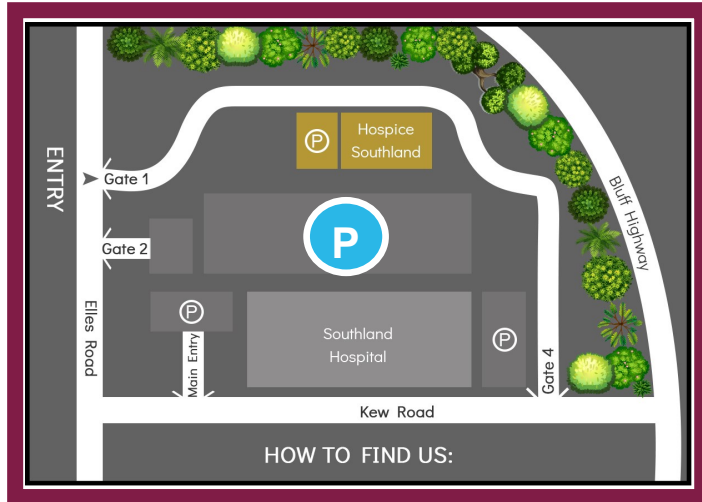


PARKING

Due to restrictions in the Hospice patient/family car park, parking for course participants is between the hospice and the hospital.



Thank you!



Community Palliative Care



Education Programme 2022

HOSPICE SOUTHLAND COMMUNITY PALLIATIVE CARE EDUCATION

Hospice Southland is committed to supporting the development of knowledge, skills and confidence for all those caring for people with a life limiting condition.

Our courses are holistic in approach and designed to be interactive, inclusive and collaborative.

Assessment and management of pain and other symptoms are the cornerstones of effective, palliative care. This year, in addition to the Hospice NZ endorsed courses we are offering targeted education for healthcare workers on a bi-monthly basis.

Unless otherwise specified the sessions offered in this brochure take place at Hospice Southland.

We are happy to discuss individual needs and work with you to design a programme for your organisation.

Where applicable costs are noted on the respective pages.



REGISTRATION DETAILS

To register please either download a form via our website www.hospicesouthland.org.nz under Health Care Providers and email education@hospicesouthland.org.nz or email us direct with your query.

Phone: (03) 211 3081

Email: education@hospicesouthland.org.nz

Early registrations are appreciated.

An invoice will be issued, once workshops are completed, to your place of work or can be paid for on the day.

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We are happy to discuss any of your education needs.



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Education Calendar

February

- 17 Syringe Driver Practical—Invercargill
- 24 Syringe Driver Practical—Gore

March

- 10 Rotational education session—Respiratory
- 17 Syringe Driver Practical —Invercargill

April

- 21 Syringe Driver Practical—Invercargill
- 28 Syringe Driver Practical—Queenstown

May

- 12 Rotational education session—Gastrointestinal System
- 19 Syringe Driver Practical—Invercargill

June

- 16 Syringe Driver Practical—Invercargill

July

- 14 Rotational education session—Pain
- 21 Syringe Driver Practical—Invercargill

August

- 18 Syringe Driver Practical—Invercargill
- 25 Fundamentals of Palliative Care Workshop Module 1
- 25 Syringe Driver Practical—Queenstown

September

- 15 Syringe Driver Practical—Invercargill
- 22 Syringe Driver Practical—Gore
- 29 Fundamentals of Palliative Care Workshop Module 2

October

- 20 Syringe Driver Practical—Invercargill
- 27 Fundamentals of Palliative Care Workshop Module 3

November

- 11 Cultivation and Sustaining Compassion
- 17 Syringe Driver Practical—Invercargill
- 24 Rotational education session—Psychosocial/spirituality



Lecture Webinars

Individuals can now access the webinar lectures via a smartphone, tablet or computer connected to the internet **at your place of work or home.**

Click through the link and answer the short questionnaire, and you'll be registered. You will then get a link emailed, please don't share it.

Fill out the post-lecture evaluation, to receive your certificate and don't forget your email address.

Certificates will be sent electronically to the individuals who have registered and completed the online survey.

Each month you can download the flyer at this link:

<https://www.hospice.org.nz/education-training/palliative-care-lecture-series/> you can also register at this site.

Also on the bottom of the flyer there is a link to register.





**Held the first Thursday of every month 7.30-8.30am
at Hospice Southland
or now via webinars at you place of work or home.**

Hospice Southland will be hosting these lectures via teleconference every month.

A variety of experts in palliative care from New Zealand and around the world will be sharing their knowledge.

All health professional colleagues are very welcome to join us, or you can now access these lectures in the comfort of your home or place of work. To access this, please see details on the opposite page.

If you would like to be on our reminder email list and to get the link, please email us at education@hospicesouthland.org.nz

Hospice NZ Syringe Driver Competency

Theoretical and practical, interactive experience to assist Registered and Enrolled Nurses to safely manage continuous subcutaneous infusions.

If you are a registered or enrolled nurse within the Southland/Wakatipu region you can now enrol to complete the Hospice New Zealand endorsed Syringe Driver Competency Programme online.



There are three parts to this programme:

- Online – theory
- Online – medication calculation
- Practical competency workshop as per table below – Cost \$10

Hospice Southland - 11.00— 12.00

17 February	17 March
21 April	19 May
16 June	21 July
18 August	15 September
20 October	17 November

Gore— Location to be advised

24 February
22 September

Queenstown Lakes Hospital

28 April
25 August

Rotational education sessions for nurses and health care workers.

This year we are offering a variety of topics and all sessions are held over the year on a Thursday at 10.00-11.30am.

The topics and dates are:

- **Respiratory:**

Dyspnoea (breathlessness) is one of the most common symptoms at the end-of-life, increasing as death approaches. In addition we will cover the management of cough, hiccups and pleural pain.

- **Gastrointestinal system:**

Common symptoms in palliative care are often difficult to control. Topics include nausea/vomiting, diet and bowel management.

- **Pain:**

The assessment and management of pain is an essential part of effective palliative care. This session will cover holistic pain assessment, pain management including pharmacological and non-pharmacological treatments.

- **Psychosocial/spirituality:**

- a) Anticipatory Grief- Understanding the mixture of emotions and grieving process before someone dies.
- b) Compassion- Working in a compassionate way and self-compassion as self-care.

Palliative care education topics for Medical staff and other prescribers

Targeted education sessions provided by medical staff covering a range of topics including but not limited to:

- Palliative care emergencies- from hypercalcaemia to opioid toxicity -how to proceed in a crisis.
- Medication use in palliative care – palliative care is about much more than morphine.
- Adjuvant pain medications adding tools to your kete .
- The COAST form.
- Symptom management in the final days of life.
- Euthanasia — testing our ethics.



*Please see the website for the extended range of topics.
Please contact us if you would like to arrange a session or require information about a topic that is not listed.*

Cultivating and Sustaining Compassion in Caring Professions

“Developing our capacity for compassion makes it possible for us to help others in a more skillful and effective way. And compassion helps us as well” — Joan Halifax

This workshop will cover:

- The meaning of true compassion.
- Supporting patients/clients and families in a compassionate way.
- Looking after our colleagues.
- Self compassion in emotionally challenging work.

Cost: \$60.00 per attendee



Friday 11 November 9.00am—3.00pm

Rotational education sessions for nurses and health care workers.

Hospice Southland 10.00 –11.30am

10 March — Respiratory

13 May — Gastrointestinal system

14 July — Pain

24 November — Psychosocial/spirituality

Other options:

Otago Community Hospice offer palliative education for those in Central Otago. For further information email Glenda Hall, Education Coordinator, at reception@otagohospice.co.nz.

Fundamentals of Palliative Care

The Fundamentals of Palliative Care is a series of learning packages designed for any health care worker – registered and non-registered staff – who are caring for people with a palliative care need.

It provides the learner with a broad overview of how to provide palliative care to people in their last days of life.

The programme is delivered via a blended model of learning, consisting of 5 online modules which include reflection exercises and 3 workshops.

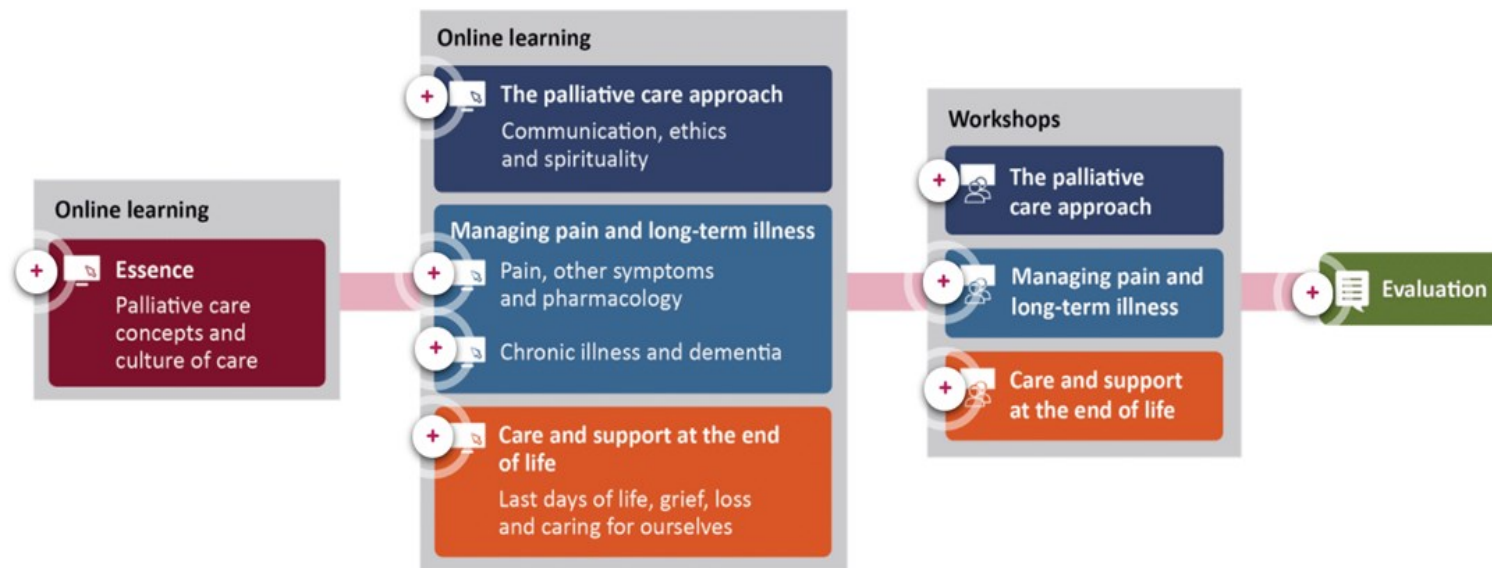
The online modules consist of:

Essence – This is a foundation module and is a pre-requisite to enrolling in further modules in the programme. It covers palliative care concepts and the culture of care

The palliative care approach – 1 module covering communication, ethics, and spirituality.

Managing pain and long-term illness – 2 modules covering pain, other symptoms, and pharmacology. Chronic illness and dementia.

Care and support at the end of life – 1 module covering last days of life, grief, loss, and caring for ourselves.



Hospice Southland Workshops

To complete the full Fundamentals of Palliative Care programme, participants are required to complete all on-line courses at <https://knowledgehub.hospice.org.nz/> and attend all three workshops at Hospice Southland.

Workshops — 9.30-12.30pm

Thursday 25 August : Module 1 — Palliative Care Approach

Thursday 29 September: Module 2 — Managing pain, Other symptoms and Chronic illness and Dementia

Thursday 27 October: Module 3 — Care and Support at end of life

For registration please visit our website for further information.

www.hospicesouthland.org.nz