

Palliative Care Education and Training Programme for Health Professionals and Community Workers



In 2016, our Kapiti base in Paraparaumu celebrated twenty years of service to the community. A butterfly was made to represent each of the 2169 people who died in our service over that time.

2017

Our Vision

That people in our communities who need palliative care have access to compassionate and quality care, when and where they need it.

Our Approach

Taking a whole person approach, we will provide and promote high quality specialist palliative care, grief support, education and care planning services. Working alongside our health partners, we aim to make a difference in the community we serve.

Mary Potter Hospice has set this vision within its Strategic Business Case for the next ten to fifteen years, the essence being quality of care, when and where people need it.

Respect

Dignity

Compassion

Hospitality

Stewardship



*Rongoa Workshop during Matariki
– traditional Māori healing plants*

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For further information and individual brochures, please see our website: www.marypotter.org.nz

Welcome - Haere Mai



Speaker panel at The Dying Mind Symposium 2016

Mary Potter Hospice provides a wide range of learning opportunities for health professionals, health workers, community workers, and groups.

The aim is to provide and promote evidence based knowledge, skills and expertise to meet the needs of their patients, clients, families and whānau.

Education and training is provided in a supportive environment that meets the needs of health and community and social care workers across the range of sectors and services providing palliative and end of life care.

The learning activities and methods we use provide an opportunity for experiential, exploratory and collaborative learning and we encourage and welcome participation and interaction from the course participants.

We foster and maintain strong links, placements and internships with the tertiary educational institutions including the University of Otago, the Wellington School of Medicine, the Schools of Nursing at Victoria and Massey Universities and Whitireia Schools of Nursing including the Māori and Pacific School of Nursing programmes.

We also work with Weltec, and other private training providers across the complementary health spectrum in massage and music therapies, physiotherapy including traditional Māori healers (rongoa).

As a specialist centre, we can also negotiate targeted onsite training in loss, grief and bereavement and all things pertaining to the management of end of life.

Whetū i te rangi The 'stars' in the sky



According to Māori mythology the creation of the stars are a spiritual connection to the cosmos. They provide a calendar for cultivation and food gathering. They represent a navigational map for 'way finders' and travellers, keeping them safe on their journey. They are a shining reminder of loved ones whose life-journey has ended.

As the stars guided the great Māori navigators to Aotearoa, Mary Potter Hospice supports and guides our patients and their families or whānau on this journey.

Each patient, too, is like a star guiding the Hospice and its work. And our patients are with us, in our memories and hearts, like the stars in the sky, when their journey ends. Te Pou Tautoko (The Hospice Māori support group) chose the phrase 'Whetū i te rangi' to depict this philosophy.

E tūnga matua te mahi a ngā kaiako ki te whakaako i ā tātou tamariki.

A teacher's job is important as they are the ones who teach our children.

Compassionate Communities: Grief Talk - Healing Grief in our Communities



*"Kahikatea stand together;
Their roots intertwine,
Strengthening each other.
We all help one another
And together
We will be strong."*

*Compassionate Communities
Newtown Community Centre 2016*

This process of exploring grief through the creative arts and practice will be examined in this one day workshop. We will bring together artists, songwriters and storytellers to help to unlock stories of grief and find ways to build resilience in communities.

You will leave with tips and tools to use in working with children, family/whanau and also to use in your own reflective practice.

The course is targeted at health professionals and/or community workers. It is presented by Mary Potter staff including counsellors, Maori and Pacific liaison workers, educators, psychotherapists, social workers and spiritual carers and is facilitated in partnership with creative practitioners in the community.

Date:

Thursday June 1 9:00am to 4:30pm

Venue:

Pātaka Art & Museum, Cnr Norrie and Parumoana Streets, Porirua City

Cost: \$80.00 (incl. GST) per person

To register please go to <http://marypotter.org.nz/registration/>

For help and further information, please contact:

Education Administrator on
education@marypotter.org.nz or phone (04) 381 0152

Building Compassionate Communities



*Dia De Los Muertos – the Mexican
Day of the Dead Public Talk 2016*

Our education team can also co-design workshops to suit your unique community's needs so don't hesitate to contact us with your questions.

**To discuss your education and training needs further,
please contact:**

Clare O'Leary
Palliative Care Educator
clare.oleary@marypotter.org.nz or phone (04) 381 0169

Genesis Palliative Care Lecture Series 2017

Hospice New Zealand offers access to monthly palliative care lectures which are delivered across New Zealand via teleconference.

Mary Potter Hospice facilitates these lectures in each of the Hospice sites and health colleagues and partners are very welcome to join us.

The lectures take place on the first Thursday of every month from February – December from 7.30-8.30am.

A light breakfast is provided.

If you wish to be notified and attend these lectures please notify one of the following facilitators:

Wellington site

Rahera Rapira-Davies
Email: rahera.rapira-davies@marypotter.org.nz
Phone: (04) 381 0152

Porirua site

Andrea Campbell
Email: andrea.campbell@marypotter.org.nz
Phone: (04) 237 7563

Kapiti site

Debra Minty
Email: debra.minty@marypotter.org.nz
Phone: (04) 296 1283

Cost:

Koha

www.hospice.org.nz

This series is proudly supported by Genesis Oncology Trust.



Hospice New Zealand Palliative Care Education for Health Care Assistants Working in the Aged Residential Care Setting

"I feel these group sessions help keep us all on track and reaffirm what we've been taught and know. Gives us more confidence".

"Training sessions are great to help learn new skills, build confidence and give motivation. Thank you".



This training course has been specifically designed for Health Care Assistants who work in the aged residential care setting and provide palliative and end of life care.

The topics presented include: principles of palliative care, managing physical symptoms, care in last 48 hours, communication, loss and grief and self care.



Dates and venues:

Wednesday	24 May	Wellington
Wednesday	27 September	Porirua

Cost:

\$80.00 (incl. GST) per person

To register please go to <http://marypotter.org.nz/registration/>

For help and further information, please contact:

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Hospice New Zealand Fundamentals Of Palliative Care

This series of workshops are presented as part of the Hospice New Zealand Fundamentals of Palliative Care programme.

They can be studied in any order but you are required to complete Package One: Essence of Palliative Care first. There is no specified timeframe for completion of the full programme.

There are a number of learning requirements to gain certification for each package; course reading, workshop attendance and a post session learning activity.

All workshops will be delivered at the Porirua/North Wellington Community Hospice site.



Sessions 1 and 2:	Essence of Palliative Care and Ethical Issues in Palliative Care	Tuesday 14 February Tuesday 8 August
Session 3:	Pain and Symptom Management	Wednesday 1 March Wednesday 23 August
Sessions 4 and 5:	Palliative Care for People with Chronic Illness and Palliative Care for People with Dementia	Wednesday 15 March Wednesday 6 September
Session 6:	Communication Skills	Wednesday 29 March Wednesday 20 September
Session 7:	Last Days of Life	Wednesday 12 April Wednesday 4 October
Sessions 8 and 9:	Loss and Grief and Caring for Ourselves	Wednesday 26 April Wednesday 18 October
Session 10:	Spirituality	Wednesday 10 May Wednesday 8 November

Cost:

\$15 per person per session (incl. GST)

To register and book please go to <http://marypotter.org.nz/registration/>

For help and further information, please contact:

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Hospice New Zealand Subcutaneous Syringe Driver Competency Programme

"Great workshop thanks – well presented. I feel a lot more confident in my skills to manage a syringe driver in my facility."



"Great job to the facilitator for delivering the workshop very well. She was calm and gave us precise explanation. Felt comfortable during the session. Overall, very informative"

This is a training programme for Registered and Enrolled Nurses working in aged residential care and the community settings.

The workshop is divided into two parts. The first hour is a presentation that covers the practical knowledge and skills required for managing a syringe driver. Participants attending the update component of the workshop are only required to stay for the presentation.

Nurses attending Competency training will then get the opportunity to practice with the equipment before undertaking a practical assessment. They are also required to complete and submit a written test. Competency is achieved on successful completion of both the practical and written components.

Dates:

Wednesday	15 February	Wellington
Wednesday	8 March	Porirua
Wednesday	5 April	Kapiti
Wednesday	16 August	Wellington
Wednesday	13 September	Porirua
Wednesday	11 October	Kapiti
Wednesday	6 December	Subject to Demand

Cost:

\$80.00 for initial competency training and \$25 for yearly update (incl. GST) per person

To register and book, please go to <http://marypotter.org.nz/registration/>

For help or further information, please contact:

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Loss and Grief – A Two Day Intensive Masterclass for Health Professionals and Community Workers



"This has expanded my ideas around spiritual/grief care of patients and their families. I am looking at ideas around what gives my patients and families solace".

Therese O'Connell tells her personal story of looking after both her parents at home.

This intensive two day workshop gives an overview of grief theory and the practices around working with people facing loss and grief. It draws on international research and explores the challenges of working with people and their extended family/whānau. It is enriched through personal stories of grief from individual community members and through small group discussions.

The course is targeted at health professionals and/or community workers. It is presented by Mary Potter staff including counsellors, psychotherapists, social workers, Maori liaison and spiritual carers and draws on further expertise from our partners in the community.

Two Day Intensive Masterclass:

Thursday 27th and Friday 28th July 2017

8.30am to 4.30pm

Venue: TBC

Cost: \$300.00 (incl. GST) per person

To register and book, please go to <http://marypotter.org.nz/registration/>

For help and further information, please contact:

Education Administrator on education@marypotter.org.nz or phone (04) 381 0152.



*I don't want to die
But they tell me it happens
I am planting poppies*

**EDUCATION
CALENDAR
PULL-OUT**

2017

Programme Calendar February – June 2017

February

Tuesday 14 Fundamentals – Sessions 1 & 2 – Essence of Palliative Care and Ethical Issues in Palliative Care - Porirua

Wednesday 15 Syringe Driver – Wellington

Thursday 23 Respiratory Issues at End of Life – Mini-Masterclass – Porirua

March

Wednesday 1 Fundamentals – Session 3 – Pain and Symptom Management – Porirua

Thursday 2 Ethics at End of Life – Full Day Masterclass - Venue TBC

Wednesday 8 Syringe Driver – Porirua

Wednesday 15 Fundamentals – Sessions 4 & 5 – Palliative Care for People with Chronic Illness and Palliative Care for People with Dementia – Porirua

Thursday 23 Pain and Symptom Management in Palliative Care Mini-Masterclass – Wellington

Wednesday 29 Fundamentals – Session 6 – Communication Skills – Porirua

Thursday 30 Tikanga Hui – Marae Based

April

Wednesday 5 Syringe Driver – Kapiti

Wednesday 12 Fundamentals – Session 7 – Last Days of Life – Porirua

Wednesday 26 Fundamentals – Sessions 8 & 9 – Loss and Grief & Caring for Ourselves - Porirua

Wednesday 26 Healing Grief – Death and Dying Practices – Mini-Masterclass – Wellington

Thursday 27 Symposium: The Dying Truth – Communication in Advanced Disease – Brentwood Hotel – Kilbirnie

May

Wednesday 10 Fundamentals – Session 10 – Spirituality – Porirua

Thursday 18 Advanced Dementia & Palliative Care – Mini-Masterclass – Porirua

Wednesday 24 Health Care Assistants Working in the Aged Residential Care Setting – Wellington

June

Thursday 1 Compassionate Communities – Grief Talk – Healing Grief in our Communities – Pataka Art Museum, Porirua City

Thursday 15 Paheko, Working with Māori Patients and Whānau – Te Whare Marie o Puketiro Marae – Porirua

Thursday 29 Neurodegenerative Disorders and Palliative Care – Full Day Masterclass – Wellington

Programme Calendar July - December 2017

July

Thursday 27 & Friday 28 Loss & Grief - Two Day Intensive Masterclass for Health Professionals - Venue TBC

August

Tuesday 8 Fundamentals – Sessions 1 & 2 – Essence of Palliative Care and Ethical Issues in Palliative Care - Porirua

Wednesday 16 Syringe Driver – Wellington

Wednesday 23 Fundamentals – Session 3 – Pain and Symptom Management Porirua

Thursday 24 Pain and Symptom Management in Palliative Care – Full Day Masterclass - Wellington

September

Wednesday 6 Fundamentals – Sessions 4 & 5 – Palliative Care for People with Chronic Illness and Palliative Care for People with Dementia – Porirua

Wednesday 13 Syringe Driver – Porirua

Wednesday 20 Fundamentals – Session 6 – Communication Skills – Porirua

Thursday 21 Neurodegenerative Disorders and Palliative Care Mini-Masterclass – Kapiti

Wednesday 27 Health Care Assistants Working in the Aged Residential Care Setting – Porirua

October

Wednesday 4 Fundamentals – Session 7 – Last Days of Life – Porirua

Wednesday 11 Syringe Driver – Kapiti

Wednesday 18 Fundamentals – Sessions 8 & 9 – Loss and Grief & Caring for Ourselves - Porirua

Thursday 26 Advanced Dementia & Palliative Care – Mini-Masterclass – Wellington

November

Wednesday 8 Fundamentals – Session 10 – Spirituality – Porirua

Thursday 23 Spirituality at End of Life Across Cultures & Communities Full Day Masterclass – Venue TBC

December

Wednesday 6 Syringe Driver – subject to demand



*I am leaving soon
The light is drawing me in
Let's dance while we can!*

A series of Haiku were written by Mary Potter Staff and community members for the 2016 Conversations that Count campaign, encouraging people to explore their future health options with Advance Care Planning

www.advancecareplanning.co.nz

Masterclass: Advanced Dementia and Palliative Care

"Clearly great knowledge and experience, and able to put medical complexities in easy- to-understand terms. I like the way she says she's very mindful of speaking to patients and families in simple terms, and that it's not easy." Participant.



Dr Janet Turnbull, Consultant

This workshop is led by Dr Janet Turnbull, psychogeriatrician and palliative care consultant. She explores the often difficult transition to palliative care for people with advanced dementia and the workshop has been designed for clinical health professionals and community workers and volunteers working with palliative patients and family/whānau.

The Masterclasses take a case study approach to dealing with prognosis, assessment of pain, the deterioration of physical, emotional and psychological processes, and caring for people as they approach the end of life.

Mini Masterclass (1.00pm to 4.00pm):

Date: Thursday 18 May

Venue: Porirua

Cost: \$80.00 (incl. GST) per person

Masterclass (8.30am to 4.30pm):

Date: Thursday 26 October

Venue: Wellington

Cost: \$175.00 (incl. GST) per person

To register and book, please go to <http://marypotter.org.nz/registration/>

For help or further information, please contact:

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education@marypotter.org.nz or phone (04) 381 0152

Masterclass: Ethics at End of Life



Existential angst, autonomy, decisions, boundaries, cultural sensitivity, knowledge, legal issues, death and dying rituals, grief, professional, personal, diversity, ethical decision-making, advance care planning, family conflict, moral judgement, compassion.

*Martin Woods
Research Fellow, Mary Potter Hospice*

This Masterclass is led by Dr Martin Woods, Research Fellow with Mary Potter in association with Dr Brian Ensor, Director of Palliative Care at Mary Potter Hospice.

They will explore the ethical issues around death and dying; exploring professional boundaries and personal challenges for the health professional.

It will cover end-of-life issues such as withdrawal of treatment, palliative sedation and facing difficult conversations with patients around suicidal ideation and euthanasia including spiritual care.

The day has been designed for health professionals working with palliative patients and family/whānau across the health sector, in communities, aged care facilities, hospital and hospices.

Masterclass:

Date: Thursday 2 March 8.30am to 4.30pm

Venue: TBC

Cost: \$175.00 (incl. GST) per person

To register and book, please go to <http://marypotter.org.nz/registration/>

For help or further information, please contact:

Education Administrator on education@marypotter.org.nz or phone (04) 381 0152.

Masterclass: Healing Grief – Death and Dying Practices

(The afternoon prior to The Dying Truth Symposium)



This Masterclass will bring together psycho-social teams across the country to explore the practice of grief work in Aotearoa, New Zealand. It will be an interactive session for counsellors, psychologists, allied health therapists, rongoa and other healers and educators.

Mini-Masterclass:

Date: Wednesday 26 April 1.00pm to 4.00pm

Venue: Wellington

Cost: \$80.00 (incl. GST) per person

To register and book, please go to <http://marypotter.org.nz/registration/>

For help or further information, please contact:

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Masterclass: Neurodegenerative Disorders and Palliative Care



"Wonderful knowledgeable wisdom filled presentation. Comfortable and easy to engage with."

Dr Janet Turnbull, Consultant

This workshop looks at a range of neurodegenerative disorders and how to work with people as they transition to palliative care. It is led by psychogeriatrician, Dr Janet Turnbull who works with Mary Potter Hospice and in the acute care setting and in the community.

The sessions will cover diseases such as Alzheimer's; Lewy Body Dementia; Cerebrovascular and Stroke; Huntington's; Parkinson's and Motor Neurone Disease and has been designed for clinical health professionals working with palliative patients and family/whānau.

Masterclass (8.30am to 4.30pm):

Date: Thursday 29 June **Venue:** Wellington

Cost: \$175.00 (incl. GST) per person

Mini-Masterclass (1.00pm to 4.00pm):

Date: Thursday 21 September **Venue:** Kapiti

Cost: \$80.00 (incl. GST) per person

To register and book, please go to <http://marypotter.org.nz/registration/>

For help or further information, please contact:

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Masterclass: Pain and Symptom Management in Palliative Care



"I really enjoyed the interactive case studies with a collaborative approach from all members. Great session."

*Dr Brian Ensor
Director of Palliative Care*

This Masterclass is led by Dr Brian Ensor, Director Palliative Care in collaboration with Mary Potter staff and our partners across the health sector. We will use a case based learning model to look at the management of common symptoms in palliative care. The sessions will include assessment and management of pain, dyspnoea, nausea and vomiting, and delirium. An end of life pathway will be discussed as a tool for guiding care in the last days of life.

The day has been designed for health professionals working with palliative patients and family/whānau.

Mini Masterclass (1.00pm to 4.00pm):

Date: Thursday 23 March **Venue:** Wellington

Cost: \$80.00 (incl. GST) per person

Masterclass (8.30am to 4.30pm):

Date: Thursday 24 August **Venue:** Wellington

Cost: \$175.00 (incl. GST) per person

To register and book, please go to <http://marypotter.org.nz/registration/>

For help or further information, please contact:

Education Administrator on education@marypotter.org.nz or phone (04) 381 0152

Masterclass: Respiratory Issues at End of Life



*Jo Graham
Physiotherapist*

This workshop is led by Dr Brian Ensor, Director Palliative Care in collaboration with Jo Graham, physiotherapist.

We will use a case based learning model to look at the management of common symptoms in palliative care. The sessions will include assessment and management of pain, dyspnoea, nausea and vomiting, and delirium.

An end of life pathway will be discussed as a tool for guiding care in the last days of life.

The day has been designed for health professionals working with palliative patients and family/whānau.

Mini-Masterclass:

Date: Thursday 23 February 1.00pm to 4.00pm

Venue: Porirua

Cost: \$80.00 (incl. GST) per person

To register and book, please go to <http://marypotter.org.nz/registration/>

For help or further information, please contact:

Education Administrator on education@marypotter.org.nz or phone (04) 381 0152

Masterclass: Spirituality at End of Life Across Cultures & Communities



Where is your sacred place? What is important to you when you are dying? What brings you solace in times of loss and grief? These questions will be explored in this workshop that will bring together leaders in the community across different faiths and cultures and those seeking to recreate ritual and meaning in their lives.

Why is spirituality important at the end of life in particular? This workshop will provoke discussion about these questions and will seek to unfold many different ways of dying and bringing meaning to patients, family and whānau as they support dying in our communities at home, in hospice and hospitals, aged care facilities and where ever they may be.

Masterclass

Date: Thursday 23 November 8.30am to 4.30pm

Venue: TBC

Cost: \$175.00 (incl. GST) per person

To register and book, please go to <http://marypotter.org.nz/registration/>

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Paheko: Working with Māori Patients and Whānau



Vanessa Eldridge (RN)
Māori Liaison

"A fascinating day exploring the history of Aotearoa and the impact that colonization has had on the inequities of health care for Māori. It opens the door to a bi-cultural conversation and commitment to providing culturally safe care to Māori patients and whanau."

This workshop is led by Vanessa Eldridge, Māori Liaison for Mary Potter Hospice in collaboration with community health workers and rongoa healers. It draws on the experience of those working in the health sector with Māori. We will explore the complexities and uniqueness of Māori and the experiences of those working with a bi-cultural lens. We will look at the diversity of Māori today and how that came to be, Māori health frameworks, recent findings in health literacy, working in primary care and vulnerable communities and explore a Māori viewpoint of holistic wellbeing and wairuatanga through Rongoā Māori.

This workshop is aimed at those working in the health sector who are keen to learn more from Māori. It is for those wishing to work authentically to manifest the Treaty of Waitangi principles of partnership, protection and participation in their practise, organisations and lives.

Date: Thursday 15 June 8.30am to 4.30pm

Venue: Te Whare Marie o Puketiro Marae

Cost: \$175.00 (incl. GST) per person

To register, please go to <http://marypotter.org.nz/registration/>

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Symposium: The Dying Truth – Communication in Advanced Disease

If communication is the quintessential human skill and death is a universal experience, you might think that people would communicate about a terminal illness well. Particularly when a highly trained health professional is part of the communication. Reality does not always bear this out. Communication at the end of life is recognised as something we need to work on.



The Dying Truth will look at communication in the setting of advanced disease, how we can do it better. We will look at what are the barriers, how we can overcome them, what formal training programmes might offer, what cultural and language differences add. And what is Truth - how should it be handled in a health setting?

The programme is aimed at health professionals involved in difficult conversations.

Mini-Masterclass:

(1.00pm to 4.00pm) will be held the previous day, Wednesday 26 April Healing Grief – Death and Dying Practices.

Venue: Brentwood Hotel, Kilbirnie

Mini-Masterclass Cost: \$80.00 (incl. GST) per person

Symposium: The Dying Truth

Date: Thursday 27 April 8.30am to 4.30pm

Venue: Brentwood Hotel, Kilbirnie

Cost: \$200 (incl. GST) per person (+\$80 (incl GST) per person to attend Mini-Masterclass)

To register and book, please go to <http://marypotter.org.nz/registration/>

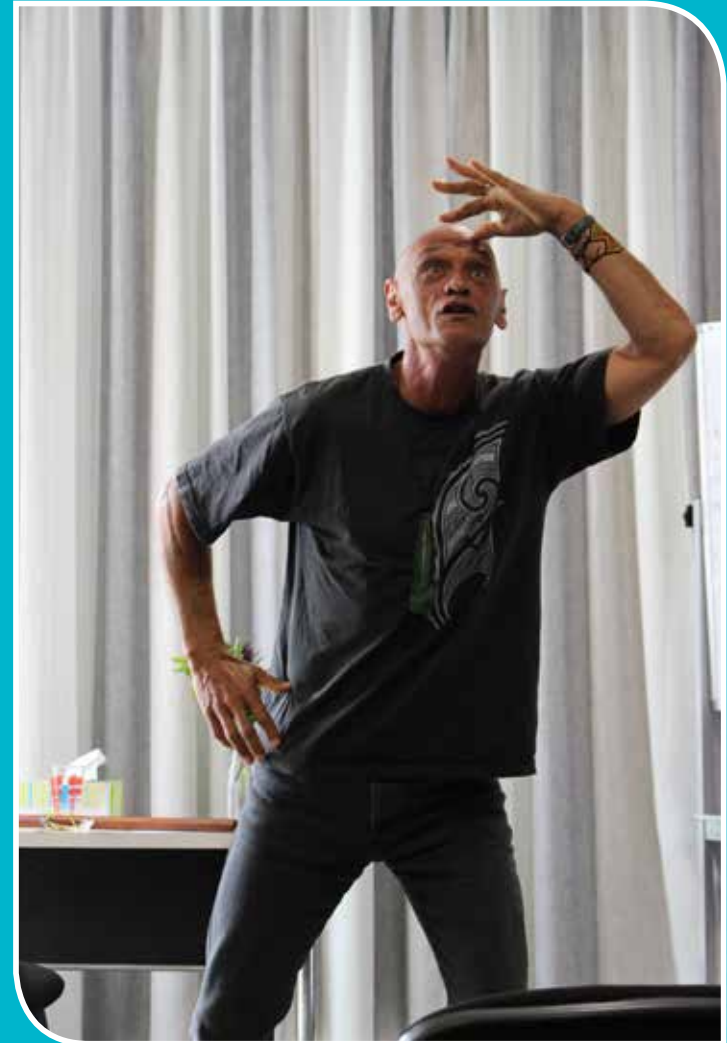
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Do you now see the people, families and whānau you care for differently and why is this?

"Yes, because I work with the elderly it is inevitable that we are helping them on their journey through their end stages of life. Some are more accepting of this more than others, both resident and family. I feel, if I can be of help with support and encouragement, then its ok to have the emotions that follow facing death."

Care Assistant's Workshop participant
Foundations of Palliative Care



*Healing Grief Through Storytelling
Workshop with Apirana Taylor – Kapiti*



Photo: Leaf Falling, Gabrielle Farley

Mary Potter Hospice

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www.marypotter.org.nz