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Life Care

Information resource for patients, families and carers

The Alliance website contains a growing information source for patients, families, and carers. You may wish to add this site to accurx to allow the link to be sent easily to people via text message. The link is: <https://www.nee-alliance.org.uk/our-work/die-well/883-2/>

Here people can find information on services and voluntary support such as the Compassionate Companions befriending service run by Age Well East or hospice services. People can also follow links to the My Care Choices website or find information on what to do after someone dies.

The patient information centre contains links to national charities such as Macmillan, Marie Curie and Sue Ryder and also has information on medicines including anticipatory medication and syringe pumps, as well as links to sites with advice on CPR decisions.

These web pages are still being built so if you feel there are any key services/information missing or there have been changes to services that need to be updated, please contact Sam Ellis on sellis@sthelena.org.uk

Do not attempt cardiopulmonary resuscitation (DNACPR) decisions

Anticipatory decisions about CPR are best made in the wider context of advance care planning. Effective communication is essential to ensure that decisions about CPR are made well and understood clearly by all those involved. There should be clear, accurate, honest and timely communication with the patient and (unless the patient has requested confidentiality) those close to the patient, including provision of information and checking their understanding of what has been explained to them.

An audit this month within a local care home found 50% of DNACPR forms were incomplete, with a lack of documentation of discussion with the person and their family being the most common omission. The enhanced health in care homes teams are well placed to review any DNACPR forms that have been created during a hospital admission when a care home resident is discharged.

Guidance on the decisions relating to CPR can be found here: <https://www.resus.org.uk/sites/default/files/2020-05/20160123%20Decisions%20Relating%20to%20CPR%20-%202016.pdf>

There are useful video resources explaining CPR and how it may not be of benefit at the end of life available on the Alliance website patient and family information centre. This video created by Dr Lindsey Crockett is particularly useful: <https://www.compassionate-communities.co.uk/resources>

SinglePoint and Paramedic roles

The East of England Ambulance Service (EEAST) and St Helena SinglePoint are launching an exciting project, which will see four rotational paramedic roles between the two services. Designed to improve collaboration and shared learning, these paramedics will work alternate weeks in the SinglePoint service adding to the rapid response visiting capacity whilst also learning expertise in end of life care management.

Education opportunities

Palliative Care Masterclass

The next Palliative Care Masterclass is on 8th June and the topic is the management of nausea and you can book your place at:

<https://www.stelizabethhospice.org.uk/hospice-education/>

Palliative Care Conference

St Clare's Hospice in Hertfordshire is hosting a palliative care conference on 14th September offering a broad range of sessions. Early bird tickets cost £95 – but be sure to book by 30th June to take advantage of this 20% discount. From 1st July the price will be £120. Tickets can be purchased at:

<https://stclarehospice.org.uk/professionals/learning-resources/st-clare-hospice-palliative-care-conference-2022/>

Sharing Good Practice Conference

The East of England Strategic Clinical Network for Palliative and End of Life Care is also hosting a conference on 23rd June at the Cambridge Belfry in Cambourne which is free to attend. To book your place, visit:

<https://www.events.england.nhs.uk/events/palliative-and-end-of-life-care-strategic-clinical-network-sharing-good-practice-conference>

Prescribing at the end of life – for GPs

The RCGPNI is holding a new evening event 'Prescribing at the End of Life' which will be delivered by Dr Jayne McAuley, Consultant in Palliative Medicine online via Zoom, on Tuesday 7th June at 7pm.

This event will cover common clinical scenarios at the end of life and the medications commonly used to provide symptom control. It will also look briefly at some of the less commonly used palliative care drugs that may be needed to control symptoms at the end of life in the community.

Tickets are £20 for members or £30 for non members. For more information, visit https://rcgpportal.force.com/s/lt-event?site=a0d1i00000aKQbhAAG&utm_campaign=2223119_Learning%20eBulletin_25%20May%202022&utm_medium=email&id=a1U1i00000AAPr4EAH&dm_i=49LX%2C1BNDB%2CGCC6G%2C643T0%2C1&utm_source=Dotmailer


**Hospice
Education**

**St Clare
Hospice** 



Royal College of
General Practitioners

Supporting people with learning disability at the end of life

There is an excellent 'easy read' end of life care plan designed by the Essex Learning Disability Partnership available on the Alliance website which we recommend you check out and refer to if you're caring for anyone with a learning disability at the end of life. This can be found at: https://www.nee-alliance.org.uk/wp-content/uploads/2022/05/LD-End-of-Life-Plan-V9_.pdf

Please remember to involve the learning disability team and St Helena if you are supporting anyone with a learning disability at the end of life.