

Virtual Interactive Training Sessions Guide

20/21



St Catherine's Hospice Knowledge Exchange Team have developed new Interactive Training sessions; in order to continue providing a programme of high quality education.

“Virtual Training refers to training done in a virtual or simulated environment, or when the learner and the instructor are in separate locations”. Our virtual training environments are designed to simulate the traditional classroom or learning experience to ensure that the same quality of education is delivered irrespective of your setting.

This is currently delivered through Microsoft Teams and can be accessed from any site as long as you have access to a computer or mobile device with internet connection, a webcam and a microphone.



Contents

The sessions that we are currently offering are:

- **Advance Care Planning (ACP)** **p.3**
 - **Delivering High Quality End of Life Care** **p.4**
 - **Verification of Expected Death for
Registered Nurses** **p.5**
 - **Syringe Pumps** **p.6**
 - **DNACPR** **p.7**
 - **Palliative Care Emergencies** **p.8**
- Costs and booking your place** **p.9-10**
- Comments and compliments** **p.11**



Advance Care Planning (ACP)

Advance Care Planning (ACP) has been defined as a process of formal decision making that aims to help patients establish decisions about future care that take effect when they lose capacity.

It is a means of improving care for people nearing the end of life and of enabling better planning and provision of care, to help them live well and die well in the place and manner of their choosing.

Attend this session to gain an understanding of this process; and help your patients develop these plans and put them in place.

What will I learn?

- What is ACP?
- What are the implications of not planning for the future?
- What are the ways of making future wishes and preferences known?
- Planning for those with and without capacity
- Best interest decision making
- ACP tools- both formal and informal
- How to share these wishes and preferences



Delivering High Quality End of Life Care

'You matter because you are you, and you matter to the last moment of your life' (Dame Cicely Saunders).

Every patient we look after is entitled to receive high quality care at the end of their lives. As we only have one chance to get those last moments right, attend our informal session to learn how you can deliver this unique and personalised type of care.

What will I learn?

- What palliative care is
- What end of life care is
- How to recognise changes in a person's condition
- How to identify medical and non-medical ways of managing end of life symptoms
- An overview of Advance Care Planning
- A refresher of basic communication skills
- Case studies



Verification of Expected Death for Registered Nurses

An expected death is described as the result of an acute or gradual deterioration in the patient's health status, usually due to advanced progressive disease and terminal illness.

The death is anticipated, expected and predicted.

To be considered 'expected' a doctor must have seen the deceased within 14 days of the death (currently this is 28 days).

This course will enable you to understand the process involved and learn the skills required to carry out this procedure.

What will I learn?

- The definition and understanding of expected death
- Understand the difference between verification and certification
- The actual verification process and procedure checks required
- Awareness of the record keeping and legal requirements
- To understand and complete the competency assessment tool^{*}

(^{*}) Self-assessment is enabled in the current climate.



Syringe Pumps

Do you look after patients who have a syringe pump to manage their symptoms? Do you lack confidence in caring for someone with a syringe pump? Do you need a refresher or an update?

If you have answered 'yes' to any of these questions, then book on to this course to learn about the following in a relaxed and informative session.

What will I learn?

- Indications/rationale for commencing use of a syringe pump
- The drugs that are commonly used
- To know where to site
- Understand how to monitor the pump and the patient
- Trouble shooting – problems you may encounter and how to manage them
- McKinley T34 practical via video link



DNACPR

Cardiopulmonary resuscitation (CPR) was introduced in the 1960s as a treatment to try to re-start the heart from a sudden cardiac arrest. However, when the heart stops because a person is dying from an irreversible condition, attempting CPR will not prevent death; for some it may prolong or increase suffering.

Healthcare professionals are aware that conversations about dying, and about whether or not CPR will be attempted can be difficult and distressing for all involved.

This course offers advice on the considerations needed to undertake these sensitive conversations, the relevant ethical principles involved and the process required when completing DNACPR forms.

What will I learn?

- Advance care planning and conversations
- Ethical and legal principles
- Benefits and burdens
- Capacity considerations
- Recording decisions and communicating decisions
- Competency framework^{*}

(^{*}) An identified, competent work based assessor is required

Palliative Care Emergencies

Palliative care emergencies encompass not only situations that are imminently life threatening, but also those that could result in impaired quality of life for the remainder of the patient's life, or for the family in their bereavement.

The aim of this session is to equip you with the knowledge to identify the most common palliative care emergencies and know how to deal with them effectively.

What will I learn?

An update and refresher on common palliative care emergencies:

- MSCC
- Neutropenic sepsis
- Hypercalcaemia
- SVCO
- Haemorrhage



Costs and booking your place

As an organisation

Equipment required

Access to a computer or mobile device with internet connection, a webcam and a microphone.

Costs

£250 per session for up to 12 of your staff.

How to book

1. Email education@stcatherines.co.uk with the name of your organisation and a contact email for us to send the training invitation to. We will then liaise with you to organise a suitable date and send you an invoice.
2. **Once everything is agreed, we will need the full names** of staff members who will be attending.
3. **An invitation will be sent** to the email address you provided within 24-48 hours of the session.
4. We advise that you log on 15-30 minutes prior to the start of the sessions to check your connection.

As an individual

Equipment required

Access to a computer or mobile device with internet connection, a webcam and a microphone.

Costs

£25 per person attending the training.

How to book

1. Email education@stcatherines.co.uk with your name, organisation, the session you require and a contact email address.
2. We will then inform you of the next suitable training date, advise you on the process for booking your place; and how to make a payment.

All sessions

A training certificate will be emailed out at the end of the session following receipt of a completed evaluation form.

Bespoke Training

Contact us via education@stcatherines.co.uk if you would like to discuss any other training sessions not included in this brochure.

Reviews

"I really enjoyed the course; what a great way of delivering education to nurses. I learned things I didn't know and I would highly recommend this course and this type of presentation to anyone wanting to further their knowledge."

Wal Laven, RMN, RNLD, Night Manager at Longton Nursing and Residential Home

"The session was very timely and very informative."

Donna De Guzman, RGN, Springfield Court Nursing Home

"As a trainer myself I thought the session was very informative and delivered professionally at the right tempo. Learners were given appropriate time to answer and ask questions, and the virtual classroom also worked quite well too. We'd like to do something like this again in the future."

Michael Hibbert, In-house Trainer, The Lodge Dementia Care with Nursing, Buckshaw Village

"Clear and concise training. Thank you very much."

Hayley Griffiths RGN, Matron/Manager at Longton Nursing and Residential Home

"Thank you so much for providing this training; everyone found it extremely informative and at an appropriate level."

Gareth Lewis, Queens Nurse, Clinical Nurse Specialist, Guild Lodge, Lancashire and South Cumbria NHS Foundation Trust

"Great presentation."

Lauren Bully, Community Staff Nurse, Out of Hours District Nurse Team, Lancashire Care

