



Dr Karen Chumbley
End of Life Lead

Information videos for patients, families and carers

The North East Essex Health & Wellbeing Alliance End of Life Working Group has produced a series of ten public information videos about the end of life care and support available to patients and their families and carers in NEE – thank you to everyone who was involved in pulling the scripts together and appearing in the videos.

Each video is between 1.5-2.5 mins long, so they are all short, bite-sized videos, so as not to be too overwhelming for the viewer. The videos are all subtitled in English currently, and we are looking into translating them into other languages used by people living in our area.

Please have a look at these videos and signpost your patients and their carers to them: www.nee-alliance.org.uk/end-of-life-care

ReSPECT is on its way

ReSPECT stands for 'Recommended Summary Plan for Emergency Care and Treatment' and across the country this is replacing the Do Not Attempt Cardiopulmonary Resuscitation form to encourage care planning conversations to be more holistic and capture more information about future treatment decisions.

Over autumn 2022 DNACPR forms will gradually be phased out locally and replaced with the ReSPECT form. In preparation for this, you may want to watch this video (link below) about how to complete a ReSPECT form. There will be multiple opportunities for education on this change over the next few months including at the GP education afternoons and within the Hospice Education programme – we will communicate these out to you when we have more details.

https://www.youtube.com/watch?v=3V_pclZak-0

Consent for addition to the My Care Choices Register

When someone consents to share their preferences on the My Care Choices Register and are RAG coded as green (at risk of being in the last year of life), they are contacted by the My Care Choices team and asked to take part in a regular monthly survey on their care. They are sent questions by text about their symptom control, the sensitivity of the conversations they have had with professionals, the dignity with which they have been treated, the support their carer is receiving/has been offered and whether their care has met their needs.

There has been some confusion when the My Care Choices team has contacted patients/relatives about what the My Care Choices Register is, so to help avoid misunderstandings, please ensure that anyone sharing their preferences for future care using MCCR is aware of the name 'The My Care Choices Register'.

Hospice care home accreditation

The North East Essex End of Life Group has approved funding for a palliative and end of life care education and accreditation programme for care homes. This is a widening of a successful Suffolk programme that will be offered by the combined St Helena and St Elizabeth Hospice Education team.

Palliative and end of life referral pathway for people with dependency issues

EPUT and ESNEFT have launched a new referral pathway to improve the care for people approaching the end of life who have dependency issues. This helps to address an important inequality and ensure that people with complex needs receive appropriate specialist support. Please see page four of this newsletter to view this pathway.

Primary Care Network End of Life Leads

There are six local End of Life Leads within Primary Care Networks. This month two of these lead clinicians explain their role and priorities.

Ben Taylor, Paramedic Practitioner and Palliative Care Lead, Creffield Medical Group

As Palliative Care Lead for the Creffield Medical Group, I hope to influence change in the way we deal with and treat dying patients of all age groups.

As a paramedic for the last 16 years, I have seen the dying process in all manner of ways and through all age ranges. The most influential moment so far in my career was experiencing a job where 39 Vietnamese refugees were found to be dead in a container lorry in 2019, seeing these people who were looking forward to a new life in the UK, to have sadly lost everything, drives my passion for my role within palliative care. Although this does not relate directly to the role, I believe we should be able to provide all we can for our patients, especially those approaching the end of life; this I believe is something that should be accessible for people of all ages.



I feel with the extended palliative care network in the North Essex area, we can provide this both individually and collaboratively to ensure that no one is left suffering and in pain.

My goal is to have patients registered on the MCCR in all care homes under the care of the Creffield Group. I feel that this is achievable through the collaboration between care homes and myself. This is a project that I have already started. However, my focus is not just on care homes, but to include all other Creffield patients that are in need of care at this time.

Dr Annie Soares, End of Life Lead Colte, Ambrose, Riverside and Ardleigh (ARA) PCN

I have been passionate about improving the patient experience in end of life care throughout my GP career of 25 years.

I have been privileged to have worked with St Helena as an end of life champion for four years, initially across our super partnership in Colte and for the past two years for ARA PCN covering the Ambrose, Ardleigh and Riverside practices. We work closely with St Helena at our CNS monthly meetings.

Working with Vanessa, Ada and Joy, our practice leads, like everyone in the NHS we faced Covid end of life challenges.

We have increased the number of patients on MCCR looking at patient's future wishes for care, therefore decreasing the number of patients dying outside their PPC and reducing emergency admissions. This work also focused on care homes.

We are now working on end of life anticipatory prescribing, Arden's templates and correct coding; and are looking at patients on the green register, monitoring when they tip into amber needing more input.



Anticipatory prescribing

There have been some recent queries about the anticipatory prescribing forms. These are valid for six months and are able to remain in the patient's clinical record as long as they are clearly labelled and can be found by the district nursing and SinglePoint teams when required. No Covid specific authorisation forms should now be used. Anticipatory prescribing needs to be individualised and it may be preferable for some people to only have PRN medications prescribed, particularly for people with frailty and dementia where prognostication can be difficult. A syringe pump can then be authorised when the required doses are clarified by the PRN dose requirements.

Education opportunities

Palliative Care Masterclass

The next Hospice Education masterclass is on the 14th September on the topic of 'Talking to children when a parent is facing death/children and bereavement'. You can sign up for this via the North East Essex Alliance website palliative care page here: <https://www.nee-alliance.org.uk/our-work/die-well/information-for-healthcare-professionals/education-for-healthcare-professionals/>

Symptom management in the last year and last days of life training

Split into two sessions, the first session of this training provided by Hospice Education will focus on symptom management in the last year of life and the second on the last days of life and is free for nurses from all care settings to attend.

Both sessions will be held on the same day at St Helena Learning & Development Centre in Colchester with dates in September, October and November to choose from.

Read more and sign up to attend at <https://www.nee-alliance.org.uk/our-work/die-well/information-for-healthcare-professionals/education-for-healthcare-professionals/>

Advance Care Planning including DNACPR

Aimed at those directly involved in facilitating ACP/DNACPR conversations and completing relevant documentation, this training is provided across two separate sessions at St Helena Learning & Development Centre in Colchester.

This training is available to all clinical staff working across north east Essex and you can choose to attend in either October 2022 or March 2023.

Read more and sign up to attend at <https://www.nee-alliance.org.uk/our-work/die-well/information-for-healthcare-professionals/education-for-healthcare-professionals/>

Communication Skills package reminder

Poor communication is a common source of distress in healthcare, frequently generating complaints from patients and their families. This course has been produced for health and social care professionals to develop their communication skills and confidence, particularly when caring for patients around the end of life.

This free course is run over two weeks; during this time just 15 minutes learning per day, undertaken at a time that suits the learner, is required.

Ideally those doing the course would be supported by their line manager. The learner watches an online module and then completes the reflective pamphlet questions each day about what they learned. At the end of the course, they should receive a certificate of completion signed by their line manager. All the paperwork to do this is given within the course.

To begin the course, please visit: https://rise.articulate.com/share/MP9q4zLeYVUR2ITGRpNYhv_EFfE1Vxk6

Dependency End of Life Guidance

