



Dr Karen Chumbley  
End of Life Board Lead

This month we have included some of the resources available to you and your teams. Thank you for all your ongoing work in End of Life care despite the ongoing pressures of the pandemic.

### Dealing with Dying Workshop with Richard Welby

This video covers how local services work to support people at the end of life: <https://www.nee-alliance.org.uk/our-work/die-well/information-for-healthcare-professionals/education-for-healthcare-professionals/>

PCN	2020/21	2021/22 YTD (Apr-Oct '21)
CMP	333	131
COLTE Partnership (ARA)	358	143
COLTE Partnership (RMT)	270	116
COLTE Partnership (WCW)	446	169
Creffield Medical Group	435	204
East Hill & Abbeyfield	280	80
Mill Road Group	373	149
PCN Clacton	783	324
Ranworth PCN	687	220
Tendring	607	270
<b>NEE Total</b>	<b>4,572</b>	<b>1,806</b>

## Distribution of end of life care needs across north east Essex

End of life care needs are not distributed evenly across north east Essex. Opposite are figures relating to numbers of deaths across our locality.

There are new palliative care community nursing roles being launched in Tendring to offer increased staffing resource to address this increased need on the coast.

## Hospice admissions in a crisis

By Dr Emma Tempest  
St Helena Medical Director

Please consider discussing any complex or urgent referrals to the hospice inpatient unit with the hospice medical team via Singlepoint or consultant connect.

Whilst we are happy to receive referrals by the usual route; we may be able to expedite a referral, help with a plan for the interim period whilst awaiting admission; or suggest alternatives where admission is not possible or not appropriate. In the past this has included same day admissions and diverting ambulances, who would have otherwise taken the patient to the acute hospital, where this meets the patients need and we have capacity.

## My Care Choices Access Equality Project

By Vickie Peters  
St Helena Personalised Care Coordinator

This is an initiative aimed at improving equality of access to the My Care Choices register. I assist medical staff working in areas of deprivation, by meeting with their patients to listen to what matters to them and their preferences for care. If there is anything they need to improve their quality of life, I refer them to one of our EOL social prescribers to help them access practical, social or emotional support.

The project has been met with great enthusiasm from PCN and care home staff who are keen to give their patients access to the register, but lack the time necessary time for these conversations. It has also been well received by patients who have appreciated the opportunity to talk about their lives and hopes for the future. The project currently runs until the end of March.

If you would like to benefit from this opportunity, please contact Vickie Peters at [v.peters2@nhsmail.net](mailto:v.peters2@nhsmail.net)

## Anticipatory Prescribing at the End of Life


Access to anticipatory prescribing at the end of life varies across the area with Colte WCW and Clacton PCN having the highest levels of prescribing across north east Essex. Where people have anticipatory prescribing in place, emergency admissions to hospital are lower. Please consider these medications for people who are RAG coded amber and when they are in place please record this on the My Care Choices Register:


### Anticipatory prescribed medication

\* Anticipatory prescribing medication with patient?

Yes

No

The End of Life anticipatory prescribing authorisation form can be found under Ardens Community and Provide referrals labelled as :  Medication Authorisation on Systemone.

Then Choose template:  Essex North East - Community Drug Chart - EOL SC.

Once saved the template can be found easily in communications labelled as: A community drug chart

## My Care Choices training video

Colleagues new to My Care Choices may be interested in a training video on how to add someone to the register and can be found on the NEE Alliance website here: <https://www.nee-alliance.org.uk/our-work/die-well/information-for-healthcare-professionals/education-for-healthcare-professionals/>

## Education Resources

The recording of the recent seminar from St Elizabeth Hospice on Motor Neurone disease is also now available on the NEE Alliance website:

<https://www.nee-alliance.org.uk/our-work/die-well/information-for-healthcare-professionals/education-for-healthcare-professionals/>

## Marie Curie Palliative Care Research Conference

Marie Curie is hosting a free virtual conference on end of life care research delivered in a series of evening webinars between the 30<sup>th</sup> Jan to the 4<sup>th</sup> Feb. Find out more and sign up at: <https://www.mariecurie.org.uk/research/annual-research-conference>