

## LOSS AND GRIEF

Although death is inevitable as a society we are still death denying. In our work we face death and grief often and the importance of the care we give at the end of life, and after death, will be explored during this session. We also look at our own grief and the importance of self care.

## CARING FOR OURSELVES

Those in the caring professions are compassionate and caring individuals working with people who are suffering. Therefore, they are at risk of stress and burnout. This session is designed to provide staff with time to reflect on their wellness and look at ways of maintain it.

## INTRODUCTION TO SPIRITUAL CARE

All staff have the potential to offer spiritual care. Each meeting with a person with a life limiting condition offers a chance to attend to the spiritual needs of that person; the need to be treated with dignity, the need to be “heard” and the need to have any spiritual distress noticed and addressed appropriately. This session is an introduction to how to meet the spiritual needs of the people for whom we care.

*Hospice NZ was assisted in developing the resource through collaboration with the residential aged care and health of older people sectors, ensuring the learning packages are ‘fit for purpose’.*

For further information about Hospice NZ education resources please contact:

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Or you can register on-line at

[www.laketaupohospice.co.nz/education/fundamentals](http://www.laketaupohospice.co.nz/education/fundamentals)

Hospice New Zealand is committed to growing and supporting the team of educators delivering the full range of Hospice NZ education resources, increasing the range and number of community palliative care providers that we support, while ensuring consistency of both quality and material delivered.

The fundamentals of palliative care education resource will sit alongside both the syringe driver and care assistant education resources.



# Fundamentals of palliative care

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## HNZ FUNDAMENTALS OF PALLIATIVE CARE

We anticipate every hospice working with appropriate educators to establish the training needs of staff working in any practice setting. Each learning package will be delivered by the most appropriate educator from within the hospice, primary health, hospital, aged residential care, health of older people and home based support teams.

There are recommended timeframes for each learning package however individual facilitators will take a flexible approach to the length of each session in order to meet the needs of the participants. The training can be done either in a study day format or could be delivered as 1-2 hour sessions weekly/monthly.

Each learning package has a self learning component which will be completed prior to the formal training sessions. The pre-learning packages are tailored to meet the needs of anyone wishing to complete the modules i.e. RN's/EN's, care assistants, allied health staff, support staff, volunteers, etc.

Pre-session learning activities will assist participants to focus on what they already know about caring for people requiring a palliative approach as this relates to each of the learning packages.

Post-session learning activities will ensure participants translate the information and experiences of the session back into the working environment and the care of both themselves and people. The suggested post-learning activities include discussion groups, journal clubs, critical incident appraisal and case reviews.

## ESSENCE OF PALLIATIVE CARE

This package is an important introduction to all packages. It defines palliative care and end of life care and discusses the palliative approach to care that is the underpinning philosophy of care for people with a life limiting condition.

## ETHICAL ISSUES IN PALLIATIVE CARE

Ethical issues occur in end of life care, but with the right skills and decision making processes staff will be enabled to assist people, and families and whānau, in the best way possible.

## PAIN AND SYMPTOM MANAGEMENT

People with advanced disease may experience symptoms which will have a significant impact on their quality of life. In this session we will discuss the impeccable assessment of symptoms, careful planning and management of care, and on-going evaluation.



## PALLIATIVE CARE FOR PEOPLE WITH CHRONIC ILLNESS

People live with advanced disease that impacts on their quality of life. In recent years there has been a greater recognition of the needs of people with chronic conditions other than cancer. This session looks at the challenges for people with advanced chronic illness and ways to improve their quality of life.

## PALLIATIVE CARE FOR PEOPLE WITH DEMENTIA

People may live with dementia for many years and the needs of these people require special attention and a palliative approach throughout their disease trajectory. Staff will learn skills in the holistic assessment of pain and symptoms in end stage dementia, how to minimise the burdens and strain experienced by family/carers and decision making skills in end of life care.

## COMMUNICATION SKILLS

We all communicate every day, but how often do we think about the impact that communication has on those around us? In this session we will explore how we communicate and what can cause challenges as we communicate with people, families and whānau, and other members of the team.

## LAST DAYS OF LIFE

Inevitably people will die and care provided during the last days and hours of life has profound effects on people, and their family and whānau and on the care team. We have only one chance to get it right and this session will assist staff in developing the skills to make those last hours result in more positive memories for family.