

3/08/2005

**Palliative Care Workshop  
Mid North Coast Division General Practice - Coffs Harbour**

**Community Room at Mater Christi Nursing Home - Sawtell**

**Agenda**

**Day 1 Thursday 11<sup>th</sup> August, 2005**

<b>08:30</b>	<b>Registration Tea &amp; coffee</b>	
<b>09:00</b>	Pre-test evaluation survey Tool 2.1 I Ice Breaker Reflecting on Expectations	Jane
<b>09:30</b>	What is a Good Death	Jane & Paula
<b>10:00</b>	Communication challenges Elicit challenges from the group Role Play Debrief	Jane & Karen Dell
<b>11:00</b>	<b>Morning Tea</b>	
<b>11:20</b>	Small Group Role Play - Communication	Jane, Paula, Colleen, Bev and Karen
<b>12:30</b>	<b>Lunch</b>	
<b>13:15</b>	Ethical Issues Small group work examining ethical issues  Advance Care Planning	Prof Colleen Cartwright
<b>14:45</b>	<b>Brief break</b>	
<b>15:00</b>	End-of-life care Brainstorming the challenges managing end-of-life care. Facilitated session  End-of-life care pathway	Bev
<b>16:00</b>	Pain Assessment Tools	Jane
<b>16:45</b>	Reflecting on expectations Questions and feedback Home work (Drug Calculations)	
<b>1700</b>	Close	

3/08/2005

**Palliative Care Workshop  
Mid North Coast Division General Practice - Coffs Harbour  
October 2004**

**Agenda**

**Day 2 Friday 12<sup>th</sup> August, 2005**

<b>08:00</b>	Tea & coffee	
<b>08:30</b>	Recapping  <b>Palliative Approach &amp; transition markers</b>	Jane
<b>0930</b>	Pain Myths Sentence Stems	Jane & Paula
<b>1015</b>	<b>Morning Tea</b>	
<b>1030</b>	Drug Issues Drug calculations Traps for young players – common mistakes using palliative care drugs Q&A	David Metcalfe
<b>1200</b>	<b>Lunch</b>	
<b>1245</b>	<b>Symptom management</b> Three groups – case study & development of management plan Feedback Discussion	Bev
<b>14:00</b>	<b>Dementia</b>	Anne Sneesby
<b>14:30</b>	Take Five – a brief break	
<b>14:35</b>	<b>Grief &amp; loss</b> Communication with families Self care	Leanne Smith, Pastoral Care Worker – Port Macquarie
<b>16:45</b>	<b>Evaluation</b>	Jane & Paula
<b>17:00</b>	Close	

3/08/2005

## **Day 1      Thursday 11<sup>th</sup> August, 2005**

### **0830: Registration**

#### **0900: Pre-test evaluation**

**Jane**

- Tool 2.1
- Pre-test evaluation survey
- Icebreaker: Name and organisation and expectations
- Introduction to co-facilitators
- Housekeeping

#### **0930: What is a Good death**

**Jane & Paula**

- Break into three groups: Good death from patients; families and health care provider's perspective scribe & reporter (10 minutes).
- Feedback to larger group (20 minutes)

#### **1000: Communication challenges**

**Karen Dell**

As modelling is one of the most effective means of teaching attitudes, as learners vicariously share the tension, successes, failures, missed opportunities and emotional intensity of the modelled behaviour before committing themselves to the same action. This session aims to establish a climate of safety as the facilitator's model risk taking and mutual support.

- Introduce the aspects of what makes effective feedback (10 minutes)
- Reflect on and discuss difficult communication challenges that arise in end-of-life care and refined ideas about what makes these situations problematic or challenging (10 minutes)
- Choose a scenario ( 5 minutes)
- Model a challenging interaction. Karen to take the lead role and the participant/or facilitator to take the secondary role. (10 minutes)
- Provide feedback to the clinician guiding interactions about strengths and weaknesses ( 15 minutes)
- Reflect on the nature of effective feedback (7 minutes)

**Housekeeping** Provide direction for the next session (3 minutes) **Jane**

### **1100- Morning Tea**

#### **1115: Difficult discussions**

**Karen Dell**

Improving a skill depends upon opportunities to practice and to receive specific feedback on one's performance. By stimulating practicing – and then mastering – difficult discussions and giving/receiving feedback from colleagues, participants learn how to overcome the anxiety that inhibits learning (or being more open to suggestions). Role play promotes learning through practice.

3/08/2005

- Break into five groups. There will be a facilitator for each group: Bev Morris; Paula Hicks; Karen Dell; Paula Hicks, Jane Phillips.
- The role of the facilitator is to:
  - Discuss participants concerns re: role play, how to make role play safe, how to manage anxieties about self exposure;
  - Provide role play scenario.
  - Break group into two 3 people/group (nurses, family member/observer) for 10 minute role play of difficult discussions. Change roles.
  - Facilitate a feedback session, with the group and reflection on the activity as a learning tool.

## **1230: Lunch**

## **1315: Ethical Issues**

**Prof Colleen Cartwright**

- PEG Feeds
- Advance Care Planning
- Power of Attorney and Enduring Guardian
  
- ? Small Group Work

## **1445: Brief Break**

## **1455: Palliative Approach**

**Jane Phillips**

- Overview of a palliative approach
- Integrating specialist palliative care & end-of-life care
- Transitional markers
- Need to be proactive and to create a team approach to care delivery

## **1530: End-of-Life Care**

**Bev Morris**

- Brainstorming the challenges managing end-of-life care and identify strategies. Facilitated session
- Introduction to the use of an end-of-life care pathway

## **1600: The role of tools**

**Jane Phillips**

- Introduction to range of pain assessment tools
- Painad; NOPain; Modified Abbey Pain Assessment Tool

## **1645: Reflections**

**Jane Phillips**

- Reflections on expectations
- Questions and feedback
- Home work ( Drug Calculations)

## **1700: Close**

3/08/2005

**Day 2: Friday 12<sup>th</sup> August, 2005**

**0830: Tea and coffee**

**0900: Recapping**

**Jane & Paula**

**0915: Exploring pain myths**

**Jane & Paula**

- Sentence stems
- Explore the impact of personal beliefs on pain management

**1000: Morning Tea**

**1030: Medication management**

**David Metcalf**

- Drug Issues
- Drug calculations
- Traps for young players – common mistakes using palliative care drugs
- Overview of palliative care medication management

**1200: Lunch**

**1245: Symptom management**

**Bev Morris**

- Three groups –
- case study & development of management plan
- Feedback Discussion

**1400: Dementia**

**Anne Sneesby**

- Power point presentation

**1430: Brief Break**

**1435: Loss and Grief**

**Leanne Smith**

- Communication with families
- Small group work
- Self care

**1645: Reflections  
Evaluation**

**Jane Phillips**

- Post test evaluation survey

**1700: Close**