

## END OF LIFE & PALLIATIVE CARE EDUCATION PROGRAMME

Birmingham St Mary's Hospice is a proud partner of the Black Country & West Birmingham Sustainability & Transformation Partnership (STP) and as part of this collaboration, has been appointed as the preferred supplier of End of Life and Palliative Care education. This new 12 month project is commissioned and designed for all primary care staff\* in the STP (Dudley, Sandwell & West Birmingham, Walsall and Wolverhampton).

**Between November 2020 - March 2021, all training will be delivered online via Zoom and to participate, it is essential you have access to a device with a camera and microphone.**

### Curriculum

#### **Sage & Thyme (3 hour virtual workshop)**

The SAGE & THYME® foundation level workshop teaches clinical and non-clinical staff at all levels, evidence-based communication skills to provide person-centred support to someone with emotional concerns using the SAGE & THYME model. It's suitable for talking to anyone: patients and carers, students, colleagues and children – inside and outside of health and social care.

The SAGE & THYME model and workshop was developed by members of staff at University Hospital of South Manchester NHS Foundation Trust and a patient in 2006, to teach the core skills of dealing with people in distress.

It was originally developed to meet the level 1 skills requirement described in the 2004 NICE guidance on 'Improving Supportive and Palliative Care for Adults with Cancer', although the principles are generic and can be used with anyone in distress.

#### **Identifying and Managing a Dying Patient (3 hour virtual session)**

This session is developed and led by a palliative care specialist and aims to teach and equip you with the skills you need to identify and confidently manage a dying patient. It will be a mixed method of teaching and workshop activities and key learning will cover:

- The importance of early identification
- Introduction of the use of indicator tools such as the SPICT tool
- Common indicators seen in patients as they approach the end of life
- Common symptom management at the end of life
- Pharmacological and non-pharmacological management of the dying patient
- The role of carers/family at the end of Life
- Case studies
- Communication within the MDT & when to seek support

\*in the case of the SAGE & THYME workshop, training is also open to non-clinical members of staff

- Resources available to support every day practice  
<http://www.wmcares.org.uk/wmpcp/>
- Further professional development specifically learning paths in  
<https://www.e-lfh.org.uk/programmes/end-of-life-care>

## **Advance Care Planning (3 hour virtual session)**

Advance Care Planning is a vital component of good holistic end of life and palliative care. This session aims to equip you with skills you need to lead what can be at times a complex conversation and to allow your patients to express their wishes in a meaningful and informed way. Key learning from this session will cover:

- How to initiate the conversation (with and without COVID restrictions)
- Communication frameworks
- Documentation including Lasting Power of Attorneys (LPA's) / Advance Decisions to refuse treatments (ADRT's) & DNACPR
- Treatment escalation and patient preferences workshop
- Guidance and research supporting the process of Advance Care Planning
- Case studies.

## **Register today**

To view the programme and book your place please visit:

[www.birminghamhospice.org.uk/courses/black-country-west-bham-stp/](http://www.birminghamhospice.org.uk/courses/black-country-west-bham-stp/)