

# St Barnabas House Education Programme

2019 - 2020



**Sharing knowledge  
and learning together**

**B**<sup>♥</sup>  
St Barnabas  
House  
{Hospice  
Care}

Hi everyone,

## *'Sharing knowledge and learning together'*

I'm delighted to introduce our latest Education Programme 2019-20, which is packed with something for everyone.

The programme has been influenced by the people we care for and it is vital that our palliative care education reflects what clinicians, in all settings, need to enhance the care they deliver.

Our disease specific study days, caring for people with cancer, heart, renal and liver failure and dementia have continued to be successful, bringing together professionals working in the acute, community and palliative care sectors. We are keen to reach out and support everyone, and in facilitating the study day entitled 'A different ending: addressing inequalities in end of life care' we will focus on how to meet the needs of individual people from all communities. An important part of our Education Programme has been inviting people to the classroom to share their stories about living with their illness and the support their families and friends have needed. This year we are facilitating a fascinating study day led by people in our care and their families and friends entitled 'An ice cream at midnight', please see page 20. We are also running a new two day accredited course 'Awareness of End of Life Care (Level 2)' and 'End of Life Care (Level 3)' for Health and Social Care Support Workers, please see page 7.

We are working closely with our colleagues in the Education Team at St Wilfrid's Hospice (Chichester) as well as other hospices in the South East, 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 our events free of charge.

Our training is delivered in different formats from short lunchtime sessions through to full ten day modules (First degree and Master's degree).

We appreciate you are very busy, however, we all need to stop and think about looking after ourselves as well as keeping up to date with our knowledge 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 Clinical Education)

PS. Yes the flapjacks are still 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 unless otherwise stated. All sessions have been developed for health and social care professionals caring for adults, except for a new study day, Caring for Children at the End of Life. You are very welcome to attend if you are caring for children, however, please check the content is relevant.



The St Barnabas House Education Team

# 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](mailto:education@stbh.org.uk)

Provided a cancellation is made seven days prior to 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, 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. Should this happen, we are committed to taking positive steps to alert you of the cancellation as soon as possible. Please note that we are unable to reimburse the cost of any pre booked travel or any other costs incurred by the delegate in connection with the cancelled course.





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# COURSES

## 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 1 April 2020

Day 2: Friday 15 May 2020

Day 3: Thursday 11 June 2020

Day 4: Tuesday 7 July 2020

Final Day: Thursday 3 September 2020

**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

**NA6143**

**HS705**

**20 credits (Degree) and (Masters)**

With the increasing demand for high quality end of life care to be accessible to patients wherever they choose to die, this module (Level 6 and Level 7) aims to prepare practitioners to be able to care for patients as they approach end of 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 and the nature and relief of suffering from a physical, emotional, psychological and spiritual perspective. If studied at Level 6 the module gives students an opportunity to develop competencies in a number of end of life related skills.

This module content includes 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 following courses:

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 25 February 2020 (10 days).

**Cost:** If you are interested, please contact us to discuss the University of Brighton funding arrangements.

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

“ This is the first module I have undertaken for years but I have thoroughly enjoyed the module, even writing the essay! ”

“ For me personally this module has been excellent for reflecting on my own understanding and attitude both as a nurse and as 'me'. Great supportive environment and facilitation of expressing experiences and sharing of knowledge and skills. ”

## Level 2 Unit (HSC 12) Awareness of End of Life Care (3 credits)

NEW

## Level 3 Unit (HSC S 13) End of Life Care (7 credits) Quality Care Framework

This two day course is an opportunity to study at Level 2 or Level 3. The awarding body is CACHE and the course is facilitated in conjunction with Chichester College. There will be some pre-course work and homework between the two study days, the learning will be assessed following the course. If you wish to attend the course without completing the assessment there will be a reduced cost, please see below.\*

The course considers some key areas of practice to support you in caring for people at the end of life. There will be an opportunity to consider:

- the principles of end of life care
- advance care planning
- supporting services
- effective communication
- pain and symptom management
- care in the last days of life
- care after death
- support for informal and formal carers

**Time:** 9.30am - 4.00pm

**Dates of course:**

Day 1: Monday 23 March 2020

Day 2: Wednesday 22 April 2020

**Cost:** £200 if completing the assessed work.  
£160 if not completing the assessed work.

**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.

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 serious ill-health or suffered the bereavement of a loved one.

*“I have done two night shifts after completing the advanced communication course last week and I am already finding the information I took home from the course to be so beneficial.”*

**Time:** 8.30am - 5.00pm

## **Course 1:**

Day 1: Monday 4 November 2019

Day 2: Tuesday 5 November 2019

## **Course 2:**

Day 1: Thursday 9 July 2020

Day 2: Friday 10 July 2020

**Cost:** £500. Light lunch provided.

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

*“I learnt so much over the two days and would go as far as to say, this has been the most beneficial course I have ever attended.”*

## **“I Don't Want to go Back into Hospital”**

### **Avoiding inappropriate admissions to hospital from residential and nursing homes for people at the end of life**

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.

## 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 on the person they are caring for until the end of their life and the support their family and 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 - 4:00pm

#### Course 1:

Day 1: Tuesday 8 October 2019

Day 2: Friday 25 October 2019

Day 3: Friday 15 November 2019

Day 4: Monday 2 December 2019

#### Course 2:

Day 1: Monday 10 February 2020

Day 2: Monday 2 March 2020

Day 3: Monday 30 March 2020

Day 4: Monday 20 April 2020

**Cost: FREE.** Funded by NHS Coastal West Sussex Clinical Commissioning Group (CCG).

Light lunch provided.

£300 to those working outside of CCG area.

**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 those delegates will be an RGN).

“This course is very good, I will recommend it to all my staff.”

“The whole course has been absolutely brilliant, really insightful.”

“I definitely feel more confident in my role.”

**Time:** 9.30am – 3.30pm

#### Dates of course:

Day 1: Monday 27 July 2020

Day 2: Tuesday 28 July 2020

Day 3: Wednesday 29 July 2020

Day 4: Thursday 30 July 2020

Day 5: Friday 31 July 2020

**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.

# 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.

**Time:** 9.30am - 4.00pm

**Dates:**

Tuesday 24 September 2019

Tuesday 12 November 2019

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

**Time:** 9.30am - 4.00pm

**Dates:**

Tuesday 10 March 2020

Tuesday 30 June 2020

**Cost:** £80. Light lunch provided.

**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.

*“Very interesting to hear from the coroner.”*

*“Having a whole day on this important subject is really worthwhile.”*

*“I will be much more confident and competent in verifying the death of a resident in my care.”*



## 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 1 October 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 care professionals from all clinical settings.

“An excellent learning opportunity.”

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

## 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:** Wednesday 16 October 2019

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

£80 to those working outside of CCG area.

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



# 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-centred 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:** Thursday 5 December 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 care professionals from all clinical settings.

# Intermediate Communication Skills at End of Life



The aim of this study day is to support the development of compassionate and effective communication skills for clinicians and professionals working with people with life-limiting and end of life conditions. The day will offer some guidance on how to open up sensitive conversations. It is an intermediary course between the Sage & Thyme course and the Advanced Communication Skills Course.

**Time:** 9.30am - 4.00pm

**Date:** Tuesday 4 February 2020

**Cost:** FREE. Funded by NHS Coastal West Sussex Clinical Commissioning Group (CCG). Light lunch provided.

£80 to those working outside of CCG area.

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

“ 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. ”

## Hospital Link Nurses

A study day 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:** Tuesday 24 March 2020

**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.

“Helped me to understand the importance of my role.”

“I have an understanding of the breadth of services available to patients.”

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

## 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:** Monday 27 April 2020

**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.



# An Introduction to Caring for People with Advanced Liver Disease

“Working Together To Provide the Best Care”

This study day will provide an overview of advanced liver 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 5 May 2020

**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 care professionals from all clinical settings.

“Very grateful for the breadth of knowledge in the room. Honestly one of the most interesting courses I have attended. Really relevant and engaging.”

# 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:** Thursday 4 June 2020

**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 care professionals from all clinical settings.

“As always well organised, interesting, thought-provoking and enjoyable.”

“Very informative and enjoyable day! I would recommend to anyone working in respiratory care.”



# Course Calendar 2019 – 2020

Date	Event	Cost *	Time
<b>May</b>			
11/05	...	£10m10	2:00
12/05	...	Free	2:00
13/05	...	Free	2:00
14/05	...	Free	2:00
15/05	...	Funded	2:00
16/05	...	£10m10	2:00
<b>June</b>			
17/05	...	£10m10	2:00
18/05	...	£80	2:00
19/05	...	Free	2:00
20/05	...	£10m10	2:00
21/05	...	£80	2:00
22/05	...	Funded	2:00
23/05	...	£10m10	2:00
24/05	...	Free	2:00
25/05	...	£80	2:00
26/05	...	£80	2:00
27/05	...	£80	2:00
28/05	...	£80	2:00
29/05	...	£80	2:00
30/05	...	£80	2:00
31/05	...	£80	2:00
1/06	...	£80	2:00
2/06	...	£80	2:00
3/06	...	£80	2:00
4/06	...	£80	2:00
5/06	...	£80	2:00
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6/10	...	£80	2:00
7/10	...	£80	2:00
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Cost – please see the detailed information related to these sessions to ascertain if you are eligible for a free place.

## Caring for Children at the End of Life

NEW

We have developed 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.

**Time:** 9.30am - 4.00pm

**Date:** Wednesday 17 June 2020

**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 care professionals working with children, from all clinical settings.

## Creative Engagement

NEW

### 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 18 June 2020

**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 from all clinical settings.



“This was a wonderful and insightful course. I am so impressed with the way it was delivered and I am going to take all the knowledge I have gained with me, into my new career path.”

# An Introduction to Caring for People with 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:** Monday 6 July 2020

**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 care professionals from all clinical settings.

# An Ice Cream at Midnight



## People (Patient) Involvement

This study day will be led by people (patients) in our care, their families and friends and focus on what is important to them. We have worked with many patients and families in the classroom and listening to their experiences of care across the different health and social care settings has been very insightful. They focus on lots of good care and, significantly, the importance of what might seem like the ‘little things’ but recognising what a real difference they make. Some of the challenges will be explored too.

**Time:** 9.30am - 4.00pm

**Date:** Tuesday 14 July 2020

**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 from all clinical settings.



# “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:** Monday 20 July 2020

**Cost:** £80. 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 feel more confident regarding taking decisions.”



Delegates of University of Brighton Module: End of Life: Principles of Care, 2019 (See page 6)

# 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:**

Monday 7 October 2019  
Friday 6 March 2020

**Cost:** **FREE** to those working in the Coastal West Sussex area. Funded by NHS Coastal West Sussex Clinical Commissioning Group (CCG). £60 to those working outside the CCG area.

**Who should attend:** This session is open to all levels of health and social care staff such as social workers, doctors, nurses, health care 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 serious ill-health or suffered the bereavement of a loved one.

“Excellent pace, involvement, setting. Easy to follow aid/guide to effective communication addressing concerns in a sensitive way.”

“Learnt a lot about dealing with patients and relatives in certain situations.”

“Excellent training. Enjoyed watching and discussing the role play.”

## 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, health care staff, social workers) who have experience of advance care planning, end of life care, Gold Standards Framework, Six Steps Programme.

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.

## 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 25 November 2019\*

Monday 18 May 2020\*\*

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

**\*\*Cost: £40 per delegate**

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

“This has given me a good foundation in ACP. I will share knowledge with colleagues and recommend they attend this course.”

**Time:** 1.00pm – 4.30pm

**Date:** Monday 25 November 2019

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

£60 to those working outside the CCG area.

**Who should attend:**

This session is open to senior staff who engage in advance care planning and end of life care conversations (e.g. GPs, health care 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 serious ill-health or suffered the bereavement of a loved one.

“Thought-provoking.”

“Excellent – gained confidence.”

“I am able to open discussions more readily and pick up on more questions.”

## 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:

Monday 30 September 2019

Thursday 12 December 2019

Tuesday 11 February 2020

Tuesday 19 May 2020

**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 An Introduction to 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. ”

## 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 syringe driver up as well as monitoring the effect of its use. A certificate of attendance, not competence, will be issued.

**Time:** 1.30pm - 4.30pm

### Dates:

Monday 30 September 2019

Thursday 12 December 2019

Tuesday 11 February 2020

Tuesday 19 May 2020

**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: An Introduction to 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.



# “First on the Scene”... Responding to 999 Calls for Palliative & End of Life Care

## A Study Afternoon for Ambulance Crews

This half study day will provide an opportunity to recognise when someone is dying, consider the importance of advance care planning and the related documentation and consider the key concept of symptom management at the end of life.

**Time:** 1.30pm – 4.30pm

**Date:** Monday 15 June 2020

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

£40 to those working outside CCG area.

**Who should attend:** Paramedics and Ambulance Crews.

# 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. Therefore this issue has gained much prominence nationally and within Coastal West Sussex. This half day study day is designed to increase knowledge, awareness and understanding of this important syndrome.

**Time:** 1.30pm - 4.30pm

## Dates:

Tuesday 28 January 2020

Thursday 14 May 2020

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

£40 to those working outside CCG area.

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

“Will help to increase my confidence in supporting end of life patients.”

“Really enjoyed this course, more in depth than I anticipated which was great.”

“Course tutors were amazing, very knowledgeable and easy to relate to.”

“Very interesting and informative - nice to meet other professionals.”

“Enjoyable afternoon, with good information and discussion with others from different areas.”

“Will help me recognise the causes and symptoms of frailty. I now understand how frailty can affect people and impact their quality of life and a greater awareness of frailty.”



## 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 (12.30pm – 1.30pm) prior to the Community Link Nurse meeting. (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:**

Wednesday 4 September 2019  
Monday 11 November 2019  
Friday 27 March 2020  
Thursday 2 July 2020

**Cost: FREE.** Funded by Sussex Community Foundation NHS Trust & St Barnabas House.

**Who should attend:** Community link nurses

For further details please contact [education@stbh.org.uk](mailto:education@stbh.org.uk)

## Sussex Partnership NHS Foundation Trust Link Nurses

### Caring for People with Dementia

This programme is a joint collaboration between St Barnabas House (Worthing), St Wilfrid's Hospice (Chichester), St Catherine's Hospice (Crawley) and Sussex Partnership NHS Foundation Trust. These sessions provide an opportunity to learn and work together three times a year.

**Venue:** St Catherine's Hospice, Crawley

**Date & time:**

Monday 14 October 2019  
10.30am – 12.00pm

**Venue:** St. Wilfrid's Hospice, Chichester

**Date & time:**

Monday 10 February 2020  
10.30am – 12.00pm

**Venue:** St Barnabas House, Worthing

**Date & time:**

Friday 12 June 2020  
10.30am – 12.00pm

**Cost: FREE.** Funded by St Barnabas House, St Catherine's Hospice, St Wilfrid's Hospice and Sussex Partnership NHS Foundation Trust.

For further details please contact [education@stbh.org.uk](mailto:education@stbh.org.uk)

“Invaluable information, inspiring talking about working with the palliative care team”

“Always really useful for networking.”

## 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:** Tuesday 22 October 2019

**Cost: FREE.** This session has been funded by NHS Coastal West Sussex Clinical Commissioning Group (CCG).

£40 to those working outside CCG area.

This course and Hydration at the End of Life 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.

**Time:** 9.30am – 12.30pm

**Date:** Monday 24 February 2020

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

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

## 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 22 October 2019

**Cost: FREE.** This session has been funded by NHS Coastal West Sussex Clinical Commissioning Group (CCG). £40 to those working outside CCG area.

This course and Recognising Dying 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.

**Time:** 1.30pm – 4.30pm

**Date:** Thursday 23 January 2020

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

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

“Great day – good conversations and range of people’s knowledge.”

## 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 30 January 2020

Thursday 25 June 2020

**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 from all clinical settings.

“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.”

## 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 or improve your knowledge. 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 29 January 2020

**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 from all clinical settings.

“Very informative, will enhance my practice.”

“Increased confidence to have conversations with relatives and patients, more awareness of signs of grief.”

“Will help me to find appropriate ways to talk to relatives and residents.”

## 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 or improve your knowledge. 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 or 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 13 May 2020

**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 from all clinical settings.

“ Now feel more comfortable interacting with bereaved children and trying to understand their experience of bereavement. ”

“ Now know how to talk to children who are facing/going through bereavement and getting it right for them. ”

## Dementia Friends Information Sessions



Dementia Friends is a national initiative from the Alzheimer's Society. Its objectives are to make the nation more aware of dementia and improve attitudes towards the disease.

Almost all of us know someone affected by dementia. But too many people living with dementia report feeling cut off from their community, losing their friendships and facing dementia alone. Having dementia shouldn't mean an isolated life - and it doesn't have to. Simple actions from all of us can create supportive communities - where people living with the condition can continue to socialise with others, hop on the bus, go to their favourite shops or take part in local activities for as long as possible.

We all have a role to play in making the UK a dementia-friendly place to live and that's why we will be hosting one-hour Dementia Friends Information Sessions, aimed at raising awareness and understanding about dementia.

**Time:** 9.30am – 10.30am

**Date:** Tuesday 10 December 2019

**Time:** 1.30pm – 2.30pm

**Dates:**

Friday 7 February 2020

Monday 18 May 2020

**Cost:** FREE.

**Who should attend:** Open to everyone.

## Swap Shop

Swap Shop is open to doctors, nurses, social workers and all health and social care professionals from all clinical settings. The aim of Swap Shop is to focus on a specific palliative care topic. It runs as a 40 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. A sandwich 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
Wednesday 4 September 2019	How does CHC Funding Work?
Monday 11 November 2019	An Introduction to Haematological Cancers
Monday 20 January 2020	Rehabilitation in Palliative Care
Friday 27 March 2020	"Emotional Labour.... what's it all about?"
Wednesday 6 May 2020	The use of Makaton as a Communication Tool
Thursday 2 July 2020	An Introduction to Peripheral Vascular Disease

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

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

Unfortunately on occasions it may be necessary to change the scheduled topic.

“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 provide a short course to help relatives and 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 this course 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.**



Course participants from "I Don't want to go Back into Hospital", February 2019 (See page 8)



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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{ Hospice }  
{ Care }