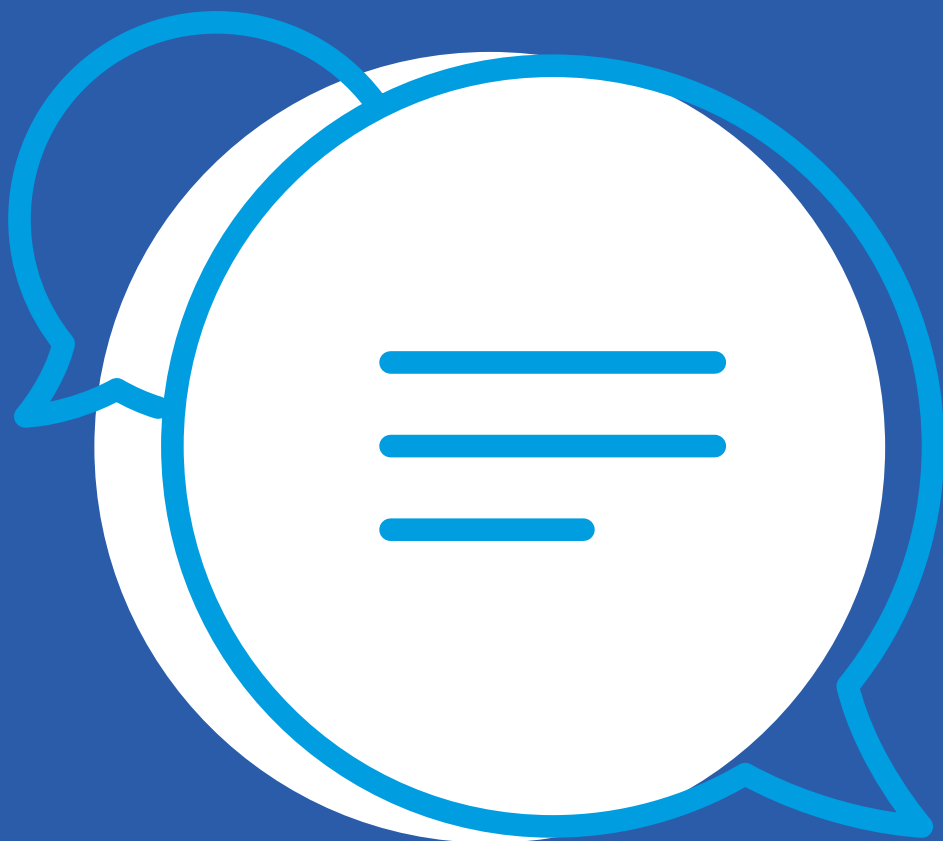


EDUCATION



EDUCATION PROSPECTUS 2025



Find out more:
education@stbarnabashospice.co.uk

every day *matters*



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WELCOME

Welcome to the St Barnabas Hospice Education Prospectus.

At St Barnabas we are passionate about providing gold standard, evidence-based education in Palliative, End of Life and Health Care to benefit patients, individuals, organisations and communities.



Using our experience and expertise we have developed educational programmes tailored to provide personal and professional learning and development for those caring for or supporting people affected by life-limiting illness.

Our programmes are designed to meet the needs of a range of healthcare staff, both registered and unregistered, and non-clinicians. We use a range of teaching methods inclusive of all learning styles, including but not limited to problem-based learning, case studies, simulation, activity-based learning, lectures, seminars, peer learning, quizzes, debates, reflection and games.

Through the development of knowledge, skills and understanding our aim is to promote the highest quality Palliative and End of Life Care for everyone.

Our Educational Values

Our mission at St Barnabas is to ensure all individuals facing the end of their life receive dignified, compassionate care when they require it and where they ask for it. Education at St Barnabas provides the tool to achieve our mission and reflects our values.

AIMING HIGH

We reach for excellence and set the standards for others to follow. Celebrating individual and collective success and actively looking for ways to be even better.

We provide gold standard, evidence-based education that reflects best practice in Palliative and End of Life Care. Our staff and educators are experts in their field with specialist qualifications and knowledge, and years of experience.

BEING COURAGEOUS

We push boundaries and provide challenge – standing up for what is right and supporting others to make a difference across all aspects of our work.

Our education allows people to better care for those at the end of their life and our testimonials show how our education has impacted upon practice to make a real difference.

DOING IT RIGHT

We are ethical and honest and use resources respectfully. Taking responsibility for our actions and doing what we say we'll do – we challenge others to do the same.

Our own staff are educated to the same gold standard that we offer to others, enabling us to provide outstanding care to our patients, service users and customers.

HAVING HEART

People are at the centre of all we do. We're proud of our ability to work in tough situations with resilience, empathy, and kindness.

Feedback from our patients and clients informs the education we deliver, and service user experience underpins everything we do. We aim to make gold standard Palliative and End of Life Care education available to all who need it.

WORKING BETTER TOGETHER

We recognise the power of community; building connections and relationships which help us make a positive contribution. Respecting and valuing all contributions – we are ONE team, united and inspired by our common purpose.

Through interprofessional education and training we enable organisations and communities to expand their knowledge and skills in Palliative and End of Life Care. We offer pre-prepared or bespoke educational packages to suit the needs of individuals and organisations.

Meet the Team



Sarah Christopher
MA Ed, PGC LTHe, BSc
(Hons), FHEA, MC Para
Head of Education

Sarah joined the NHS ambulance service in 1996 and qualified as a paramedic in 1999. In addition to her paramedic registration, she holds a first-class honours degree in Pre-Hospital Care, Royal College of Surgeons Medicine in Remote Areas and Travel and Tropical Health qualifications, PHTLS, ITLS, PGC LTHe and Master's degree in Education. Whilst in the ambulance service she acted as Practice Educator for numerous student paramedics. She worked in the private sector for a number of years including working as part of a technical rescue team. Sarah joined Sheffield Hallam University in September 2011 as a Lecturer in Paramedic Practice progressing shortly after to Senior Lecturer. In 2017 she joined the University of Lincoln to develop and lead the BSc (Hons) Paramedic Science degree programme and taught across programmes within the School of Health & Social Care. Sarah is now Head of Education for St Barnabas Hospice where she is developing and leading the Trust's education and research strategy. She is a member of the College of Paramedics and a Fellow of the Higher Education Academy. Sarah enjoys writing for publication and has had in excess of 20 publications to date. She is currently working on a project with Class Publishing writing a textbook for students studying undergraduate medical, health and social care courses that lead to professional registration. Sarah also has a passion for simulation in medical and healthcare education.



Becki Gore
BA (Hons), Cert Ed
Education & Projects Lead

Becki joined the NHS in 2005 as a Nursing Assistant on a mental health assessment unit following completion of a BTEC National Diploma in Health and Social Care. She holds a first-class honours degree in Health and Social Care (BA Hons), Certificate in Education and Training (Cert Ed), PRINCE2 Project Management and the level 7 Mary Seacole Management and Leadership qualification. In 2009, she moved to work for LCHS carrying out triage within a walk-in centre, where she undertook various clinical education. In 2011, she began her journey working in smoking cessation within ULHT, mental health units and Primary Care. Following completion of the tobacco control Public Health master's degree module, she then became a specialist in smoking cessation and implemented a successful project to reduce prevalence of smoking in pregnancy. In 2019, she became a Lecturer in Health and Social Care at Lincoln College. Becki is now the Education and Projects Lead at St Barnabas Hospice. Becki has a real passion for the power of education and enjoys creating a learning environment where education is facilitated by everyone learning from each other.



Emily Hayden
BSc (Hons), RGN
Clinical Educator

Emily qualified in 2019 with a BSc (Hons) Adult Nursing and worked as a staff nurse at ULHT for almost 2 years on various medical wards. She worked as a band 6 supervisor at the Lincolnshire Showground for the roll-out of the NHS Covid -19 vaccination programme and has continued to keep up her vaccination skills as a St Barnabas flu vaccinator. Emily joined St Barnabas in 2021 due to a passion for palliative care and loves working clinical shifts at the Inpatient Unit. She has a passion for education and works as a Clinical Educator for the Trust, writing and delivering education to both St Barnabas staff and those from other organisations.



Dr Adam Brown
Consultant in
Palliative Medicine

Dr Adam Brown is a palliative medicine consultant and is an expert in his field. He is based in the Inpatient Unit in Lincoln for St Barnabas Hospice and also spends two days a week in Pilgrim Hospital and in the community in Boston and the South-East of Lincolnshire. Adam trained in Newcastle-upon-Tyne and worked as a junior doctor in Durham and in Western Australia before specialising in palliative medicine in the East Midlands. He became a consultant in Lincolnshire in 2012. Adam has always maintained an interest in training and education. He is an educational supervisor for palliative registrars and a clinical supervisor for palliative and GP registrars who rotate through the hospice. He has also supervises Advanced Care Practitioners and Nurses completing Non-Medical Prescribing courses. He regularly teaches foundation and internal medicine doctors and GP trainees, as well as hospital and community nurses and Allied Health Professionals on a range of topics around Palliative and End of Life Care. He has also been involved with teaching and facilitating Project ECHO networks. St Barnabas have hosted medical students for the last six years and Adam has led on the creation and development of these clinical placements. St Barnabas have recently taken on hosting students from Lincoln Medical School during their 4th year clinical training, who each spend a week with across the hospice, hospital and community. Adam has been part of a team developing the clinical experience, teaching and online resources for these attachments. He has also teaches at Lincoln Medical School.

Meet the Team



Dr Carina Bristow

Specialty Doctor Palliative & End of Life Care

Carina is a Specialty Doctor in the St Barnabas Hospice team. She joined St Barnabas officially in January 2017 after having started Palliative Care Specialist Training in 2012 and being placed there on rotation as a Specialist Registrar in 2016. She is passionate about the difference St Barnabas makes to patients and their families in palliative care and this passion and expertise led her to be involved in developing the palliative care curriculum for Lincoln Medical School. St Barnabas have Lincoln medical students attend for a week to experience the care provided in all of the various settings that our staff members cover. Carina plays a key part in developing their communication skills and palliative care knowledge to allow them to be compassionate foundation doctors. She is also involved in supporting nursing colleagues as they progress through Non-Medical Prescribing and Advanced Clinical Practice qualifications. As part of her ward role working with new GP trainees and nursing staff, Carina has developed educational resources for new clinical staff members within the Hospice and other organisations.



Majella Wright
BSc (Hons), RGN

Specialist Nurse Practitioner,
Advanced Clinical Practitioner

Majella's career in hospice, palliative care, and cancer care goes back over thirty years. She finished her Registered General Nurse training in Ireland in 1992, and in 1996, completed a BSc in Cancer Nursing at the Royal Marsden Hospital. Her role as a Clinical Nurse Specialist in lung cancer led her to work with the Institute of Cancer Research where she was part of a trial comparing nurse-led follow-up and medical follow-up in patients with a diagnosis of lung cancer. Following this, Majella worked as a community and hospital Macmillan Nurse in palliative care in North Yorkshire, and this gave her a valuable grounding in understanding what matters to patients and their families at this critical time in their lives. It inspired her to develop an education programme to support a secondment for other members of the Multi-Disciplinary Team (MDT) to learn more about the value of MDT working and supporting patients with a life-limiting diagnosis. Majella's current role is St Barnabas Specialist Nurse Practitioner for the Southwest of the County. She is in the final year of my Master's Programme in Advanced Clinical Practice. She works and supports a team that exhibits care and compassion as a starting position Majella is passionate about passing on her experiences, so others will learn and go forward making a difference to the people they encounter in life and at work.



Tom Rose
BSc, MSc, RGN

Admiral Nurse,
Queen's Nurse

Tom is the lead for the Lincolnshire Admiral Nurse Service hosted by St Barnabas Hospice. Admiral Nurses are dementia specialist nurses who provide relationship-centred support to families, at any point of their dementia, from diagnosis until the end of life and particularly around transitions in care. Tom graduated with a Physics degree from Aberystwyth University before switching careers and has nearly 20 years of experience working in healthcare and nursing. Starting in the care home sector before qualifying as a nurse in 2007, Tom has worked predominantly with older people and families living with dementia in the community and hospital settings in Nottinghamshire

Previous roles have included in-patient assessment, intensive support for those with significant mental health issues at homes, mental health liaison within the acute and care home sector, as a Community Psychiatric Nurse, and before his current post, for seven years as the lead for the Memory Assessment Service in Bassetlaw as a Non-Medical Prescriber. In his current role, Tom leads a team of specialist nurses in providing tier three support for complex dementia care in people's own homes. The service is available for carers and families living with dementia in Lincolnshire

Providing a family and relationship-centred approach to care, Tom supports people across the NHS well pathway for dementia, enabling them to be supported well, live well, and die well. Tom works with his team to deliver and support best practice across Lincolnshire's health and social sector and has taught within Lincoln University. Tom delivers education for the Trust and has written several articles, most recently contributing to a book published by Dementia UK.

His postgraduate work includes a BSc from Nottingham University in 2010 and MSc in Dementia Studies from Bradford University in 2015 and he has spoken several times at the UK Dementia Conference. He has a particular focus on person-centred care, quality of care, cross-professional working, communication, prescribing in dementia, diagnosis disclosure, and carer support. Tom also sits on the Dementia Expert Reference Group for Lincolnshire. He was appointed a Queen's Nurse in 2022 for excellence in improving patient care, education and leadership.



Danny Chester

Clinical Educator
and Staff Nurse

Danny is a Clinical Educator and Staff Nurse in the South-East Community. Danny worked as a Healthcare Support Worker at Pilgrim Hospital in Boston before completing his nursing training in 2011. Danny worked in emergency medicine in Accident and Emergency for many years from newly qualified to a Junior Charge Nurse where he helped to develop and implement the Care Navigator role. Danny was also a trainer for Chemical, Biological, Radiological, Nuclear and Explosive incident management for ULHT. Wanting a change of pace, Danny transitioned into older adult care as a Charge Nurse at a nursing home where he enjoyed the longer-lasting patient relationships and developed a passion for Palliative and End of Life Care. After experiencing first-hand and being impressed by the transformative impact of effective End of Life Care on his loved-ones, Danny joined the South-East Community Team at St Barnabas. Danny is proud and privileged to contribute to both the Education and Community Nursing teams in shaping the future of high-quality, evidence-based end of life care across the county.



Jake Bontoft

Advanced Clinical Practitioner and Research Nurse

My name is Jake, I am an Advanced Clinical Practitioner (ACP) in palliative care based at the Inpatient unit in Lincoln. I am also the Research Nurse for the Trust who is responsible for increasing the Hospice's research activity.

I first graduated from Northumbria University in Newcastle in Three-Dimensional Design before a career change to nursing. I have worked, volunteered and travelled to over 60 countries around the world and 40 states in America. I am a critical thinker, who has a passion for exploring differing ideas and ways of living in this world.

In 2015 I graduated from the University of Lincoln in Adult Nursing. On qualifying I worked in neurological rehabilitation, before securing a role in my desired speciality of palliative care. I have developed within the organisation from a student nurse, healthcare support worker, staff nurse - to my current roles. My evolution within the organisation has led to me being an established and respected member of my team.

I am very passionate about palliative care. I have diverse interests in clinical leadership, patient and family experience, symptom management, evidence-based practice, and innovation.

Through leadership I endeavour to develop myself and those around me to achieve the best that we can for those under our care.



Roleplay & Simulation

We are proud to work in partnership with highly experienced patient actors. This allows us to embed realistic simulation into our education replicating real life scenarios. Additionally, we have in house expertise that enables us to create realistic scenarios using moulage to increase engagement and learning in scenarios through realism.

Special Effects Make Up

St Barnabas offers special effects makeup sessions, ideal for educational events and re-enactments. Led by our Head of Education, Sarah Christopher, an expert in special effects makeup and wound moulage, these interactive sessions are both educational and enjoyable.

Perfect for corporate events, educational settings, or group activities, these sessions provide a unique learning experience. While there is no fixed cost for participation, we kindly request a donation to support our services.

For more information or to book a session, please contact us.



COMING SOON

- Introduction to pharmacology
- Introduction to research & evidence based practice
- Practice education and supervision
- Palliative care emergencies
- Medicines management
- Management of central venous devices for registered health professionals
- Reflection and reflective practice
- 3 day first aid at work
- Dementia awareness
- Bereavement and loss
- Wound care
- Pressure damage and tissue viability
- Gastrostomy care
- Academic and study skills
- Urinary catheterisation and catheter care for registered health professionals
- Introduction to Parkinson's
- Introduction to MND
- Supporting staff through grief and loss
- Frailty
- Medical terminology
- Stoma care
- Syringe Drivers
- Palliative and End of Life Care for primary care
- Cardiovascular disease and blood pressure management
- Course around communication for funeral directors?
- Mental Health First Aid
- Conflict resolution

CPD CERTIFIED

The CPD Certification Service

All our courses are certified by the CPD Certification Service.



We are delighted to be able to offer a range of courses held at the following St Barnabas venues:



LINCOLN
Hawthorn Road
LN2 4QX



GRANTHAM
86 Barrowby Road
NG31 8AF



LOUTH
Grimsby Road
LN11 0SX



BOSTON
Novak House
Endeavour Park
PE21 7TT

We offer both Palliative and End of Life Care specific courses and some tailored to healthcare in general. We also offer bespoke programmes of education and are able to deliver at either one of the St Barnabas venues or at a venue of our clients' choice.

To enquire about a course or discuss bespoke design and delivery, please contact the Education Team on Education@stbarnabashospice.uk

We are proud to have delivered education to:



Testimonials

This was THE best training session I have done since joining healthcare. Fantastic!

I thought today's training was amazing! There's no better way of learning than making it fun and enjoyable. Sarah did just that!

The most interactive session yet that kept me engaged and really made me think about palliation. The case studies were very useful to apply myself to and think about my own cases I have experienced

Excellent delivery, informative and engaging

Very informative and lovely. Good teaching skills

I liked the interactive learning, the tutors were great. It was great hearing the case studies both positive outcomes and ones that could be improved!

OUR COURSES



AN INTRODUCTION TO PALLIATIVE AND END OF LIFE CARE FOR HEALTH PROFESSIONALS

COURSE OVERVIEW


This course aims to provide an introduction to and overview of palliative and end of life care. It considers the complex nature of palliative and end of life patients and explores some of both the clinical and non-clinical considerations.

THIS COURSE IS FOR:


Health professionals and carers working in a clinical role who have contact with patients and families dealing with palliative and end of life care challenges.



 **DELIVERY METHOD**
Face-to-face

 **DURATION**
0900–1600

 **COURSE CAPACITY & COST**
20 places

 Organisational cost for booking full day with maximum number participants – £1425.00
OR
£150.00 per person

INDICATIVE CONTENT

- What is palliative and end of life care?
- Recognition of palliative needs and current thinking
- Identification of palliative care and the Gold Standard Framework (GSF)
- Using the Supportive Palliative Care Indicator Tool (SPICT) and how it helps in the referral process
- The role of the GP
- Acute deterioration and red flags
- Palliative care emergencies
- Symptom management
- Anticipatory prescribing and the gold sheet system
- Medications in palliative care
- Sub cutaneous administration of medications
- Confusion and delirium
- Expected signs and symptoms in palliative care
- The ReSPECT form
- Services available, referrals and useful contacts
- Communication in palliative and end of life care
- The importance of family and carer involvement
- Autonomy and end of life choices
- Welfare – be kind to yourself

ADVANCED COMMUNICATION SKILLS IN PALLIATIVE & END OF LIFE CARE

COURSE OVERVIEW

This course encourages staff to reflect upon and further develop their own communication skills. The course includes simulation and role play with experienced actors providing delegates with the opportunity to hone practical, core communication skills including critical reflection and feedback.

THIS COURSE IS FOR:


Both clinical and non-clinical staff who have contact with patients and families dealing with palliative and end of life care challenges.



 **DELIVERY METHOD**
Face-to-face

 **DURATION**
0900–1600

 **COURSE CAPACITY & COST**
20 places

 Organisational cost for booking full day with maximum number participants – £1425.00
OR
£150.00 per person

INDICATIVE CONTENT

- What is palliative and end of life care?
- Recognition of palliative and end of life care and current thinking
- Patient centred compassionate care
- The four pillars of wellbeing
- Co-morbidities and reversible causes
- Communication needs in palliative and end of life care and difficult conversations
- Transferrable communication skills
- Communication and dementia
- Communicating with someone in emotional distress
- Delivering information effectively
- The importance of family and carer involvement
- Advocating for patients, families and carers
- Decision making, autonomy and end of life choices
- Advance Care Planning
- Lasting Power of Attorney
- ReSPECT forms
- Interprofessional communication

DIABETES AT END OF LIFE

COURSE OVERVIEW

This course provides a refresher on the physiology of blood glucose control in the human body. It explores the pathophysiology of different types of diabetes and equips delegates with the knowledge and skills to manage diabetes at end of life including diabetic emergencies. It considers the use of blood glucose monitoring in Palliative and End of Life Care and includes practical skills in the use of a glucometer

THIS COURSE IS FOR:

Health professionals caring for diabetic patients at end of life.



INDICATIVE CONTENT

- The physiology of normal blood glucose control in the human body
- The pathophysiology of diabetes
- Complications of diabetes
- Best practice management of diabetes in Palliative and End of Life Care
- Diabetic emergencies in Palliative and End of Life Care
- Blood glucose monitoring – practical skills



DELIVERY METHOD
Face-to-face



DURATION
0900–1500



COURSE CAPACITY & COST
12 places



Organisational cost for booking full day with maximum number participants – £900.00
OR
£100.00 per person

THE MANAGEMENT OF BREATHLESSNESS IN PALLIATIVE & END OF LIFE CARE

COURSE OVERVIEW

This course provides a refresher on respiratory physiology and equips delegates with the knowledge and skills to manage breathlessness in the palliative patient. It considers the use of pulse oximetry in Palliative and End of Life Care and includes practical skills in the use of a pulse oximeter.

THIS COURSE IS FOR:

Health professionals caring for patients with life-limiting illnesses



INDICATIVE CONTENT

- The physiology of breathing
- Recognition of breathlessness
- Psychological aspects of breathlessness
- Respiratory failure and respiratory acidosis
- Breathing assessment
- Non-pharmacological management of breathlessness
- Pharmacological management of breathlessness
- Pulse oximetry theory
- Oxygen administration in PEoLC
- Pulse oximetry – practical skills



DELIVERY METHOD
Face-to-face



DURATION
0900–1500



COURSE CAPACITY & COST
12 places



Organisational cost for booking full day with maximum number participants – £900.00
OR
£100.00 per person

PALLIATIVE & END OF LIFE CARE FOR CARE HOME SUPPORT WORKERS

COURSE OVERVIEW

This course is designed to increase confidence and competence in providing Palliative and End of Life Care for Healthcare Support Workers. It increases the ability to recognise Palliative and End of Life needs, considers available services and how to refer, and increases awareness of tools available to support Advance Care Planning.

THIS COURSE IS FOR:

Non-registered Health Care Support Workers providing care for patients and families in residential and care homes with palliative and end of life care challenges.



INDICATIVE CONTENT

- The difference between palliative and end of life
- 4 pillars of wellbeing
- ReSPECT forms
- Advance Care Planning including SPICT
- Common palliative conditions inclusive of frailty
- What services are available and how to refer
- Better collaborative working



DELIVERY METHOD

Face-to-face or online



DURATION

Face-to-face – 0900–1600

OR

Online – 2 x 4-hour sessions



COURSE CAPACITY & COST

20 places



Face-to-face

Organisational cost for booking full day with maximum number participants - £900.00

OR

£100.00 per person.

Online

Organisational cost for booking full day with maximum number participants - £760.00

OR

£120.00 per person.

DYING TO COMMUNICATE

COURSE OVERVIEW

This two-day workshop encourages participants to reflect on the importance of good communication in the support of patients and their families when having challenging conversations around Palliative and End of Life Care. It allows delegates to practice those skills in a safe environment with knowledgeable actors and learn to identify stressors prevalent at work to facilitate and broaden coping strategies. Experienced actors allow simulation and role play.

THIS COURSE IS FOR:

Both clinical and non-clinical staff. This course is useful for anyone who has contact with someone with a life-limiting illness or who is involved in supporting anyone who may be affected. A good example would be HR staff who may be supporting members of their organisation.



INDICATIVE CONTENT

- Theory of communication in complex situations
- The importance of good communication skills
- Answering difficult questions
- The SOLER method
- Breaking bad news
- The Cambridge-Calgary Observation guide
- Silence
- Self-awareness
- Distancing and blocking strategies
- De-escalation
- Managing collusion
- Life-reviewing
- Honesty
- Experiential learning, scenario work with actors and facilitators in a safe environment
- Reflection, reflective practice skills and increased self-awareness
- Encouraging individuals to explore their feelings
- Professional responsibilities and cultural issues



DELIVERY METHOD

Face-to-face, Online or blended model



DURATION

2 days 0930–1600



COURSE CAPACITY & COST

8 places



Organisational cost for booking full day with maximum number participants – £2500.00

OR

£350.00 per person

IMMUNISATION FOR HEALTH CARE SUPPORT WORKERS


COURSE OVERVIEW

Written to the National Minimum Standards and Core Curriculum for Immunisation Training of Healthcare Support Workers (HCSW), this course is designed to train HCSWs to administer vaccines to adults


THIS COURSE IS FOR:

It is recommended that only HCSWs who have achieved education and training to Level Three of the Qualifications and Credit Framework (QCF)4 or equivalent in England and Wales with at least 2 years' experience as a HCSW should be considered for training in vaccine administration. HCSWs working at this level are likely to be at Level Three or above of the NHS Career Framework or the NHS Wales Skills and Career Development Framework for Clinical Healthcare Support Workers.

 **DELIVERY METHOD**
Blended model

 **DURATION**
2 days:
Day 1 e-learning
Day 2 face-to-face

 **COURSE CAPACITY & COST**
20 places

 Organisational cost for booking full day with maximum number participants – £550.00
OR
£65.00 per person.

INDICATIVE CONTENT

Day 1 – e-learning

- National Immunisation Policy and programmes
 - Immunology and types of vaccine:
 - Introduction
 - Influenza
 - Meningococcal
 - Pneumococcal
 - Communicating with patients, parents and carers
 - Legal aspects
 - Vaccine storage
 - Vaccine administration
 - Local PSD for all named drugs
- ### Day 2 – Face-to-face
- Assessment of prior learning
 - Allergic reactions and anaphylaxis
 - Hierarchy of symptom severity
 - Vaccine composition, indications and contraindications
 - Storage, handling, documentation, record keeping and reporting
 - Vitamin B12
 - Basic Life Support
 - Practical vaccination skills.



AN OVERVIEW OF PALLIATIVE & END OF LIFE CARE ONLINE

COURSE OVERVIEW

This course aims to provide a general overview of Palliative and End of Life Care. Delivered in two bite size, interactive online sessions this is ideal for those who are not able to attend face-to-face sessions.


THIS COURSE IS FOR:

Both clinical and non-clinical staff who have contact with patients and families dealing with palliative and end of life care challenges.

 **DELIVERY METHOD**
Online

 **DURATION**
2 x 4-hour sessions

 **COURSE CAPACITY & COST**
20 places

 Organisational cost for booking full day with maximum number participants – £760.00
OR
£120.00 per person

INDICATIVE CONTENT

- Introduction to Palliative and End of Life Care.
- Recognition of deterioration
- Managing frailty and comorbidity at end of life
- Palliative resources within Lincolnshire
- Fast Track Funding
- Communication in Palliative and End of Life Care
- Difficult conversations
- Advance Care Planning and ReSPECT
- Symptom management
- Palliative care emergencies



SEPSIS & RECOGNITION OF THE DETERIORATING PATIENT

COURSE OVERVIEW

This course equips health professionals with the knowledge and skills to recognise deterioration early and manage accordingly. It explores the identification and management of sepsis and the physiological consequences of the unchecked inflammatory response.

THIS COURSE IS FOR:

Health professionals who wish to increase their knowledge around recognition of deterioration and sepsis pathophysiology, recognition and management.



INDICATIVE CONTENT

- The pathophysiology of sepsis
- The signs and symptoms of sepsis
- Red flag sepsis
- Specific complications of sepsis
- The signs of deterioration, including at end of life
- Recognition of deterioration - assessment tools including NEWS2, SPICT and the Australian-Modified Karnofsky Performance Status (AKPS)
- The relevance of NEWS2 in Palliative and End of Life Care
- The management of sepsis and the sepsis 6
- Sepsis in the context of Palliative and End of Life Care

 **DELIVERY METHOD**
Face-to-face

 **DURATION**
0900–1500

 **COURSE CAPACITY & COST**
20 places

 Organisational cost for booking full day with maximum number participants – £900.00
OR
£100.00 per person.

RECOGNITION & MANAGEMENT OF ANAPHYLAXIS

COURSE OVERVIEW


This course provides a refresher on immune physiology and the pathophysiology of allergic reactions and anaphylaxis. It equips delegates with the knowledge and skills to manage anaphylaxis and includes practical skills in intramuscular administration of 1:1000 adrenaline and use of an EpiPen.

THIS COURSE IS FOR:


This course is for registered health professionals working in all settings.



 **DELIVERY METHOD**
Face-to-face

 **DURATION**
0900–1500

 **COURSE CAPACITY & COST**
12 places

 Organisational cost for booking full day with maximum number participants – £900.00
OR
£100.00 per person

INDICATIVE CONTENT

- The normal immune response
- Antigens, allergens, and allergic reactions
- The pathophysiology of anaphylaxis
- The role of chemical mediators
- Signs, symptoms, and complications of anaphylaxis
- •Refractory and rebound anaphylaxis
- Pharmacodynamics of 1:1000 adrenaline
- Anaphylaxis management
- IM injection administration

EMERGENCY FIRST AID AT WORK

COURSE OVERVIEW

This course is the second in the four-layer framework for first aid provision as set down by the Health and Safety Executive. The course is delivered by a Health and Care Professions Council Registered Paramedic who holds a master's degree in education and who has years of experience teaching student paramedics. It is unique in that it involves high fidelity simulation making this an interactive learning experience for participants who will manage a range of realistic first aid emergencies.


THIS COURSE IS FOR:

This course is suitable for individuals wishing to gain basic first aid skills or organisations with 25-50 employees who require trained first aiders in order to comply with Health and Safety legislation.

 **DELIVERY METHOD**
Face-to-face

 **DURATION**
0900–1600

 **COURSE CAPACITY & COST**
12 places

 Organisational cost for booking full day with maximum number participants – £1090.00
OR
£150.00 per person.



INDICATIVE CONTENT

- The role of the first aider
- Preventing cross infection
- Recording incidents and actions
- The first aid kit and equipment
- Scene safety
- The primary survey and identification of threats to life
- The unconscious casualty and the recovery position
- Basic Life Support (BLS) and use of the Automated External Defibrillator (AED)

Identification and management of:

- Choking
- Seizures
- Wounds and bleeding
- Shock
- Burns
- Sprains, strains and fractures

Management of minor injuries including splinter removal

ECG MASTERCLASS

COURSE OVERVIEW

This course covers cardiac electrophysiology and its relationship to the ECG. It teaches a systematic approach to ECG interpretation and considers a variety of cardiac arrhythmias.


THIS COURSE IS FOR:

This course is for health professionals working in all settings.

 **DELIVERY METHOD**
Face-to-face

 **DURATION**
0900–1500

 **COURSE CAPACITY & COST**
20 places

 Organisational cost for booking full day with maximum number participants – £1500.00
OR
£100.00 per person.



INDICATIVE CONTENT

- Cardiac histology
- The electrical conduction system of the heart.
- Cardiac polarisation, depolarisation and repolarisation and the cardiac cycle
- The cardiac axis, vectors, and axial deviation
- The normal ECG and the PQRST complex
- The III and 12 lead ECG
- ECG preparation and lead placement
- Cardiac arrest arrhythmias
- The ECG in acute myocardial infarction
- The stepwise approach to ECG interpretation
- Identification of common ECG arrhythmias and clinical presentations

IV CANNULATION & ADMINISTRATION

COURSE OVERVIEW

This course equips delegates with skills and knowledge in IV cannulation, antibiotic and fluid administration where these skills are within their scope of practice. The course is ideal as a refresher or for those for whom these are new skills. Delegates will receive a workbook which they will need to complete and return prior to attending the course or bring it with them on the day

THIS COURSE IS FOR:

This course is for registered health professionals working in all settings.



INDICATIVE CONTENT

- Legal, professional, ethical issues and patient safety issues.
- Anatomy and physiology underpinning IV cannulation.
- Cannula and vein selection
- IV cannulation – practical skills
- Consideration of infection.
- Sharps safety.
- The physiology of fluid and electrolyte balance in healthy patients compared to during illness.
- Assessment of fluid and electrolyte needs.
- Risks, benefits and harms of IV fluids.
- Administration of IV fluids and antibiotics.
- Cautions, complications and adverse events.
- Monitor, evaluating and documenting clinical response.
- Escalation processes and actions in relation to IV administration.



DELIVERY METHOD

Pre-course workbook and face-to-face session



DURATION

Face-to-face session – 3 hours



COURSE CAPACITY & COST

12 places



Organisational cost for booking full day with maximum number participants – £500.00
OR
£50.00 per person.

CLINICAL OBSERVATIONS FOR HEALTHCARE SUPPORT WORKERS

COURSE OVERVIEW

This course is designed to upskill or reskill Healthcare Support Workers in the acquisition of clinical observations.

THIS COURSE IS FOR:

Healthcare Support Workers working in both NHS and independent sectors.



DELIVERY METHOD

Face-to-face



DURATION

0900–1600



COURSE CAPACITY & COST

12 places



Organisational cost for booking full day with maximum number participants – £1090.00
OR
£150.00 per person.

INDICATIVE CONTENT

- Clinical observations – What are they and when should they be taken? Underpinning physiology. Recognition of normal versus abnormal and when to escalate.

Theory and practical skills:

- Patient appearance
- Pulse and respiratory rate
- Peak Expiratory Flow Rate (PEFR)
- Pulse oximetry
- Temperature
- Blood glucose monitoring
- Manual blood pressure

MANAGEMENT AND LEADERSHIP

COURSE OVERVIEW

This course encompasses the four building blocks needed to become an effective, caring and compassionate manager and leader – self, team goal and strategic awareness. It provides managers and leaders with the knowledge, skills and confidence to effectively manage individuals and lead teams. Delegates will leave with a toolkit of skills and useful resources to embed in everyday practice. Delegates will learn valuable skills enabling them to reflect upon their practice.


THIS COURSE IS FOR:

Managers and leaders or those wishing to work in a managerial or leadership role.

 **DELIVERY METHOD**
Face-to-face

 **DURATION**
2 days - 0915-1600

 **COURSE CAPACITY & COST**
8 places

 Organisational cost for booking full day with maximum number participants – £2500.00
OR
£350.00 per person.

INDICATIVE CONTENT

- The difference between management and leadership
- Different leadership styles
- Development of self-awareness
- Team building and development of individual staff
- Strategic awareness
- Managers toolkit
- Creating and maintaining vision and goals
- Conflict management
- Managing and leading with care and compassion



TEACH THE TRAINER

COURSE OVERVIEW

This course aims to develop skills and knowledge in the delivery of effective education and training. Many people are experts in their field and deliver ad-hoc training on an informal basis. This course equips delegates with the skills to communicate subject knowledge using a range of educational approaches and practical activities for interactive delivery.


THIS COURSE IS FOR:

Individuals with subject specialist knowledge who deliver education and training.

 **DELIVERY METHOD**
Face-to-face

 **DURATION**
0900–1600

 **COURSE CAPACITY & COST**
12 places

 Organisational cost for booking full day with maximum number participants – £900.00
OR
£100.00 per person.

INDICATIVE CONTENT

- Pedagogy – the theory of education
- Learning styles
- Andragogy
- Creating a positive learning environment
- Inclusivity and equity
- Teaching styles
- Session planning
- Learning activities
- Dealing with negativity and disengagement
- Assessment and feedback
- Lesson planning
- The learner voice and reflection



INTERPROFESSIONAL & COLLABORATIVE PRACTICE

COURSE OVERVIEW

This course helps those working in health and social care develop the skills, attitudes and behaviours to function effectively working as part of an interprofessional team, putting the patient at the centre of everything they do.

THIS COURSE IS FOR:

Both registered and non-registered staff working in health and care settings.



DELIVERY METHOD
Face-to-face



DURATION
0900–1500



COURSE CAPACITY & COST
12 places



Organisational cost for booking full day with maximum number participants – £900.00
OR
£100.00 per person.

INDICATIVE CONTENT

- Definition of interprofessional and collaborative practice (IPCP) and their differences.
- The importance of IPCP and necessary enablers.
- The importance of interprofessional education.
- Professional and unprofessional behaviours, professions, professionals and professionalism.
- The patient journey - role appreciation and understanding.
- Serious case reviews – poor IPCP and what could have been done differently.
- Your practice - what is done well and positive changes to help improve outcomes.

EQUALITY, DIVERSITY & INCLUSION

COURSE OVERVIEW

This is an interactive and thought provoking course which encourages those attending to think more deeply about equality, diversity and inclusion.

THIS COURSE IS FOR:

Anyone who wishes to learn about equality, diversity and inclusion including managers who want to embed the principles of the training within their organisations.



DELIVERY METHOD
Face-to-face



DURATION
4 hours



COURSE CAPACITY & COST
12 places



Organisational cost for booking full day with maximum number participants – £600.00
OR £60 per person.

INDICATIVE CONTENT

- Inequality, discrimination and legislation.
- What do protected characteristics mean for employers?
- Inequality, equality, equity and injustice.
- Discrimination.
- Sexual harassment in the workplace.
- Power and privilege.
- The Equality Act 2010.
- Bias.
- ED&I – the future.

EPILEPSY AWARENESS & BUCCAL MIDAZOLAM ADMINISTRATION

COURSE OVERVIEW

This course provides an overview of epilepsy and equips participants with the knowledge, skills and confidence to manage seizures including the administration of buccal midazolam. The course is mapped to the Epilepsy Nurses Association best practice guidelines for training professional carers in the administration of Buccal (Oromucosal) Midazolam for the treatment of prolonged and / or clusters of epileptic seizures in the community. Additionally it equips participants with the knowledge and skills around airway management and assisted ventilation using a bag-valve-mask.

THIS COURSE IS FOR:

This course is aimed at care staff and/or nurses who care for patients with epilepsy and where it is likely their responsibilities may include the administration of buccal midazolam.



DELIVERY METHOD
Face to face



DURATION
0900-1500



COURSE CAPACITY & COST
12 places



Organisational cost for booking full day with maximum number participants – £900.00
OR
£100.00 per person.



INDICATIVE CONTENT

- Pathophysiology of epilepsy.
- Causes of non-epileptic seizures.
- Types of seizures.
- Psychogenic Non-Epileptic Seizures (PNES).
- Status Epilepticus and First Aid management of seizures.
- Psychosocial issues in epilepsy.
- Epilepsy treatments, emergency and individual care plans.
- Sudden Unexpected Death in Epilepsy (SUDEP).
- Legalities of medicines.
- Pharmacokinetics and pharmacodynamics of buccal midazolam.
- Pharmacological considerations of buccal midazolam.
- Safety in medication administration.
- Duty of Care.
- Airway management – theory and practical.
- Bag-valve-mask ventilation – practical.
- Buccal midazolam administration – practical.

SELF-HARM, SUICIDE & SUDDEN DEATH – HELP IN GRIEF AND COPING FOR SUPPORT PROFESSIONALS

COURSE OVERVIEW

This course first covers the subjects of self-harm including causes, behaviours and strategies to help those affected. The course also explores suicide including risk factors and the unique challenges faced by those who have lost a loved one by suicide. Helping strategies are discussed using real-life experiences. Finally, the courses explores the added difficulties when someone has been bereaved by sudden and/or traumatic death and explores grief and strategies to help someone work through their loss.

THIS COURSE IS FOR:

This course is for those working in any role where they may be supporting those affected by self-harm, suicide and/or sudden death. This education is suitable for those working in both clinical and non-clinical roles.



DELIVERY METHOD
Face to face



DURATION
0900-1500



COURSE CAPACITY & COST
20 places



Organisational cost for booking full day with maximum number participants – £1700.00
OR
£100.00 per person



INDICATIVE CONTENT

- Signs of self-harm and the self-harm cycle.
- Helpful interventions.
- Suicide risk factors.
- Suicide in older people.
- The unique challenges for those bereaved by suicide versus death under other circumstances.
- How to help those bereaved by suicide.
- The unique challenges associated with sudden and/or traumatic death compared to death in other circumstances and how they can affect both professionals and families.
- The 5 stages of grief – a critique.
- Complicated grief and Prolonged Grief Disorder.
- Tools and activities to help those affected by grief in managing their own personal journeys.
- Factors contributing to overall wellbeing, health and wellness.
- Healthy coping strategies.

PAEDIATRIC FIRST AID

COURSE OVERVIEW

This course is designed to give a basic introduction to paediatric first aid covering children of all ages. The course is delivered by a Health and Care Professions Council Registered Paramedic who holds a master's degree in education and who has years of experience teaching student paramedics. It is unique in that it involves high fidelity simulation making this an interactive learning experience for participants who will manage a range of realistic paediatric first aid emergencies.


THIS COURSE IS FOR:

This course is designed for parents or those with caring responsibilities, those working with children and those working in health and social care where children are make up part of their patient base.

 **DELIVERY METHOD**
Face-to-face

 **DURATION**
0900–1630

 **COURSE CAPACITY & COST**
12 places

 Organisational cost for booking full day with maximum number participants – £1090.00
OR
£150.00 per person.

INDICATIVE CONTENT

- The aims of first aid.
- The importance of preventing cross infection.
- Recognition of the sick child.
- The primary survey.
- Causes of unconsciousness.
- The recovery position.
- Paediatric Basic Life Support (BLS) with AED.
- Management of choking.
- Respiratory distress in infants and children.
- Respiratory emergencies.
- Management of anaphylaxis and use of an EpiPen.
- Meningitis and sepsis.
- Management of poisoning.
- Childhood rashes – identification and management.
- Management of wounds, bleeding and shock.
- Splinter removal.
- Burns identification and management.
- Electrocutation.
- Identification and management of strains, sprains and fractures.
- Identification and management of head injuries.
- Management of eye injuries.



TRACHEOSTOMY MANAGEMENT

COURSE OVERVIEW

This course equips health professionals with the underpinning theoretical knowledge, practical skills and confidence to care for tracheostomy patients. The course follows best practice guidelines and covers both routine care and care in an emergency. It considers the impact and potential complications of tracheostomy including communicating with tracheostomy patients.


THIS COURSE IS FOR:

This course is aimed at health professionals caring for tracheostomy patients.

 **DELIVERY METHOD**
Face-to-face

 **DURATION**
5.5 hours

 **COURSE CAPACITY & COST**
12 places

 Organisational cost for booking full day with maximum number participants – £500.00
OR £50 per person.

INDICATIVE CONTENT

- Anatomy and physiology
- Infection control procedures and prevention
- Different types of tracheostomy
- Indications for tracheostomy
- Humidification and oxygenation
- Impact and potential complications of tracheostomy
- Cleaning and changing a tracheostomy
- Checking and documenting cuff pressure
- Fitting, changing and managing an inner cannula tube
- The use of suction in patients with a tracheostomy
- Identification of red flags
- The importance of communication and advance care planning in relation to tracheostomies.



SYRINGE DRIVER TRAINING

COURSE OVERVIEW

This course covers basic syringe driver theory and practical training equipping staff with the knowledge, skills and confidence to manage syringe drivers.

THIS COURSE IS FOR:

This course is for health professionals, nursing associates and care home staff who wish to upskill or refresh skills in the use of syringe drivers.



DELIVERY METHOD
Face-to-face



DURATION
3 hours



COURSE CAPACITY & COST
12 places

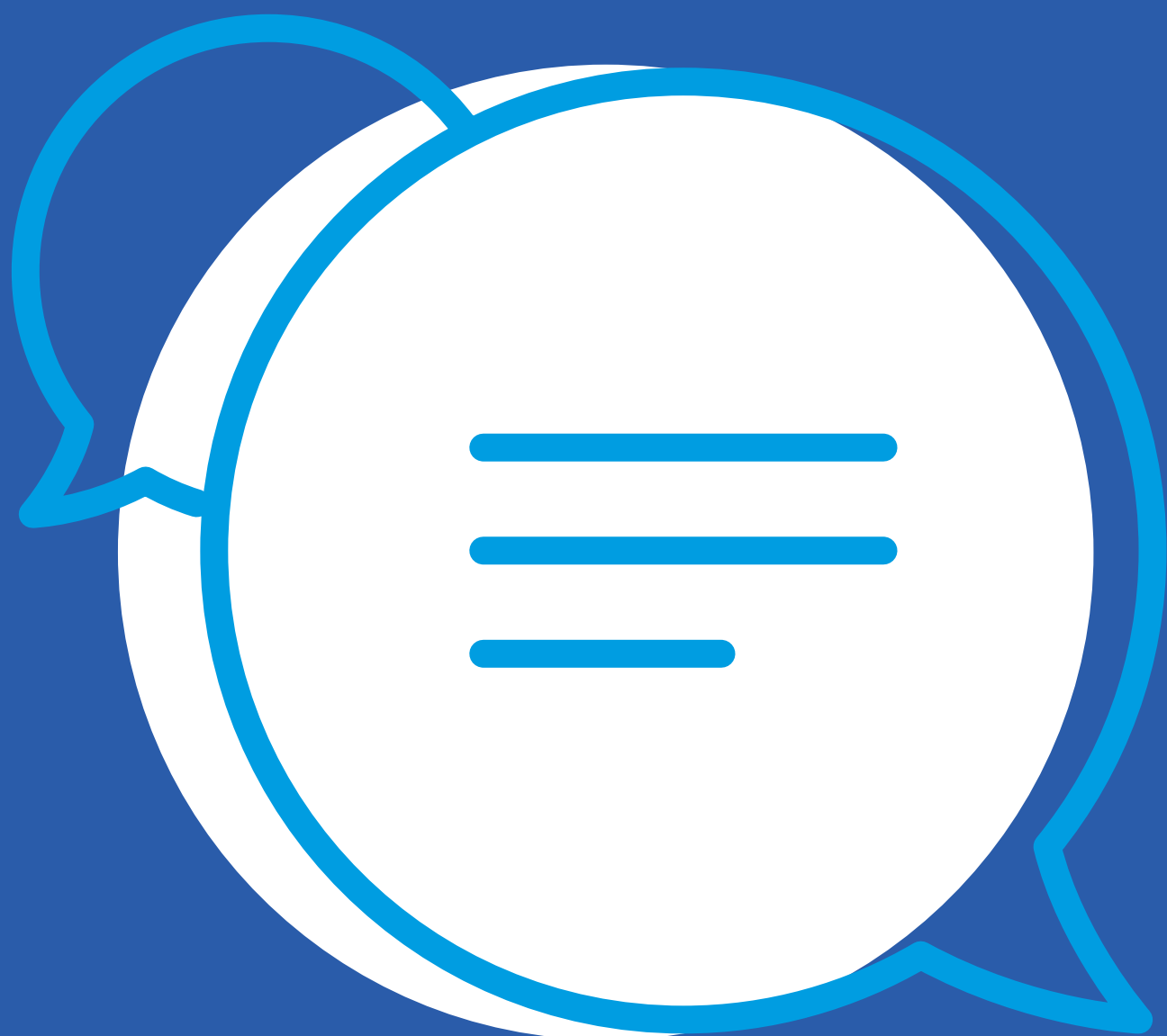


Organisational cost for booking full day with maximum number participants – £500
OR
£50.00 per person.

INDICATIVE CONTENT

- When to commence subcutaneous continuous infusion (CSCI).
- Reflection upon previous experiences.
- Policies and guidelines to support practice including decisions around management of CSCI.
- Common medications used in CSCI for 1st and 2nd line treatments.
- Use of opioid conversion charts to calculate equivalent doses.
- Identify what equipment is required to commence CSCI.
- Document completion and record keeping.
- Subcutaneous cannulation.
- Eetting up a syringe driver.
- Checks, monitoring and safety.
- Site reactions.
- Common faults and alarms.





EDUCATION

Please note that prices may be
subject to periodic review.

St Barnabas Hospice Trust
(Lincolnshire) registered address:

**Hawthorn Road
Lincoln
LN2 4QX**

**01522 518 200
education@stbarnabashospice.co.uk**

Registered Charity No. 1053814

StBarnabasHospice.co.uk

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