

Palliative Care Education and Training Programme

2018



For Health
Professionals

Nelson Tasman Hospice
to care always

Please return to:

Vision and Mission Statement

Nelson Tasman Hospice
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To Care Always ~ Atawhaitia, Manaakitia Mō Ake Tonu



Our Vision

To care always

All people in the Nelson Tasman community have access to high quality compassionate palliative care.

Our Mission Statement

To assist patients to make the most of the life that remains and to ensure that patients die comfortably, with dignity and in the place of their choice. To provide support and care for the family and close friends during the patient's illness and in bereavement.

We express our mission statement through these values:

Respect and Dignity

Respect and dignity commits us to honour the autonomy and worth of all people and to work within a model of partnership. This requires us to acknowledge that each person is unique with their own physical, emotional, spiritual and cultural strengths and needs.

Advocacy

Advocacy encourages us to ensure that there is fairness and equity of access and care to our services for everyone in our community. It also means that we have supportive networks to ensure all voices are heard and individual rights are upheld.

Compassion

Compassion compels us to be sensitive and supportive to one another - patients, families whānau, friends, staff, volunteers and colleagues.

Quality

Quality demands a commitment to excellence through sharing knowledge, skills and expertise with other health care providers and each other. We strive to provide best practice (competent care) through ongoing quality improvement in all aspects of our work.

Trust

Trust underpins our values of compassion, quality, advocacy, respect and dignity by ensuring that we sustain a commitment to integrity and honesty.

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To Care Always ~ Atawhaitia, Manaakitia Mō Ake Tonu



Hospice Affirms Life ... living every moment

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Welcome

Nelson Tasman Hospice
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Hospice Affirms Life ... *living every moment*



Nelson Tasman Hospice Education team:
Barb Thomas, (Education Admin) Jane Russell, RN, (Educator)
Sara Dugdale, RN, (Educator) Annie Wallace, RN, (Educator)

TRAINING

Specialist palliative care educators of Nelson Tasman Region Hospice Trust have a shared responsibility and commitment to provide education, mentoring and support to generalist palliative care providers to enable those with life limiting illnesses to access equitable palliative care regardless of their context of care.

The aim is to provide and promote evidence based knowledge, skills and attitude to meet the needs of palliative care patients, families and whānau in any healthcare context.

Education and training is provided in a supportive environment that meets the needs of health workers working across the range of sectors and services providing palliative and end of life care. This includes Hospice NZ programmes that have been developed to ensure nation wide consistency in palliative care education.

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

As a specialist service we also negotiate targeted onsite training for a range of health professionals and allied health workers in all health care settings including aged residential care, home care support agencies, hospital, general practice and rural areas.

Nelson Tasman Hospice Education Team
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Acknowledgments

Mary Potter Hospice, Wellington & Te Omanga Hospice, Lower Hutt for the concept of this programme book
David Chadwick Photography, Nelson, for some of the photos featured
Fuji Xerox Nelson, for sponsoring the printing of this book.

Thank you



Syringe Driver Competency

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The competency and update workshops provide the knowledge and practical skills required to manage a subcutaneous syringe driver in the practice setting and a knowledge of medicines for end of life symptom management. Successful completion of a practical assessment and a written test is required for certification.

**** Note: For NMDHB staff** the programme will include the ilearn subcutaneous medication package. See dates below for DHB staff training.

This programme has been designed for Registered Nurses but Enrolled Nurses can attend subject to their scope of practice. A work book is sent out one week prior to the workshop, registrations are essential.

Register via email: barb.thomas@nelsonhospice.org.nz

or fill in the registration form on page 27.

Phone registrations welcome 03 5463 950.

Dates for Aged Residential Care are below:

Venue: Nelson Tasman Hospice, 46 Manuka St, Nelson

For **ARC** facilities the Hospice NZ Syringe driver competency will be delivered.

Month	Date	Time
January	Tuesday 30 th	10.30 – 12.00
February	Wednesday 7 th	3.30 – 5.00
May	Thursday 3 rd	10.30 – 12.00
July	Thursday 12 th	10.30 – 12.00
October	Wednesday 3 rd	10.30 – 12.00

Dates for NMDHB below (DHB Staff only as different training module)

Venue: Nelson Hospital, Medical Unit Seminar Room

**** NMDHB** staff are required to complete the DHB practical competency session and DHB on line subcutaneous medication course for full DHB competency.

Month	Date	Time
February	Thursday 15 th	1.30 – 2.30
September	Thursday 6 th	1.30 – 2.30

- ❖ **Duration:** 1.5 hrs.
- ❖ **Dates :** See below
- ❖ **Cost:** Free
- ❖ **Target audience:**
RN's/ARC/ (EN's subject to their scope of practice)
- ❖ Registration is essential:
Max 10 Attendees

Cancer Research Trust Lecture Series

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Hospice New Zealand, with the generous support of the Cancer Research Trust New Zealand is delighted to offer free access to the monthly Palliative Care Lecture Series in 2018.

**** Note Genesis Oncology Trust has re-branded and they are now called the Cancer Research Trust New Zealand**

This education opportunity is for healthcare professionals with an interest in palliative care. The lectures are delivered via teleconference and the speaker uses a power point presentation. Copies of the presentation are available to the attendees.

The lectures take place on the **first Thursday of every month** from February to December from 7.30 to 8.30am and are free of charge to attend.

Nelson Tasman Hospice is one of the registered sites that facilitates these lectures via teleconference and health colleagues are very welcome to join us.

Registration is not required and these sessions are free to attend. Just turn up on the morning and enjoy the lectures along with a coffee. Certificate of attendance is provided.

If you would like more information about these lectures please contact us at the details below

Education Team Enquiries: Phone: (03) 546 3950 Fax: (03) 546 3951

Barb Thomas, Education admin barb.thomas@nelsonhospice.org.nz
Jane Russell, RN, Nurse educator jane.russell@nelsonhospice.org.nz
Annie Wallace RN, Nurse educator annie.wallace@nelsonhospice.org.nz
Sara Dugdale RN, Nurse educator sara.dugdale@nelsonhospice.org.nz

- ❖ **Dates:** The ***first Thursday of every month*** from February – December
- ❖ **Time:** 7.30am – 8.30am
- ❖ **Cost:** ***No fee.***
- ❖ **Venue:** Nelson Tasman Hospice, Eden Villa, 46 Manuka St, Nelson (The fawn coloured 2 Storey colonial building on the corner of Tasman & Manuka Street)
- ❖ **Phone:** (03) 546 3950



Hospice New Zealand

Fundamentals of Palliative Care

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These are ten learning modules that will be delivered over 4 sessions of 3 hours each onsite at Nelson Tasman Hospice.

The programme is developed for all staff registered and unregistered, including administration and support staff working either in a residential care facility or in the community.

The requirements of the participants include a self-learning commitment and pre and post session learning activities. Attendance at all sessions is recommended, however certificates will be awarded for each session when the learning activities are completed.

There are a total of 4 sessions:



Month:	Date:	Time:	Session:	Topic
February	Wednesday 21 st	10.00 – 1.00	Session 1	Essence of Palliative Care Ethical issues in Palliative Care
March	Wednesday 21 st	10.00 – 1.00	Session 2	Communication Skills Pain & Symptom Management
April	Wednesday 11 th	10.00 – 1.00	Session 3	Palliative Care for people with Chronic Illness Palliative Care for people with Dementia Last Days of Life
May	Wednesday 9 th	10.00 – 1.00	Session 4	Loss & Grief Spirituality Caring for Ourselves

Workshops session 1 – 4 repeated

July	Tuesday 24 th	1.00 – 4.00	Session 1	Essence of Palliative Care Ethical issues in Palliative Care
August	Tuesday 21 st	1.00 – 4.00	Session 2	Communication Skills Pain & Symptom Management
September	Wednesday 26 th	1.00 – 4.00	Session 3	Palliative Care for people with Chronic Illness Palliative Care for people with Dementia Last Days of Life
October	Tuesday 30 th	1.00 – 4.00	Session 4	Loss & Grief Caring for Ourselves Spirituality

**** Maximum of 12 attendees per session**

To register email: barb.thomas@nelsonhospice.org.nz

or fill in the registration form on page 27. Phone registrations welcome 03 5463 950.

- ❖ **Cost:** No fee
- ❖ **Target Audience:** All staff working in residential care or in the community
- ❖ **Registration is essential:** Max 14 Attendees per session
- ❖ **Venue:** Nelson Tasman Hospice, Eden Villa, 46 Manuka St Nelson
- ** Please provide email & postal address for pre reading books to be sent.**

Other course dates of 90 minute sessions can be negotiated for individual Aged Care Residential Facilities or Home Care Support Services. Please contact one of the education team to organise

Clinical Skills Series in Palliative Care

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Photo by David Chadwick Photography

Facilitated by the Nelson Tasman Hospice a series of clinically focused sessions to up skill Health Professionals working in palliative care.

This series will use a case review model.

Assessment and management of :

Topic:

Date:

Time:

1. Basic Pain	Wednesday 17 th January	4.00 – 5.15
2. Nausea and vomiting	Wednesday 21 st February	4.00 – 5.15
3. Care of the imminently dying	Wednesday 14 th March	4.00 – 5.15
4. Anxiety in palliative care	Wednesday 11 th April	4.00 – 5.15
5. Breathlessness & fatigue	Wednesday 9 th May	4.00 – 5.15
6. Nutrition, oral & bowel care	Wednesday 6 th June	4.00 – 5.15
7. Advance care planning	Wednesday 11 th July	4.00 – 5.15
8. Delirium & Restlessness	Wednesday 8 th August	4.00 – 5.15
9. PC Emergencies & palliative sedation	Wednesday 5 th September	4.00 – 5.15
10. Understanding palliative care pharmacology	Wednesday 3 rd October	4.00 – 5.15
11. Care of the imminently dying	Wednesday 7 th November	4.00 – 5.15

Register via email: barb.thomas@nelsonhospice.org.nz

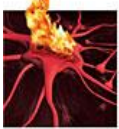
or fill in the registration form on page 27 Phone registrations welcome 03 5463 950.

- ❖ **Cost:** No fee
- ❖ **Target audience:** RN's & EN's
- ❖ **Registration is essential:** Max 14 Attendees per session
- ❖ **Venue:** Nelson Tasman Hospice, Eden Villa, 46 Manuka St Nelson

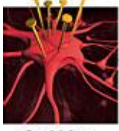
Complex Pain Management

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Descriptions of Nerve Pain



Burning

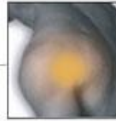


Stabbing

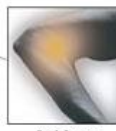


Electric
shock-like

Descriptions of Muscle Pain



Tenderness



Achiness



Stiffness

Good pain management
is essential in palliative care.

Good pain management is essential in palliative care. The purpose of this workshop is to advance participants knowledge and skills in pain assessment, understanding and management of complex pain issues for people with life limiting conditions

❖ Pre reading and reflection on this workshop will be required.

This study day is facilitated by Nelson Tasman Hospice education team and is open to all registered Health Professionals who work or have an interest in palliative care, both in the hospital and primary care settings.

Register via email: barb.thomas@nelsonhospice.org.nz

or fill in the registration form on page 27. Phone registrations welcome 03 5463 950.

- ❖ **Date:** Wednesday 24th January
- ❖ **Time:** 12.30 - 4.00
- ❖ **Cost:** \$20.00 ½ Day
- ❖ **Target audience:** All Health Professionals
- ❖ **Registration is essential:** Max 20 Attendees
- ❖ **Venue:** St Mary's Church, St Mary's Parish Meeting Room, 18 Manuka Street, Nelson

Advanced Communications: Managing those difficult discussions

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Communication with people at the end of life or with life limiting conditions can be challenging

Master
Effective Body
Language Well
Good
Message Active
Empathic
Cultural
Listen
Non-verbal
Business
Cross
Listening
Communication
Skills

The aim of this workshop is;

To support participants to gain confidence and competence in initiating and having conversations with people who have life limiting illnesses. These can be challenging as their illness become more complex and they and their family and whānau are faced with difficult decisions. Everyone involved in working with people and their families need to have confidence and competence for effective communication to provide good care.

- Pre reading and reflection on this workshop will be required.

This study day is facilitated by Nelson Tasman Hospice education team and is open to all registered Health Professionals who work or have an interest in palliative care, both in the hospital and primary care settings.

Register via email: barb.thomas@nelsonhospice.org.nz

or fill in the registration form on page 27. Phone 03 5463 950 for further information.

- ❖ **Date:** Wednesday 7th February
- ❖ **Time:** 09.00–12.30
- ❖ **Cost:** \$20.00 ½ Day
- ❖ **Target audience:** All Registered Health Professionals
- ❖ **Registration is essential:** Max 20 Attendees
- ❖ **Venue:** St Mary's Church, St Mary's Parish Meeting Room, 18 Manuka Street, Nelson

Palliative Care Education for Health Care Assistants & Support Workers

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Endorsed by Hospice New Zealand & facilitated by Nelson Tasman Hospice

To provide the knowledge and skills that enables carers to provide excellent palliative care to those they care for.

The sessions will include:

- Principles of palliative care
- Supporting patients and their families with a palliative approach to care
- Emotional, spiritual and cultural care
- The last days of life
- Understanding loss and grief

Register via email: barb.thomas@nelsonhospice.org.nz

or fill in the registration form on page 27. Phone registrations welcome 03 5463 950.



Photo by David Chadwick Photography

- ❖ **Target audience:** Health Care Assistants & Support Workers
- ❖ **Registration is essential:** Max 10 Attendees
- ❖ **Cost:** **No fee** for all 4 sessions. Participants must attend all 4 sessions to gain the Hospice NZ certificate
- ❖ **Venue:** Eden Villa (1st sessions), Nelson Tasman Hospice, 46 Manuka St Nelson
Allied Health (2nd sessions), Nelson Tasman Hospice, 46 Manuka St Nelson

Thursdays – Sessions 1 - 4

- | | |
|------------------------------------|---------------------------|
| 1. Thursday 8 th March | Time: 10.00 -12.00 |
| 2. Thursday 22 nd March | 10.00 -12.00 |
| 3. Thursday 5 th April | 10.00 -12.00 |
| 4. Thursday 19 th April | 10.00 -12.00 |

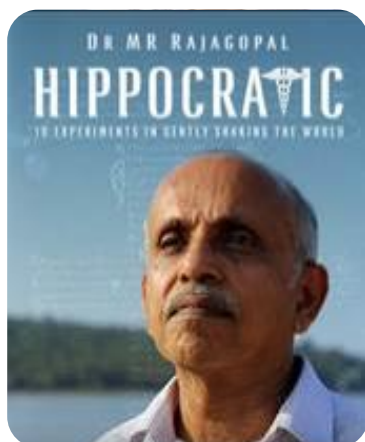
Tuesdays – Sessions 1 – 4 (Workshops repeated)

- | | |
|----------------------------------|---------------------------|
| 1. Tuesday 4 th Sept | Time: 10.00 -12.00 |
| 2. Tuesday 18 th Sept | 10.00 -12.00 |
| 3. Tuesday 2 nd Oct | 10.00 -12.00 |
| 4. Tuesday 16 th Oct | 10.00 -12.00 |

Hippocratic: The Movie

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“18 experiments in slowly changing the world”



Date: Tuesday 13th Feb 2018
Venue: Suter Theatre, 208 Bridge St, Nelson
Time: 7pm (movie length 88 mins followed by refreshments)
Cost: \$20 (Price includes light refreshments of tea, coffee, juice & light nibbles available after the movie. Bar will be open to purchase beer & wine)
Bookings: Via Eventbrite booking website www.eventbrite.co.nz
Tickets limited, early bookings is advised.

Proceeds shared between Pallium India & Nelson Tasman Hospice (Hosting this event)

Hippocratic is a feature-length film exploring the life story of this acclaimed Indian physician, Dr MR Rajagopal. From cowardly child to fearless visionary, this compelling tale sees its hero come full-circle to rediscover the first principals of medicine.

This exquisite first-person account, narrated by David Suchet CBE, tells the story of an extraordinary global health leader in Dr MR Rajagopal, or Dr Raj, who is described by the New York Times as ‘the father of palliative care in India’.

Dr Raj is a small man with a big dream: a pain-free India. His mission is to bring ethical practice to modern medicine through whole person care. To achieve this he must provide universal access to essential, and heavily restricted, pain medicines. Hence, this spiritual leader of ethical medicine now shares the story of his life’s work. Reflecting on effecting change and relieving unnecessary human suffering in a country of 1.25 billion people, almost one sixth of the world’s population. Most of all, be inspired by the impact that can be made by a small body of determined spirits fired by an unquenchable faith in their mission and altering the course of history.

**** Tickets are only available via Eventbrite www.eventbrite.co.nz**

- ❖ **Date:** Tuesday 13th February
- ❖ **Time:** 7.00pm (Movie length 88 mins)
- ❖ **Cost:** \$20.00 (includes light nibbles, tea, coffee, juice after the movie)
- ❖ Bar will be open to purchase beer & wine
- ❖ **Registration is essential: Tickets are only available via Eventbrite www.eventbrite.co.nz**
- ❖ **Venue:** Suter Theatre, 208 Bridge Street, Nelson

A Palliative Approach to Living with and Dying from Dementia

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When do people with dementia become palliative & what does a palliative approach mean?

This workshop will explore the often difficult transition to palliative approach to care for people with advancing dementia. It has been designed for clinical health professionals working with palliative patients and their family/whānau who live with advancing dementia .

- The effects of advancing dementia on the person
- Facilitating discussions on future and end of life care
- Assessment and management of deteriorating symptoms
- End of life care for the person and their family.



This study day is facilitated by the Nelson Tasman Hospice education team and is open to all registered Health Professionals who work or have an interest in palliative care, both in the hospital and primary care settings.

Register via email: barb.thomas@nelsonhospice.org.nz

or fill in the registration form on page 27. Phone registrations welcome 03 5463 950.

- ❖ **Date:** Wednesday 28th February
- ❖ **Time:** 12.30pm-4.00pm
- ❖ **Cost:** \$20.00
- ❖ **Target audience:** All Health Professionals
- ❖ **Registration is essential:** Max 20 Attendees
- ❖ **Venue:** St Mary's Church, St Mary's Parish Meeting Room, 18 Manuka Street, Nelson

An Evening with Professor Merryn Gott

“Strengthening Carers”

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Strengthening Carers:

What do we know about the support needs of family and whānau carers in hospitals and the community?

Professor Merryn Gott is Director of the Te Arai Palliative and End of Life Care Research Group based at the University of Auckland and has been researching palliative care issues for over 20 years.

She will provide an overview of the research that has been undertaken by the group over the last 5 years and what health professionals, hospitals and the community can do to better support family/whānau who care for people with limiting illnesses.



Merryn will also argue that there is a real need to start a public discussion about what we want care for people with life limiting illness and their carers to look like in Aotearoa, New Zealand.

**** Limited tickets. Registration is required for catering purposes.**

Register via email: barb.thomas@nelsonhospice.org.nz

or fill in the registration form on page 27. Phone registrations welcome 03 5463 950.

- ❖ **Date:** Thursday 1st March
- ❖ **Time:** 7pm – 9pm
- ❖ **Cost:** Donation
- ❖ **Target audience:** All persons interested in improving the support for family members
- ❖ **Registration is required for catering purposes ** Limited tickets**
- ❖ **Venue:** Tahuna Function Centre, 70 Beach Road, Tahunanui, Nelson

Compassionate Care & Spiritual Care

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Photo by David Chadwick Photography

What is compassionate care and
how will it improve your practice
and delivery of care?

Spiritual distress at end of life has the potential to impinge on physical and psychological wellbeing decreasing quality of life.

This workshop will explore the following to enable you to deliver person centred care for those nearing the end of life.

- Compassionate care and compassionate communities
- Assessment of spiritual needs
- How to manage conversations and provide spiritual support within scopes of practice

This study day is facilitated by the Nelson Tasman Hospice education team and is open to Registered Nurses, Enrolled Nurses, Health Care Assistants, Allied Health Professionals

Register via email: barb.thomas@nelsonhospice.org.nz

or fill in the registration form on page 27. Phone registrations welcome 03 5463 950.

- ❖ **Date:** Wednesday 14th March
- ❖ **Time:** 9.00 – 12.30
- ❖ **Cost:** \$20.00
- ❖ **Target audience:** Registered Nurses, Enrolled Nurses, Health Care Assistants, Allied Health
- ❖ **Registration is essential:** Max 20 Attendees
- ❖ **Venue:** St Mary's Church, St Mary's Parish Meeting Room, 18 Manuka Street, Nelson

Care of the Imminently Dying

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“I am more comfortable with the dying process and how to better communicate with the patient/families/whānau”

This seminar is focused on best practice principles for holistic care of the dying person and supporting their family/whānau.

There will be discussion around the challenges in ‘diagnosing dying’ and the importance of working as part of a multidisciplinary team.

- ❖ Dates & time below (2 dates)
- ❖ Pre reading is required.

Register via email: barb.thomas@nelsonhospice.org.nz

or fill in the registration form on page 27. Phone registrations welcome 03 5463 950.

- ❖ **Date:** Wednesday 14th March & Wednesday 7th November
- ❖ **Time:** 4.00 – 5.15
- ❖ **Cost:** No fee
- ❖ **Target audience:** Registered Nurses, Enrolled Nurses, Health Care Assistants, Allied Health
- ❖ **Registration is essential:** Max 14 Attendees per session
- ❖ **Venue:** Nelson Tasman Hospice, Eden Villa, 46 Manuka St Nelson

Palliative Care for People with Advanced Cardiac and/or Respiratory Failure

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This workshop will explore the challenges in caring for people with advanced heart failure and/or COPD.

- When is it appropriate to offer palliative care?
- Common symptoms and how to manage them.
- Care for the carers.

This study day is facilitated by the Nelson Tasman Hospice education team and is open to all registered Health Professionals who work or have an interest in palliative care, both in the hospital and primary care settings.

Register via email: barb.thomas@nelsonhospice.org.nz

or fill in the registration form on page 27. Phone registrations welcome 03 5463 950.

- ❖ **Date:** Wednesday 4th April
- ❖ **Time:** 9.00 – 12.30
- ❖ **Cost:** \$20.00 half day
- ❖ **Target audience:** All Health Professionals
- ❖ **Registration is essential:** Max 20 Attendees
- ❖ **Venue:** St Mary's Church, St Mary's Parish Meeting Room, 18 Manuka Street, Nelson

Clinical Skills in Palliative Care for Rural District Nurses

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These workshops provide an opportunity for Rural District Nurses to explore challenges of palliative care in rural context

Motueka

- ❖ **Dates:** Wednesday 18th April & Wednesday 17th October
- ❖ **Time:** 12.30 – 4.30
- ❖ **Cost:** No fee
- ❖ **Target audience:** Rural District Nurses
- ❖ **Facilitators:** Nelson Tasman Hospice Clinical Nurse Educators,
- ❖ **Venue:** Motueka DN's Office, Courtney Street, Motueka

Murchison

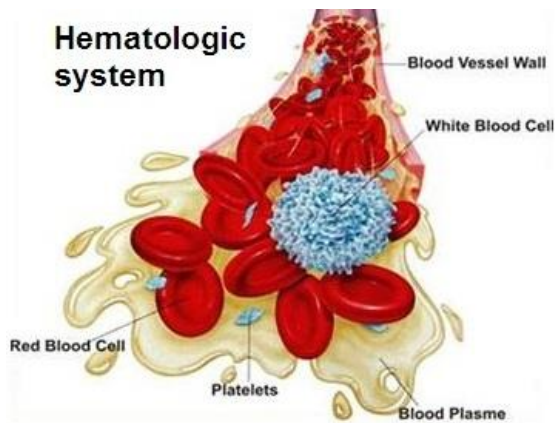
- ❖ **Date:** Tuesday 1st May & Thursday 8th November
- ❖ **Time:** 10.15 – 2.30
- ❖ **Cost:** No fee
- ❖ **Target audience:** RN's, EN's, HCA's
- ❖ **Facilitators:** Nelson Tasman Hospice Clinical Nurse Educators,
- ❖ **Venue:** Murchison Community Hospital

For further information please contact one of our education team via email or phone (03) 546 3950

Barb Thomas, Education admin barb.thomas@nelsonhospice.org.nz
Jane Russell, RN, Nurse educator jane.russell@nelsonhospice.org.nz
Sara Dugdale RN, Nurse educator sara.dugdale@nelsonhospice.org.nz
Annie Wallace RN, Nurse educator annie.wallace@nelsonhospice.org.nz

Haematological Cancers

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Discontinuing active treatments?



This session will focus on people with advanced haematological cancers. It will provide an overview of current treatments, management of common symptoms and psychological issues including;

- Discontinuing active treatments
- Advance Care Planning
- Taking a palliative approach

This study day is facilitated by the Nelson Tasman Hospice education team and is open to all registered Health Professionals who work or have an interest in palliative care, both in the hospital and primary care settings.

Register via email: barb.thomas@nelsonhospice.org.nz

or fill in the registration form on page 27. Phone registrations welcome 03 5463 950.

- ❖ **Date:** Wednesday 23rd May
- ❖ **Time:** 12.30 – 4.00
- ❖ **Cost:** \$20 ½ day
- ❖ **Target audience:** All Health Professionals
- ❖ **Registration is essential:** Max 20 Attendees
- ❖ **Venue:** St Mary's Church, St Mary's Parish Meeting Room, 18 Manuka Street, Nelson

Psychosocial Issues in Palliative Care

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Photo by David Chadwick Photography

Psychosocial issues impact
on the quality of life for people
and their families/whānau

This seminar will explore psychosocial issues that impact on the quality of life for people, and their families/ whānau , who have life limiting conditions.

Topics discussed;

- Anxiety
- Uncertainty
- Carer fatigue, burden and strategies to help cope with this will be explored

This study day is facilitated by the Nelson Tasman Hospice education team and is open to all registered Health Professionals who work or have an interest in palliative care, both in the hospital and primary care settings.

Register via email: barb.thomas@nelsonhospice.org.nz

or fill in the registration form on page 27. Phone registrations welcome 03 5463 950.

- ❖ **Date:** Wednesday 13th June
- ❖ **Time:** 12.30 – 4.00
- ❖ **Cost:** \$20 ½ day
- ❖ **Target audience:** All Health Professionals
- ❖ **Registration is essential:** Max 20 Attendees
- ❖ **Venue:** St Mary's Church, St Mary's Parish Meeting Room, 18 Manuka Street, Nelson

Advance Care Planning & Practical Skills Sessions

Nelson Tasman Hospice
to care always

our voice
tō tātou reo | Advance
Care
Planning



What is advance care
planning & when should it
be introduced?

- What is Advance Care Planning?
- When should it be introduced to people and their families and how to start the conversation.

This will be an interactive workshop so participants can gain knowledge and skills to take back to their workplace.

This study day is facilitated by the Nelson Tasman Hospice education team and is open to Registered nurses & Allied Health Professionals who work or have an interest in palliative care, both in the hospital and primary care settings.

Register via email: barb.thomas@nelsonhospice.org.nz

or fill in the registration form on page 27. Phone registrations welcome 03 5463 950.

- ❖ **Date:** Wednesday 29th August
- ❖ **Time:** 9.00 – 12.30
- ❖ **Cost:** No fee
- ❖ **Target audience:** Registered nurses & Allied Health Professionals
- ❖ **Registration is essential:** Max 20 Attendees
- ❖ **Venue:** St Mary's Church, St Mary's Parish Meeting Room, 18 Manuka Street, Nelson

Ethical Issues and Quality of Life Palliative Care

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Photo by David Chadwick Photography

This workshop will be a participatory session exploring fundamental ethical issues in palliative care, using a case study approach.

- Autonomy - Decision making and care/treatment options
- Food and fluids at the end of life
- Palliative Sedation
- Justice - Equity of access to palliative care - the **'Rolls Royce or 'Mini Minor'** service

*"I have an increased awareness of palliative care
and my own enthusiasm for researching
information has been enhanced"*

This study day is facilitated by the Nelson Tasman Hospice education team and is open to all registered Health Professionals who work or have an interest in palliative care, both in the hospital and primary care settings.

Register via email: barb.thomas@nelsonhospice.org.nz

or fill in the registration form on page 27. Phone registrations welcome 03 5463 950.

- ❖ **Date:** Wednesday 12th September
- ❖ **Time:** 12.30 – 4.00
- ❖ **Cost:** \$20.00
- ❖ **Target audience:** All registered health professionals
- ❖ **Registration is essential:** Max 20 Attendees
- ❖ **Venue:** St Mary's Church, St Mary's Parish Meeting Room, 18 Manuka Street, Nelson

Understanding Palliative Care Pharmacology

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Photo by David Chadwick Photography

Further your understanding
about key medications used
for symptom management
in palliative care

This session is intended to further your understanding of key medications used in symptom management in palliative care.

It will cover the pharmacokinetics and pharmacodynamics involved. Health providers who understand pharmacology will improve the quality of life for people with palliative care needs.

This session is facilitated by the Nelson Tasman Hospice education team and is open to Health professionals who work or have an interest in palliative care, both in the hospital and primary care settings.

Register via email: barb.thomas@nelsonhospice.org.nz

or fill in the registration form on page 27. Phone registrations welcome 03 5463 950.

- ❖ **Date:** Wednesday 3rd October
- ❖ **Time:** 4.00 – 5.15
- ❖ **Cost:** Free
- ❖ **Target audience:** Health professionals
- ❖ **Registration is essential:** Max 16 Attendees
- ❖ **Venue:** Eden Villa, 46 Manuka Street Nelson, (on the corner of Manuka & Tasman Street)

Palliative Treatments for Advanced Cancers

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What is genetic therapy?

This workshop will explore the implications and future issues.

- What is genetic therapy?
- What are the implications of ongoing palliative treatments for the person, their families/whānau and the societal costs?
- What does survivorship entail and what about quality of life?

This study day is facilitated by the Nelson Tasman Hospice education team and is open to all registered Health Professionals who work or have an interest in palliative care, both in the hospital and primary care settings.

Register via email: barb.thomas@nelsonhospice.org.nz

or fill in the registration form on page 27. Phone registrations welcome 03 5463 950.

- ❖ **Date:** Wednesday 10th October
- ❖ **Time:** 0900 – 12.30
- ❖ **Cost:** \$20.00
- ❖ **Target audience:** All registered health professionals
- ❖ **Registration is essential:** Max 20 Attendees
- ❖ **Venue:** St Mary's Church, St Mary's Parish Meeting Room, 18 Manuka Street, Nelson

Palliative Care Education & Training Calendar 2018

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January	Workshop	Target Audience	Venue	Max attendees	Cost	Time
Wednesday 17	Basic pain (Clinical skills series)	RN's/ARC/EN's/HCA's/ Allied Health	Eden Villa, Nelson Tasman Hospice, 46 Manuka St, Nelson	14	No fee	4.00 - 5.15
Wednesday 24	Complex pain management	All health professionals	St Mary's Parish Meeting Room, 18 Manuka Street, Nelson	20	\$20.00	12.30 - 4.00
Tuesday 30	Syringe driver training ** DHB staff have different training dates	RN's/ARC/EN's subject to scope of practice	Allied Health Building (behind Eden Villa) Nelson Tasman Hospice, 46 Manuka St, Nelson	10	No fee	10.30 - 12.00
February						
Wednesday 7	Advanced communications	All health professionals	St Mary's Parish Meeting Room, 18 Manuka Street, Nelson	20	\$20.00	09.00 - 12.30
Wednesday 7	Syringe driver training ** DHB staff have different training & dates	RN's/ARC/EN's subject to scope of practice	Allied Health Building (behind Eden Villa) Nelson Tasman Hospice, 46 Manuka St, Nelson	10	No fee	3.30 - 5.00
Tuesday 13	Hippocratic: The Movie Tickets Via Eventbrite booking website www.eventbrite.co.nz	All	Suter Theatre, 208 Bridge St, Nelson	Limited tickets	\$20.00	7 pm (Movie length 88 mins)
Thursday 15	NMDHB Syringe driver training for DHB staff only	DHB RN's only	Nelson Hospital, Medical Unit seminar room	10	No fee	1.30 - 2.30
1. February 21 2. March 21 3. April 11 4. May 9	Fundamentals: Sessions 1-4 (See page 6)	All staff working in residential care or in the community	Eden Villa, Nelson Tasman Hospice, 46 Manuka St, Nelson	14	No fee	10.00 - 1.00
Wednesday 21	Nausea & vomiting (Clinical skills series)	RN's/ARC/EN's/HCA's/ Allied Health	Eden Villa, Nelson Tasman Hospice, 46 Manuka St, Nelson	14	No fee	4.00 - 5.15
Wednesday 28	A Palliative approach to living with & dying from dementia	All health professionals	St Mary's Parish Meeting Room, 18 Manuka Street, Nelson	20	\$20.00	12.30 - 4.00
March						
Thursday 1	An evening with Professor Merryn Gott	All persons interested in improving the support for family carers	Tahuna Function Centre, 70 Beach Road, Tahunanui	Limited tickets	Donation	7 pm - 9 pm
1. March 8 2. March 22 3. April 5 4. April 19	Palliative Care for HCA's Sessions 1 - 4 (see page 10)	HCA's	Eden Villa, Nelson Tasman Hospice, 46 Manuka St, Nelson	10	No fee	10.00 - 12.00
Wednesday 14	Compassionate & Spiritual Care	RN's/EN's/ HCA's/ Allied Health	St Mary's Parish Meeting Room, 18 Manuka Street, Nelson	20	\$20.00	09.00 - 12.30

Palliative Care Education & Training Calendar 2018

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March (cont'd)	Workshop	Target Audience	Venue	Max attendees	Cost	Time
Wednesday 14	Care of the imminently dying (Clinical skills series)	RN's/ARC/EN's/HCA's/ Allied Health	Eden Villa, Nelson Tasman Hospice, 46 Manuka St, Nelson	14	No fee	4.00 - 5.15
April						
Wednesday 4	Advanced cardiac/or respiratory failure	All health professionals	St Mary's Parish Meeting Room, 18 Manuka Street, Nelson	20	\$20.00	09.00 - 12.30
Wednesday 11	Anxiety in palliative care (Clinical skills series)	RN's/ARC/EN's/HCA's/ Allied Health/ Registered Health Professionals	Eden Villa, Nelson Tasman Hospice, 46 Manuka St, Nelson	14	No fee	4.00 - 5.15
Wednesday 18	Clinical skills for Rural nurses (Motueka)	Rural DN's	Motueka DN office	NA	No fee	12.30 - 4.30
May						
Tuesday 1	Clinical skills for Rural nurses (Murchison)	RN's/EN's/HCA's	Murchison Community Hospital	NA	No fee	10.15 - 2.30
Thursday 3	Syringe driver training ** DHB staff have different training & dates	RN's/ARC/EN's subject to scope of practice	Allied Health Building (behind Eden Villa) Nelson Tasman Hospice, 46 Manuka St, Nelson	10	No fee	10.30 - 12.00
Wednesday 9	Breathlessness & fatigue (Clinical skills series)	RN's/ARC/EN's/HCA's/ Allied Health/ Registered Health Professionals	Eden Villa, Nelson Tasman Hospice, 46 Manuka St, Nelson	14	No fee	4.00 - 5.15
Wednesday 23	Haematological cancers	All registered health professionals	St Mary's Parish Meeting Room, 18 Manuka Street, Nelson	20	\$20.00	12.30 - 4.00
June						
Wednesday 6	Nutrition, hydration, oral & bowel care (Clinical skills)	RN's/ARC/EN's/HCA's/ Allied Health	Eden Villa, Nelson Tasman Hospice, 46 Manuka St, Nelson	14	No fee	4.00 - 5.15
Wednesday 13	Psychosocial issues in palliative care	All registered health professionals	St Mary's Parish Meeting Room, 18 Manuka Street, Nelson	20	\$20.00	12.30 - 4.00
July						
Wednesday 11	Advance care planning (Clinical skills)	RN's/ARC/EN's/HCA's/ Allied Health/ Registered Health Professionals	Eden Villa, Nelson Tasman Hospice, 46 Manuka St, Nelson	14	No fee	4.00 - 5.15
Thursday 12	Syringe driver training ** DHB staff have different training & dates	RN's/ARC/EN's subject to scope of practice	Allied Health Building (behind Eden Villa) Nelson Tasman Hospice, 46 Manuka St, Nelson	10	No fee	10.30 - 12.00
1.July 24 2.Aug 21 3.Sept 26 4.Oct 30	Fundamentals: Sessions 1-4 (See page 6)	All staff working in residential care or in the community	Eden Villa, Nelson Tasman Hospice, 46 Manuka St, Nelson	14	No fee	10.00 - 1.00

Palliative Care Education & Training Calendar 2018

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August	Workshop	Target Audience	Venue	Max attendees	Cost	Time
Wednesday 8	Delirium & restlessness (Clinical skills series)	RN's/ARC/EN's/HCA's/ Allied Health	Eden Villa, Nelson Tasman Hospice, 46 Manuka St, Nelson	14	No fee	4.00 - 5.15
Wednesday 29	Advance care planning practical skills	Registered nurses	St Mary's Parish Meeting Room, 18 Manuka Street, Nelson	20	No fee	9.00 - 12.30
September						
1. September 4 2. September 18 3. October 2 4. October 16	Palliative Care for HCA's Sessions 1 - 4 (see page 10)	HCA's	Allied Health Building Nelson Tasman Hospice, 46 Manuka St, Nelson	10	No fee	10.00 - 12.00
Wednesday 5	PC emergencies & palliative sedation (Clinical skills series)	RN's/ARC/EN's/HCA's/ Allied Health	Eden Villa, Nelson Tasman Hospice, 46 Manuka St, Nelson	14	No fee	4.00 - 5.15
Thursday 6	NMDHB Syringe driver training for DHB staff only	DHB RN's only	Nelson Hospital, Medical Unit seminar room	10	No fee	1.30 - 2.30
Wednesday 12	Ethical issues & quality of life in PC	All registered health professionals	St Mary's Parish Meeting Room, 18 Manuka Street, Nelson	20	\$20.00	12.30 - 4.30
October						
Wednesday 3	Syringe driver training ** DHB staff have different training & dates	RN's/ARC/EN's subject to scope of practice	Allied Health Building (behind Eden Villa) Nelson Tasman Hospice, 46 Manuka St, Nelson	10	No fee	10.30 - 12.00
Wednesday 3	Understanding palliative care pharmacology (Clinical skills series)	Registered nurses	Eden Villa, Nelson Tasman Hospice, 46 Manuka St, Nelson	14	No fee	4.00 - 5.15
Wednesday 10	Palliative treatments for advanced cancers	All registered health professionals	St Mary's Parish Meeting Room, 18 Manuka Street, Nelson	20	\$20.00	09.00 - 12.30
Wednesday 17	Clinical skills for Rural nurses (Motueka)	Rural DN's	Motueka DN office	NA	No fee	12.30 - 4.30
November						
Wednesday 7	Care of the imminently dying (Clinical skills series)	RN's/ARC/EN's/HCA's/ Allied Health	Eden Villa, Nelson Tasman Hospice, 46 Manuka St, Nelson	14	No fee	4.00 - 5.15
Thursday 8	Clinical skills for Rural nurses (Murchison)	RN's/EN's/HCA's	Murchison Community Hospital	NA	No fee	10.15 - 2.30

December - No workshops: If you would like any more information contact one of the education team (details in front of book) or Phone 03 546 3950

Course Registration Form

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Please use one form per person and fax to **03 546 3951** or register via email barb.thomas@nelsonhospice.org.nz

Name:

Address:

Current employer (if applicable) & position held:

Name of workshop:

Date of workshop:

Phone:

Mobile:

Email: *** (Email is required for course confirmation, pre reading & receipt for payment)

Fee incl. GST:

(Includes light lunch provided for full study days)

Special dietary requirements:

Eg: Gluten free, vegetarian, vegan

☐ Tick if you would like to be added to our email database for upcoming workshops

☐ Fee enclosed: (if applicable)

☐ Also payable by direct credit:

Bank Account: Westpac Nelson

Nelson Tasman Hospice

030703 0355924 00

In the "reference" field please type your **SURNAME**
& **DATE** of course

This form **MUST** be faxed **or** emailed to the Hospice Accounts Trust Office at the time of making your payment by direct credit, otherwise your fees may be incorrectly deposited as a donation to the Hospice.

Email: trust.admin@nelsonhospice.org.nz

Or

Fax: (03) 546 3931 Phone: (03) 546 3923 (Accounts)

Post with fee (if applicable) to:

or

Nelson Tasman Hospice
Trust Administration Office
P O Box 283, NELSON

Form and fee (if applicable) can be dropped off at:

Nelson Tasman Hospice
Trust Administration
Finance and Allied Health Building (Behind Eden Villa)
46 Manuka Street, NELSON

Education Team Enquiries: Phone: (03) 546 3950

Fax: (03) 546 3951 or Email

Barb Thomas, Education admin barb.thomas@nelsonhospice.org.nz

Jane Russell, RN, Nurse educator jane.russell@nelsonhospice.org.nz

Sara Dugdale RN, Nurse educator sara.dugdale@nelsonhospice.org.nz

Annie Wallace RN, Nurse educator annie.wallace@nelsonhospice.org.nz

2018 Calendar

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January

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
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29	30	31				

February

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March

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April

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30						

May

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28	29	30	31			

June

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July

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30	31					

August

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September

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24	25	26	27	28	29	30

October

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29	30	31				

November

M	T	W	T	F	S	S
			1	2	3	4
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26	27	28	29	30		

December

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10	11	12	13	14	15	16
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24	25	26	27	28	29	30
31						

NZ Public Holidays 2018

Nelson Anniversary
Monday 29th January

Waitangi Day
Tuesday 6th February

Good Friday
Friday 30th March

Easter Monday
Monday 2nd April,

Easter Tuesday
Tuesday 3rd April

ANZAC Day
Wednesday 25th April

Queen's Birthday
Monday 4th June

Labour Day
Monday 22nd October

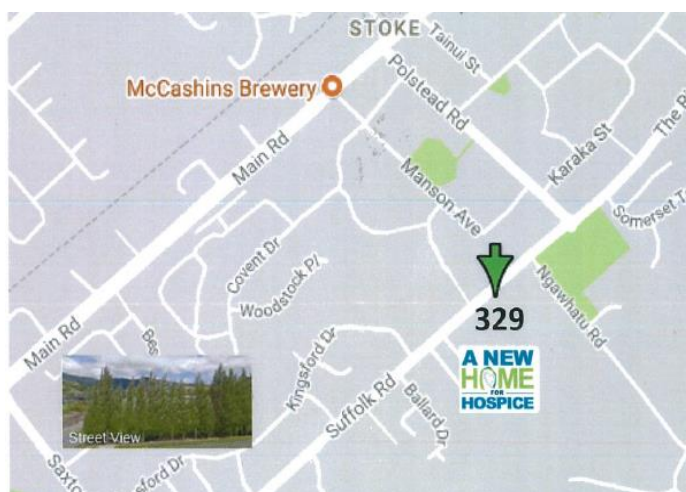
Christmas Day
Tuesday 25th December

Boxing Day
Wednesday 26th December



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To Care Always ~ Atawhaitia, Manaakitia Mō Ake Tonu



Nelson Tasman Hospice is embarking on its most ambitious project in its 30 year history.

We are building a new hospice at 329 Suffolk Road, Stoke, Nelson.
Work has started and is due to be completed by the end of 2018.

Nelson Tasman Hospice, 40 & 46 Manuka Street, Nelson, PO Box 283 Nelson
Phone: (03) 546 3950
Fax: (03) 546 3951

www.nelsonhospice.org.nz

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A copy of this training programme booklet can be downloaded from our website
www.nelsonhospice.org.nz

