

# St Barnabas House Education Programme

2018 - 2019



**Sharing knowledge and  
learning together**

**B**   
St Barnabas  
House  
{Hospice}  
{Care}

Hi Everyone

I'm delighted to introduce our latest Education Programme 2018-19, which is packed with something for everyone.

Last year we built on our disease specific study days, caring for people with cancer, heart, renal and liver failure and dementia. They proved to be successful, bringing together professionals working in the acute, community and palliative care sectors. An important part of these study days has been inviting people to the classroom to tell us their stories about living with their illness and the support their families/friends have needed. This year, we have introduced a new half study day entitled: 'Understanding Frailty', this will provide an opportunity to explore the issues of frailty in end of life care.

Our programme has been influenced by the people we care for. It is vital that palliative care education reflects what all clinicians need to enhance the care they deliver.

We are working closely with our colleagues in the Education Team at St Wilfrid's Hospice (Chichester), other hospices in the South East and the local NHS Trusts, NHS Health Education England working across Kent, Surrey and Sussex (HEEKSS) and NHS Coastal West Sussex Clinical Commissioning Group (CCG).

We have been fortunate in securing some funding from HEEKSS and the CCG to allow you to access some of the education events free of charge.

The events are delivered in different formats from short lunchtime sessions through to full ten day modules (First degree and Master's degree).

We know you are very busy, however, we all need to stop and think about looking after ourselves too and this includes keeping up to date and being ready for revalidation.

Thank you for all the great work you are doing and we look forward to seeing you soon to

*'Share knowledge and learn together'*

Kind regards

Liz Watson (Head of Education)

P.S. Student evaluations still tell us the flapjacks are pretty good!

## How to book

To join us on one of our education events please visit

[www.stbh.org.uk/education](http://www.stbh.org.uk/education)

where you can complete an online booking form.

All courses and study days are held at St Barnabas House. The sessions have been developed for health and social care professionals caring for adults. However, you would be very welcome to attend if you are caring for children but please check the session is applicable.



# Terms and Conditions

## Course Fees

Payment is required prior to attendance.

## Cancellations

If a registered delegate is unable to attend the study event they should telephone the Education Department on 01903 706356 between the hours of 8.30am and 5pm Monday to Friday, followed by email confirmation of the cancellation to education@stbh.org.uk

Provided a cancellation is made seven days or more before the start of the study event any fees received will be refunded. If the notification is received less than seven days prior to the event then no refund will be made. However, the registered delegate can substitute a named delegate to attend in their place. If a substitution is not agreed then the full cancellation fee will apply and there will be no refund of any monies previously paid.

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



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# COURSES

All courses and study days are held at St Barnabas House. The sessions have been developed for health and social care professionals caring for adults. However, you would be very welcome to attend if you are caring for children but please check the session is applicable.

## An Overview of End of Life Care for Registered Nurses

### Five Day Course

The aim of this course is to provide an opportunity for registered nurses working in all care settings to consider the principles and philosophy of palliative care for people at the end of life. There will be an emphasis on how the theories taught in the classroom can be linked to the reality of everyday practice. We are very keen to promote the important role of nursing care in enhancing comfort for people at the end of life. This course focuses on how attention to detail really makes a difference to people receiving end of life care, their families and friends and to the health care professionals themselves.

**Time:** 9.30am – 4.00pm

#### Dates of course:

Day 1: Wednesday 3 April 2019  
Day 2: Thursday 9 May 2019  
Day 3: Thursday 6 June 2019  
Day 4: Tuesday 2 July 2019  
Final Day: Thursday 5 September 2019

**Cost:** £350. Please contact us if you are interested; we may have an agreement with your employer for payment or we may be able to advise you how to arrange alternative sponsorship. Light lunch provided.

**Who should attend:** Registered nurses from all clinical settings.

## University of Brighton Module: End of Life: Principles of Care

### 20 credits (BSc and MSc)

With the increasing demand for high quality end of life care to be accessible to patients wherever they choose to die, this module aims to prepare practitioners to care for patients as they approach the end of their life. The focus of this module is to explore the fundamental principles underpinning the care and management of people who are dying. The module will consider the concepts and definitions of palliative care, the nature and relief of suffering from a physical, emotional, psychological and spiritual perspective and gives students an opportunity to develop competencies in a number of end of life related skills.

This will include the importance of effective assessment, pain and symptom management, nutrition, communication, comfort, sexuality, law and ethics and grief and bereavement. It will also acknowledge the importance of caring for ourselves and the significance of multi-professional working. A sound theoretical underpinning will be provided regarding key issues/ concepts which affect practice, enabling students to develop knowledge and competence. The module will be taught by a broad spectrum of both academic and clinically focused speakers.

This module can be studied in relation to the:

1. Professional Practice BSc (Hons)
2. Advanced Practice (Health) MSc (PGDip)
3. It can also be studied as a 'standalone' module.

**Time:** 9.30am – 4.00pm

**Dates of course:** The module will be facilitated every Tuesday (excluding holidays) from 26 February 2019 (10 days).

**Cost:** Please contact us if you are interested; we may have an agreement with your employer for payment or we may be able to advise you how to arrange alternative sponsorship.

**Who should attend:** Now open to all allied healthcare professionals.

“ Thank you for covering all aspects of End of Life Care in this module. It's been a real joy and will have a huge impact on my practice enhancing holistic patient care. ”

“ Overall excellent course. ”

“ This has been an excellent module. Completely relevant to my practice and will definitely help me be a better Palliative Care CNS. ”



## Certificate in Working in End of Life Care for Health and Social Care Support Workers

### QCF (26 credits: Level 3)

The award is optional, delegates can attend for the knowledge and Certificate of attendance without the accreditation if they so wish.

This course will provide an excellent opportunity for health and social care support workers from all clinical backgrounds, hospital, care home, hospice and the community to gain a greater understanding of caring for people at the end of life. Health and social care support workers play a critical role in providing people with comfort and this course will help you to explore the different aspects of end of life care.

**Time:** 9.30am – 4.00pm

#### Dates of course:

Day 1: Wednesday 23 January 2019  
Day 2: Thursday 28 February 2019  
Day 3: Wednesday 27 March 2019  
Day 4: Wednesday 24 April 2019  
Day 5: Monday 20 May 2019  
Day 6: Wednesday 12 June 2019  
Final Day: Tuesday 9 July 2019

**Cost:** £500. Please contact us if you are interested; we may have an agreement with your employer for payment. The cost does not cover optional accreditation. Please contact the education department for further details.

**Who should attend:** Health and social care support workers from all care settings.

## Advanced Communication Skills Training (ACST) Two Day Course

The ACST programme has been developed in response to NICE Supportive and Palliative Care Guidance. The aim of the programme is to implement a training model, involving a two-day workshop, which is learner-centred and is experiential. The course provides a didactic overview of communication issues. Role-play with clear, positive and constructive feedback on performance is a key element to the workshop. The workshops are facilitated within a very supportive environment. Previous courses have covered areas such as seeking informed consent, breaking bad news and dealing with collusion, handling conflict and communicating with colleagues. Sessions will be structured around participant requests.

You will need your line manager's support and be able to attend for the full two days. Please note that video filming and role play are an integral part of the course for all participants.

“Excellent course to build confidence and gain strategies for difficult conversations through role play.”

**Time:** 8.30am – 5.00pm

### Course 1

Day 1: Monday 15 October 2018

Day 2: Tuesday 16 October 2018

### Course 2

Day 1: Thursday 14 February 2019

Day 2: Friday 15 February 2019

### Course 3

Day 1: Monday 10 June 2019

Day 2: Tuesday 11 June 2019

**Cost:** £500. Light lunch provided.

**Who should attend:** The course is targeted at senior healthcare professionals including doctors, nurses and allied healthcare professionals who are involved in the delivery of end of life care.

As many of the issues surrounding this training are about dealing with distress and end of life, it can be an emotional experience. It is not advisable to attend if you have recently undergone any personal recent serious ill-health or suffered the bereavement of a loved one.

“Well run course, really enjoyed it would like next year's prospectus so I can attend further study days.”

“This course has increased my confidence in communication.”

## “I don't want to go back into hospital”

This four day course will provide an opportunity for us all to work together as a multi-professional team, both in the classroom and in practice, to consider how we can best respect the wishes of people whose preference is to stay in the Residential or Nursing Home of their choice at the end of life. The content will include decision making, defining appropriate and inappropriate admissions, advance care planning, supporting residents and families with decisions, recognising and treating reversible conditions, managing exacerbations of long term conditions, recognising the general deterioration of a person's condition and identification of the dying phase. There will be an emphasis on the importance of assessment, planning, delivery and evaluation of care to ensure that the person being cared for is comfortable at all times and that their families and the staff caring for them feel supported.



**Time:** 9:30am – 4:00pm

### Course 1:

Day 1: Monday 1 October 2018

Day 2: Friday 19 October 2018

Day 3: Friday 16 November 2018

Day 4: Monday 3 December 2018

### Course 2:

Day 1: Monday 11 February 2019

Day 2: Monday 4 March 2019

Day 3: Monday 1 April 2019

Day 4: Monday 13 May 2019

**Cost: FREE** to those working in the Coastal West Sussex area. Funded by NHS Coastal West Sussex Clinical Commissioning Group (CCG).

Please contact us if you work outside this area and are interested in this course. Light lunch provided.

**Who should attend:** Residential and Nursing Home RGNs or senior carers (participating homes will be asked to send **two** delegates and nursing homes will be asked that one of the delegates is an RGN).

“It helped me be more confident to look after our residents in the home, to nurse them according to their individual choices at the end of their life. This course is very informative and interesting.”

“The four days were very useful, learnt a lot, many different subjects, good networking opportunity. Thanks to the lecturers for all of the information and the friendly atmosphere!”

## Summer School

### For young adults (16-19) interested in a career in health or social care

Come and join us to learn about health and social care, observing who delivers the care and how it can make a real difference to people's lives. This course will provide an opportunity to spend time with different professionals, considering their roles. You will learn about how the care they deliver directly impacts the person they are caring for until the end of their life and the support their family/friends receive. This is your chance to begin to explore a career in health and social care and take a glimpse at how rewarding it could be.

On successful completion of the course and assessed work you will be awarded the following:

Quality Credit Framework (QCF) qualifications:

- Level 1 Awareness of communication in adult social care (2 credits)
- Level 2 Responsibilities of a care worker (2 credits)
- Level 2 Awareness of end of life care (3 credits)

**Time:** 9.30am – 3.30pm

**Dates of course:**

Day 1: Monday 29 July 2019  
Day 2: Tuesday 30 July 2019  
Day 3: Wednesday 31 July 2019  
Day 4: Thursday 1 August 2019  
Day 5: Friday 2 August 2019

**Cost:** Funding to be confirmed – light lunch provided.

**Who should attend:** 16-19 year old students interested in a career in health or social care.

“This course has given me some good experience and made me think more about care and communication. I really enjoyed the week.”

“It has given me a good insight into what it's like to work in a healthcare environment and also given me an experience which will be very valuable for university interviews.”

“This course has made me appreciate end of life care, and has encouraged me to understand the importance of compassion in a career related to health.”

“In my future career, this course would influence me very highly because I understand the importance of communication in the workplace and have learnt new skills such as record keeping.”



# SINGLE STUDY DAYS

## Verification of Expected Adult Death (VOEAD)

This study day will provide an overview of how to verify an expected adult death. It will provide an introduction and overview of local policy specific to 'Verification of Expected Death' and consider the registered nurse's role and the coroner's perspective. It will also consider related communication, legal and ethical issues, record keeping and documentation and bereavement support for relatives. There will be an assessment of each student's practical skill of VOEAD to ascertain knowledge gained.

Please bring your stethoscope with you for the practical session.

“Really made me stop and think about the role of the coroner and the opportunity to contact them with any queries.”

**Time:** 9.30am – 4.00pm

**Dates:**

Thursday 6 September 2018\*  
Wednesday 31 October 2018\*  
Wednesday 16 January 2019  
Monday 11 March 2019  
Tuesday 25 June 2019

**Cost:** £80. Light lunch provided

**FREE** \*These two days have been funded by NHS Health Education England working across Kent, Surrey and Sussex (HEEKSS).

Please contact us if you work outside this area and are interested in this course.

**Who should attend:** Registered nurses with current NMC registration. The course provides a certificate of attendance. *Full competency will need to be gained within the student's own clinical setting and is the individual professional's responsibility to complete.*

“Will massively benefit and influence my practice.”

“This session today will help me to improve my competency in the role of verifying expected death.”

## A Different Ending: Addressing Inequalities in End of Life Care



(CQC Report, 2016)

This study day will provide an opportunity for us to work together to explore how everyone should have the same access to high quality, personalised care at the end of their lives, regardless of their diagnosis, age, ethnic background, sexual orientation, gender identity, disability or social circumstances.

**Time:** 9.30am – 4.00pm

**Date:** Tuesday 6 November 2018

**Cost:** £80 Please contact us if you are interested; we may have an agreement with your employer for payment. Light lunch provided.

**Who should attend:** All health and social care professionals.

## Caring for People with Dementia at the End of Life

Practicalities and Person Centred Care

This study day will provide an opportunity to consider different therapeutic interventions to support people with dementia. It will explore the practicalities of caring for people at the end of life with an emphasis on person centered care. There will be a focus on exploring how music has the capacity to influence memory and help the person escape the isolation of dementia. Through reflection of 'true stories' the importance of supporting family members, friends and carers and valuing their crucial role will be discussed.

**Time:** 9.30am – 4.00pm

**Date:** Wednesday 28 November 2018

**Cost:** £80. Please contact us if you are interested; we may have an agreement with your employer for payment. Light lunch provided.

**Who should attend:** All health and social care professionals.

“Thank you for a great study day which will enhance my development.”

“I will recommend to our management that more of our team leaders and senior carers attend this course.”

“All sessions very interesting and helpful. Very thought provoking sessions.”

## Supporting People with Advanced Liver Disease



### “Working Together To Provide the Best Care”

This study day will consider some key issues in relation to advanced liver disease including:

- an overview of the disease
- living with the disease and the transplant journey
- the importance of nutrition
- hepatocellular carcinoma
- supporting people with alcohol misuse
- running an advanced liver disease multi-disciplinary team

In the afternoon there will be workshops exploring:

- complex cases and ethical dilemmas
- supporting families and children with a family member that has liver disease
- supporting people that are homeless

## An Introduction to Caring for People with Advanced Respiratory Disease

### “Working Together To Provide the Best Care”

This study day will provide an overview of chronic respiratory disease and its conservative management. There will be an emphasis on the importance of the different clinical teams working together to provide the best care possible for the person, with support for their family, friends and professional carers. There will be an opportunity to consider palliative rehabilitation, symptom management and how the person will be supported towards the end of their life both within an in-patient unit (hospital or hospice) and the community setting. Some of the ethical issues that arise will be explored and the latest research will be considered.

**Time:** 9.30am – 4.00pm

**Date:** Tuesday 4 June 2019

**Cost:** £80. Please contact us if you are interested; we may have an agreement with your employer for payment. Light lunch provided.

**Who should attend:** All health and social care professionals.

“Invaluable to hear from a patient and his wife.”

“Very interesting day, well worth attending.”

## Artistry in Action

### Working Alongside the Artist-in-Residence

This study day will consider how being creative, in whatever format, may bring pleasure to people at the end of life. There will be an opportunity to explore different techniques to produce a piece of work that is of significance to the creator. This might be through the use of paint, pastels, music, speech, film, pottery and many other forms of artistry. This study day is an opportunity to explore what the people in your care might find helpful, or for you to consider something different for yourself. You definitely do not need to be Picasso, just have a sense of adventure and an open mind.

There will also be reflective discussion on how art can be helpful in offering supportive conversations.

**Time:** 9.30am – 4.00pm

**Date:** Thursday 13 June 2019

**Cost:** £80. Please contact us if you are interested; we may have an agreement with your employer for payment. Light lunch provided.

**Who should attend:** All health and social care professionals.

“I viewed art as something to look at and admire. I now understand and view art as a way of expressing feelings.”

“This course has been very encouraging and I will take back any knowledge I have gained.”



“This has enhanced my overall knowledge, I learnt much more about medication.”

“Updated my knowledge which will make me a safer practitioner.”

## An Introduction to Caring for People with Advanced Heart Failure

### “Working Together To Provide the Best Care”

This study day will provide an overview of what is meant by the term ‘heart failure’ and the importance of the person and carers’ perspective in terms of ‘living with the condition’.

There will be an emphasis on the importance of the different clinical teams working together to provide the best care possible for the person, with support for their family, friends and professional carers. There will be an opportunity to consider how the person will be supported towards the end of their life both within an in-patient unit (hospital or hospice) and the community setting. Some of the ethical issues that arise will be explored and the latest research will be considered.

**Time:** 9.30am – 4.00pm

**Date:** Tuesday 2 April 2019

**Cost:** £80. Please contact us if you are interested; we may have an agreement with your employer for payment. Light lunch provided.

**Who should attend:** All health and social care professionals

“An excellent learning opportunity.”

“All valuable information to help with my practice. Great that we had handouts.”

## An Introduction to Caring for People with Advanced Renal Disease

### “Working Together To Provide The Best Care”

This study day will provide an overview of chronic kidney disease and its conservative management. There will be an emphasis on the importance of the different clinical teams working together to provide the best care possible for the person, with support for their family, friends and professional carers. There will be an opportunity to consider palliative rehabilitation, symptom management, dialysis cessation and how the person will be supported towards the end of their life both within an in-patient unit (hospital or hospice) and the community setting. Some of the ethical issues that arise will be explored and the latest research will be considered.

**Time:** 9.30am – 4.00pm

**Date:** Wednesday 3 July 2019

**Cost:** £80. Please contact us if you are interested; we may have an agreement with your employer for payment. Light lunch provided.

**Who should attend:** All health and social care professionals.

## ‘Decisions, Decisions, Decisions..’

### Clinical Judgement and Decision Making

This study day will provide an opportunity to critically consider what may influence clinical judgement and decision making in clinical practice. The relationship between clinical judgement, decision making and critical thinking will be explored. There will be a focus on working together to consider how we make decisions given the nature of the work we do caring for people at the end of life. Theoretical background and theories will be discussed and related to the reality of everyday clinical practice.

**Time:** 9.30am – 4.00pm

**Date:** Wednesday 17 July 2019

**Cost:** £80. Please contact us if you are interested; we may have an agreement with your employer for payment. Light lunch provided.

**Who should attend:** Registered general nurses and doctors

“Really loved the course.”

“It will help me to focus upon and be aware of the decisions I make and also the decision making of the professionals that I work with.”

“At the end of this training I felt more confident taking decisions.”

## We are Part of the Team Too

### A study day for non-clinical staff

This study day will provide an opportunity for all non-clinical staff to gain a greater insight into how people are cared for at the end of life. There will be an opportunity to explore the philosophy and principles of palliative care, considering how a person’s physical, psychological, spiritual and social needs are met. It will demonstrate how important effective communication and team work are in offering a seamless service to the people we care for, highlighting the importance of everyone’s role in order to make the person truly comfortable.

**Time:** 9.30am – 4.00pm

**Date:** Thursday 4 April 2019

**Cost:** £80. Please contact us if you are interested; we may have an agreement with your employer for payment. Light lunch provided.

**Who should attend:** All non-clinical staff, receptionists, administrators, housekeeping staff, volunteers, in fact everyone that supports the care of a person from a non-clinical perspective in any care setting.

“I feel I know much more about how all the hospice teams work together and the breadth of support they all provide.”

“Great to get a bigger picture and more understanding of what everyone does and how it all links together.”

# HALF STUDY DAYS

## SAGE & THYME® Level 1 Communication Skills

The SAGE & THYME® level 1 half-day training course is a foundation level communication skills workshop developed by a multi-disciplinary team at the University Hospital of South Manchester NHS Foundation Trust in response to the publication of NICE guidance for Supportive and Palliative Care for Adults with Cancer (2004). It is designed to give staff the tools to carry out level 1 psychological assessment and support for distressed patients.

**Time:** 9.30am – 12.30pm

**Dates:**

Thursday 20 September 2018  
Wednesday 20 March 2019

**Cost:** FREE to those working in the Coastal West Sussex area. Funded by NHS Coastal West Sussex Clinical Commissioning Group (CCG). Please contact us if you work outside this area and are interested in this course.

**Who should attend:** This session is open to all levels of health and social care staff such as social workers, doctors, nurses, healthcare assistants, porters, receptionists, volunteers, care workers and anyone who may come into contact with patients and their relatives or carers.

**Please note:** As many of the issues surrounding this training are about dealing with distress and end of life, it can be an emotional experience. It is not advisable to attend if you have recently undergone any personal recent serious ill-health or suffered the bereavement of a loved one.

“Very informative, really enjoyed it.”

“Good mix of trainer led and group work.”

“I now feel more confident in dealing with difficult conversations.”

## SAGE & THYME® ACP Level 2 Communication Skills

SAGE & THYME® ACP is a Level 2 communication skills workshop suitable for senior staff working at Band 6 and above (e.g. GPs, healthcare staff, social workers) who have experience of advance care planning/end of life care/Gold Standards Framework.

This 3.5 hour workshop will focus on effective communications skills that help to open an advance care planning conversation. The structure provides a consultation guide as concerns and issues are disclosed.

**Time:** 1.00pm – 4.30pm

**Date:** Monday 26th November 2018

**Cost:** FREE to those working in the Coastal West Sussex area. Funded by NHS Coastal West Sussex Clinical Commissioning Group (CCG).

Please contact us if you work outside this area and are interested in this course.

**Who should attend:** This session is open to senior staff who engage in advance care planning and end of life care conversations (e.g. General Practitioners, healthcare staff, social workers).

**Please note:** As many of the issues surrounding this training are about dealing with distress and end of life, it can be an emotional experience. It is not advisable to attend if you have recently undergone any personal recent serious ill-health or suffered the bereavement of a loved one.

“Essential in end of life care and very beneficial advice and guidance.”

“Very helpful and worthwhile.”

“Excellent mix of theory and demonstration, with good group interaction.”



## Understanding the Principles of Advance Care Planning

This study morning will provide an opportunity to explore the concept of Advance Care Planning (ACP). It will consider the importance of effective communication and explore the potential barriers and benefits to ACP. This will be based on the fundamental principles of the Mental Capacity Act and the related legislation.

**Time:** 9.30am -12.30pm

**Dates:**

Monday 26 November 2018  
Thursday 31 January 2019

**Cost:** FREE to those working in the Coastal West Sussex area. Funded by NHS Coastal West Sussex Clinical Commissioning Group (CCG). Please contact us if you work outside this area and are interested in this course.

**Who should attend:** All healthcare professionals in all clinical settings involved in ACP conversations.

**Please note:** These study mornings can be used as a refresher for the principles of Advance Care Planning or to enhance your knowledge base. This short course can be used as an add-on to SAGE & THYME® ACP Level 2 but may also be accessed separately.

“Thought provoking study morning – thank you.”

“Will enhance knowledge and skills and general awareness of a very complex and sensitive subject.”

## An Introduction to the Management of Syringe Drivers

This half day session provides an opportunity for registered general nurses and doctors to consider the appropriate use of a syringe driver (McKinley) in palliative care. There will be a focus on the implications for its use, advantages and possible disadvantages, drug compatibility and the practicalities of setting the driver up as well as monitoring the effect of its use. A certificate of attendance, **not** competence, will be issued.

**Time:** 9.30am – 12.30pm

**Dates:**

Tuesday 4 December 2018  
Tuesday 21 May 2019

**Time:** 1.30pm – 4.30pm

**Dates:**

Wednesday 3 October 2018  
Tuesday 12 February 2019

**Cost:** £40. Please contact us if you are interested; we may have an agreement with your employer for payment.

**Who should attend:** Registered general nurses and doctors.

**Please note:** The Management of Syringe Drivers and Symptom Management in the Last Days of Life courses are on the same day as they complement each other so why not sign up for both and make a day of it? Light lunch provided.

“I am more confident to work with syringe drivers. Good training and good communication.”

## Symptom Management in the Last Days of Life

This session will provide an **introduction** to the assessment of some of the common symptoms experienced by people in the last days of life. This will include pain, nausea and vomiting, respiratory secretions and terminal agitation. There will be a focus on some of the key drugs prescribed to manage these symptoms, including drug conversions. The session will consider some of the current national guidance that informs clinical practice.

**Time:** 9.30am-12.30pm

**Dates:**

Wednesday 3 October 2018  
Tuesday 12 February 2019

**Time:** 1.30pm – 4.30pm

**Dates:**

Tuesday 4 December 2018  
Tuesday 21 May 2019

**Cost:** £40. Please contact us if you are interested; we may have an agreement with your employer for payment.

**Who should attend:** Registered general nurses and doctors.

**Please note:** Symptom Management in the Last Days of Life and The Management of Syringe Drivers courses are on the same day as they complement each other so why not sign up for both and make a day of it? Light lunch included.

“Nice to have interactive discussions and hear other people’s experiences.”

“Excellent pace and information. Good participatory group discussion.”

## Compassion Awareness

This study session will provide an opportunity for us all to work together to consider how we can realistically nurture the importance of ‘compassion’ in the care that we deliver, given the situations that we work in. The session will explain the characteristics of compassionate care, describe the importance of compassion in practice, identify examples of compassionate care, describe compassion fatigue and discuss approaches to proactively manage stress in the workplace.

**Time:** 9.30am – 12.30pm

**Date:** Thursday 4 July 2019

**Time:** 1.30pm – 4.30pm

**Date:** Thursday 11 October 2018

**Cost:** £40. Please contact us if you are interested; we may have an agreement with your employer for payment.

**Who should attend:** These sessions are open to all levels of health and social care staff such as social workers, doctors, nurses, healthcare assistants, porters, receptionists, volunteers, care workers and anyone who may come into contact with patients and their relatives or carers.

“Fabulous course, very thought provoking.”

“It gave me space and opportunity to hear other people’s view/ experience and reflect on my own practice.”

“Supportive and sensitive course.”

## Understanding Frailty

Around 10% of people aged over 65 years have frailty, rising to between 25% and 50% of those aged over 85 years. They are the highest users of services across health and social care and have the highest levels of unplanned admissions to hospital. This issue has gained much prominence nationally and within Coastal West Sussex. This half day study day is to increase knowledge, awareness and understanding of this important syndrome.

**Time:** 1.30pm – 4.30pm

**Date:** Tuesday 29th January 2019

**Cost:** FREE to those working in the Coastal West Sussex area. Funded by NHS Coastal West Sussex Clinical Commissioning Group (CCG). Please contact us if you work outside this area and are interested in this course

**Who should attend:** All healthcare professionals in all clinical settings



## Hospital Link Nurses

A study day will be facilitated at St Barnabas House by the Palliative Care Clinical Nurse Specialists at Worthing Hospital to enable ward link nurses to update their palliative care knowledge.

**Time:** 9.30am – 4.00pm

**Date:** Friday 22 March 2019

**Cost:** FREE (Funded by Western Sussex Hospital Trust (WSHFT) and St Barnabas House).

**Who should attend:** Hospital link nurses (WSHFT)

For further details please contact the Hospital Palliative Care Team: Oonagh Callaghan (oonagh.callaghan@wsht.nhs.uk) or Debbie Peters (deborah.peters@wsht.nhs.uk) or phone on 01903 205111 ext 84801.

## Community Link Nurses

This programme is a joint collaboration between St Barnabas House and Sussex Community NHS Foundation Trust. These sessions provide an opportunity to learn and work together, attending four of the Swap Shops and an End of Life Care Forum. (Everyone is welcome to attend all of the six scheduled Swap Shops if they so wish, please see page 30)

**Time:** 1.30pm – 4.15pm

**Dates:**

Tuesday 4 September 2018

Friday 2 November 2018

Friday 29 March 2019

Thursday 27 June 2019

**Cost:** FREE (Funded by St Barnabas House).

**Who should attend:** Community link nurses

For further details please contact St Barnabas: Penny Kirton, Team Leader: Community Palliative Care Nurse (penny.kirton@stbh.org.uk) or phone on 01903 706072

## Recognising Dying

This study session will raise awareness of the need to identify possible reversible conditions at the end of life and develop an understanding of the barriers to recognising dying. It will provide a deeper understanding of some of the possible indicators that a person may be approaching the end of life (last few hours or days) and the challenges around managing uncertainty in relation to this aspect of care. It will also explore the NICE guidance on 'Care of the dying adult in the last days of life' (2015) highlighting the importance of recognising the 'dying phase' to support patients, relatives and professionals. This will also be considered in relation to the local end of life care guidelines.



**Time:** 1.30pm – 4.30pm

**Date:** Thursday 27 September 2018

**Time:** 9.30am – 12.30pm

**Date:** Monday 25 February 2019

**Cost:** FREE to those working in the Coastal West Sussex area. Funded by NHS Coastal West Sussex Clinical Commissioning Group (CCG).

Please contact us if you work outside this area and are interested in this course.

**Who should attend:** Healthcare professionals from all clinical settings.

“A great opportunity to share experiences and learn constructive ideas to care for people who are dying.”

“Very informative and will give me more confidence in using correct terminology.”

“Thank you – very informative and informal.”

## Hydration at the End of Life

This study session is set against the background of the NICE guidance on 'Care of the dying adult in the last days of life' (2015) and its focus on maintaining hydration. It will provide an opportunity to gain a greater understanding of some of the key aspects of hydration for the person at the end of their life and consider current evidence. This will include exploring issues related to clinically assisted hydration and the potential ethical scenarios based on current guidelines.

**Time:** 9.30am – 12.30pm

**Date:** Tuesday 9 October 2018

**Time:** 1.30pm – 4.30pm

**Date:** Thursday 24 January 2019

**Cost:** FREE to those working in the Coastal West Sussex area. Funded by NHS Coastal West Sussex Clinical Commissioning Group (CCG).

Please contact us if you work outside this area and are interested in this course.

**Who should attend:** All healthcare professionals in all clinical settings.

“It's given me greater knowledge to be involved in decision making surrounding hydrating patients and more confidence talking to patients and their families.”

“The information I've received today will help me immensely.”

## What do we Understand by Spirituality?

This study morning will provide an opportunity to explore what the term 'spirituality' means and how the clinician might help to support a person's spiritual needs at the end of life. Time will also be given to consider how the clinician might respond to some potentially sensitive comments or questions when they arise in everyday practice.

**Time:** 9.30am – 12.45pm

**Dates:**

Thursday 15 November 2018  
Thursday 20 June 2019

**Cost:** £40. Please contact us if you are interested; we may have an agreement with your employer for payment.

**Who should attend:** All health and social care professionals.

- “ Thank you, a very thoughtful and well planned course, very valuable. ”
- “ It has been a great opportunity to solely focus on the spiritual care of our patients and families. ”
- “ Really helpful to hear from others who were able to share their expertise and experience. ”
- “ A good mix of personal experience and theory. Environment allowed for discussion and interaction. ”
- “ Feeling more confident talking to the relatives/friends of the person who has died. ”
- “ Good advice on identifying grief and the bereavement process. ”

## Introduction to Supporting Adults who are Bereaved

This study morning can be used as a refresher for the principles of supporting bereaved adults or to gain/improve your knowledge base. The focus will be on ensuring that following the death of someone close to them, people will be supported during the bereavement process. There will be an emphasis on support immediately following the person's death and identification of the need for future support.

It is anticipated that group discussions will feature as part of this short course, linking theory to practice with relevant signposting.

**Time:** 9.30am – 12.30pm

**Date:** Wednesday 30 January 2019

**Cost:** FREE to those working in the Coastal West Sussex area. Funded by NHS Coastal West Sussex Clinical Commissioning Group (CCG).

Please contact us if you work outside this area and are interested in this course.

**Who should attend:** All health and social care professionals from all clinical settings.

## Introduction to Supporting Children who are Bereaved

This study morning, provided in response to demand, can be used as a refresher for the principles of supporting bereaved children or to gain/improve your knowledge base. The focus will be on ensuring that following the death of someone close to them, children will be supported during the bereavement process in discussion with their family/guardian and other professionals. There will be an emphasis on support immediately following the person's death and identification of the child's need for future support.

It is anticipated that group discussions will feature as part of this short course, linking theory to practice with relevant signposting.

**Time:** 9.30am – 12.30pm

**Date:** Wednesday 8 May 2019

**Cost:** FREE to those working in the Coastal West Sussex area. Funded by NHS Coastal West Sussex Clinical Commissioning Group (CCG).

Please contact us if you work outside this area and are interested in this course.

**Who should attend:** All health and social care professionals from all clinical settings.

- “ Knowing the right wording to say to a child that is grieving. ”
- “ Feeling more comfortable interacting with bereaved children and trying to understand their experience of bereavement. ”
- “ Knowing how to talk to children who are facing/going through bereavement and getting it right for them. ”



## Swap Shop

Swap Shop is open to doctors, nurses, social workers and all health and social care professionals. The aim of Swap Shop is to focus on a specific palliative care topic. It runs as a forty minute presentation along with a light lunch and participants are given a presentation handout with supportive references for further reading. There will be an opportunity for discussion and it is hoped that participants will informally 'swap' and exchange ideas to enhance their clinical practice. Lunch is provided FREE of charge and you do not have to book or reserve a place, just come along, it couldn't be easier. We look forward to meeting you.

**Time:** 12.30pm-1.30pm

Date	Course name
Tuesday 4 September 2018	Sit up, get dressed, keep moving campaign
Friday 2 November 2018	Understanding anaemia in advanced malignant disease
Monday 21 January 2019	Motor Neurone Disease and the role of the MNDA
Friday 29 March 2019	The use of nerve blocks to reduce pain
Thursday 2 May 2019	Respecting wishes – Organ donation
Thursday 27 June 2019	Prescribing in advanced liver disease

**Cost:** FREE (Funded by St Barnabas House).

**Who should attend:** All health and social care professionals.

“Relaxed and informative, easy to attend.”

“Enjoyed the session.”

“Very informative”

“Brilliant pace – well presented.”

# COMING SOON

## Carers' Course

NEW

A new course is being developed in line with current research and in conjunction with a group of 'informal carers' to help relatives/friends care for their loved ones at home. This will involve the practicalities of caring – supporting carers to help their loved ones to eat, wash, dress and manage other activities including caring for the person at the end of life. As well as classroom discussion, we will offer supported self-directed learning and webinars in order to make the course more accessible for carers to attend.

If you are interested in either of these courses we would be very pleased to hear from you – please email [education@stbh.org.uk](mailto:education@stbh.org.uk) or ring 01903 706356 for details.

## Caring for Children at the End of Life

NEW

We are developing a study day to consider some of the key issues surrounding caring for children at the end of life and supporting their families and friends. This study day will be suitable for all clinical staff caring for children and young people with life limiting conditions from a community, acute or specialist setting.



To join us on one of our education  
events please visit  
[www.stbh.org.uk/education](http://www.stbh.org.uk/education)  
where you can complete an online booking form.

Education Centre, St Barnabas House,  
Titnore Lane, Worthing, West Sussex, BN12 6NZ

📞 01903 706356

✉️ [education@stbh.org.uk](mailto:education@stbh.org.uk)

🌐 [www.stbh.org.uk](http://www.stbh.org.uk)

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