



Sobell Study Centre

VOLUME 1, ISSUE 2

OCTOBER 2015

Welcome to Sobell Study Centre

Sobell Study Centre supports health and social care staff locally, nationally and internationally, through high quality education delivered by experienced and renowned facilitators.

We offer specialist need-based and bespoke palliative care training courses and conduct research studies to identify means and methods to promote health and social care.

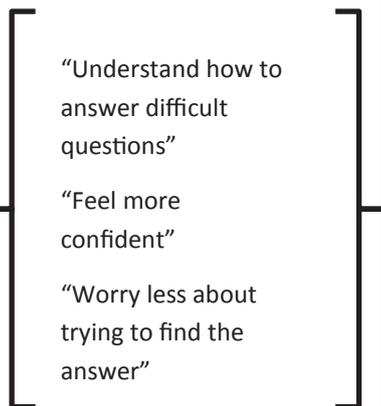
Inspiring nurses of the future

Student nurses from Oxford Brookes University are offered study days developed especially for them at Sobell Study Centre.

The need to deliver such sessions arose from the number of requests received by the Advanced Nurse Practitioners working in the community team for students to accompany them on a day's work. The requests were more than could be accommodated, so the team initially delivered a 2 hour session to meet the needs of several students at once. This grew to a half-day session, which at the students' request has now developed into a full day!

The broad aims of the study day are to develop confidence in communicating with people approaching the end of life in any care setting, and to understand hospice, palliative and end of life care. The days are interactive in nature, and include a tour of the hospice, often meeting members of the multidisciplinary team such as music therapist, day services team .

Such days have run since 2012; to date 12 sessions have been facilitated with over 175 student nurse attending. Evaluation comments include increased confidence in practice, and understanding of palliative and end of life care.



Perhaps we may have inspired people to consider a future career in end of life care.

SPECIAL POINTS OF INTEREST:

- [Courses at Sobell Study Centre](#)
- [End of life care symposium - 10th of November](#)
- [Cecily Saunders lecture.](#)
- [Research at Sobell Study Centre](#)

INSIDE THIS ISSUE:

- [Course updates](#) 2
- [New courses](#) 3
- [Mindful Yoga](#) 7
- [Advanced pain management course dates](#) 8
- [Contact details](#) 8



Our website is changing. Please visit our website at: <http://sobelleducation.org.uk/> to view the new design and remember to update your bookmark.

Difficult Conversations about Death, Dying and Loss

As our first study day of the new programme, we focussed upon the issue that seems to cause much worry amongst health and social care practitioners – how to participate in what is considered to be a “Difficult Conversation”.

The session was led by experienced facilitators and was attended by participants from a variety of backgrounds – nurses, occupational therapists, chaplains, social care workers.

In a gentle yet skilled manner the facilitators helped the group to understand the notion of a “Can of Worms”, the fear of opening a conversation that is then hard to discuss, followed by techniques to enable the conversation to be effective, understanding of personal barriers and an opportunity to practice the skills in a safe environment.

The study day will run again in April 2016, and already has participants booked on!

Introduction to Palliative Rehabilitation

Our second study day was planned for occupational Therapists and Physiotherapist and was facilitated by members of the Day services team at Sobell House.

With improvements in treatments and management there are an ever-increasing number of patients that fall under the “palliative heading”. This patient group can benefit a great deal from therapy input, but they can have complex needs, therefore the aim of this study day was to develop confidence in the skills of

those working with the patient group.

An interactive approach led to the understanding of palliative rehabilitation and relevant precautions and contraindications to interventions, and also skills in meaningful interventions.

The feedback was so encouraging that more study days are being considered by the team for our next programme!

Oncology update

A new venture for Sobell Study Centre was the introduction of the Oncology Update. Acknowledging the huge advances that have been made recently in oncological care, presenters were expert practitioners from Oxford Oncology services, and covered the topics of Head and Neck Cancers, Breast Cancer, Brain Tumours, Melanoma and Pancreatic Cancer.

Addressing the past, present and future of care for

these patient groups, incorporating current research, the speakers gave stimulating and thought provoking presentations to an audience of medical and nursing staff.

Feedback has led us to agree that the course should run again next Autumn with a different range of cancers to be considered.

End Of Life Care Education for Nursing Assistants

This is a scheme of work for those team members who have been in post for longer and wish to further develop their End-Of-Life-Care (EOLC) skills. Building upon the format of the induction session, this half day workshop focusses upon understanding what is palliative care and what is end of life care, communication skills, recognising the dying phase of life and looking after ourselves.

This session is due to run 6 times during 2015 and has been supported by the Oxfordshire End of Life Care Education fund. Four of these sessions are due to run at Sobell Study Centre, and 2 at the Horton General Hospital, Banbury.

Future dates
22 Oct and 7 Dec 2015

To book a place, contact Andrea Doherty at:

Andrea.Doherty@ouh.nhs.uk

Future courses and dates

2015

OCTOBER 8TH

Spiritual Distress at the End of Life £95

OCTOBER 16TH

Breath-Body-Mind Integration £95

NOVEMBER 9TH

Your Future, Your Choice?
The nitty-gritty of Advance Care Planning £95

NOVEMBER 13TH

Death & Dying – Real Life Experiences £90

NOVEMBER 20TH

Self-care : Strategies for Resilience and Stress Management £90

NOVEMBER 27TH

Let's Talk About Sexuality £95

DECEMBER 3RD

Getting Our Priorities Right: Care for a Dying Person £95

2016

JANUARY 28-29TH

General Medicine £295

FEBRUARY 3RD

Lymphoedema – How do we treat? £95

FEBRUARY 9TH

Creative Reflective Practice £95

FEBRUARY 23RD

Working with Carers: Living with Loss and Change £95

MARCH 3RD

Handling Complaints & Effective Record Keeping £95

MARCH 14TH

Intelligent Compassion £95

APRIL 14TH

Telephone Skills in Palliative Care £95

APRIL 19TH & 20TH

An Introduction to Mindfulness in Healthcare £190

APRIL 22ND

Breath-Body-Mind Integration £95

APRIL 26TH

Difficult Conversations about Death, Dying and Loss £95

2016

APRIL 29TH

Challenging decisions at the end of life: An ethics and law toolkit £95

MAY 19TH Getting Our Priorities Right: care for a Dying Person £95

OXFORD ADVANCED PAIN AND SYMPTOM MANAGEMENT COURSES 2016

16 & 17 June – Newcastle

22 & 23 June – Nottingham

7 & 8 July – Oxford

14 & 15 July – Oxford

Cost £495 (£450 early bird)

You can check for regular updates on our course programmes and schedules on our LinkedIn page.



Change of date!

Please note, the course on **Intelligent Compassion has been rescheduled for the 14th of March 2016**

Cicely Saunders lecture

In memory of Dame Cicely Saunders, the founder of the hospice movement as we know it today, an annual international lecture is held at the Cicely Saunders Institute, King's College London and via online webinar session transmitted around the world.

This year's lecture was held on 6 July and included a group from Oxford.

The speaker was Dr Eduardo Bruera, who spoke on "Clinical Interventions to enhance the expectation of healing: continuing on the pathway of Dame Cicely".

The talk presented a review of clinical research on how the delivery of palliative care can be more effective by making changes in the physical environment (ambient music, no waiting room), measuring symptoms, posture (sitting vs. standing), communication style, physical exam, giving prompt sheets and audio recording and phone care interventions.

The talk was engaging, and both reassuring and challenging at the same time – a link can be found on our website, in the News section, if you would like to watch the lecture.

Research at Sobell Study Centre

In addition to our specialist educational courses, we also host research activity.

Our clinical research programme sits within both the University of Oxford, Experimental Medicine Division of the Nuffield Department of Medicine, and the Oxford University Hospitals.

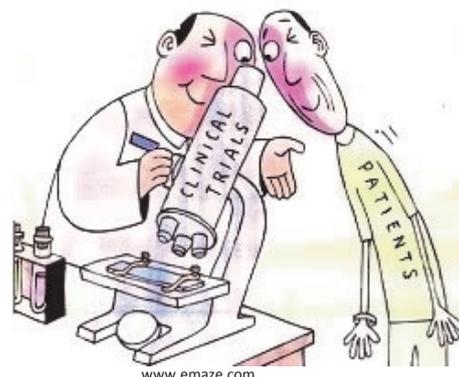
The Sobell House research group and its programme have strong links with Harris Manchester College at the University of Oxford, Oxford Brookes University and other academic centres both at national and International level.

Pilot Research Study now recruiting at Sobell House

Supporters of Sobell House Hospice may remember the wonderful fundraising effort undertaken by Richard Mayon-White. Sailing solo across the Atlantic in a tiny 21-foot yacht in memory of his Mother, Richard raised £20,000 to fund a Pilot Research Study to explore how we can better support family members and friends who are looking after a loved one with palliative care needs at home. The study is trying to find out if receiving practical skills training from a specialist occupational therapist in activities chosen by the patient and their family, helps improve family carer's confidence to care.

The study is now open and we are actively recruiting participants. The Sobell Community Nurses are giving out information packs about the study to patients and their family who are interested and eligible to join when they visit them at home.

If you would like further information about the research study, please contact Jo Bayly, the research manager on 07584 657 079.



FREE Communication skills training



Sage and Thyme – Dealing with people in distress (Communication skills training) is an evidence based half day workshop available to practitioners within many Oxfordshire health and social care settings. The course has been offered for the past 3 years and over 400 people have attended so far.

Future dates and booking forms available from ssc@ouh.nhs.uk

The course is offered free of charge but there is a £30 fee for non-attendance!

End of Life Care conversations

We have also hosted two workshops at Sobell Study centre facilitated by a team from University Hospitals South Manchester which delivers Sage and Thyme Communication Skills training specifically for Advance Care Planning and End of Life Conversations. Attendees have included GPs, District Nurses, Specialist Registrars, Advanced Nurse Practitioners and pharmacists.

Feedback has been positive, and it is felt that the session will enhance the skills of practitioners in enabling patients to consider what is important to them as they approach the end of life.



GP champions

The role of GP champion arose when a forerunner of Oxfordshire Clinical Commissioning Group, the PCT, applied for an education grant to support rotations for nursing staff, allied health professionals and to develop the role of GP champion. The role is educational in its focus. The concept is to improve end of life care through a focused approach with GP champions providing a point of contact for colleagues, mentorship and leadership in their locality.

Across Oxfordshire there is a position in each of the six localities, plus one in the 'Out of Hours' service.

This is the first appointment to this role and offers a fantastic opportunity to improve communication regarding end of life care between services working by day and services covering at night and weekends.

Each of the GP champions addresses different areas of end of life care with general practice, such as Advance Care Planning, IT systems, sharing knowledge etc., whilst at the same time supporting colleagues across the county. They have dedicated time allocated to the role, and receive support to undertake the role

End of Life Care Symposium

10th November 2015

Care of the Dying in OUHT: Our Business

Learning objectives

Hear from nationally renowned speakers

Hear from our Chief Executive, Nursing Director & Medical Director

Speak with our partners delivering end of life care in Oxfordshire

Hear about our End of Life Care Strategy

Programme of events (Titles may change)

08.00	Registration and coffee	
08.30	Welcome	Dr Mary Miller, Chair
08.40	Setting the scene	Dr Berendt, Catherine Stoddart and Dr Holthof
08.45	Ombudsman	Dr Charles Turton
09.15	End of life care is our business	Dr Bee Wee
09.45	Excellence in nursing	Dr Shelley Dolan
10.15	Questions from the audience	
10.30	Coffee and posters	
11.00	Making decisions about CPR	Dr David Pitcher
11.30	Difficult conversations on the acute medical unit	Dr Elin Roddy
12.00	Questions from the audience	
12.30	Introducing the OUH strategy	Dr Tony Berendt
12.40	Learning and action point	Dr Berendt, Catherine Stoddart and Dr Holthof
12.50	Closing remarks	
13.00	Close of symposium	

Practicalities

Booking:	Email your name to ssc@ouh.nhs.uk to book your coffee and your place
Venue:	Lecture theatre, JR
Cost:	Free to you – supported by an educational grant
Education:	CPD points – 4 points (application in process) Nursing and pharmacy revalidation supported

Mindful Yoga

To support the study day being offered at Sobell Study Centre, music and yoga therapist Kate Binnie published an article in e-hospice (summarised here)

Breathlessness and associated anxiety is common in patients with advanced illness and is a major cause of hospital admissions at the end of life (1,2). Patients and their carers are – understandably – fearful of this debilitating and complex symptom for which pharmacological options are limited.

Not being able to breathe is a primal, life-threatening sensation, and quality of life is severely reduced in those living with this often under-assessed and under-treated symptom, whatever their disease (3). Like pain, breathlessness is a subjective experience and, similarly, breathlessness has affective and sensory dimensions (4). People with advanced disease experiencing refractory breathlessness may suffer from anxiety, panic attacks, fatigue, depression, cognitive difficulties/confusion, hopelessness and isolation (5).

Carers (who are often older and unwell themselves) are negatively affected; oxygen cylinders and masks need to go everywhere, acute attacks are frightening and impossible to manage, cognitive changes and physical dependency all take their toll and close relationships and carer health can suffer (6).

Mindful yoga offers a simple, practical way to develop awareness of breathing and thinking that is non-judgemental and compassionate, and this I believe to be a key process. Negative internal voices (“I caused this by smoking” or “I’ve just got to get on top of this”) are replaced by kind and positive affirmations (“I let go”, “I forgive” or “I relax my breath”). Awareness of held body positions and muscles (tight shoulders, collapsed chest) is cultivated and reversed and simple exercises, suitable for even the most disabled patient are taught and practised in order to release and strengthen primary and secondary respiratory muscles.

I have been running a mindful yoga group at Sobell House, Oxford for nearly five years. Along with pain, breathlessness is one of the most troublesome physical symptoms for the patients I have met there, with anxiety (affecting sleep, quality of life, relationships etc.) the predominant psychological symptom.

“The yoga gives me something I can do. I feel in charge of my body.”

“I feel relaxed and I used to panic about things.”

“I feel confident to do without my oxygen much more.”

“My pain levels are less random and more predictable giving me better coping ability... overall a huge improvement in living with pain.”

To find out more about the evidence-base for mindful yoga, learn specific techniques for working with breathlessness, anxiety and pain – and to incorporate these into your own self-care and build personal resilience – come along to our training day on 16 October.

References

1. Blackmore S, Iles M, Verne J. *Deaths from respiratory diseases: implications for end of life care in England*. National End of Life Care Intelligence Network; 2011. Available from: <http://www.endoflifecare-intelligence.org.uk>
2. Solano JP, Gomes B, Higginson IJ. A comparison of symptom prevalence in far advanced cancer, AIDS, heart disease, chronic obstructive pulmonary disease and renal disease. *Journal of Pain and Symptom Management*. 2006; 31(1):58-69. doi:10.1016/j.jpainsymman.2005.06.007.
3. Gysels MH, Higginson IJ. The lived experience of breathlessness and its implications for care: a qualitative comparison in cancer, COPD, heart failure and MND. *BMC Palliative Care*. 2011; 10:15. doi:10.1186/1472-684X-10-15.
4. Booth S, Chin C, Spathis A. The brain and breathlessness: understanding and disseminating a palliative care approach. *Palliative Medicine*. 2015; 29(5):396-98. doi:10.1177/0269216315579836.
5. Bailey PH. The dyspnea-anxiety-dyspnea cycle – COPD patients’ stories of breathlessness: ‘It’s scary /when you can’t breathe’. *Qualitative Health Research*. 2004; 14(6):760-78. doi:10.1177/1049732304265973.
6. Miravittles M et al. Caregivers’ burden in patients with COPD. *International Journal of Chronic Obstructive Pulmonary Disease*. 2015; 10:347-56. doi:10.2147/COPD.S76091.

General Medicine for Palliative Care Physicians

This course addresses general medical topics with the majority of speakers drawn from outside the field of palliative medicine.

Dates for 2016:

28 – 29 January : Oxford £295

This course aims to provide:

- an updated knowledge of current research in and management of the diseases covered
- an opportunity to ask the expert speakers questions and through discussion be able to understand how to bring new knowledge to practice in palliative care
- a network with colleagues and an opportunity to learn through discussion and enjoy the social aspects of the course.

For course programme and booking details see

www.sobelleducation.org.uk

or call

01865 225886

Advanced Pain and Symptom Management Course

This is a well established two-day course which attracts an international audience.

Dates for 2016:

Speakers are well regarded in their specific fields of care.

16-17 June : Newcastle

Four dates are offered each year, in Newcastle, Nottingham and in Oxford.

22-23 June: Nottingham

7 - 8 July: Oxford

14-15 July: Oxford

Cost £495 (£450 early bird)

Sobell Study Centre
Sobell House
Churchill Hospital
Oxford
OX3 7LE
01865 225886
ssc@ouh.nhs.uk



End of Life Care Education Fund

For practitioners working within Oxfordshire, there is a fund available for palliative care education costs. To request an application form, please contact ssc@ouh.nhs.uk

www.sobelleducation.org.uk