



Dr Karen Chumbley  
End of Life Board Lead

## End of year round up

As we draw towards the end of the 2021/2022 financial year, the North East Essex End of Life Board is reflecting on what has been achieved across the area in a hugely challenging year for everyone.

Access to the My Care Choices Register remains **over 50% for those at the end of life** and **over 80% of people who record their preferred place of care, are achieving this.**

The percentage of people who die in hospital has fallen from 47% in Feb 2021 to 39% in Feb 2022 (but is only 17% for those who are on the My Care Choices Register), and access to anticipatory prescribing has increased from 44% to 57% over the same period. This reflects the commitment of clinicians and social care staff across the community. Thank you.

## Development opportunity for nurses involved in palliative and end of life care

The Board has agreed funding for 10 local nurses who are involved in end of life care to take part in the Lantern Model Programme run by St Christopher's Hospice.

This is a virtual programme of education and a community of practice **designed to engage, support and develop nurses in palliative and end of life care.** It is particularly of relevance if you are keen to develop your career in end of life care nursing.

If you'd like to apply, you will need confirmation of support of your employer to enable you to attend the sessions. The dates of the sessions can be found at:

<https://www.stchristophers.org.uk/lanternmodelprogramme>

If you are interested in joining this programme and achieving a funded place, please send a letter expressing your interest along with written confirmation of support from your manager to Dr Karen Chumbley via [cparsons@sthelena.org.uk](mailto:cparsons@sthelena.org.uk) **before the end of 8<sup>th</sup> April 2022.**

You can read more information on the below pdfs.



OrgFocused\_Lantern NurseFocused\_Lantern  
Model A5 Flyer.pdf n Model A5 Flyer.pdf

## Frailty focus – advance care planning

St Helena, GP Primary Choice, ESNEFT, CVS Tendring and Community 360 are working together to increase access to the My Care Choices Register for people living with frailty.

GP care advisors and the frailty unit will be highlighting people who are living with advanced frailty and signposting them to the My Care Choices Register and Primary Care to discuss and record their preferences for future care.

Supporting advance care planning for people with frailty has been part of the locally enhanced service for end of life that is hosted by GPPC for the last few years, but pressure on the system through the pandemic has prevented some of this proactive planning work. The end of life social prescribers and a team from St Helena are working alongside Primary Care end of life leads to support this work.

## Vacancies for Primary Care Network End of Life Lead roles

There are still three vacancies for leadership roles in end of life care for three Primary Care Networks: Tendring; Colte WCW; and East Hill and Abbeyfield. If you are interested in creating change to improve the experience of care for your patients, and you work in one of these networks, please speak to your clinical director and contact Karen Chumbley at [kchumbley@sthelena.org.uk](mailto:kchumbley@sthelena.org.uk).

*We are the North East Essex Health & Wellbeing Alliance. Together, we're committed to working collaboratively to improve the health and wellbeing of the people we serve. And by combining our various skills, perspectives and resources, we're able to tackle some of the most pressing problems our communities face.*

## New universal principles for advance care planning

A coalition of national organisations has published new universal principles for advance care planning. These highlight the importance of these plans being personalised, shareable and reviewed when required. My Care Choices Register entries should capture **what is important to the person** and not just be centred on place of care or decisions around cardiopulmonary resuscitation.

### Universal principles for advance care planning:

1. The person is central to developing and agreeing their advance care plan, including deciding who else should be involved in the process.
2. The person has personalised conversations about their future care focused on what matters to them and their needs.
3. The person agrees the outcomes of their advance care planning conversation through a shared decision making process, in partnership with relevant health and social care professionals.
4. The person has a shareable advance care plan which records what matters to them, and their preferences and decisions about future care and treatment.
5. The person has the opportunity, and is encouraged, to review and revise their advance care plan.
6. Anyone involved in advance care planning is able to speak up if they feel these universal principles are not being followed.

## Community Ward Quality Improvement Project is recognised by the British Geriatric Society Conference

Congratulations to Debbie Dyer who has successfully submitted an abstract for the British Geriatric Society Spring Conference 2022 and will be presenting the work of the community ward teams improving access to advance care planning. Her poster can be read here:



SHH A4 Poster  
EPaCCs MAR22 MK3

## Lancet Commission on 'the value of death'

For those interested in reading more widely on the culture of dying and its implications for society, the Lancet Commission has published a report which is well worth reading:  
<https://www.thelancet.com/commissions/value-of-death>

## Updated MCCR booklet

We have made some minor updates to the My Care Choices Record booklet, including updating the logos and increasing text size. We have a small stock of the previous version to use before we organise a print run of the updated version, but we have updated the electronic version which can be downloaded and filled in online at [www.mycarechoices.online](http://www.mycarechoices.online)

We will be doing a more comprehensive review of the booklet later this year and will contact you then for your thoughts on how we can improve the document to meet the needs of patients and healthcare professionals.

To request printed copies of the Record, please email [literature@sthelena.org.uk](mailto:literature@sthelena.org.uk)

## Education Opportunities

The next Hospice Education Palliative Care Masterclass is now on **Wednesday 20<sup>th</sup> April** (please note the date change) on the topic of immunotherapy. For the full list of upcoming topics for the Palliative Care Masterclasses and to book onto the immunotherapy session, please visit: <https://www.nee-alliance.org.uk/our-work/die-well/information-for-healthcare-professionals/education-for-healthcare-professionals/>

There are also education sessions on the verification of expected death coming up in April and May which can be booked via the same website.