

A Practical Guide to Best Practice Symptom Control & Management in End of Life Care

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Tuesday 13th December 2022

Virtual Conference



Speakers include:

Dr Andrew Tweddle
*Consultant in Palliative
Medicine*
The Royal Marsden
NHS Foundation Trust

Dr Angela Halley
*Consultant in Palliative Symptom
Control and Palliative Care Team*
The Royal Marsden NHS
Foundation Trust

Dr Sam Edward,
*Medical Director
and Consultant in
Palliative Medicine*
North London Hospice

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“Poorly controlled symptoms can lead to considerable distress for the dying person.”

Care of dying adults in the last days of life, NICE

The findings from the most recent National Audit of Care at the End of Life Report showed that for patients dying in hospitals:

- 73% of respondents felt the person was given sufficient pain relief, 9% disagreed or strongly disagreed
- 69% felt the person had sufficient relief of symptoms other than pain (such as nausea or restlessness) always or most of the time, 10% disagreed
- 60% felt the person had support to drink or receive fluid if he/she wished always or most of the time, 12% disagreed
- 56% felt the person had support to receive nutrition, 13% disagreed

“By continuing to assess signs and symptoms that suggest someone is in the last days of their life, responsive and compassionate care can be provided to ensure that the person is as comfortable as possible if their condition continues to deteriorate.”

NICE

It is widely recognised that pain and symptom control at the end of life is not always optimal, this conference focuses on symptom control and management in end of life care – supporting you to deliver best practice in managing both common and difficult to control experienced symptoms to maintain the person’s comfort and dignity without causing unacceptable side effects. The conference will focus on both pharmacological and non-pharmacological methods of symptom management and also discuss symptom control for patients at the end of life with Covid-19.

This conference will enable you to:

- Network with colleagues who are working to improve symptom control and management for people at the end of life
- Reflect on the lived experience of a person with a terminal illness and how we can better involve people in decision making and preferences for symptom management
- Learn from outstanding practice in managing common, and difficult to control symptoms at the end of life
- Reflect on national developments and learning
- Symptom control in Covid-19 patients at the end of life
- Ensure effective management of pain, breathlessness and respiratory secretions, nausea and vomiting, constipation and other common end of life symptoms
- Improve the way pain is managed at the end of life, including the use of controlled drugs
- Develop best practice in prescribing for symptom control in End of Life Care including developing the role of the non-medical prescriber
- Understand prescribing side effects and toxicity at the end of life
- Understand how you can improve the management of hydration and nutrition including latest evidence on Clinically Assisted Nutrition and Hydration
- Identify key strategies for managing Agitation, Delirium and Anxiety at the end of life
- Develop your role in providing physiological, psychological, social and spiritual support
- Improve the use of complementary therapies
- Self assess and reflect on your own practice
- Supports CPD professional development and acts as revalidation evidence. This course provides 5 Hrs training for CPD subject to peer group approval for revalidation purposes

10.00 AM Chair's Welcome & Introduction

Dr Sam Edward *Medical Director and Consultant in Palliative Medicine, North London Hospice*

10.10 End of Life Care, Covid-19 & Managing Breathlessness

Dr Sam Edward
*Medical Director and Consultant in Palliative Medicine
North London Hospice*

- current issues and challenges in ensuring high quality end of life care during the Covid-19 pandemic
- making difficult decisions around ceilings of treatment and where possible ensuring timely honest conversations about the person's preferences and priorities, including advance decisions to refuse treatment
- managing Covid 19 symptoms for patients in the community, including at the end of life
- improving care for dying adults in the last days of life: working with hospitals, hospices, care homes and in the community

10.40 Promoting equity in access to palliative and end-of-life care for ethnic minorities: Lesson from Covid-19

Claude Chidiac
*Nurse Consultant Palliative Care
Homerton University Hospital*

- the impact of Covid-19 on symptoms, clinical characteristics and outcomes
- operational and system-level changes to improve access and referral to palliative care for those from ethnic minority background
- implications for practice, policy, and research beyond the Covid-19 pandemic

11.10 Small Breakout Groups

11.30 *Comfort Break and Virtual Networking*

11.50 EXTENDED SESSION: Managing Pain at the End of Life

Dr Andrew Tweddle
*Consultant in Palliative Medicine
The Royal Marsden NHS Foundation Trust*

- pain assessment and management leading up to the end of life and during the dying phase
- toxicity and side effects
- the practicalities and governance of prescribing controlled drugs
- developing the role of anticipatory prescribing
- the use of Syringe Drivers and Syringe Driver combinations
- case based discussions

12.35 Supporting patients the end of life with delirium

Dr Dee Traue
*Consultant in Palliative Medicine
North London Hospice*

- supporting patients with delirium at the end of life
- patients at home with unresolved delirium
- improving information for patients and carers

13.10 *Lunch Break and Virtual Networking*

13.40 PM Chair Welcome

Linda Nazarko OBE *Consultant Nurse Physical Healthcare, London North West Healthcare NHS Trust*

13.40 Nutrition and Hydration within the Dying Phase including Clinically Assisted Nutrition and Hydration

Dr Angela Halley
*Consultant in Palliative Symptom Control and Palliative Care Team
The Royal Marsden NHS Foundation Trust*

- hydration and nutrition in the last days of life - guidance and evidence
- the role of clinically assisted hydration may relieving distressing symptoms associated with dehydration
- making decisions about CANH - the BMA/RCP Guideline and Framework
- ethical and legal considerations of withdrawing hydration and nutrition at the end of life in clinical practice
- discussing and assessing hydration with patients, family and staff at the end of life

14.10 EXTENDED SESSION: Managing Common and Difficult to Control Symptoms at the End of Life

Dr Edith Israel
*Head of Palliative and End of Life Care, Northwest Surrey
Medical Director, Woking and Sam Beare Hospice*

- common symptoms at the end of life and best practice management
- principles of symptom management
- approaches to managing nausea and vomiting
- breathlessness and respiratory secretions
- symptom assessment and management
- difficult to manage symptoms and palliative care emergencies at the end of life
- ensuring 24/7 access to support to all people at the end of life including those at home
- progress from the 2021 Update of the NICE End of Life Care Quality Standard

14.50 Personal Healthcare Budgets in End of Life and Fast Track Continuing Healthcare

Dr Rebecca Barker
*Clinical Lead, Personalised Care
and Consultant Anaesthetist, Sherwood Forest Hospitals*

15.00 Small Breakout Groups

15.10 *Comfort Break and Virtual Networking*

15.25 Providing Physiological, Psychological, Social and Spiritual Support

Revd Dr Steve Nolan
*Spiritual Care Lead & Freedom to Speak Up Guardian, Princess Alice Hospice
Visiting Research Fellow, The University of Winchester*

- managing and supporting people through the psychological impact of dying
- developing the role of spiritual support
- our experience

15.55 Continence Care at End of Life

Linda Nazarko OBE
*Consultant Nurse Physical Healthcare
London North West Healthcare NHS Trust*

- reasons why a person may develop continence issues at end of life
- assessment and management of diarrhoea, constipation and faecal impaction
- improving practice
- possible obstacles in differing care settings and practical solutions

16.25 *Close*

There will be time after each speaker session for Questions and Answers

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Venue

This conference is run virtually on Zoom with a live stream and interactive breakout sessions. There is a dedicated landing page with resources available for 3 months after the event date.

Date

Tuesday 13th December 2022

Conference Fee

- £295 + VAT (£354.00) for NHS, Social care, private healthcare organisations and universities.
 £250 + VAT (£300.00) for voluntary sector / charities.
 £495 + VAT (£594.00) for commercial organisations.

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**Group Rates

A discount of 15% is available to all but the first delegate from the same organisation, booked at the same time, for the same conference.

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Confirmation of Booking

All bookings will be confirmed by email, unless stated otherwise. Please contact us if you have not received confirmation 10 days after submitting your booking. The access code for the virtual portal will be sent in the week before the conference.

Exhibition

If you are interested in exhibiting at this event, please contact Carolyn Goodbody on 01932 429933, or email carolyn@hc-uk.org.uk

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