

# THE HOSPICE OF ST FRANCIS

#LearnForGood

## PALLIATIVE & END OF LIFE CARE EDUCATION PROGRAMME



January  
to March  
2025

[stfrancis.org.uk](http://stfrancis.org.uk)



**The Hospice**  
of st francis

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## Welcome to our Palliative and End of Life Care (EOLC)

### Education Brochure for Jan - Mar 2025

The aim of this brochure is to detail palliative and end of life care education available during Jan to Mar 2025.

It is not exhaustive and there are likely to be additional sessions which will be advertised on our website, via social media and promotional emails to our subscribers.

The programme is open to all health and social care professionals who provide palliative and/or end of life care to patients in any setting. We offer a structured programme made up of short sessions, half days and full study days.

The training is based on the End of Life Care Core Skills Education and Training Framework (2017), Ambitions for Palliative and End of Life Care (2021), NICE Guidelines - Care of dying adults in the last days of life (2015) and the End of Life Care Strategy (2008).

The training also encompasses the five core competencies that are outlined in the National Core Competencies for End of Life Care (2009) which were developed to support the End of Life Strategy. These are:

- The Overarching Principles of Palliative and End of Life Care
- Communication Skills
- Assessment and Care Planning
- Symptom Management, Comfort and Well-being
- Advance Care Planning

#### **REPAIR THE GAP - PALLIATIVE CARE EDUCATION**

We are reviewing should be contact us if sessions you see or if further might be

Please



constantly the training we offering - please there are would like to you'd like details of what coming up.

contact the

Education team via:  
[education@stfrancis.org.uk](mailto:education@stfrancis.org.uk)

and we can discuss this with you.

To help meet the specific Palliative and End of Life Care needs of your organisation we also offer bespoke training.

Please contact us if you would like to learn more.

[Click here to join our Education & Training mailing list](#)  
[Follow us on X @EOLC Education](#)

## E - LEARNING

Some staff may wish to pursue their own updates through e-learning. Some recognised sites are listed below.

**If you are reading this on-line, hold the control button on your keyboard and click on the link to access.**

### Current Learning in Palliative Care. (CLiP)

CLiP is a free, flexible learning series in palliative care supplied in partnership between St Oswald's Hospice and Hospice UK. It is a case-based programme of self-learning workshops that take about 15 mins - ideal for busy healthcare professionals.

<https://www.stoswaldsuk.org/how-we-help/we-educate/education/resources/what-is-clip/clip-adults-worksheets/>

### Do Not Attempt Cardiopulmonary Resuscitation.

The Resuscitation Council (UK) website takes you through the issues around Do Not Attempt CPR and the importance for the patient and yourself as a professional, including the excellent guidance produced with the British Medical Council and the Royal College of Nursing.

<https://www.resus.org.uk/dnacpr/>

### Dying Matters

The National Council for Palliative Care (NCPC) set up the dying matters coalition to promote public awareness of dying, death and bereavement. Its mission is to help people talk more openly about dying, death and bereavement. The website hosts many useful resources including leaflets, information sheets and short films.

[www.dyingmatters.org](http://www.dyingmatters.org)

### End of Life Care for All (E-elca)

A range of modules that are nationally recognised. Scroll down the page to 'Priorities for care of the dying person'. Part one will show a range of recommended modules depending on your role. You will need to register to access the modules.

<https://www.e-lfh.org.uk/programmes/end-of-life-care/>

### Marie Curie

The Palliative Care Knowledge Zone offers expert information and support to staff to enable them to deliver the best possible care for people living with a terminal illness.

<https://www.mariecurie.org.uk/professionals>

### National Institute for Health and Care Excellence (NICE) Clinical Knowledge Summaries

The NICE CKS service provides primary care practitioners with a readily accessible summary of the current evidence base and practical guidance on best practice.

<http://cks.nice.org.uk>

### Palliative Drugs.com

A comprehensive and well-respected site that provides a wealth of information about medication in palliative care and much more.

[www.palliativedrugs.com](http://www.palliativedrugs.com)

## BOOKING AND ATTENDANCE

Attendance at any of the education sessions detailed in this brochure is open to all staff, irrespective of their employer/place of work. Booking of places by individuals onto any of the courses is dependent on the individual having their team leader/manager's agreement.

Book on via [Accessplanit](#) or via The Hospice of St Francis [website](#)

**Please note there may be a booking fee or small charge for selected courses.**

**Most of these courses are free to HoSF staff and volunteers.**

When it comes to course payment on the booking form, step through to the end of the process and the system will apply 100% discount to the booking fee.

**Please contact us if you have any queries**



## HOW TO JOIN A 'ZOOM' MEETING

Please keep your microphone on mute during the call so as not to distract the presenter.

### Preparation

Find a private space where you will not be disturbed. Use headphones with a microphone or talk directly into your laptop if it has a built-in microphone and camera.

Make sure your face is well lit either by facing a window, or having a light in front of you (i.e. behind the computer). If the light is behind you it tends to shadow your face. Position the camera so it is directly in your eye line - this way we can see your head and upper torso.

Think about your background. What do you have on show?

### Joining a Meeting

Click on the link that you were sent in the e-mail regarding the training session. If the person hosting the meeting has NOT logged on, you will see a screen that looks similar to this.

You will have the opportunity to test the computer speakers and volume while you are waiting. Just click on the 'Test computer audio' button.

Please wait for the host to start this meeting.

Start: 2:00PM

Team Meeting

If you are the host, [sign in](#) to start this meeting

Test Computer Audio



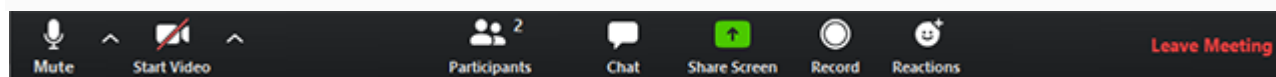
If the Host has already logged on, you will go straight into the meeting.

Once you have joined a meeting, your screen should look like this. You may also see the first slide of the PowerPoint presentation as well as the host.

### In-Meeting Controls

The attendee controls appear at the bottom of your screen. To access the meeting controls, just move your

mouse in the Zoom window.



## Attendees have access to these features:

### Mute or Unmute:



To mute or unmute your microphone, click the ^ arrow next to the picture of the microphone.

**Please keep your microphone on mute during the presentation.**

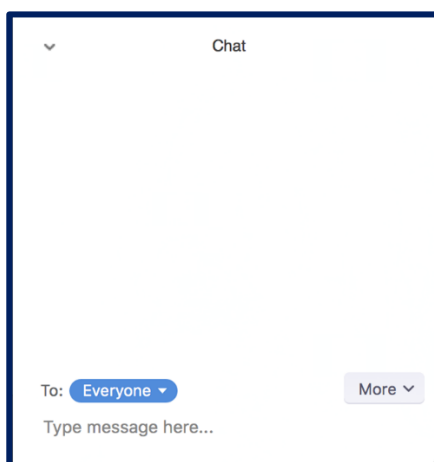
### Start Video or Stop Video:



To turn your camera 'on' or 'off', click the ^ arrow next to the picture of the video camera.

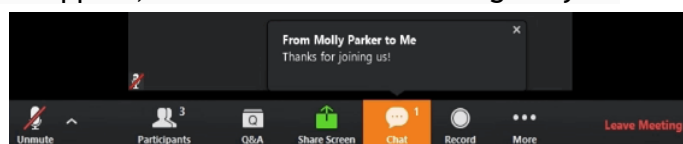
**Please keep your camera on during the presentation if you are able.**

### Asking Questions or 'Chat'



During the presentation you can ask questions to the host using the 'Chat', rather than asking questions directly. Using the 'Chat' icon on the control bar at the bottom of the screen, click on the 'Chat' icon and type your message at the bottom of the white screen. When you press 'Enter' or 'Return' your message will then be displayed for the host and other participants to see.

When new chat messages are sent to you or everyone, a preview of the message will appear, and 'Chat' will flash orange in your host controls.

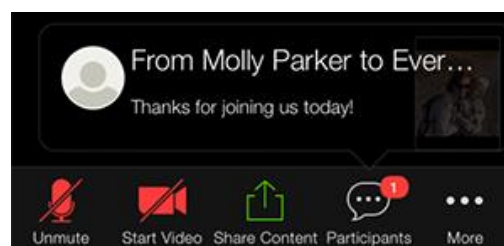


### Accessing the Chat from a Mobile Device

1. While in a meeting, tap the screen to make the controls appear.
2. Click on 'Participants'.
3. At the bottom of the participants list, click on 'Chat'.



4. You can type your chat message and click 'Send' or if you want to change who it is being sent to, click the arrow next to 'Send to:' and choose a different person or group of people.
5. Incoming chats will be displayed at the bottom of your screen and you can click on 'Participants' then 'Chat' to view them.





## ADVANCED COMMUNICATION SKILLS TRAINING

(Online via Zoom)

### COURSE AIMS

This two-day course provides delegates with key communication strategies for managing conversations experienced in their role. Small groups (maximum of 6 delegates) practice scenarios with professional actors playing different roles (such as the patient or family member).

### OBJECTIVES

- Handling strong emotions
- Difficult conversations
- Giving significant news to the patient and or family member
- Introducing sensitive topics (such as DNACPR conversations)

### WHO SHOULD ATTEND?

This course is for all experienced health and social care professionals who have difficult conversations as part of their everyday role and who have had previous foundation and intermediate level communication skills training

Dates	Venue
8 <sup>th</sup> & 9 <sup>th</sup> January 2025	Online via Zoom
11 <sup>th</sup> & 12 <sup>th</sup> February 2025	
6 <sup>th</sup> & 7 <sup>th</sup> March 2025	
More 2025 dates available!	

For enquiries and an application form, please email [education@stfrancis.org.uk](mailto:education@stfrancis.org.uk)

Cost of £500 per delegate is required on application. Previous delegates have been able to obtain funding or grants from external organisations

## TRANSITION TO AUTONOMOUS PRACTICE

(Face to Face)

### COURSE AIMS

The programme comprises of six sessions which **MUST** all be attended to receive certification. Participants will meet regularly with a specialist mentor, reflecting on practice and taking part in action learning sets.

### OBJECTIVES

Each day of the course is themed around an aspect of your specialist role:

Day 1 - setting the scene and developing self

Day 2 - leadership and collaborative practice

Day 3 - developing self and others through teaching and audit

Day 4 - improving quality and developing practice

Day 5 - developing self through self-management and self-care

Day 6 - developing self - theory to practice

### WHO SHOULD ATTEND?

Nurse/AHPs transitioning from a generalist to a specialist/site specific role in palliative and end of life care, oncology and life limiting conditions.

Date and Time	Venue	How to Book
October - March 2025	Spring Centre	email: <a href="mailto:education@stfrancis.org.uk">education@stfrancis.org.uk</a>

**Note: future dates to be confirmed**

# OCTOPUS LEGACY WILLS

## Your Will can do Wonders!

(Face to Face & online via Teams)

### COURSE AIMS

Practical advice on what to consider when writing your Will - presentation and Q&A

### OBJECTIVES

- The key things to consider when updating or writing your Will
- Options for how to write and update your Will
- Lasting powers of attorney - what are they and why are they important?
- 10 minute Q&A session

### WHO SHOULD ATTEND?

FREE 30-minute webinar for all staff and volunteers

Date and Time	Venue	How to Book
Tuesday 14th January 2025 13:00 - 13:30	Acorn Suite In Person and Online (via Teams)	Staff via <a href="#">Accessplanit</a> Volunteers email: <a href="mailto:education@stfrancis.org.uk">education@stfrancis.org.uk</a>

**This course is offered free of charge**

**Note: For HoSF staff and volunteers only**

**Look out for our calendar invite!**

# PALLIATIVE CARE DEVELOPMENT PROGRAMME 2025

Delivered by:

The Hospice of St Francis (HOSF) and Rennie Grove Peace Hospice Care (RGPHC)



## WHO SHOULD ATTEND?

Nurses, Allied Health Professionals (AHP's) and Associate Practitioners who provide palliative care and rehabilitation and wish to develop a good foundation in palliative care clinical practice

## DATES (2 hours each afternoon 2-4pm)

- Tuesday 14<sup>th</sup> January (full day)
- Tuesday 21<sup>st</sup> January
- Tuesday 4<sup>th</sup> February
- Tuesday 11<sup>th</sup> February
- Tuesday 25<sup>th</sup> February
- Tuesday 4<sup>th</sup> March
- Tuesday 18<sup>th</sup> March
- Tuesday 25<sup>th</sup> March

## COURSE STRUCTURE

Each of the 8 days includes a recommended 4 hours of self-directed learning (from provided materials) in the morning (although this study can be done at any time during the week if it suits your schedule better.) The afternoon comprises a 2 hour interactive and reflective session with experienced palliative care clinicians. The course will be facilitated virtually via zoom.

## CONTENT:

This 8 day programme offers a learning opportunity to enable trained staff in all settings to develop and sustain their ability to care for people and support people who are living with life threatening illness.

Its core content is based on Health Education England 2019 (HEE) End of Life Care Learning Outcomes and includes a focus on:

- Communication Skills
- Assessment and Care Planning - Holistic Person-Centred Care
- Symptom Management – including care in the last days of life
- Advance Care Planning
- Underpinning Values of Palliative Care
- Knowledge about Palliative Care - including loss and bereavement
- Leadership and collaboration – Quality of Life and Living Well with Life Limiting Conditions
- Developing Self and others - looking at resilience
- Improving Quality and Developing Practice - completing a worked-based action plan

*"This course is excellent value for money and covers a wide range of topics which are so relevant to working in Palliative Care"*

*"Hugely beneficial in helping me better my working practice"*

*(Course attendees 2024)*



## STUDENT OUTCOMES:

- Pre and post course outcome framework completion
- Accessing recommended learning and attendance at reflective webinars
- Two pieces of reflection
- Completion and presentation of a work-based action plan
- Completion of a personal achievement summary

## HOW DO I BOOK?

For enquiries and to receive an application form, please contact [education@stfrancis.org.uk](mailto:education@stfrancis.org.uk)

Cost - £200 per delegate for this 8 day course

# INTERMEDIATE COMMUNICATION SKILLS TRAINING

## Having Sensitive Conversations Within the Context of Palliative Care

(Online via Zoom)

### COURSE AIMS

To explore strategies for dealing with sensitive and complex conversations so these can be applied to practice.

### OBJECTIVES

- To identify what scenarios are difficult in practice
- To review communication skills available in your toolkit
- To state some strategies for handling different types of sensitive conversations
- To reflect on some communication scenarios in practice (video/ case study/ goldfish bowl)

### WHO SHOULD ATTEND?

Open to all health and social care staff who have sensitive and complex conversations and have already attended an introductory communication skills course.

Date and Time	Venue	How to book
Thursday 16th January 2025 09:30 - 16:00	Online via Zoom	Staff via <a href="#">Accessplanit</a> External Learners via <a href="#">website</a>

**Booking Fee: £25 for external learners**

# REFLECT & CONNECT

## Happy New Year? Looking back; moving forward

(Face to Face)

### OBJECTIVES

Welcome to our first Reflect and Connect - a welcoming and safe space for all staff to reflect on the impact of the work we do and connect with others across the organisation.

These 45 minute sessions replace the Schwartz Rounds and we hope that many of you will be able to join us in this new venture.

### WHO SHOULD ATTEND?

All staff from The Hospice of St Francis

Date and Time	Venue	How to Book
Tuesday 21 <sup>st</sup> January 2025 12:30 - 13:15	Acorn Suite	Staff via <a href="#">Accessplanit</a>

**This course is offered free of charge**

**Note: For HoSF staff only**

**Look out for our calendar invite!**

## AHP Bite Size Learning NON-PHARMACOLOGICAL MANAGEMENT OF COMMON PALLIATIVE CARE SYMPTOMS - an AHP Approach (Online via Zoom)

### COURSE AIMS

To share effective practical techniques focusing on management of breathlessness, anxiety and fatigue

### OBJECTIVES

- We will practice some common techniques for you to take away and use for supporting patients with breathlessness, fatigue, anxiety and pain
- To understand how these techniques can make a difference to symptom burden without or as an adjunct to pharmacological management
- To increase understanding of how these techniques facilitate a patient/family's ability to self-manage their condition

### WHO SHOULD ATTEND?

Any AHP's keen to explore or refresh knowledge on non-pharmacological strategies for managing common palliative care symptoms including breathlessness, anxiety, fatigue and pain

Date and Time	Venue	How to book
Thursday 23rd January 2025 12:00 - 13:30	Online via Zoom	Staff via <a href="#">Accessplanit</a> External Learners via <a href="#">website</a>

**Booking fee: £10 for external learners**

# ASSISTED DYING

## A Clinical Response

(Face to Face)

### COURSE AIMS

To equip clinicians with the information and confidence to navigate discussions around assisted dying

### OBJECTIVES

- To state the legal position around assisted dying
- To identify some useful responses to this topic when raised by individuals
- To state what should and should not be written on SystemOne
- To identify when such conversations need to be raised as a concern
- To state what should and should not be shared with other organisations

### WHO SHOULD ATTEND?

All clinical hospice staff who want to get it right when responding to the topic of assisted dying

A complementary session is also being run to explore the facts and feeling around assisted dying

This workshop will be repeated on Tuesday 18<sup>th</sup> March 2025 09:30-11:30

Date and Time	Venue	How to book
Monday 20th January 2025 14:00-16:00	Acorn Suite	Staff via <a href="#">Accessplanit</a>

This course is offered free of charge

**Note: For HoSF staff only**

**Look out for our calendar invite!**



## ASSISTED DYING WORKSHOP

### Exploring the Facts and Feeling Around Assisted Dying (Face to Face)

#### COURSE AIMS

To provide a safe forum in which to explore the facts and feeling around assisted dying

#### OBJECTIVES

- To state the current legal position re assisted dying
- To hear some commonly held views for and against assisted dying
- To state what is, and is not, included in the bill
- To consider the impact of the debate for the Hospice and hospice staff

#### WHO SHOULD ATTEND?

All staff and volunteers who are keen to explore the facts and feeling around assisted dying.

This workshop will involve the use of videos, case studies, group work and guided discussions to help everyone engage in this subject matter

Date and Time	Venue	How to book
Wednesday 29th January 2025 14:00-16:30	Spring Room	Staff via <a href="#">Accessplanit</a> Volunteers email: <a href="mailto:education@stfrancis.org.uk">education@stfrancis.org.uk</a>

**This course is offered free of charge**

**Note: For HoSF staff and volunteers only**

**Look out for our calendar invite!**

## Introduction to Palliative Care for Non-Clinicians (Face to Face)

### COURSE AIMS

To gain an overview of palliative care

### OBJECTIVES

- Define palliative care and end of life care
- Who can benefit from palliative care and when?
- Describe what a good death looks like
- State the benefits of planning ahead and honest conversations

### WHO SHOULD ATTEND?

All non-clinical staff and volunteers who want an introduction to palliative care. May also be suitable for clinical staff who are new to palliative care

Date and Time	Venue	How to book
Tuesday 28th January 2025 04:00-16:00	Acorn Suite, HP4 3GW	Staff via <a href="#">Accessplanit</a> External Learners via <a href="#">website</a>

**This course is offered free of charge**

## RESILIENCE

### REFLECT, REALIGN, REBOOT... Life can be such a tricky balancing act (Face to Face)

#### COURSE AIMS

This session will provide an opportunity for people to work on themselves, to feel energised, engaged and resilient in life

#### OBJECTIVES

- Reflect - Pause, take stock and reflect on the demands of everyday life
- Realign - Think about what is important, both personally and professionally and ignite a sense of purpose
- Reboot and create a personalised plan of action

#### WHO SHOULD ATTEND?

All internal staff who would benefit from taking some time out to consider their resilience for life - both at home and at work

NOTE: 16 places max, allocated on a first come first served basis

Date and Time	Venue	How to book
Thursday 30th January 2025 09:30-12:30	Acorn Suite	Staff via <a href="#">Accessplanit</a>

**This course is offered free of charge**

**Note: For HoSF staff only**

**Look out for our calendar invite!**

## AHP MASTERCLASS

# Respiratory Management for People Living with Complex Neurodegenerative Conditions

(Online via Zoom)

### COURSE AIMS

This evening masterclass aims to enhance your knowledge of good practice in the non-pharmacological management of neurodegenerative conditions, with a focus on respiratory symptoms

### OBJECTIVES

- To improve your understanding of the complex respiratory challenges likely to develop secondary to a neurodegenerative condition
- To equip you with a range of practical strategies to optimise respiratory function and breath support for speech in complex neurodegenerative conditions
- To feel empowered to make a positive impact on the wellbeing and quality of life of patients with complex neurodegenerative conditions

### WHO SHOULD ATTEND?

This session is targeting senior health professionals looking to grow their confidence in applying practical management strategies with patients with complex neurodegenerative conditions

Date and Time	Venue	How to book
Tuesday 4th February 2025 18:30-20:00	Online via Zoom	Staff via <a href="#">Accessplanit</a> External Learners via <a href="#">website</a>

**Booking fee: £15 for external learners**

## ReSPECT AWARENESS for EVERYONE

(Online via Zoom)

### COURSE AIMS

To familiarise yourself with the ReSPECT form

### OBJECTIVES

- Know what ReSPECT stands for
- Know what the aims of the ReSPECT process are
- Understand which patients are suitable for a ReSPECT form
- Know how to interpret a ReSPECT form in an emergency situation
- Know who can complete a ReSPECT form
- Know the answers to commonly asked questions about the use of the ReSPECT form in different settings

### WHO SHOULD ATTEND?

Any social and healthcare professional who supports people living with long term illnesses or life limiting illnesses who may have a ReSPECT form in place

Health and social care professionals who want to familiarise themselves with the form and know what to look for

This session is not targeted at healthcare professionals who will be completing the ReSPECT forms

Date and Time	Venue	How to Book
Thursday 6th February 2025 14:00 - 15:00	Online via Zoom	Staff via <a href="#">Accessplanit</a> External Learners via <a href="#">website</a>

**This course is offered free of charge**

## TALKING ACP and DNACPR - A Practical Approach (Online via Zoom)

### COURSE AIMS

To explore ways to talk about ACP and DNACPR

ACP = Advance Care Planning

DNACPR = Do Not Attempt Cardiopulmonary Resuscitation

### OBJECTIVES

- State the benefits and challenges of having advance care planning (ACP) conversations
- State the legality of different ACP documentation
- Describe communication skills and approaches that may help such conversations
- Describe some approaches and phrases that may help when discussing resuscitation and DNACPR
- Highlight good practice for completing a DNACPR/ReSPECT form

### WHO SHOULD ATTEND?

Would you like to increase your confidence in having conversations about peoples' wishes for the future?

Would you like to explore approaches to discussing resuscitation v natural death?

Would you like a refresher about how to approach such conversations?

If the answer is yes to any of the above, then please come and join this interactive session.

Suitable for all clinicians that regularly have these conversations including GP's, hospital doctors, clinical nurse specialists, allied health professionals.

Date and Time	Venue	How to Book
Thursday 13th February 2025 09:30 - 12:30	Online via Zoom	Staff via <a href="#">Accessplanit</a> External Learners via <a href="#">website</a>

**This course is offered free of charge**

## WHAT HAVE I DONE TO DESERVE THIS?

### Addressing the needs of the LGBTQIA+ Community Living with a Palliative Illness

(Face to Face)

#### COURSE AIMS

To raise awareness of issues and concerns in relation to the LGBTQIA+ community specific to palliative care

#### OBJECTIVES

- How to support the LGBTQIA+ community with challenges and changes they may face
- How to recognise the individual needs for the LGBTQIA+ community with palliative illness
- How to challenge unconscious bias
- How to create togetherness in and for the LGBTQIA+ community

#### WHO SHOULD ATTEND?

Open to all staff, volunteers and the public who want to know more about supporting the LGBTQIA+ community living with a life-limiting condition

Date and Time	Venue	How to book
Thursday 27 <sup>th</sup> February 2025 12:30-14:00	Acorn Suite	Staff via <a href="#">Accessplanit</a> Volunteers email: <a href="mailto:education@stfrancis.org.uk">education@stfrancis.org.uk</a>

## COMPASSIONATE COMMUNICATION SKILLS: Foundation Level (Online via Zoom)

### COURSE AIMS

This course aims to introduce participants to the concept of compassionate communication, so this can be applied to practice.

### OBJECTIVES

- To identify communication challenges that you face in your role
- To describe and give examples of what helps and hinders effective communication
- To reflect on possible responses/skills
- To pinpoint personal resilience techniques

### WHO SHOULD ATTEND?

Open to all - Internal and external patient facing staff and volunteers

Do you ever come into contact with others who are going through a difficult time?

Do you wish you knew 'the right thing' to say to someone coping with an illness?

Whether your role involves you working with patients, families or bereaved individuals, this course will help consider the importance of empathy within communication and reflect on possible responses and skills when faced with conversations requiring an element of compassion.

Date and Time	Venue	How to book
Thursday 6th March 2025 09:30 - 13:00	Online via Zoom	Staff via <a href="#">Accessplanit</a> Volunteers email: <a href="mailto:education@stfrancis.org.uk">education@stfrancis.org.uk</a> External Learners via <a href="#">website</a>

**This course is offered free of charge**



## UNCONSCIOUS BIAS

### Awareness Training to Help us Get it Right Every Time for Every Individual (Face to Face)

#### COURSE AIMS

To explore what unconscious bias is and how it might impact our interactions with others

#### OBJECTIVES

- To explore the concept of individual and institutional unconscious bias
- To identify techniques for reducing the impact of unconscious bias when at the hospice
- To identify ways to mitigate the impact of unconscious bias within the workplace
- To identify key Hospice values

#### WHO SHOULD ATTEND?

All hospice staff and volunteers

Mandatory for Hospice Staff

This course is essential in improving self-awareness about inherent bias which may impact the way we interact with people at the Hospice

Date and Time	Venue	How to book
Wednesday 12 <sup>th</sup> March 2025 14:00 - 16:00	Acorn Suite	Staff via <a href="#">Accessplanit</a> Volunteers email: <a href="mailto:education@stfrancis.org.uk">education@stfrancis.org.uk</a>

**Note: For HoSF staff and volunteers only**

**Look out for our calendar invite!**

## PALLIATIVE AND END OF LIFE CARE - an Awareness Day (Face to Face)

### COURSE AIMS

To provide an overview of what palliative care can offer to individuals

### OBJECTIVES

- To identify when individuals are deteriorating
- To recognise dying and the care individuals need
- To state the importance of effective communication
- To describe approaches to future planning
- To state what normal grief looks like and what help bereaved individuals may need

### WHO SHOULD ATTEND?

Would you like to gain awareness about palliative and end of life care?

Gain confidence in supporting individuals who are dying?

Learn how to talk about death and dying and what might be important in the future?

If so, this may be the course for you.

Open to any health or social care professional who wishes to gain a basic awareness about palliative and end of life care.

Also suitable for care home staff, social care providers, allied health professionals and anyone with an interest in palliative care.

Date and Time	Venue	How to book
Thursday 13th March 2025 09:30 - 16:00	Spring Room, HP4 3GW	Staff via <a href="#">Accessplanit</a>  External Learners via <a href="#">website</a>

**This course is offered free of charge**

## AHP Bite Size

# BUILDING RESILIENCE: A Toolbox Approach to Mastering the Art of Self-Care - An AHP Approach

(Online via Zoom)

### COURSE AIMS

By the end of the session, we aim for you to have a greater level of confidence in your ability to manage the physical, emotional and cognitive demands of your role

### OBJECTIVES

- To understand what is meant by ‘resilience’ and the common characteristics of resilient people
- To be able to recognise potential triggers impacting your wellbeing at work
- To leave with a toolbox of 3-4 practical self-care strategies for managing your wellbeing at work
- To have access to a list of resources to support your wellbeing in the workplace and beyond

### WHO SHOULD ATTEND?

This session is aimed at AHP’s but could be useful for all clinicians, non-clinicians and volunteers who are involved in supporting people with palliative and end of life care needs

Date and Time	Venue	How to book
Thursday 27th March 2025 12:00-13:30	Online via Zoom	Staff via <a href="#">Accessplanit</a> Volunteers email: <a href="mailto:education@stfrancis.org.uk">education@stfrancis.org.uk</a> External Learners via <a href="#">website</a>

**Booking fee: £10 for external learners**

# LIVING WELL AND DYING WELL WITH HEART FAILURE

## How Can Palliative Care Help?

(Face to Face)

### COURSE AIMS

To learn more about the management of heart failure and the role of palliative care to support individuals

### OBJECTIVES

- To state the pathophysiology and types of heart failure including progression of heart failure
- To gain insights into the patient's experience of living with heart failure
- To describe the role of the specialist heart failure nurses and the role of palliative care
- To identify common symptoms in heart failure and state some drug and non-drug approaches to its management
- To explore approaches to advance care planning including difficult conversations about managing ICDs

### WHO SHOULD ATTEND?

Open to any health or social care professional who supports individuals living with heart failure.

May be of particular benefit to community teams, community matrons or palliative care staff who want to learn how they can support such individuals

Date and Time	Venue	How to book
Wednesday 2 <sup>nd</sup> April 2025 09:30 - 15:00	Spring Room, HP4 3GW	Staff via <a href="#">Accessplanit</a> External Learners via <a href="#">website</a>

**Booking fee: £25 for external learners**

## ECEPC (Online via Zoom)

### EUROPEAN CERTIFICATE IN ESSENTIAL PALLIATIVE CARE

The majority of healthcare professionals working in hospitals and the community look after patients with palliative care needs on a regular basis.

The European Certificate in Essential Palliative Care (ECEPC) is aimed at helping professionals consolidate and develop their palliative care confidence and expertise.

The course is designed to meet the needs of healthcare professionals new to specialist palliative care services who wish to establish a strong foundation of knowledge on which to build specialist knowledge and skills.

The course is a nine week distance learning, multi-professional programme, covering:

- What is palliative care and who is it for?
- Symptom issues in palliative care
- Patients with emergency conditions
- Patients in the last 48 hours of life
- Breaking bad news to patients and families
- Bereavement and support
- Common ethical issues
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The course was developed at Princess Alice Hospice in 2001. It is now offered at a range of sites both nationally and internationally - including The Hospice of St Francis, Berkhamsted.

The course runs twice a year and the fee is £500.

### WHO SHOULD ATTEND?

Healthcare professionals who may wish to access the course include medical and nursing staff, allied health professionals (from acute, community and hospice settings) and paramedics.

Date and Time	Venue	How to book
Monday 7 <sup>th</sup> April - Wednesday 11 <sup>th</sup> June 2025	Online via Zoom	Email: <a href="mailto:education@stfrancis.org.uk">education@stfrancis.org.uk</a>

## ADULT BASIC LIFE SUPPORT

### Full 3 Hour Session (Yearly)

#### COURSE AIMS

To provide a refresher and the latest update within the Resuscitation Council Guidelines in Adult Basic Life Support, AED and Anaphylaxis Training

#### OBJECTIVES

- To identify and unwell adult and calling for help early 999
- Have an update of anaphylaxis, causes symptoms and treatment
- Get the emergency equipment to designated location
- To start chest compressions while waiting for the equipment
- Connecting the AED as soon as possible
- Placement of gel pads on the infant/child & adult
- Administering Oxygen via the BVM (Bag Valve Mask)
- Sizes of face mask for the infant, child and adult (when using the BVM)
- Maintain CPR and safe defibrillation until 999 arrive
- Treat a choking infant/child & adult
- Recovery position to maintain airway

#### WHO SHOULD ATTEND?

ALL Clinical Staff

Date and Time	Venue	How to book
Wednesday 29 <sup>th</sup> January 2025 14:00-17:00	Face to Face Acorn Suite/IPU	via <a href="#">Accessplanit</a>
Monday 17 <sup>th</sup> March 2025 14:00-17:00		

**Note: For HoSF clinical staff only**

## SAFEGUARDING ADULTS AND CHILDREN LEVEL 3 (2 Yearly)

### COURSE AIMS

To provide a refresher and the latest update and local guidance relating to safeguarding adults. Delivery will be a virtual session (MS Teams) via a mixture of screen presentation and case study/practice discussion to provide an interactive session for participants

### OBJECTIVES

- Brief outline of the legislation and local guidance relating to safeguarding adults
- Reminder of key areas of adult abuse and what professionals are most likely to encounter in a Hospice setting, including self neglect and emotional harm
- Some messages from research and learning from reviews
- Refresh awareness of the possible signs of abuse or neglect including effects of carer/parental behaviour on children
- To consider recent developments in learning around specific safeguarding issues, including topics such as FGM, radicalisation, gang/group behaviour (County Lines), self harm, emotional ill health and online harm
- The safeguarding referral processes for adults or children and what happens next
- Record keeping and information sharing
- Multi agency working to keep adults/children safe

### WHO SHOULD ATTEND?

**ALL Patient Facing Staff and Volunteers**

Date and Time	Venue	How to book
Tuesday 7 <sup>th</sup> January 2025 09:30 - 12:30	Online via Teams	via <a href="#">Accessplanit</a>
Monday 10 <sup>th</sup> March 2025 09:30-12:30		Volunteers email: <a href="mailto:education@stfrancis.org.uk">education@stfrancis.org.uk</a>

**Note: For HoSF staff and volunteers only**

Watch out for diary invites to join Health Education England journal clubs and informative sessions.

As we become aware of these sessions, we will book a room and log into the session - so all you need to do is come along and enjoy the learning!





## PAGE FOR YOUR NOTES

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