to 30 credits per year for their CPD.

Venue

LOROS

Dates and times

9th February 2012
or 7th June 2012

Fees and funding

Funding may be available for staff working across the East Midlands through the LBR contract - please enquire for details. Outside of the funding remit there is a cost of £547 per module

Criminal Records Bureau clearance is required before you can undertake this module. You must apply for a CRB check through De Montfort University. The cost is £44. You will be provided with an application pack by the DMU application team.

Advanced Symptom Management (15 credit module) *Optional* Masters Level Module

The module aims to enable the student to develop a detailed understanding of the causes, presentation, assessment and management of symptoms associated with advanced life-limiting illness. The module explores issues relevant to patients with oncology and non-oncology related problems and seeks to relate interventions to a detailed understanding of underpinning anatomy and physiology.

The module will consider:

- The pathophysiology of specific symptoms including pain, nausea and vomiting, fatigue, dyspnoea and delirium
- The concept of 'total pain', pain definitions, classifications and theories of pain
- Holistic assessment tools and their utility in palliative care
- Symptom management strategies and associated challenges
- Pharmacological and non-pharmacological interventions
- The role of the multi-disciplinary team in effective symptom management

Suitable for

Health and Social Care workers working in or with an interest in End of Life Care. This module can be used as Continuing Professional Development (CPD) or accredited learning towards the Masters programme. Students can study up to 30 credits per year for their CPD.

Venue

LOROS

Dates and times

12th, 13th, 14th, 26th & 27th June 2012

Fees and funding

Funding may be available for staff working across the East Midlands through the LBR contract - please enquire for details. Outside of the funding remit there is a cost of £547 per module

Ethical Dilemmas in Palliative Care (15 credit module) *Optional* Masters Level Module

The module aims to enable the student to explore concepts underpinning effective palliative care practice, recognising the influence of contemporary debate and the impact of professional guidelines and associated legislation.

The module will consider:

- Ethical concepts and principles
- Ethical dilemmas in palliative care
- Principles guiding multi-professional ethical decision making
- Ethical dilemmas, their impact on patients, relatives, carers and professionals
- Working within the existing legislative framework

Suitable for

Health and Social Care workers working in or with an interest in End of Life Care. This module can be used as Continuing Professional Development (CPD) or accredited learning towards the Masters programme. Students can study up to 30 credits per year for their CPD.

Venue

LOROS

Dates and times

1st, 8th & 29th March, 19th April & 3rd May 2012

Fees and funding

Funding may be available for staff working across the East Midlands through the LBR contract - please enquire for details. Outside of the funding remit there is a cost of £547 per module

Understanding the Experience of Advanced Non-malignant Disease (15 credit module)

Optional Masters Level Module

The module aims to enable the student to appreciate the holistic needs of people living with advanced non-malignant conditions.

The module will consider:

- Pathophysiology of common non-malignant conditions
- Holistic impact of advanced non-malignant disease
- Differing disease trajectories
- Factors to consider in achieving high quality palliative care in the context of advanced non-malignant disease
- Patient perspectives in coping and living with non-malignant disease
- Recognition of the lived experience of non-malignant disease
- Advance care planning in the context of advanced non-malignant disease

Suitable for

Health and Social Care workers working in or with an interest in End of Life Care. This module can be used as Continuing Professional Development (CPD) or accredited learning towards the Masters programme. Students can study up to 30 credits per year for their CPD.

Venue

LOROS

Dates and times

9th, 16th & 23rd May,
6th & 20th June 2012

Fees and funding

Funding may be available for staff working across the East Midlands through the LBR contract - please enquire for details. Outside of the funding remit there is a cost of £547 per module

Advance Care Planning (30 credit module)

Optional Masters Level Module

The module aims to enable the student to explore the concept of 'advance care planning' from the patient's perspective, taking into account the legal, ethical and service delivery dimensions.

The module will consider:

- An exploration of the concept and principles of effective advance care planning
- The legislative context to advance care planning
- Initiating a conversation about advance care planning
- Embedding advance care plans within professional practice

Suitable for

Health and Social Care workers working in or with an interest in End of Life Care. This module can be used as Continuing Professional Development (CPD) or accredited learning towards the Masters programme. Students can study up to 30 credits per year for their CPD.

Venue

LOROS

Dates and times

6th, 13th, 20th & 27th November,
4th & 11th December 2012

Fees and funding

Funding may be available for staff working across the East Midlands through the LBR contract - please enquire for details. Outside of the funding remit there is a cost of £1094 per module.

Strategic Leadership and Effective Management in Palliative Care

(15 credit module)
Optional Masters Level Module

The module is aimed at enabling good leadership and management skills in all members of the multi-disciplinary team. Students will have the opportunity to identify personal leadership and management style preferences and challenges using the Myers Briggs Type Inventory.

Working with patients who are dying raises specific organisational, team and personal issues: some enabling and creative, others obstructive and intransigent. Effective leadership and management in this area of clinical practice will require consideration of these unique features as well as drawing on generic best practice

Suitable for

Health and Social Care workers working in or with an interest in End of Life Care. This module can be used as Continuing Professional Development (CPD) or accredited learning towards the Masters programme. Students can study up to 30 credits per year for their CPD.

Venue

LOROS

Dates and times

1st & 2nd February, 21st & 22nd March 2012

Fees and funding

Funding may be available for staff working across the East Midlands through the LBR contract - please enquire for details. Outside of the funding remit there is a cost of £547 per module

Principles and Practice in Palliative Care

(15 credit module)
Optional Masters Level Module

The module aims to enable the student to explore and critically evaluate the principles and practice of palliative care within a holistic framework of care

The module will consider:

- The holistic perspective of patient and carer needs and the implications for care and patient choice
- Communication with dying patients and their families
- The care required by dying patients and the effective management of symptoms commonly associated with end stage disease
- Crises that can occur in the end stages of life and how an evidenced approach might be used to facilitate an optimum outcome
- Dying, death and after death care in a culturally diverse context
- The impact working with people who are dying may have on health and social care professionals

Suitable for

Health and Social Care workers working in or with an interest in End of Life Care. This module can be used as Continuing Professional Development (CPD) or accredited learning towards the Masters programme. Students can study up to 30 credits per year for their CPD.

Venue

LOROS

Dates and times

Date: 12th & 26th September, 10th & 24th October & 7th November 2012

Fees and funding

Funding may be available for staff working across the East Midlands through the LBR contract - please enquire for details. Outside of the funding remit there is a cost of £547 per module.

University Certificate of Professional Development in End of Life Care

The University Certificate of Professional Development (UCPD) is a new and exciting joint programme with De Montfort University which aims to equip practitioners with the skills and knowledge to deliver high quality holistic care.

The programme consists of two 30 credit modules at academic level 6 (degree level). Each module of the programme can be accessed as a standalone unit of learning attracting the associated number of credits or can be combined in order to acquire the 60 credits required for the award in End of Life Care.

The modules within the UCPD End of Life Care are:

- Fundamentals of palliative care
- Communication skills in End of Life Care

The programme is launched with a half-day Induction Session (date TBC)

Entry requirements

A Diploma of Higher Education / Foundation Degree (120 credits at FHEQ level 5) plus one year's work experience in a field related to End Of Life Care, OR 20 credits at FHEQ level 5 with three year's work experience in a field related to End of Life Care

Venue

LOROS and De Montfort University

Dates and times

Fundamentals of palliative care
Tuesday 17th, 24th & 31st January, 7th, 21st & 28th February 2012 or Tuesday 4th, 11th, 18th, 25th September, 2nd & 9th October 2012

Communication skills in End of Life Care

1st - 3rd February 2012, 6th, 20th & 27th March or 16th - 18th May 2012
19th & 26th June, 3rd July 2012

Fees and funding

The UCPD in End of Life Care and the individual modules within it are fully funded for health and social care staff working across the East Midlands until March 2012 after which funding arrangements may be different. Applicants outside of this funding remit are invited to contact the Education Department for details of fees.

University Certificate in Continuing Professional Development Work Based Learning End of Life Care Pathway

For those practitioners who wish to access accredited courses in palliative and end of life care but do not wish to study at degree level, the option exists to study at either level 4 (Certificate) or level 5 (Diploma) and to acquire a recognised qualification in work based learning in conjunction with LOROS and De Montfort University.

The programme consists of two modules. Each module of the programme can be accessed as stand alone units of learning attracting the associated number of credits or can be combined in order to acquire the 60 credits required for the full Certificate qualification.

The modules within the UCPD End of Life Care are:

- Fundamentals of palliative care
- Communication skills in End of Life Care

Entry requirements Level 4 (Certificate)

NVQ 3 or an advanced apprenticeship

Level 5 (Diploma)

120 credits at certificate level or 30 credits at certificate level and 3 years experience in end of life care

Venue

LOROS and De Montfort University

Dates and times

Fundamentals of palliative care
Tuesday 17th, 24th & 31st January, 7th, 21st & 28th February 2012 or Tuesday 4th, 11th, 18th, 25th September, 2nd & 9th October 2012

Communication skills in End of Life Care

(20 Credits)
further details on page 35
1st - 3rd February 2012
6th, 20th & 27th March or 16th - 18th May 2012,
19th, 26th June & 3rd July 2012

Fees and funding

The Certificate programme and the individual elements of it are funded for health and social care staff working across the East Midlands until March 2012 after which funding arrangements may be different. Applicants outside of this funding remit are invited to contact the Education Department for details of fees.

We have a range of short courses available for both support staff and qualified members of the multi-disciplinary team. Some are also available as an accredited course at various academic levels – please contact us for further information.

Step into Palliative Care

A two day course for support staff

Support staff working across health and social care are key to high quality palliative and end of life care. This course will highlight the experience of those living with advanced illness and facing the end of their life. The role of the support worker in providing care which meets individual patient / client needs and those of their families will be explored with the aim of empowering practitioners through increased knowledge and confidence.

Content

- What is palliative care?
- Caring for the carers
- Symptom Management
- Spirituality
- The role of the support worker in palliative care
- Multi-disciplinary team working
- Communication and listening skills
- Grief, loss and associated reactions
- Complementary therapies

Time and dates

Monday 26th November 2012
& Tuesday 27th November 2012
9:00am - 9:30am, Registration
9:30am - 4:30pm

Cost

£100 for both days

Building Foundations in Palliative and Supportive Care

A course for support staff

The Building Foundations series of short courses is aimed at support staff working across a range of health and social care settings. The courses have been developed specifically for support staff who are often working on 'the frontline' of care and who may feel they would benefit from additional skills and knowledge to help them to undertake the vital role they play in end of life care with confidence.

Short courses are available for those working with adults and also for those working with children and young people faced with life limiting illness. See the course descriptions below for further information.

The short courses included in the Building Foundation series form part of the Foundation degree in Health and Social Care (Palliative and Supportive Care) which is an accredited programme delivered by LOROS in collaboration with the University of Northampton.

The short courses allow you to develop additional skills and knowledge without having to undertake assessments associated with the accredited programme. However if you are interested in taking your learning and development further by undertaking the Foundation degree please refer to page 13 for additional information.

Building Foundations Principles & Practice of Palliative & Supportive Care

A course aimed at staff working with adults

This short course explores the key principles and practices of supporting people with palliative needs across a range of care settings. Students will extend their knowledge of providing holistic care and evaluate this in the context of service delivery.

Content

- Concepts of choice, privacy, and individualised care
- How to provide truly holistic care
- Making sense of theory in everyday practice
- Theories of loss and bereavement
- Working with diversity and difference
- Effective communication skills

Time and dates

Ten half-day sessions from Wednesday 11th January to Wednesday 28th March 2012
9.30 - 12.30pm

Cost

£475

Building Foundations Beyond Cancer: Supporting People Living with Non-malignant Long Term Conditions

A course aimed at staff working with adults

Around half a million people die each year in England, of whom almost two thirds are aged over 75. The large majority of deaths at the start of the 21st century follow a period of chronic illness such as heart disease, cancer, stroke, respiratory disease, neurological disease or dementia. (End of Life Strategy, 2008.) The aim of this module is the transference of good supportive and palliative care knowledge and skills to all long term conditions. This is applicable across a range of settings for support staff working with a range of service users.

Content

- Identification of the symptoms and treatments of:-
 - Dementia
 - Diabetes
 - Coronary heart disease
 - Stroke
 - Neurodegenerative disease
 - COPD
 - Renal disease
- Exploration of the lived experience for people and their families
- Key communication skills
- Challenges of providing End of life Care

Time and dates

Ten half-day sessions from Wednesday 25th April to 27th June 2012
9.30am - 12.30pm

Cost
£475

Building Foundations Responding to Loss: Knowledge and Skills for Practice

A course aimed at staff working with adults

This short course provides students with the opportunity to develop and demonstrate the skills required to facilitate person centred assessment. Due regard will be given to work role boundaries and a safe simulated environment will be used to develop key verbal and written assessment skills. Issues of identity and role functioning will be explored and students will consider the complex support needs of families and significant others who are living with change and loss.

Content

- Impact of advanced illness on role and identity
- Impacts of advance illness on sexuality and behaviour
- Initiating discussions about role and identity
- The impact of loss and change on family dynamics
- Communicating through difficult situations

Time and dates

Ten half-day sessions from Autumn term Oct - Dec 2012
Thursday 1.30pm - 4.30pm

Cost
£475

Building Foundations: Communication Skills, A Palliative Care Approach

A course aimed at staff working with adults

This short course will enable the students to develop the confidence and skills to become effective communicators in a variety of situations. It explores the consequences of poor communication and the impact good communication has on patients, carers, health & social care workers and the organisation. It will challenge common assumptions about communicating with people from diverse backgrounds to develop anti-discriminatory practitioners. The module provides students with the tools and techniques to deal with communication issues, such as working with strong emotions.

Content

- Barriers to effective communication including blocking and distancing tactics
- Facilitating effective communication with patients / clients
- Dealing with difficult questions
- Cultural diversity in communication
- Communicating with people with confusion/dementia

Time and dates

Thursday 19th, 26th, January
Thursday 2nd, 9th, 16th,
23rd February
Thursday 1st, 8th, 15th, 22nd &
Thursday 29th March 2012
1.30pm - 4.30pm
Full days on Thursday 2nd
February & Thursday 8th March 2012

Cost
£475

Building Foundations: Symptom Management

A course aimed at staff working with adults

Content

- Models of pain assessment
- The lived experience of patients
- Symptom burdens associated with palliative conditions
- Holistic approaches to care, support and treatment
- Identification of key medical interventions
- Exploration of the treatment of palliative conditions
- The role of complementary therapy
- The roles and responsibilities of staff
- Care in the terminal phase

Time and dates

Ten half-day sessions from
Autumn term Oct-Dec 2012
1.30pm-4.30pm

Cost
£475

Building Foundations: One size does not fit all - Palliative care for children & young people

A course aimed at staff working with children and young people

Aim of the event

Children living with life limiting illness will have a variety of palliative care needs of their own. They also need to be seen as part of a family. To enable appropriate care to be given it is important that the child is seen within the family context.

Due to the age and vulnerability of children, the legal and ethical issues, particularly that of safeguarding children should underpin all child centered care. This short course aims to develop an understanding of the specific needs of children and families requiring palliative care and provide students with knowledge of legal and ethical issues in the area.

Content

- National guidance and recommendations in relation to children's palliative care
- Children's holistic development
- Safeguarding issues associated with children
- The lived experience of children and their families
- Theories of loss and grief
- Legal and ethical issues associated with children's palliative care
- Principles of effective communication skills and age appropriate communication e.g. play therapy

Time and dates

Ten half-day sessions from
Tuesday 17th January 2012 to
Tuesday 3rd July 2012

Cost
£475

Building Foundations: Finding the Right Words - Communications Skills to support children & young people

A course aimed at staff working with children and young people

Aim of the event

This short course builds on basic communication skills with children and families. Many children with life-limiting and life-threatening problems are anxious and/or may have multiple disabilities which cause resultant barriers. Families are part of the caring team but also have specific needs of their own which students need to address

Content

- Principles of effective communication
 - Linking theory with practice skills and strategies and experiential learning opportunities through role play
 - Active listening and observation skills
 - Review of cognitive development for children
 - Barriers to communication
- Exploration of the expert parent
 - Challenges and opportunities
 - Parents as part of the multi-agency team
- Death anxieties and social taboos when communicating with dying children and their families
- Effects of family systems and communication
- Communication aids and strategies for non-verbal communication, ie sign language/makaton
- Therapeutic communication strategies

Time and dates

Tuesday 24th April,
Tuesday 1st, 8th, 15th
& 22nd May 2012,
9.00am - 9.30am, registration
9.30am - 4.30pm

Cost
£475

Advanced Communication Skills* (3 day interactive workshops)

Short Course for Qualified Members of the Multi-disciplinary Team

Aim of the event

Communication is an essential skill for all involved in the provision of care and particularly so when caring for those facing the end of their lives. Effective communication underpins all we do in health and social care from undertaking a holistic assessment, giving information, eliciting patient / client concerns and planning future care. Effective communication can enable the patient / client to feel heard, supported and in control, leading to individualised care, which promotes dignity and quality.

This three day interactive workshop uses role-play and actors and gives participants the opportunity to address individual areas of concern. Each course is delivered by two highly experienced facilitators and maintains participant's safety as a core element. Previous participants have evaluated the course extremely positively and have described ways in which the course has had a positive impact on their practice.

This course forms part of the University Certificate in Continuing Professional Development (End of Life Care). Delegates can, therefore, choose to access it either as an accredited or non-accredited programme.

Suitable for

Bands 5 & 6 (or equivalent) working across health and social care.

This course may not be suitable for those who have suffered a recent bereavement. To discuss this further, please contact the Education Dept. team.

*30 credit module if taken as part of the University Certificate in Continuing Professional Development (End of Life Care)

Time and dates

1st - 3rd Feb 2012
Accredited Course
6th, 20th & 27th March
Accredited Course
16th - 18th May 2012
Accredited Course
2nd - 4th May
Non-accredited
9:00am - 5:00pm times vary
(contact the Education team for details)

Cost

Free to health and social care staff working across Leicestershire & Rutland until March 2012 .

Costs for those out side the funding remit: £400.00.

£1,094 if taken as part of the UCPD*

Leadership in Cancer and Palliative Care

Short Course for Qualified Members of the Multi-disciplinary Team

Aim of the event

This interactive workshop is aimed at promoting good leadership skills in all members of the multi-disciplinary team in a leadership role. This might include team leaders, social workers, specialist nurses, registrars, etc. Delegates will have the opportunity to identify personal leadership styles identified using the Myers Briggs type indicator. This valuable opportunity will provide a basis for further awareness and skills development.

Content

- Exploration of what makes an effective leader and manager in cancer and palliative care
- What constitutes an effective team
- Consideration of different leadership and management styles
- Conflict management skills
- Giving effective feedback
- Coaching and maintaining healthy practice
- Facilitating effective meetings
- Managing change strategically and operationally

Suitable for

Team Leaders working in palliative care including doctors, nurses, social workers, etc.

Facilitated by

Hilary Cotton Executive coach and facilitator. Hilary is an experienced and engaging facilitator of leadership events. She has worked for many years as an employee of and consultant to the public sector, specialising in team work, leadership and assertiveness training.

Time and dates

Wednesday 1st February 2012,
Thursday 2nd February 2012,
Wednesday 21st March 2012
Thursday 22nd March 2012
(this date for students taking the course as part of the masters programme)

Cost

£450

Fundamentals of Palliative Care

A six day course for Qualified Members of the Multi-disciplinary Team

Aim of the event

The course which is structured around the end of life care pathway and is linked to the core competencies for end of life care is delivered one day per week for six consecutive weeks.

Content

- Discussions as the end of life approaches
- Assessment, care planning and review
- Co-ordination of care
- Delivery of high quality services
- Care in the last days of life
- Care after death

Delegates may choose to access this course either as an accredited OR non-accredited programme. The accredited programme attracts 40 credits at levels 4-6 (dependent on prior academic achievement). The credits can be used towards the University Certificate in Continuing Professional development (End of Life Care) in collaboration with de Montfort University.

Suitable for

Qualified members of the multi-disciplinary team in all care settings.

Time and dates

One day per week for six consecutive weeks (running twice in 2012)
Tuesday 17th, 24th & 31st January
7th, 21st & 28th February 2012
or Tuesday 4th, 11th, 18th, 25th September, 2nd & 9th October 2012
9:00am - 9:30am Registration
9:30am - 4:30pm

Cost

A limited number of free places (accredited & non-accredited) are offered to health and social care staff working across the East Midlands until March 2012.

Costs for those outside of funding remit:
£700 - non-accredited
£1,094 - accredited

The Spirit of Caring – Spirituality and Well-being in End of Life Care

“Spiritual care should be seen as a responsibility of the whole team, while recognising that an individual may hold specific responsibility for ensuring its provision”. (NICE Guidance 2004)

The National Council for Palliative Care, (2010), identifies the need to meet people’s spiritual needs at the End of Life as a quest to find the ‘missing piece’, reflecting the fact that this aspect of care is often neglected in the services we provide. Services are often provided through chaplaincy in the hospital and hospice setting. Less is known about what models of spiritual support might look like in community settings, including care homes. The first annual report on the End of Life Care Strategy identified spiritual care as a priority area of work.

This residential conference will provide the opportunity for people to reflect on the meaning of spirituality in End of Life care and to explore questions about their own spirituality, in order that they may feel more confident about addressing this with others.

Format

Through a combination of seminars, workshops and individual and group reflection, delegates will ponder the meaning of spiritual care and will be encouraged to apply their thinking to practice situations, thus providing the opportunity for personal and professional development.

Suitable for

Anyone of any faith or none, and from any discipline across health and social care.

Date

Wednesday 31st October -
Friday 2nd November 2012

Venue

Highgate House, Creaton,
Northampton

Cost

Residential - £450
Day delegate - £160

Addressing Issues of Sexuality in End of Life Care

The effects of advanced and chronic illness are significant in relation to sexuality. Often, a barrier is created because of embarrassment, uncertainty and lack of understanding which can mean that both patients and professionals are 'paralysed' in addressing this important area of care. The impact on overall well-being and quality of life can be dramatic. Issues of sexuality must be addressed in palliative care, but often we struggle to find the opportunity or the right words to say to people.

In response to this learning need and in the safe environment of a residential setting, this workshop will give delegates the opportunity to discuss their hopes and fears around addressing issues of sexuality in End of Life care. Over the course of two days delegates will be encouraged to explore aspects

of sexuality through the life cycle, from working with teenagers and young adults to addressing issues in adulthood, middle age and older age. Guided by practitioners and researchers with expertise in the field, we will consider examples from our own practice, and engage in discussion and debate based on film, video and case studies. On the second day we will be joined by actors and facilitators in communication training who will enable us to practice our skills in this area in the safe environment of the group.

Suitable for

All members of the multi-disciplinary team.

Date

Wednesday 9th May -
Thursday 10th May 2012

Venue

Highgate House, Creton,
Northampton

Cost

Residential - £50

Advance Care Planning

Patient choice is at the heart of good quality end of life care. Advance care planning (ACP) is a helpful way of eliciting an individual's preferences regarding care and the setting/location in which they would want to receive that care. Advance care planning is dependent upon staff awareness and understanding of the principles of ACP, the implications of the Mental Capacity Act, informed consent and documentation together with effective communication skills to enable appropriate discussions to take place (End of Life Care Strategy, 2008). The difficulty around making advance decisions with patients with unknown disease trajectories, such as heart failure, COPD, dementia, renal disease will be explored and the challenges this poses for the practitioner addressed.

Suitable for

All members of the multi-disciplinary team.

Date and time

Thursday 9th February 2012
9:00am - 9:30am Registration, 9:30am - 4:30pm

Cost £85

Funded for health and social care professionals working in the East Midlands

Promoting Health & Well-being in the Workforce

Aim of the event

Working with patients with palliative care needs can be highly rewarding and motivating. However, it can also have an emotional impact on ourselves as practitioners and individuals which if left unrecognised can place additional burdens on ourselves. Caring for your own health and well-being is, therefore, essential in protecting against physical and mental ill health, ensuring we remain equipped to provide compassionate care to our patients.

Sofia Bedford is a holistic therapist, a skilled a fitness instructor, holistic therapist & lecturer for both colleges & private sector. She has knowledge in nutrition, stress management & many more health related areas.

Sofia will deliver a programme which will include:

- Boost Your Immune System to Prevent Illness
- Increase Your Energy Levels through Nutrition
- Reduce Bodily Tension
- Stress Management

Suitable for

All members of the multi-disciplinary team.

Date and time

Wednesday 7th March 2012
9:00am - 9:30am Registration, 9:30am - 4:30pm

Cost £85

Funded for health and social care professionals working in the East Midlands

Supporting People to Live and Die Well: The Role of Social Care

Aims

This study day will explore the role and responsibilities of social care staff in end of life and palliative care. It will guide and support social care staff on how to translate the policy and guidance into practical and realistic goals that can be achieved in everyday work with users of social care services. This will build on current social care values of dignity, choice and personalised care.

The programme will include

- What is the role of social care staff?
- Understanding the End of life strategy (2008) and the Social care framework (2010) for users of social care services
- Holistic assessment skills
- Advance care planning
- Promoting dignity, choice and personalised care
- Understanding health needs within a social care context

Suitable for

This day will be of particular value to social care staff working across domiciliary care, day care, residential care and social workers in all settings. It would also be useful for health care staff working in interprofessional teams with social care staff.

Date and time

Friday 16th March 2012
9:00am - 9:30am Registration, 9:30am - 4:30pm

Cost £85

Funded for domiciliary care agency staff - criteria applies

Ethics in Practice Masterclass

Aims

A knowledge of ethical principles goes some way in helping us to deal with ethically challenging situations in practice. However, principles alone seem insufficient; other things get in the way-our own values & beliefs, previous experience, all of which add to the difficulties of reaching an ethically sound decision with which the multi-disciplinary team are in agreement.

This one day event seeks to define the elements of an ethically sound decision making process. The impact of personal values and ethics will be explored and strategies offered which will enable delegates to acknowledge and integrate them in a way which supports, rather than undermines the decision making process in relation to ethical dilemmas in end of life care.

Suitable for

Senior practitioners working across health & social care.

Date and time

Thursday 29th March 2012
9:00am - 9:30am Registration, 9:30am - 4:30pm

Cost £85

Assisted Nutrition and Hydration at the end of life

A long contended issue in end of life care is that of providing or withholding food and fluids. Provision of food and fluids is a highly emotive issue and has great meaning to many people, often relating to comfort and nourishment and considered to be life sustaining. Culture and ethnicity can greatly impact on the values and beliefs held by many in relation to food and drink.

Debate continues as to whether greater harm is created through providing artificial hydration and nutrition at the end of life or by withholding them. The decision as to the approach to be taken is not an easy one and includes ethical issues, clinical impact, family wishes and the views and beliefs of staff.

This one day event seeks to explore and debate the many issues associated with nutrition and hydration at the end of life in an effort to promote an ethically sound decision making process which promotes patient well-being, takes account of the needs of the family and acknowledges the impact of the views and beliefs of staff.

Suitable for

All members of the multi-disciplinary team.

Date and time

Thursday 26th April 2012
9:00am - 9:30am Registration, 9:30am - 4:30pm

Cost £85

No Dress Rehearsals... Are You Ready To Play Your Part in End of Life Care?

The End of Life Care Strategy was clear; care of the dying is a measure of society as a whole. We only have one chance to get it right.

The National Council for Palliative Care is calling for four key priorities to be taken forward:

- *Making it easier for people to receive End of Life care and to die where they want*
- *Making End of Life care training a core part of the curriculum for all health and social care staff*
- *Better national and local leadership with better scrutiny of services and signing up End of Life care champions throughout the country*
- *Making it easier to hold discussions about what we want at the End of Life*

This study day will offer delegates opportunities to explore what each of these four areas mean in practice and to be challenged to consider how current practice supports their achievement.

Strategies to promote high quality palliative care, patient choice and open communication will be presented using end of life care tools, discussion of case studies and interactive discussion.

Suitable for

All members of the multi-disciplinary team.

Date and time

Wednesday 9th May 2012
9:00am - 9:30am Registration, 9:30am - 4:30pm

Cost £85

Culture and Diversity in End of Life Care

Aims

We know that differences across societies and cultures have an impact on the way in which individuals, families and communities experience illness. Inequalities remain apparent and can create significant challenges for those facing the end of their life as well as for those caring for them. As care professionals, we should seek to have good awareness of the cultural and lifestyle aspirations of patients in our care. However, this isn't always achieved; instead we are often left feeling "professionally paralysed" as we struggle to gain insight into the patients perspective and feel anxious in case we cause offence if we get it wrong.

In this study day, participants will be invited to explore the palliative care needs of a diverse range of patients, and the range of disadvantage they may experience as a result of specific cultural and social factors. Policy and practice will be discussed and there will be the opportunity to share examples of innovative inclusive practice in this field.

Suitable for

All members of the multi-disciplinary team.

Date and time

Monday 14th May 2012
9:00am - 9:30am Registration, 9:30am - 4:30pm

Cost £85

Palliative care in Non Malignant Disease: Heart Failure & Advanced Renal Disease Masterclass

Aims

The importance of palliative care services widening their services to long term conditions has received much attention in recent years. However, many staff lack confidence and feel they lack the knowledge to meet the needs of this group of patients

This masterclass provides an advanced level of skills development with particular focus on the holistic care needs and experiences of patients with heart failure and advanced renal disease.

Topics to include

- Pathophysiology of disease
- Holistic need in heart failure
- Factors to consider in achieving high quality palliative care
- Patient perspectives in coping and living with non malignant disease

Suitable for

Senior health and social care practitioners including Drs, nurses, social workers and Allied Health Professionals.

Date and time

Wednesday 16th May 2012
9:00am - 9:30am Registration, 9:30am - 4:30pm

Cost £85

Palliative Care in Non Malignant Disease: Dementia & Neurodegenerative Disease Masterclass

Aims

'Around half a million people die in England each year, of whom almost two thirds are aged over 75. The large majority of deaths at the start of the 21st century follow a period of chronic illness such as heart disease, neurological disease, cancer stroke, chronic respiratory disease, neurological disease or dementia' (End of Life Care Strategy, 2008).

This masterclass provides an advanced level of skills development with particular focus on the holistic care needs and experiences of patients with dementia and neurodegenerative disease.

Topics to include

- Pathophysiology of disease
- Holistic need in dementia and neurological disease
- Factors to consider in achieving high quality palliative care
- Patient perspectives in coping and living with non malignant disease

Suitable for

Senior health and social care practitioners including Drs, nurses, social workers and Allied Health Professionals.

Date and time

Wednesday 23rd May 2012
9:00am - 9:30am Registration, 9:30am - 4:30pm

Cost £85

Symptom Management: Delirium & Cachexia Masterclass

Aims

Unresolved symptoms are distressing for patients, their families and staff. Skills in symptom assessment and management can have a huge impact on quality of life and have been identified as a core competency in end of life care (End of Life Care Core Competencies, 2009).

This masterclass provides an advanced level of skills development with an opportunity to build on your knowledge and share experiences with other practitioners on two common symptoms in palliative care: delirium and cachexia.

Topics to include

- Causation and assessment of delirium and anorexia
- Pharmacological and non-pharmacological interventions.
- Holistic care

Suitable for

Senior health and social care practitioners including Drs, nurses, social workers and Allied Health Professionals.

Date and time

Thursday 14th June 2012
9:00am - 9:30am Registration, 9:30am - 4:30pm

Cost £85

Symptom Management: Breathlessness, Nausea & Vomiting Masterclass

Aims

Unresolved symptoms are distressing for patients, their families and staff. Skills in symptom assessment and management can have a huge impact on quality of life and have been identified as a core competency in end of life care (End of Life Care Core Competencies, 2009).

This masterclass provides an advanced level of skills development with an opportunity to build on your knowledge and share experiences with other practitioners on two common symptom areas: breathlessness and nausea and vomiting

Topics to include

- Causation and assessment of breathlessness, nausea and vomiting
- Pharmacological and non-pharmacological interventions.
- Holistic care

Suitable for

Senior health and social care practitioners including Drs, nurses, social workers and Allied Health Professionals.

Date and time

Thursday 26th June 2012
9:00am - 9:30am Registration, 9:30am - 4:30pm

Cost £85

Dying with Dignity Masterclass

Aims

'How we care for the dying is an indicator of how we care for all sick and vulnerable people. It is a litmus test for health and social care services' (End of Life Care Strategy, 2008)

We only have one chance to get end of life care right for each individual. This masterclass provides an advanced level of skills development with an opportunity to build on your knowledge and share experiences with other practitioners to enable best practice at end of life.

Topics to include

- Identifying the terminal phase
- Symptom management in the terminal phase
- Dying with dignity
- Death at home

Suitable for

Senior health and social care practitioners including Drs, nurses, social workers and Allied Health Professionals.

Date and time

Wednesday 10th October 2012
9:00am - 9:30am Registration, 9:30am - 4:30pm

Cost £85

Loss and Bereavement Masterclass

Aims

The path of loss grief and bereavement is complex and contorted. The psychological impact of facing death will be explored in this masterclass providing an opportunity to build on your knowledge and share experiences with other practitioners.

Topics to include

- Theories of loss and grief
- Psychological components of loss and bereavement
- Integration of the knowledge of the psychological components of loss and bereavement into the care of patients and carers.
- Promotion of coping strategies.

Suitable for

Senior health and social care practitioners including Drs, nurses, social workers and Allied Health Professionals.

Date and time

Thursday 1st November 2012
9:00am - 9:30am Registration, 9:30am - 4:30pm

Cost £85

Symptom Management in Long Term Cancer Survivorship – Implications for Policy and Practice

Aims

Currently there are 2 million people living with and beyond cancer in the UK, but it is felt that survivors have a range of unmet needs and that the current system of follow-up is insufficient to meet these needs (National Cancer Survivorship Initiative)

This study day will give participants the opportunity to explore the needs of those living with and beyond cancer and to examine innovative practice and models of care that are being developed to meet these needs, including assessment and care planning, symptom management, supported self-management and vocational rehabilitation.

Suitable for

All members of the multi-disciplinary team involved in the long-term care of cancer survivors.

Date and time

Wednesday 20th June 2012
9:00am - 9:30am Registration, 9:30am - 4:30pm

Cost £85

The Role of the Occupational Therapist and Physiotherapist in Symptom Management

Aims

Unresolved symptoms are distressing for patients, their families and staff. Poor symptom control has a dramatic effect on quality of life of patients and has implications for the bereavement outcome of family members. Professional teams can be left feeling dissatisfied and demotivated. This event recognises and promotes the important role of the occupational therapist and physiotherapist in achieving symptom management through effective assessment, non-pharmacological interventions, psychological support and liaison with colleagues from across health and social care.

Topics to include

- Holistic assessment
- Acupuncture
- Breathlessness
- Fatigue
- Secretion management
- Pain

Suitable for

Occupational therapists and physiotherapists working with people with palliative care needs.

Date and time

Wednesday 5th September 2012
9:00am - 9:30am Registration, 9:30am - 4:30pm

Cost £85

Old Age – A Palliative Condition?

Aims

People aged over 85 receive disproportionately less access to specialist palliative care than people in other age groups. (National Council Palliative Care). Whilst people are living longer before they die, the period of ill-health at the end of life is also increasing. More people are living with multiple long-term conditions. For example 29% of people aged 85 and over with cancer, circulatory or respiratory diseases also have dementia. There is a potential pressure on the health and social care sectors in responding to more deaths, more older people and a greater number of people living with multiple conditions at the end of life. This study day will explore some of the key themes in providing high quality palliative care to this group of older people and implications for practice.

Topics to include

- What are the needs of an ageing population?
- The implications of multiple conditions and frailty
- Supporting the housing, health and social care sector in providing end of life care for older people
- Removing age discrimination and health inequalities

Suitable for

This day will be relevant for staff working across health and social care in a range of settings including residential care settings, sheltered housing as well as community health staff.

Date and time

Friday 14th September 2012
9:00am - 9:30am Registration, 9:30am - 4:30pm

Cost £85

Chronic Obstructive Pulmonary Disease: The role of Palliative Care

Aims

There is evidence to show that the symptom burden associated with COPD is greater than that of cancer. Despite this, patients living with COPD have a greater degree of unmet need, with negative impacts on quality of life and overall well-being. This study day aims to highlight the patient experience and share strategies for improving patient care and symptom management, promoting Advance Care Planning and enabling choice.

Topics to include

- The symptoms Of COPD in the palliative phase and management strategies
- Pharmacological/non pharmacological interventions
- The lived experience of COPD
- Principles and challenges of Advance Care Planning in COPD

Suitable for

All members of the multi-disciplinary team.

Date and time

Wednesday 26th September 2012
9:00am - 9:30am Registration, 9:30am - 4:30pm

Cost £85

On the Frontline: Handling Loss & Distress

Aims

Working on the frontline of End of Life or palliative care can be interesting and varied work and can also be quite emotionally challenging work. In your role as a ward clerk, receptionist, porter, domestic staff, clinic staff or support worker you may be faced with issues on a daily basis. This day is just for you.

Aims

Using an informal interactive style delegates will have an opportunity to explore issues that are relevant and important to their setting and the work undertaken. This will include a range of topics such as:

- Communication
- Working with distressed patients and families
- Looking after your self
- Helping strategies
- Theories of loss and grief

Suitable for

Support staff and administration staff.

This event is not suitable for those who have suffered a recent bereavement. If you would like to discuss this further please contact the Education department for an informal chat.

Date and time

Thursday 11th October 2012
9:00am - 9:30am Registration, 9:30am - 4:30pm

Cost £50

Motor Neurone Disease: Quality in Practice

Aims

Motor Neurone Disease (MND) is a progressive neurodegenerative disease that attacks the upper and lower motor neurones. At present, the National Service Framework (NSF) for Long-Term Conditions (2005) sets standards of care for people with a range of conditions, including MND. This disease is quite rare with approximately 2/3:100,000 of the population in the UK being diagnosed each year. However providing high quality care can be complex and challenging and this day will consider the main themes that staff need to develop their knowledge, skills and confidence in provide high quality care.

The day will include identification of different types of MND symptoms associated with this illness and treatments. Current best practice in relation to enteral feeding, cough assist and communication aids will be explored. There will be an opportunity to consider other issues such as promoting independence and the role of different professionals within this such as the speech and language therapist, occupational therapist and physiotherapist together with a range of practical advice.

Suitable for

This day will be of particular benefit to health care staff working in acute and community settings.

Date and time

Tuesday 30th October 2012
9:00am - 9:30am Registration, 9:30am - 4:30pm

Cost £85

Transitions from Curative to Palliative Care

Aims

While the possibility of curative treatment becomes a probability for many patients across the spectrum of life-threatening illness, there remains a significant minority for whom cure is not possible. Often there is uncertainty and anxiety associated with this; patients may feel vulnerable and staff may feel helpless in knowing how best to support them in a way that promotes patient autonomy, respects individuality and maintains realistic hope.

This study day will enable participants to explore this very sensitive area of care and to find ways of helping patients to manage the transition from curative to palliative care.

Suitable for

All health and social care professionals involved in the care of people experiencing life-threatening illness.

Date and time

Monday 19th November 2012
9:00am - 9:30am Registration, 9:30am - 4:30pm

Cost £85

Dementia: Facing the Challenges using the End of Life care approach

Developing quality care for people living with dementia has been highlighted as a key priority area by both the End of Life Care Strategy (DH, 2008) and the National Dementia Strategy (DH, 2009). Despite the fact that it has been recognised that people with dementia are being cared for in a variety of health and social care environments, staff often feel that they lack the skills, knowledge and confidence to adequately care for this vulnerable group.

This workshop is designed to help staff to begin to acknowledge the challenges they already face, identify shared concerns and share areas of best practice. Alongside this, examples of practical tips and insights into the worlds of people affected by this chronic, debilitating condition will be given to support delegates to develop ways of ensuring improvements in the approach and quality of dementia care at life's end.

Suitable for

Support staff working across health and social care.

Date and time

Monday 16th January 2012 & 27th February 2012
1.30pm – 4.30pm

Cost £45

Funded for domiciliary care agency staff - criteria applies

Grief Responses: Self Preservation on the Front Line

Aims

Supporting dying patients and their families can be highly rewarding yet challenging. The personal impacts on the caring professional are potentially significant and can lead to burnout, reduced self-esteem and anxiety. Despite the multiple exposures to death amongst palliative care workers, there is evidence that they actually report lower levels of burnout than staff working in other specialities. Understanding why this may be is important in safeguarding the well-being of all staff. One suggested reason for this is that palliative care staff have greater opportunity to express their own grief to colleagues, enabling insight into their own grief reactions and creating a less stressful caring environment for the dying patient. Recognition of our own grief responses to death of a patient can protect us from the physical and emotional impacts described above enabling us to provide quality end of life care whilst maximising our own self care.

Topics to include

- Explore your experience of exposure to death of patients
- Look at your personal needs in order to be appropriately supported
- Provide an opportunity to examine your own grief responses
- Provide tools for ensuring good self care

Suitable for

All members of the multi-disciplinary team.

Date and time

Wednesday 18th January 2012
1.30pm – 4.30pm

Cost £45

Funded for domiciliary care agency staff - criteria applies

Communication Challenges: Dealing with Strong Emotions

Aims

Communication is an essential skill for all involved in the provision of care and particularly so when caring for those facing the end of their lives. Effective communication underpins all we do in health and social care from undertaking a holistic assessment, giving information, eliciting patient / client concerns and planning future care. Effective communication can enable the patient/client to feel heard, supported and in control, leading to individualised care, which promotes dignity and quality. However, communication becomes particularly challenging when clients become upset or angry and staff may feel they lack the skills and /or confidence to respond appropriately. This workshop will explore strategies to deal with these difficult communication issues using actors, role-play and facilitated discussion.

Suitable for

All members of the multi-disciplinary team.

Date and time

Wednesday 8th February 2012
9.30am - 12.30pm

Cost £45

Communicating with Patients with Motor Neurone Disease (MND)

MND is a rapidly progressive, fatal disease that can affect any adult at any time. It attacks the nerves that control movement. As these nerves die, muscles weaken and waste. MND leaves people locked in a failing body, unable to move, walk or talk but the mind usually remains alert. This obviously has a significant impact on communication; patients struggling to express themselves which can lead to frustration and isolation. Staff unable to hear, acknowledge and explore further with patients can feel helpless and unsure as to how to provide appropriate care.

Presented by a MND nurse specialist and a specialist speech and language therapist this session will enable delegates to look at some of the communication challenges posed by patients living with MND. Subjects to be discussed will include strategies to help both patients and carers deal with the frustrations which occur due to lack of ability to communicate easily. Delegates will also explore some of the aids available to enable these patients to communicate more effectively.

Suitable for

Support staff working across health and social care.

Date and time

Thursday 23rd February 2012
1.30pm - 4.30pm

Cost £45

“What would you like?”

A framework for making better decisions about resuscitation with patients with advanced illness

Aims

This workshop will involve group discussion of an e-learning session in making do not attempt cardio pulmonary resuscitation (DNA CPR) decisions with patients. The Workshop will address the legal, ethical and professional frameworks in these decisions in the context of the East Midlands DNA CPR principles and decision form.

Delegates will be given the opportunity to look at case scenarios and share concerns in practice.

The session is NOT an assessment of competence in these areas of practice.

Led by Dr Christina Faull,
Consultant in Palliative Medicine, LOROS

Suitable for

The session is for GPs, Hospital doctors and for experienced nurses who have undertaken advanced communication skills training. It aims to increase confidence in discussion of CPR and DNA-CPR decisions with patients and relatives.

Date and time

Thursday 23rd February 2012, 1.30pm - 4.30pm
Thursday 13th March 2012, 9.30am - 12.30pm
Thursday 24th April 2012, 1.30pm - 4.30pm

Cost £45 - Funded for health and social care professionals working in the East Midlands

Death at Home: Dignity, Choice and Quality

Aims

The End of Life Care Strategy (2008) identifies that not everyone dies in the place that they choose. There are a number of challenges and opportunities health and social care staff working in the community may be faced with in supporting people to live and die at home. This workshop will focus on practical solutions to enable staff to care for people with dignity and achieve their choices at the end of life.

The session will include

- Identification of people approaching the end of life
- Assessing needs and Advance care planning
- Coordination of care;
- Management of the last days of life
- Support for carers

Suitable for

This workshop is appropriate for all members of the multi-disciplinary team and of particular interest for staff working in community settings including residential and nursing care.

Date and time

Tuesday 6th March 2012
1.00pm - 4.00pm

Cost £45

Funded for domiciliary care agency staff - criteria applies

Communication Challenges in Dementia Care

Aims

750,000 people in the UK have dementia. Nearly 250,000 of these people live in care homes. Older people with dementia have complex needs, and frequently experience additional mental health problems, disabilities, physical illness and social problems.

Communication difficulties are distressing and frustrating for the person with dementia themselves and represents one of the major problems for family carers and staff. It is vital that communication continues, both verbal and non-verbal, despite progression of the condition. As far as possible, communication strategies need to be individualised to take into account differences between individuals and different degrees of cognitive ability.

This session will explore some of these issues and ways in which delegates can improve their knowledge and skills when dealing with the challenges posed by this group of patients.

Suitable for

All members of the multi-disciplinary team.

Date and time

Thursday 22nd March 2012

Cost £45

Gold Standards Framework: Taking it to the Next Level

Aims

The Gold Standards Framework (GSF) has been a successful structure to aid multi-disciplinary working and discussion of patient needs. However the Primary Care Snapshot in 2009 found that most patients who died from non-malignant illness were not identified for the palliative care register and many patients had not been offered an opportunity for discussion of prognosis and their preferences for care.

The session will be interactive and expect participants to share challenges and examples from their current practice. By the end of the session participants will have developed an action plan for their place of work.

Suitable for

This session is aimed at doctors, nurses, palliative care or disease specialist nurses, community matrons and care home staff who have a key role in the GSF in their place of work and want to develop their practice to achieve a higher level and consistency of quality in end of life care.

Date and time

Monday 19th March 2012
1.30pm - 4.30pm

Cost £45

Connecting with all: Basic Gujarati to Support Practice

Aims

The workshops will cover basic everyday words and phrases which may be used in a social or professional setting. These workshops will also incorporate cultural practices in palliative care and Gujarati naming systems.

Come along and have some fun learning!

Strictly limited to 12 places, so early booking is recommended

N.B. It is very important that you attend both days of the workshop.

Suitable for

All members of the multi-disciplinary team.

Date and time

Tuesday 24th April 2012, 10am - Midday
Tuesday 1st May 2012, 10am - Midday
or
Tuesday 13th November 2012, 10am - Midday
Tuesday 20th November 2012, 10am - Midday

Cost £45

How to Teach: From Basics to Brilliance in Palliative Care

Aims

Many practitioners who are required to teach as part of their role lack confidence, particularly in the area of teaching palliative care. This workshop will be of interest to all those who want to develop creative and experiential approaches to teaching, and will include basic skills and strategies as well as ways of creating a safe learning environment and managing group emotions in this sensitive area.

This workshop will be delivered in collaboration with the School of Nursing and Midwifery at De Montfort University.

Suitable for

All those whose role involves an element of teaching palliative care not just educators!

Date and time

Thursday 21st June 2012
9.30am - 12.30pm

Cost £45

Communication Challenges: Initiating End of Life Care Discussions

Aims

Discussing with a patient their advancing illness & enabling them to have choice and some control over what the future may bring is complex and a process that takes place over time. The current emphasis on advance care planning to help patients achieve their wishes raises issues about how proactive we should be, how to record and share such information and who is responsible. Talking with patients and their carers about dying is sensitive and often upsetting. It requires courage, confidence and skill to help patients and to avoid harm.

This half-day session will explore the challenges of discussing issues around end of life care, identify ways to address such issues with sensitivity and how to promote a patient centred approach.

Professional actors and role play will be used to maximise learning.

Suitable for

All members of the multi-disciplinary team.

Date and time

Thursday 27th September 2012
1.30pm - 4.30pm

Cost £45

Normalising Bereavement

"Death is part of life and grieving a natural process."
(Cruse, 2011)

Aims

Although it is acknowledged that all of us at some point in our life are likely to experience the pain of grief through the death of a loved one, it is still not always recognised that this pain may continue for many months or even years and is in fact 'normal'. There are many well established bereavement support services that do an invaluable job in helping people at such a difficult time in their lives, however, the majority of bereaved people do not need, access or qualify for such services. It is therefore crucial that the health and social care workforce are able to recognise when people are displaying 'normal' grieving emotions and have an understanding of how these emotions can manifest themselves and impact on normal day to day life.

This workshop will provide an opportunity to explore how British culture shapes the way we care for people when they are grieving and share experiences of how bereavement support is facilitated in different care settings. The End of Life Care Strategy (2008) specifically refers to ensuring that "emotional and practical bereavement support" should be available for people as part of the 6th Step along the End of Life Care Pathway.

Suitable for

All members of the multi-disciplinary team.

Date and time

Thursday 8th November 2012
10.00am - 1.00pm

Cost £45

Communication Challenges: Working with Interpreters

All staff in health and social care, and the voluntary and independent sectors, need some training to ensure they are able to communicate effectively with people who are dying and their carers about issues surrounding end of life care. (DH, 2008)

Aims

Communicating effectively with patients and families who have significant cultural and language differences to us is a huge challenge. The challenge is all the more magnified in end of life care when the misinterpretation of what is being said can have devastating and far reaching effects on patient choice and the relationship with subsequent health and social care professionals.

This workshop will explore the use of interpreters within the care setting. It will examine the barriers to effective communication and deliver skills to utilise interpreters to their optimum therefore affording patients and families the best possible opportunity to communicate with us.

Suitable for

All members of the multi-disciplinary team.

Date and time

Monday 26th November 2012
1.30pm - 4.30pm

Cost £45

On the Frontline with Long Term Conditions: Dementia Care

Developing quality care for people living with dementia has been highlighted as a key priority by both the End of Life Care Strategy (DH,2008) and the National Dementia Strategy (DH,2009).

Aims

People affected by dementia, both patients and families, can be faced with uncertainty and anxiety in terms of what the future may hold. Against a background of increasing mental impairment it's a real challenge to ensure that care meets the individual needs of patients. Families will often express the burden they feel at this new and ever changing situation and may describe a sense of loss even before the death of their loved one as the patient becomes a "stranger" to them. This workshop aims to highlight the experience of dementia from the patient and family perspective and will explore the role of the support worker in caring for this patient group.

Suitable for

Support workers across health and social care

Date and time

Wednesday 2nd May 2012
9.30am - 12.30pm

Cost £45

On the Frontline with Long Term Conditions: Coronary Heart Disease

Aims

The workshop in palliative care for patients with Coronary Heart Disease aims to equip health and social support staff with the knowledge and skills necessary to provide excellence in the provision of palliative care for patients living and dying with advanced progressive, incurable disease.

Topics include

- The symptoms of coronary heart disease in the palliative phase
- How does it feel for patients and families affected by heart disease?
- Symptom management strategies

Suitable for

Support staff working across health and social care

Date and time

Wednesday 9th May 2012
9.30am - 12.30pm

Cost £45

On the Front Line with Long Term Conditions: Chronic Obstructive Pulmonary Disease

Aims

There is evidence that suggests the symptom burden associated with COPD is greater than that of cancer. Despite this, patients living with COPD have a greater degree of un-met needs. With significant impacts on quality of life and overall well-being. This workshop explores the patient and family experience of COPD and the role of the support worker in the delivery of high quality care.

Topics include

- Symptoms of COPD in the palliative phase.
- Pathophysiology of COPD.
- How does it feel for patients and families affected by COPD?
- Symptom management strategies

Suitable for

Support staff working across health and social care

Date and time

Wednesday 16th May 2012
9.30am - 12.30pm

Cost £45

On the Frontline with Long Term Conditions: Heart Failure

Aims

There is substantial evidence for considerable unmet palliative needs of patients with heart failure and their informal carers. The main area of need includes symptom control, psychological and social support, planning for future and end of life care. This workshop aims to highlight the patient experience and share strategies for improving patient care.

Topics include

- Living with heart failure :
- Symptom Management
- Pharmacological and non pharmacological interventions

Suitable for

Support workers across health and social care.

Date and time

Wednesday 23rd May 2012
9.30am - 12.30pm

Cost £45

On the Frontline with Long Term Conditions: Living with Lymphoedema

Aims

Lymphoedema is a debilitating progressive condition with no known cure, however, it may be able to be controlled to a point where quality of life is maximised and symptom management optimised. Despite this we know that lymphoedema has far reaching consequences for patients and their families affecting all aspects of life such as independence, body image, self-esteem and sexuality.

This workshop, hosted by Lymphoedema Nurse Specialists will help delegates to gain an appreciation of the patient experience and to look at the role of the support worker in providing care which aims to address the many challenges experienced by patients affected by lymphoedema.

Suitable for

Support workers across health and social care

Date and time

Wednesday 30th May 2012
9.30am - 12.30pm

Cost £45

On the Frontline with Long Term Conditions: Renal Disease

Aims

The importance of end of life care for those with advanced kidney disease was acknowledged in the National Service Framework for Renal Services (NSF) Part 2, published in February 2005 which included a focus on the importance of good end of life care. The aim is to support people with established kidney failure to live life as fully as possible and enable them to die with dignity in a setting of their own choice.

This workshop will look at the needs of this group of patients and how the support worker may support patients appropriately.

Suitable for

Support staff working across health and social care

Date and time

Wednesday 13th June 2012
9.30am - 12.30pm

Cost £45

Pain Management in Palliative Care Masterclass

Aims

Pain is the most commonly seen symptom in palliative care and a proactive and responsive approach is required to maximise pain relief. This half-day workshop is aimed at senior health care practitioners and will use case histories to cover the following:

- Holistic pain assessment
- Opioids and how to calculate and convert doses
- Use of adjuvants
- Anticipatory prescribing

Suitable for

Senior health care practitioners including GPs, hospital doctors, palliative care and disease specific specialist nurses, community matrons and district nurses.

Date and time

Thursday 10th May 2012
1.30pm - 4.30pm

Cost £45

Delirium Masterclass

Aims

'Delirium, sometimes called 'acute confusional state' is a common clinical syndrome characterised by disturbed consciousness and a change in cognitive function or perception that develops over a short period of time' (NICE, 2010).

Delirium is a very common symptom in palliative care patients, particularly in the terminal phase. This workshop will look at the impact of delirium in palliative care, diagnosis and treatment.

Suitable for

Senior health care practitioners including GPs, hospital doctors, palliative care and disease specific specialist nurses, community matrons and district nurses.

Date and time

Thursday 14th June 2012
1.30pm - 4.30pm

Cost £45

Anorexia, Cachexia & Nutrition Masterclass

Aims

Anorexia/cachexia is a complex metabolic process found in many end stage illnesses. The features of loss of appetite, weight loss and tissue wasting impact significantly on quality of life and cause anxiety and distress for patients and carers.

This workshop will look at the causes, assessment and management of anorexia and cachexia in palliative care.

Suitable for

Senior health care practitioners including GPs, hospital doctors, palliative care and disease specific specialist nurses, community matrons and district nurses.

Date and time

Thursday 14th June 2012
9.30am - 12.30pm

Cost £45

Breathlessness: From Experience to Management Masterclass

Aims

Breathlessness is a common, complex and frightening symptom in palliative care. Crucial to the management is the subjective element of breathlessness. This workshop will explore this and consider the pharmacological and non-pharmacological management of breathlessness.

Suitable for

Senior health care practitioners including GPs, hospital doctors, palliative care and disease specific specialist nurses, community matrons and district nurses.

Date and time

Tuesday 26th June 2012
9.30am - 12.30pm

Cost £45

Management of Nausea and Vomiting Masterclass

Aims

Nausea and vomiting is a common, distressing symptom in palliative care which can be managed with careful assessment of underlying causes and selection of appropriate treatment. This workshop will consider the assessment and management of nausea and vomiting.

Suitable for

Senior health care practitioners including GPs, hospital doctors, palliative care and disease specific specialist nurses, community matrons and district nurses.

Date and time

Tuesday 26th June 2012
1.30pm - 4.30pm

Cost £45

Tour and Philosophy of LOROS Hospice

The Leicestershire and Rutland Hospice (LOROS) offers in-patient and outreach care services. For some the prospect of hospice care can be frightening and the environment daunting. The hospice tour enables participants to learn more about the work of LOROS including referral criteria and processes. Participants will also have the opportunity to view the environment first hand enabling them to respond to questions and concerns raised by patients in their care who may be considering hospice care.

Suitable for

The hospice tour is open to all health and social care staff and voluntary care workers.

If you would like to have a virtual tour of the hospice facilities this is available on our website www.loros.co.uk this is suitable for both professional and members of the public. If you would like to visit the hospice and hear about the ethos and philosophy of the care we provide then the tour may be for you.

Date and time

Wednesday 14th March 2012
Thursday 4th October 2012
2.00pm - 3.30pm

Cost

Free of charge though donations to support the work of the hospice are welcome

Evening Lectures

Tuesday 31st January 2012

Designing End of Life Care Services

*Dr Matthew Davies
GP and Vice Chair
Nene Commissioning*

Thursday 8th March 2012

Hospital Volunteers in palliative and end of life care. The challenges and rewards

*Carole Moore
Palliative Care Nurse Specialist
Wansbeck General Hospital*

Thursday 24th May 2012

How can we broach difficult future issues including death and dying with service users?

*Dr Ruth Parry
Senior Research Fellow
Faculty of Medicine and Life Sciences
University of Nottingham*

Wednesday 12th September 2012

Care Homes as a setting for good end of life care

*Dr Jo Hockley
Nurse Consultant
St Christopher's Hospice, London*

Wednesday 10th October 2012

Challenging Symptoms: Sweating, itch & Others

*Dr Christina Faull
Consultant in Palliative Medicine, LOROS*

Thursday 8th November 2012

How does a family history of cancer affect the care needs of palliative care patients?

*Kate Lillie
PhD, RGN Nurse Lecturer
Keele University*

Date and time

Various dates (see left)
6.30pm buffet supper
7.00pm lecture (1 hour)

Cost

Free of charge though donations to support the work of the hospice are welcome

Palliative Care for Out of Hours Clinicians

These sessions are for GPs, ECPs and other professionals working in out of hours services.

The session will be interactive and based on your learning needs.

The aim is to help you develop your skills and confidence in palliative care and symptom control when helping people with advanced illness who are distressed and may be dying.

We use case scenarios to explore

- Decision making
- Patient choice and how to help people remain at home
- Use of opioids and other medications
- Symptom management in the dying patient
- Where to get advice and support

We have run similar sessions annually over the past 3 years and they have been valued highly by attendees.

"Perfect - should get every GP in Leicestershire to come and may achieve consistent care!"

GP 2009.

Date and time

18th September 2012
27th September 2012
6.30pm buffet supper
7.00pm - 9.00pm lecture

Cost

Free of charge though donations to support the work of the hospice are welcome

Training tailored to your workplace

Would you like training packages tailored to meet the needs of your workplace?

In addition to the planned study days and workshops detailed in the prospectus, the LOROS Education Department is able to offer outreach training in palliative care tailored to the needs of your organisation. This allows you to access our established training programme, specifically for your staff or custom design education to meet the developmental needs of your team.

When?

Outreach training can be scheduled to fit with your requirements. Training can be offered Monday – Friday with a choice of daytime or evening sessions.

Where?

The advantage of outreach training is that we come to you, making it more flexible, time-effective and convenient for your staff.

If you would like to discuss your staff's training and development needs and the possibility of outreach training, please contact the LOROS Education Department.

How to find us

By Motorway

From M1/M69 Junction 21

Then take the A563 Outer Ring Road. At island with A50, take the 4th exit on to the A50 towards Leicester City. Turn left at the next traffic lights into the Heathley Park Development. Take the first left (Duncombe Road) and follow the road around until you come to the LOROS entrance.

From M1 Junction 22

Take the A50 towards Leicester. At the 4th roundabout, the Leicestershire County Council, County Hall is on the left hand side. At the next roundabout, Glenfield Hospital on the left, take the 3rd exit (still on the A50) towards Leicester City. Turn left at the next traffic lights into the Heathley Park Development. Take the first left (Duncombe Road) and follow the road until you come to the LOROS entrance.

From the East

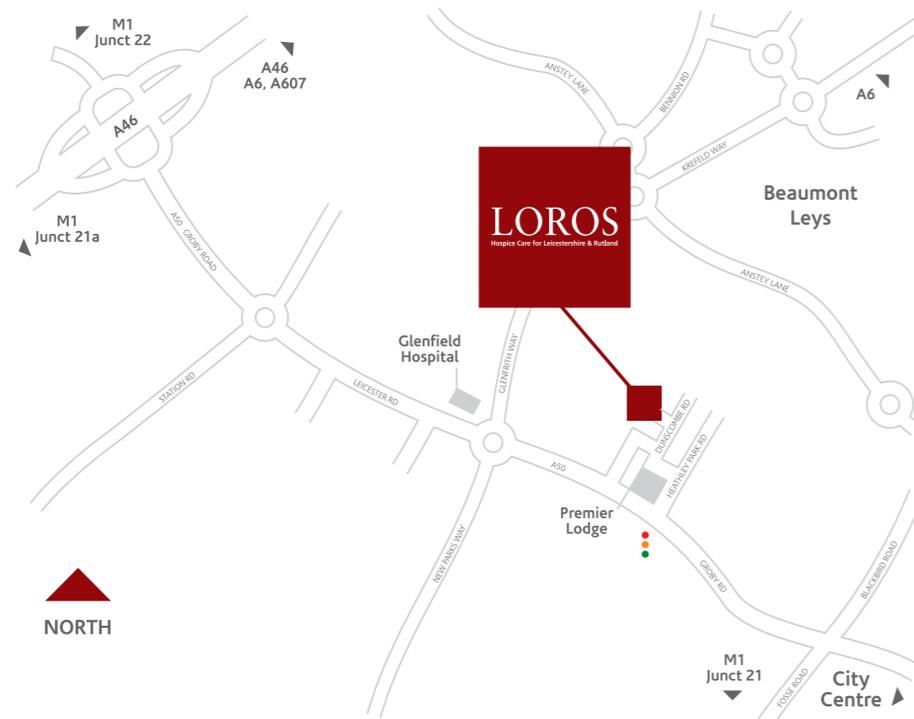
A46 from Newark

At Leicester Western bypass roundabout (Hobby Horse pub visible from roundabout), turn right onto the A46 North and West (also signed for M1/M69). Take 2nd exit off the eA46 signed Anstey & Beaumont Leys. At the roundabout take the 2nd exit (Gynsill Lane). At A50 roundabout take 2nd exit onto the A50 towards Leicester City. At the next roundabout take the 3rd exit still on the A50 towards Leicester City. Turn left at the next traffic lights into the Heathley Park Development. Take the first left (Duncombe Road) and follow the road until you come to the LOROS entrance.



SatNav

LOROS Groby Road,
Leicester LE3 9QE



LOROS

Hospice Care for Leicestershire & Rutland

Education & Research

To attend any of our courses
call our booking line **0116 231 8455**
or visit our website to find
out more **www.loros.co.uk**