

# St Benedict's Hospice & Centre for Specialist Palliative care



## *End of Life care training programme*

To book a place on any of the sessions please email [StBen.EducationBookings2@stft.nhs.uk](mailto:StBen.EducationBookings2@stft.nhs.uk)

For further information email:

Gail White, Education & Development Lead 01915128434

[Gail.white@stft.nhs.uk](mailto:Gail.white@stft.nhs.uk)

**Please note lunch will not be provided on any of the training.**

**The Hospice café is available to purchase sandwiches and light lunches.**

# Contents

\* Please ensure you book the correct session in line with your role requirements.

Page 3 *	Caring of the Dying Person – Care Assistants
Page 4 *	Caring of the Dying Person – Care Home & Home Care Agency Nursing Staff
Page 5 *	Caring for the Dying Person – GP’s, hospital doctors and nurses, district and community nurses.
Page 6 *	Deciding Right – clinical staff
Page 7 *	Deciding Right – non clinical staff
Page 8	Introduction to Palliative Care for Allied Health Professionals
Page 9	Management & Use of Sub-Cutaneous Fluids in Palliative Care
Page 10	McKinley T34 Syringe Driver Training
Page 11	Palliative Care Foundation Course (3day)
Page 12	Sage & Thyme Training
Page 13	Verification of Death

**If your team require ‘End of life’ training which is not included above please let us know and we can arrange a bespoke session.**

# Caring for the Dying Person – Care Assistants

## Target Group:

This study day is for care assistants & health care assistants who deliver care to the dying

## Session aim:

To identify & outline how to ensure residents receive high quality care when they are dying.

## Session Outcomes:

By the end of the session participants will be able:

- To identify how to recognise when someone may be dying
- To demonstrate sensitive communication skills
- To discuss the Five Priorities for care of the dying person
- To reflect upon spiritual care
- To identify how to assess and care for a dying person

## Dates

## Time

26 <sup>th</sup> June 2015	09:00 – 16:00
22 <sup>nd</sup> September 2015	09:00 – 16:00
26 <sup>th</sup> November 2015	09:00 – 16:00
14 <sup>th</sup> January 2016	09:00 – 16:00
15 <sup>th</sup> March 2016	09:00 – 16:00

All sessions are delivered at: St Benedict's Hospice & Centre for Specialist Palliative care, St Benedict's Way, Ryhope, SR2 0NY

Please note lunch will not be provided.

To book a place please contact: [StBen.EducationBookings2@stft.nhs.uk](mailto:StBen.EducationBookings2@stft.nhs.uk)



# Caring for the Dying Person – Care Home & Home Care Agency Nursing Staff

## Target Group:

This study day is for qualified nurses working in care homes and the independent home care sector

## Session Aim:

To raise awareness of the concept of a good death and the national 5 priorities for care of the dying person.

## Session Outcomes:

By the end of the session participants will be able:

- To discuss what a 'good death' is
- To identify the signs of approaching death.
- To identify the 5 priorities for care of the dying

## Dates

2nd September 2015

21st October 2015

2nd December 2015

## Time

09:00 – 16:00

09:00 – 16:00

09:00 – 16:00

All sessions are delivered at: St Benedict's Hospice & Centre for Specialist Palliative care, St Benedict's Way, Ryhope, SR2 0NY

Please note lunch will not be provided.

To book a place please contact: [StBen.EducationBookings2@stft.nhs.uk](mailto:StBen.EducationBookings2@stft.nhs.uk)

# Caring for the Dying Person

## – GP's, hospital doctors and nurses, district and community nurses

### Target Group:

GP's, District Nurses, community nurses, hospital doctors, nurses & any professionals involved in the delivery of care to dying people.

### Session outline

This session will be delivered by members of the Hospice team (Doctors, nurses and education staff) with the aim of supporting further learning and development about the National 5 priorities for care of the dying person, the study day will include:

- Recognising dying
- Involving the person through sensitive communication
- Supporting the family
- Negotiating a plan of care to meet the person's needs and preferences.
- Symptom management at the end of life
- Hydration and nutrition decisions
- Spiritual care

### Dates

### Time

1st October 2015	09:00 – 16:00
11th November 2015	09:00 – 16:00
4th February 2016	09:00 – 16:00
9th March 2016	09:00 – 16:00

All sessions are delivered at: St Benedict's Hospice & Centre for Specialist Palliative care, St Benedict's Way, Ryhope, SR2 0NY

Please note, lunch will not be provided

To book a place please contact: [StBen.EducationBookings2@stft.nhs.uk](mailto:StBen.EducationBookings2@stft.nhs.uk)

# Deciding Right – clinical staff

## Target Group:

This session is for all clinical staff

## Session Aim:

To equip all participants with an ability to implement Deciding Right and the different outcomes related to the regional initiative into practice.

Please note this session does not incorporate communication skills.

## Session outcomes:

By the end of the session participants will be able to:

- Progress from their baseline level of understanding of Deciding Right
- Be able to identify the different Deciding Right outcomes
- Be able to complete appropriate Deciding Right outcomes from a case study approach

## Date

## Time

1 <sup>st</sup> July 2015	13:00 – 16:00
22 <sup>nd</sup> July 2015	13:00 – 16:00
29 <sup>th</sup> September 2015	13:00 – 16:00
15 <sup>th</sup> October 2015	13:00 – 16:00
16 <sup>th</sup> November 2015	13:00 – 16:00
8 <sup>th</sup> December 2015	13:00 – 16:00
27 <sup>th</sup> January 2016	13:00 – 16:00

All sessions are delivered at: St Benedict's Hospice & Centre for Specialist Palliative care, St Benedict's Way, Ryhope, SR2 0NY

Please note, lunch will not be provided

To book a place please contact: [StBen.EducationBookings2@stft.nhs.uk](mailto:StBen.EducationBookings2@stft.nhs.uk)

## Deciding Right – non clinical staff

### Target Group:

This session is for any non-clinical / social care staff that require an awareness of Advance care planning, including Deciding Right, to enable staff to support and signpost people.

This training is not for staff who will be actively involved in completing the documents.

### Session Aim:

To equip all participants with an awareness of Deciding Right and the different outcomes related to the regional initiative into practice.

### Session outcomes:

By the end of the session participants will have:

- A baseline level of understanding of Deciding Right
- The ability to identify the different Deciding Right outcomes

### Date

### Time

29 <sup>th</sup> September 2015	10-12md
15 <sup>th</sup> October 2015	10-12md
16 <sup>th</sup> November 2015	10-12md
8 <sup>th</sup> December 2015	10-12md
27 <sup>th</sup> January 2016	10-12md

All sessions are delivered at: St Benedict's Hospice & Centre for Specialist Palliative care, St Benedict's Way, Ryhope, SR2 0NY

To book a place please contact: [StBen.EducationBookings2@stft.nhs.uk](mailto:StBen.EducationBookings2@stft.nhs.uk)



# Introduction to Palliative care for Allied Health Professionals

## Target Group:

This study day is applicable to all Allied Health Professionals  
Please note it is not applicable to nursing staff.

## Session Aim:

To raise awareness of current issues in palliative and end of life care. To raise awareness of local palliative care services

## Session outcomes:

By the end of the session participants will be able to:

- Identify and discuss challenges of communicating with palliative care patients.
- Identify and discuss challenges in recognising dying and managing symptoms at the end of life.
- Identify and discuss the opportunities and challenges for AHPs working with Palliative Care patients

## Date

## Time

11th June 2015,

09:00 – 16:00

2nd July 2015

09:00 – 16:00

2nd October 2015

09:00 – 16:00

25th November 2015

09:00 – 16:00

**All sessions are delivered at:** St Benedict's Hospice & Centre for Specialist Palliative care, St Benedict's Way, Ryhope, SR2 0NY

Please note, lunch will not be provided

To book a place please contact: [StBen.EducationBookings2@stft.nhs.uk](mailto:StBen.EducationBookings2@stft.nhs.uk)



# Management & Use of Subcutaneous Fluids in Palliative Care Patients

## Target Group:

Registered General Nurses and Medical staff

## Session Aim:

To raise awareness of current issues in the use and management of subcutaneous fluids in palliative care patients.

## Session Outcomes:

By the end of the session, participants will have:

- Identified and discussed challenges in the use of artificial hydration in palliative care patients.
- Identified the importance of effective, patient centred, multidisciplinary teamwork in relation to hydration in palliative care patients.
- Follow the correct procedures for the erection of sub-cutaneous fluids.

<u>Date</u>	<u>Time</u>
4th September 2015	09:30am – 12:30pm
6th November 2015	09:30am – 12:30pm
20th November 2015	09:30am – 12:30pm
20th January 2016	09:30am – 12:30pm
24th March 2016	09:30am – 12:30pm

All sessions are delivered at: St Benedict's Hospice & Centre for Specialist Palliative care, St Benedict's Way, Ryhope, SR2 0NY

To book a place please contact: [StBen.EducationBookings2@stft.nhs.uk](mailto:StBen.EducationBookings2@stft.nhs.uk)

# McKinley T34 Syringe Driver Training

## Target Group:

- Qualified nursing staff who use a McKinley T34 as part of their role

## Session Outcomes:

By the end of the session, participants will be able to:

- Describe what a syringe driver is and the clinical reasons for its use.
- Identify the key features of the T34 and demonstrate knowledge of their function.
- Demonstrate how to load a syringe in the T34 and programme the T34 to deliver the contents of the syringe.
- Explain how to troubleshoot and resolve alarm problems. Describe the care and maintenance of the syringe pump.
- Discuss the common drugs used in a McKinley and the reasons for their use.

## Date

## Time

18<sup>th</sup> June 2015

09:30am - 13:30pm

8<sup>th</sup> September 2015

09:30am - 13:30pm

27<sup>th</sup> October 2015

09:30am - 13:30pm

13<sup>th</sup> January 2016

09:30am - 13:30pm

10<sup>th</sup> March 2016

09:30am - 13:30pm

**All sessions are delivered at:** St Benedict's Hospice & Centre for Specialist Palliative care, St Benedict's Way, Ryhope, SR2 0NY

Please check the target audience at the top of this page as **any unqualified staff will be turned away.**

Please note, lunch will not be provided

To book a place please contact: [StBen.EducationBookings2@stft.nhs.uk](mailto:StBen.EducationBookings2@stft.nhs.uk)

# Palliative Care Foundation Course (3 day)

## Target Group

Qualified nurses working in care homes and the independent home care sector

## Session Aim:

To introduce the key principles of palliative and end of life care

## Session Outcomes:

By the end of the session participants will be able to:

- Holistically assess and manage care for palliative and end of life patients
- Clarify palliative care and end of life care
- Assess pain and manage symptoms
- Communicate skills spiritual and psychological support
- Deliver care for dying patients
- Deliver bereavement support

## Dates

## Time

3rd February 2016	}	Course 1	9:30 – 16:30
10th February 2016			9:30 – 16:30
24th February 2016			9:30 – 16:30
13th April 2016	}	Course 2	9:30 – 16:30
20th April 2016			9:30 – 16:30
27th April 2016			9:30 – 16:30

**Please note attendance at all 3 days is essential.**

Please check the target audience at the top of this page as **any unqualified staff will be turned away.**

Please note, lunch will not be provided.

To book a place please contact: [StBen.EducationBookings2@stft.nhs.uk](mailto:StBen.EducationBookings2@stft.nhs.uk)





Dealing with people in distress

---

## Sage & Thyme

### Target Group:

This training is suitable for all frontline staff who may come into contact with distressed people.

### Session Aim:

To provide staff at all levels with the tools to carry out Level 1 psychological assessment whilst providing support to distressed patients.

### Session Outcomes:

The Sage & Thyme foundation level workshop teaches:

- A memorable structured approach for getting into and out of a conversation
- How to empower patients / carers who are worried or distressed
- Communication skills that are evidenced based

### Date

### Time

Monday 21st September 2015

9.30 – 12.30

Thursday 8th October 2015

9.30 – 12.30

Wednesday 28th October 2015

9.30 – 12.30

To book a place please contact: [StBen.EducationBookings2@stft.nhs.uk](mailto:StBen.EducationBookings2@stft.nhs.uk)

# Verification of Death

## Target Group:

Qualified Nursing staff who will verify death as part of their role.

## Session Outcomes:

By the end of the session, participants will be able to:

- Understand the theoretical component of verification of expected adult death training incorporating clinical signs of death.
- Know how to apply knowledge and skills gained from the session to verify an expected death in the community setting.
- Know how to progress onto competency assessment from the session.
- Understand how to complete the verification of expected adult death competency workbook.
- Coordinate observational practice from a professional qualified to sign of individual competence.

## Date

## Time

18th June 2015

14:00 – 16:00pm

8th September 2015

14:00 – 16:00pm

27th October 2015

14:00 – 16:00pm

13th January 2016

14:00 – 16:00pm

10th March 2016

14:00 – 16:00pm

Please check the target audience at the top of this page as **any unqualified staff will be turned away.**

To book a place please contact: [StBen.EducationBookings2@stft.nhs.uk](mailto:StBen.EducationBookings2@stft.nhs.uk)



**St. Benedict's Hospice**  
 & Centre for Specialist  
 Palliative Care

**We have moved...**



On June 8th St. Benedict's Hospice moved to a new purpose-built adult Hospice and Centre for Palliative Care in Ryhope.

**St. Benedict's Hospice**  
 & Centre for Specialist Palliative Care  
 St Benedicts Way, Sunderland, SR2 0NY.  
 Tel: 0191 512 8400  
 Fax: 0191 523 7868



Providing a range of NHS services in  
 Gateshead, South Tyneside and Sunderland.

*choose*

South Tyneside **NHS**  
 NHS Foundation Trust

### How to get here

St Benedict's Hospice and  
 Centre for Specialist Palliative Care  
 Located:

St Benedicts Way  
 Sunderland  
 SR2 0NY

Phone number:  
 Main Reception 0191 5128400  
 In patient unit 0191 5128424

Website: [www.hospice.co.uk](http://www.hospice.co.uk)

Bus Services  
 Go North East 60 and 61  
 (simplygo.com)  
 Arriva 24 and 24X  
 (arrivabus.co.uk)

