Palliative Care Education and Training Programme for Health Professionals

Whāia te mātauranga hei oranga mō koutou.
Seek after learning for the sake of your wellbeing.

2016
Our Vision
That people in our communities who need palliative care have access to compassionate and quality care, when and where they need it.

Our Approach
Taking a whole person approach, we will provide and promote high quality specialist palliative care, grief support, education and care planning services. Working alongside our health partners, we aim to make a difference in the community we serve.

Mary Potter Hospice has set this vision within its Strategic Business Case for the next ten to fifteen years, the essence being quality of care, when and where people need it.

Respect
Dignity
Compassion
Hospitality
Stewardship

Cover Image: Frangipani by Rosanna Rachmann.

For further information and individual brochures, please see our website: www.marypotter.org.nz
Mary Potter Hospice provides a wide range of learning opportunities for health professionals, health workers, community workers, and groups.

The aim is to provide and promote evidence based knowledge, skills and attitude to meet the needs of their patients, clients, families and whānau.

Education and training is provided in a supportive environment that meets the needs of health and community workers working across the range of sectors and services providing palliative and end of life care.

The learning activities and methods we use provide an opportunity for experiential, exploratory and collaborative learning and we encourage and welcome participation and interaction from the course participants.

We foster and maintain strong links, placements and internships with the tertiary educational institutions including the University of Otago, Wellington School of Medicine, Victoria University of Wellington, Massey University of Wellington and Whitireia Community Polytechnic and Weltec Schools of Nursing. Some of our staff are visiting lecturers at these institutions.

As a specialist centre we can also negotiate targeted onsite training for a range of health professionals and allied health workers, specialist sectors and community groups.

According to Māori mythology the creation of the stars are a spiritual connection to the cosmos. They provide a calendar for cultivation and food gathering. They represent a navigational map for ‘way finders’ and travellers, keeping them safe on their journey. They are a shining reminder of loved ones whose life-journey has ended.

As the stars guided the great Māori navigators to Aotearoa, Mary Potter Hospice supports and guides our patients and their families or whānau on this journey.

Each patient, too, is like a star guiding the Hospice and its work. And our patients are with us, in our memories and hearts, like the stars in the sky, when their journey ends. Te Pou Tautoko (The Hospices’ Māori support group) chose the phrase ‘Whetū i te rangi’ to depict this philosophy.

E tūnga matua te mahi a ngā kaiako ki te whakaako i ā tātou tamariki.

A teacher’s job is important as they are the ones who teach our children.
This Forum is co-facilitated by Wendie Ayley, CNS, Mary Potter Hospice, and Alison Rowe, CNS, Palliative Care Services, Wellington Hospital, and aims to provide an opportunity for education, information sharing, networking and peer support.

Guest speakers present on a variety of topics relating to palliative care.

Meetings are held between 5.30pm and 7.00pm on the third Tuesday of each month.

The group includes nurses and allied health professionals providing palliative care within CCDHB, including but not exclusive to hospital, hospice, community, aged care and primary health.

Specific flyers are circulated with details of venue and speaker.

Cost: 
Koha

For further information, please contact:
Wendie Ayley, Clinical Nurse Specialist on wendie.ayley@marypotter.org.nz or phone (04) 381 0182

Community Education: Compassionate Communities

What is the role of community in looking after the dying at home, in aged care facilities, in hospitals and hospices? How do we care for each other as we care for the dying patient?

How can we engage communities to promote conversations and community actions around death, dying and bereavement? How do we support our community to offer compassion to the grieving family/whānau and friends and accept grief and loss as a natural process of life?

These questions will be explored through presentations by staff from Mary Potter Hospice and partners and colleagues who work in the community including families/whānau affected by death. Active participation and discussion is encouraged. Bring your stories and your questions.

This workshop is designed for health professionals, youth and community workers and people in the community facing grief, death and dying.

Date:  Friday 18 March
Venue:  Newtown Community & Cultural Centre
        Cnr Rintoul St & Colombo Sts, Newtown
        http://www.newtowncommunity.org.nz

Cost:  $80.00 (incl. GST) per person

To register please go to http://marypotter.org.nz/registration/

We can also design workshops to suit your unique community’s needs so don’t hesitate to contact us with your questions.

For help and further information, please contact:
Education Administrator on education@marypotter.org.nz or phone (04) 381 0152.
Hospice New Zealand offers access to monthly palliative care lectures which are delivered across New Zealand via teleconference.

Mary Potter Hospice facilitates these lectures in each of the Hospice sites and health colleagues and partners are very welcome to join us.

A light breakfast is provided.

This series is proudly supported by Genesis Oncology Trust.

**Dates:**
The lectures take place on the first Thursday of every month from February – December from 7.30-8.30am.

**Cost:**
Koha

If you wish to be notified and attend these lectures please notify one of the following facilitators:

**Wellington site**
Education Administrator
Email: education@marypotter.org.nz
Phone: (04) 381 0152

**Porirua site**
Andrea Campbell
Email: andrea.campbell@marypotter.org.nz
Phone: (04) 237 7563

**Kapiti site**
Debra Minty
Email: debra.minty@marypotter.org.nz
Phone: (04) 296 4520

This training course has been specifically designed for Care Assistants who work in the aged residential care setting and provide palliative and end of life care.

The topics presented include: principles of palliative care, managing physical symptoms, care in last 48 hours, communication, loss and grief and self care.

**Dates:**
Tuesday 22 March Wellington
Tuesday 5 July Kapiti

**Cost:**
$80.00 (incl. GST) per person

To register please go to http://marypotter.org.nz/registration/

**For help and further information, please contact:**
Education Administrator on education@marypotter.org.nz or phone (04) 381 0152.

“I have a better understanding of what palliative care is all about. It is not only for the dying but also for the residents we take care of in our facility.”
This series of workshops are presented as part of the Hospice New Zealand Fundamentals of Palliative Care programme.

They can be studied in any order but you are required to complete Package One: Essence of Palliative Care first. There is no specified timeframe for completion of the full programme.

There are a number of learning requirements to gain certification for each package: course reading, workshop attendance and a post session learning activity.

All workshops will be delivered at the Porirua/North Wellington Community Hospice site.

<table>
<thead>
<tr>
<th>Sessions 1 and 2:</th>
<th>Essence of Palliative Care and Ethical Issues in Palliative Care</th>
<th>Tuesday 2 February</th>
<th>Tuesday 9 August</th>
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<tbody>
<tr>
<td>Session 3:</td>
<td>Pain and Symptom Management</td>
<td>Wednesday 2 March</td>
<td>Wednesday 24 August</td>
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<td>Sessions 4 and 5:</td>
<td>Palliative Care for People with Chronic Illness and Palliative Care for People with Dementia</td>
<td>Wednesday 16 March</td>
<td>Wednesday 7 September</td>
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<td>Session 6:</td>
<td>Communication Skills</td>
<td>Wednesday 30 March</td>
<td>Wednesday 21 September</td>
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<td>Session 7:</td>
<td>Last Days of Life</td>
<td>Wednesday 13 April</td>
<td>Wednesday 5 October</td>
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<td>Sessions 8 and 9:</td>
<td>Loss and Grief and Caring for Ourselves</td>
<td>Wednesday 27 April</td>
<td>Wednesday 19 October</td>
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<td>Session 10:</td>
<td>Spirituality</td>
<td>Wednesday 4 May</td>
<td>Wednesday 9 November</td>
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**Cost:**
$15 per person per session (incl. GST)


For help and further information, please contact:
Education Administrator on education@marypotter.org.nz or phone (04) 381 0152.
## Programme Calendar
### February – June 2016

**February**
- **Tuesday 2** Fundamentals – Sessions 1 & 2 – Porirua
- **Wednesday 10** Syringe Driver – Wellington
- **Thursday 25** Ethics – Full Day Masterclass – Wellington

**March**
- **Wednesday 2** Fundamentals – Session 3 – Porirua
- **Wednesday 9** Syringe Driver – Porirua
- **Wednesday 16** Fundamentals – Sessions 4 & 5 – Porirua
- **Friday 18** Compassionate Communities – Full Day
- **Tuesday 22** Care Assistant – Wellington
- **Wednesday 30** Fundamentals – Session 6 – Porirua
- **Thursday 31** Pain & Symptom Management – Mini Masterclass – Kapiti

**April**
- **Wednesday 6** Syringe Driver – Kapiti
- **Wednesday 13** Fundamentals – Session 7 – Porirua
- **Thursday 21** Chronic Illness & Palliative Care – Mini Masterclass – Porirua
- **Wednesday 27** Fundamentals – Sessions 8 & 9 – Porirua
- **Friday 29** Symposium: The Dying Mind

**May**
- **Wednesday 4** Fundamentals – Session 10 – Porirua
- **Thursday 26** Advanced Dementia & Palliative Care – Full Day Masterclass – Wellington

**June**
- **Thursday 16** Paheko, Working with Maori – Full Day – Porirua
- **Thursday 30** Neurodegenerative Disorders and Palliative Care – Full Day Masterclass – Wellington

## Programme Calendar
### July - December 2016

**July**
- **Tuesday 5** Care Assistant – Kapiti
- **Tuesday 26** & **Wednesday 27** Loss & Grief – Two Day Intensive Masterclass – Wellington

**August**
- **Tuesday 9** Fundamentals – Sessions 1 & 2 – Porirua
- **Wednesday 17** Syringe Driver – Wellington
- **Wednesday 24** Fundamentals – Session 3 – Porirua

**September**
- **Wednesday 7** Fundamentals – Sessions 4 & 5 – Porirua
- **Wednesday 14** Syringe Driver – Porirua
- **Wednesday 21** Fundamentals – Session 6 – Porirua
- **Thursday 22** Neurodegenerative Disorders and Palliative Care – Mini Masterclass – Kapiti

**October**
- **Wednesday 5** Fundamentals – Session 7 – Porirua
- **Wednesday 12** Syringe Driver – Kapiti
- **Wednesday 19** Fundamentals – Sessions 8 & 9 – Porirua
- **Thursday 20** Pain & Symptom Management – Full Day Masterclass – Wellington

**November**
- **Wednesday 9** Fundamentals – Session 10 – Porirua
- **Thursday 17** Advanced Dementia and Palliative Care – Mini Masterclass – Porirua

**December**
- **Wednesday 7** Syringe Driver – subject to demand

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**Wellington:** 48–52 Mein Street, PO Box 7442, Newtown, Wellington 6242
**North Wellington/Porirua:** 1a Prosser Street, PO Box 50089, Porirua 5240
**Kapiti Coast:** 36 Warrimoo Street, PO Box 460, Paraparaumu 5254

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<tr>
<th>Phone</th>
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<tr>
<td>04 801 0006</td>
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<td><a href="mailto:mph@marypotter.org.nz">mph@marypotter.org.nz</a></td>
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<td>04 237 7563</td>
<td>04 237 0864</td>
<td><a href="mailto:porirua@marypotter.org.nz">porirua@marypotter.org.nz</a></td>
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<tr>
<td>04 296 1283</td>
<td>04 298 3970</td>
<td><a href="mailto:kapiti@marypotter.org.nz">kapiti@marypotter.org.nz</a></td>
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This is a training programme for Registered and Enrolled Nurses working in aged residential care and the community settings.

The workshop is divided into two parts. The first hour is a presentation that covers the practical knowledge and skills required for managing a syringe driver. Participants attending the update component of the workshop are only required to stay for the presentation.

Nurses attending Competency training will get the opportunity to practice with the equipment before undertaking a practical assessment. They are also required to complete and submit a written test. Competency is achieved on successful completion of both the practical and written components.

**Dates:**
- Wednesday 10 February Wellington
- Wednesday 9 March Porirua
- Wednesday 6 April Kapiti
- Wednesday 17 August Wellington
- Wednesday 14 September Porirua
- Wednesday 12 October Kapiti
- Wednesday 7 December Subject to Demand

**Cost:**
$80.00 for initial competency training and $25 for yearly update (incl. GST) per person


**For help or further information, please contact:**
Katy Thelwell, Nurse Educator on katy.thelwell@marypotter.org.nz or phone (04) 381 0148.
This workshop explores the often difficult transition to palliative care for people with advanced dementia and has been designed for clinical health professionals and community workers and volunteers working with palliative patients and family/whānau.

The sessions will include prognosis, assessment of pain, the deterioration of physical, emotional and psychological processes, and caring for people as they approach the end of life.

“Dementia client’s best assessed through: observation – past/present history; environmental factors; carer’s knowledge... Beautifully presented with thoughtfulness and sensitivity. Practical, helpful and relevant.”

Full Day Masterclass (8.30am to 4.30pm):
Thursday 26 May Wellington
Cost: $175.00 (incl. GST) per person

Mini Masterclass (1.00pm to 4.00pm):
Thursday 17 November Porirua
Cost: $80.00 (incl. GST) per person

To register, please go to http://marypotter.org.nz/registration/
For help or further information, please contact:
Education Administrator on education@marypotter.org.nz or phone (04) 381 0152.

This workshop explores the transition to palliative care for people with chronic or long-term conditions. It also covers the management of their care using a holistic, inter-disciplinary team approach.

The day has been designed for health professionals working with palliative patients and family/whānau. The sessions will include respiratory disease, renal disease and other chronic conditions and also include advance care planning.

“Chronic illness is a continuum to palliative care. There should be ongoing discussions among patients, family members and the multi-disciplinary team.”

Mini Masterclass (1.00pm to 4.00pm):
Thursday 21 April Porirua
Cost: $80.00 (incl. GST) per person

To register, please go to http://marypotter.org.nz/registration/
For help or further information, please contact:
Education Administrator on education@marypotter.org.nz or phone (04) 381 0152.
Masterclass: Ethics in Palliative Care

This workshop will explore the ethical issues around death and dying; exploring professional boundaries and personal challenges for the health professional.

It will cover end-of-life issues such as withdrawal of treatment, palliative sedation and facing difficult conversations with patients around suicidal ideation and euthanasia issues including spiritual care.

The day has been designed for health professionals working with palliative patients and family/whānau across the health sector, in communities, aged care facilities, hospital and hospices.

**Dates:**
Thursday 25 February 8.30am to 4.30pm

**Venue:**
The Chapel, Home of Compassion, Island Bay

**Cost:**
$175.00 (incl. GST) per person

To register, please go to http://marypotter.org.nz/registration/

**For help or further information, please contact:**
Education Administrator on education@marypotter.org.nz or phone (04) 381 0152.

Masterclass: Loss and Grief – A Two Day Intensive Workshop

“**A great insight into what makes people more able to handle grief and loss and those for whom it is a challenge. I feel better equipped to help others needing to get back into a new normality. I see how it helps me too.”**

This intensive two day workshop gives an overview of grief theory and the practices around working with people facing loss and grief. It draws on international research and explores the challenges of working with people and their extended family/whānau. It is enriched through personal stories of grief from individual community members and through small group discussions.

The course is targeted at health professionals and/or community workers. It is presented by Mary Potter staff including counsellors, psychotherapists, social workers, Maori liaison and spiritual carers and draws on further expertise from our partners in the community.

**Two Day Masterclass (8.30am to 4.30pm):**
Tuesday 26 & Wednesday 27 July Wellington

**Cost:**
$300.00 (incl. GST) per person

To register, please go to http://marypotter.org.nz/registration/

**For help or further information, please contact:**
Education Administrator on education@marypotter.org.nz or phone (04) 381 0152.
Masterclass: Neurodegenerative Disorders and Palliative Care

This workshop looks at a range of neurodegenerative disorders and how to work with people as they transition to palliative care. It is led by Dr Janet Turnbull, psychogeriatrician who works with Mary Potter Hospice and in general medicine.

The sessions will cover diseases such as Alzheimer’s, Lewy Body Dementia; Cerebrovascular and Stroke; Huntingdon’s; Parkinson’s and Motor Neurone Disease and has been designed for clinical health professionals working with palliative patients and family/whānau.

“Enjoyed the day immensely as I work in the community with clients and was able to relate to all of the topics discussed today.”

Paheko, Working with Māori Patients and Whānau

This workshop is led by Vanessa Eldridge, Maori Liaison for Mary Potter Hospice. It draws on the experience of those working in the health sector with Māori. We will explore the complexities and uniqueness of Māori and the experiences of those working with a bi-cultural lens. We will look at the diversity of Māori today and how that came to be, Māori health frameworks, recent findings in health literacy, working in primary care and vulnerable communities and explore a Māori viewpoint of holistic wellbeing and wairuatanga through Rongoā Māori.

This workshop is aimed at those working in the health sector who are keen to learn more from Māori. It is for those wishing to work authentically to manifest the Treaty of Waitangi principles of partnership, protection and participation in their practise, organisations and lives.

“...a greater awareness of Wairua and its significance to Maori... the important needs of whānau when caring for a loved one at end of life. Everyone is unique and there is a large amount of diversity within culture... fantastic work already being done in the community.”

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**Full Day Masterclass (8.30am to 4.30pm):**
Thursday 30 June Wellington

**Cost:**
$175.00 (incl. GST) per person

**Mini Masterclass (1.00pm to 4.00pm):**
Thursday 22 September Kapiti

**Cost:**
$80.00 (incl. GST) per person


**For help or further information, please contact:**
Education Administrator on education@marypotter.org.nz or phone (04) 381 0152.
Autonomy, control, consent, communication, they all depend on a well functioning brain. We are our memories. Our actions define us to others. When we are dying, almost inevitably, the brain starts to falter. This strikes at the essence of who we are and how we want to die.

We will spend a day updating ourselves on what is happening to the brain, how we can enhance function, mitigate losses, and work with deficits.

This Symposium has been designed for clinicians working with the dying mind.

It will be divided into the four areas of executive function, mood, delirium, and sedation. Each will be led by a key clinician in the area, and explore physiology, pharmacology, assessment, support and palliation within each field.

Learning Goals:
• Recognition of executive function, how is it affected by different illnesses, how we recognise deficits, and how we work with them.
• Recognition of depression and anxiety in terminal illness, the appropriate use of screening & diagnostic tools, the different modalities of treatment and support.
• Up to date concepts of delirium, its causes, investigations, treatment and support.
• The place of sedation in current palliative care, the ethics, the pharmacology, the support for patient and family.

Date: Friday 29 April  Kauri Room, Brentwood Motel, Kilbirnie
Cost: $200.00 (incl. GST) per person
To register, please go to http://marypotter.org.nz/registration/
For help or further information, please contact: Education Administrator on education@marypotter.org.nz or phone (04) 381 0152.

"I really enjoy interactive case studies with a collaborative approach from all members. Great session."

This workshop is led by Dr Brian Ensor, Director Palliative Care in collaboration with Mary Potter Hospice staff and our partners across the health sector. We will use a case based learning model to look at the management of common symptoms in palliative care. The sessions will include assessment and management of pain, dyspnoea, nausea and vomiting, and delirium. An end of life pathway will be discussed as a tool for guiding care in the last days of life.

The day has been designed for health professionals working with palliative patients and family/whānau.

Full Day Masterclass (8.30am to 4.30pm):
Thursday 20 October Wellington
Cost: $175.00 (incl. GST) per person
Mini Masterclass (1.00pm to 4.00pm):
Thursday 31 March Kapiti
Cost: $80.00 (incl. GST) per person
To register, please go to http://marypotter.org.nz/registration/
For help or further information, please contact: Education Administrator on education@marypotter.org.nz or phone (04) 381 0152.