

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



*Hapaitia te ara tika pumau ai te Rangatiratanga
mo nga uri whakatipu*

*Foster the pathway of knowledge to strength,
independence and growth for future generations*

2018

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.

Respect

Dignity

Compassion

Hospitality

Stewardship



Norma Hickland, PCC & Maria-Goretti Sialava'a, Pasifika Liaison visit a patient in the community

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Note : All Masterclasses are Full Day workshops 8.30-4.30 and Mini's are from 1-4 pm

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

Welcome - Nau mai, Haere Mai

Mary Potter Hospice is a specialist palliative care education provider and we offer a wide range of learning opportunities for health professionals, health workers, community workers and groups. Our programme is led by the Palliative Education, Research & Quality Improvement Team.

The aim is to provide and promote evidence-based knowledge, skills and expertise in palliative care to meet the needs of patients, clients and families/whānau/aiga.

Education and training is targeted at health professionals, and community and social care workers across the range of sectors in 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 research partners and educators from the tertiary educational institutions including:

- Te Arai: Palliative Care and End of Life Research, University of Auckland
- University of Otago, Wellington - School of Medicine
- The Schools of Nursing at Massey and Victoria Universities and Whitireia Polytechnic, including the Māori and Pacific School of Nursing programmes
- Weltec Polytechnic, Wellington

We also work with other private training providers across the clinical and complementary health spectrum in social work, counselling, massage, music therapies, physiotherapy, occupational therapy and traditional Māori healers practising rongoa.

Co-Designing With You

As a specialist palliative care centre for research, education and training, we will work with your community to assist in building knowledge and competence in end of life care.

We publish a quarterly newsletter, Tuia; sign up to <http://eepurl.com/cQ6CJv> and keep in touch.

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. 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.

*Mehemea ka moemoeā ahau, ko ahau anake.
Mehemea ka moemoeā tātou, ka taea e tātou.*

*If I dream, I dream alone
If we all dream together, we can succeed*

Te Puea Herangi (1883-1952), Tainui

Community Engagement: Building Compassionate Communities



Mary Potter Hospice is dedicated to working with a diverse range of communities. Building compassionate communities and social networks assists patients and families/whānau/aiga to care for their loved ones in a variety of settings; in the hospice, in hospital, in aged care residential facilities or at home.

We provide palliative care and end of life training to health professionals and community workers and are keen to engage with grassroots communities dealing with loss and grief and to demystify death and dying.

We have also presented at many grassroots community events such as Creek Fest (Porirua), Newtown Festival, Dia De Los Muertos (Day of the Dead), Cuba Dupa and more.

Our education team can work with you to facilitate conversations and co-design workshops and seminars to meet your needs through storytelling, music or writing and image making.

We look forward to talking with you.

To discuss this further please contact:

Clare O'Leary
Palliative Care Educator
Mary Potter Hospice
(04) 381 0169
clare.oleary@marypotter.org.nz

Community Engagement: Advance Care Planning



Conversations that Count Day 2017

What matters to you?

Advance Care Planning asks "What matters to you?". Mary Potter Hospice is actively involved in facilitating difficult conversations about loss and grief and death and dying. Along with that, we are part of the Regional ACP Steering Committee and have an internal ACP group working on training and development of our staff and those we engage with externally.

Each year we work with the Advance Care Planning national network to facilitate conversations about future health care and end of life matters through their national campaign at each of our three regions in the community; Wellington, Porirua and Kapiti.

Date:

Thursday 5 April 2018

Venue:

Events will be held across the three bases of Wellington, Porirua & Kapiti

Cost: Koha

For help and further information, please contact:

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

For further information on Advance Care Planning and free online Level 1 Training www.advancecareplanning.org.nz

Genesis Palliative Care Lecture Series 2018

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 of these lectures please sign up to <http://eepurl.com/cQ6CJv> and RSVP to 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



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.

Learning Outcomes for Health Care Assistants:

1. Understand the holistic nature of Palliative care and indications for a palliative approach to care. Discuss the integration of Te Whare Tapa Wha model of care.
2. Understand the concept of total pain, assessment and management.
3. Demonstrate effective communication in relation to patient, whānau care and as part of the health care team. Active listening and being heard.
4. Recognise signs of imminent death. Explore ethical issues at end of life and cultural practices around death. Consider grief, loss and bereavement.



Dates and venues:

Wednesday	23 May	Wellington
Wednesday	26 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:

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

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 it is recommended you 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 at 9–4.30.



Learning Outcomes of Fundamentals of Palliative Care:

Following this 3-day learning package, participants will enhance their knowledge in:

1. Principles and Ethical considerations of Palliative approach to care
2. Understanding of pain and symptom control
3. Consider specific needs of residents/ patients with Chronic Illness and Dementia
4. Communication with residents/ patients / whānau and their medical & nursing colleagues
5. Identifying the dying phase of illness and specific needs at this time
6. Impact of loss & grief on whānau and staff
7. Importance of self-care
8. Important role of spirituality in palliative care.
9. Enhance confidence in transitioning to palliative phase of care
10. Share knowledge and skills with colleagues.

Thu 15 Mar	Sessions 1, 2, 3	Essence of Palliative Care Ethical Issues in Palliative Care
Thu 16 Aug		Pain and Symptom Management
Thu 29 Mar	Sessions 4, 5, 6	Palliative Care for People with Chronic Illness Palliative Care for People with Dementia
Thu 30 Aug		Communication Skills
Wed 11 Apr	Session 7, 8, 9, 10	Last Days of Life Loss and Grief and Caring for Ourselves
Thu 13 Sept		Spirituality

Venue: Porirua

Cost: \$45.00 (incl. GST) per person per day (Please bring lunch)

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

For help and further information, please contact:

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

Hospice New Zealand Subcutaneous Syringe Driver Competency Programme

"I feel a lot more confident in my skills to manage a syringe driver in my facility."



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

Learning Outcomes for Syringe Driver Training Programme:

Following this training participants will be able to:

1. Assess patients/residents suitability for commencing a Syringe Driver
2. Have awareness of their responsibilities: Professional, Clinical & Legal
3. Develop communication techniques with medical colleagues, patients and whānau
4. Gain competency in calculating medications and their actions and effects
5. Gain competency in set up and troubleshooting of drivers.

Dates:

Wed	14	February	10–12:30	Wellington
Wed	7	March	10:30–1	Porirua
Wed	4	April	10–12:30	Kapiti TBC
Wed	15	August	10–12:30	Wellington
Wed	12	September	10–12:30	Porirua
Wed	10	October	10–12:30	Kapiti TBC
Wed	5	December	10–12:30	Subject to Demand

Cost:

\$90 (incl. GST) per person for New Competency

\$25 (incl. GST) per person for Update

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

For help or further information, please contact:

Education Administrator

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

Masterclass: Advanced Dementia and Palliative Care



"Just talking with my mother about what Anna liked and disliked and her interests and passions and what she enjoyed doing." – caregiver response to Te Kete Marie research.

Te Kete Marie – the Peaceful Basket resource

This workshop is led by Dr Janet Turnbull, geriatrician/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 and social care 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. Scenarios from practice will be used to problem solve and share solutions.

Learning Outcomes:

1. To have an increased understanding of the physical, psychological and behavioural issues associated with people with an advanced dementia
2. To be able to utilise clinically proven tools to assess pain and distress in the person with advanced dementia
3. To have a good understanding of the importance of advanced care planning in this patient group and the need for clear and relevant support and information for family/whānau.
4. To understand the differences between dementia, delirium and terminal restlessness
5. To be able to identify appropriate strategies to manage complex symptoms including withdrawal of inappropriate treatments and know the patient is nearing end of life
6. To acknowledge and appreciate the ethical challenges in care of this patient group.

Date and venue: Thursday 6 September Porirua

Cost: \$180.00 (incl. GST) per person

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

For help and further information, please contact:

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

Masterclass: Communications: Being with Dying



The Dying Truth Symposium 2017

Communicating with patients and family/whānau/aiga is an important skill in all aspects of health care. The conversations in palliative care can be particularly challenging, and the risk is that they are avoided. They can require confidence and courage to start, and skilled sensitivity to navigate well.

The workshop will look at what is best practice in communication skills, and will showcase creative and interactive methods of learning and facilitation to broaden your thinking in your approach to this work.

The workshop has been designed for clinical health professionals, community and social care workers with palliative patients and family/whānau/aiga.

Learning Outcomes:

1. Identifying and approaching patients who may benefit from an introduction to palliative care or advance care planning.
2. Skills in listening.
3. Handling strong emotion in the consultation.
4. Confidence in conversations about prognosis and uncertainty.
5. Confidence in conversations at the end-of-life.

Date: Thursday 24 May

Venue: Home of Compassion, 2 Rhine St, Island Bay

Cost: \$180.00 (incl. GST) per person

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

For help and further information, please contact:

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

Masterclass: Ethics at End of Life



"Enhanced the understanding of definition of end of life and ethics in palliative care nursing. Comprehensive and thought provoking."

Speakers at Ethics Masterclass 2017

This Masterclass is led by Dr Martin Woods, Research Fellow with Mary Potter Hospice 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 workshop has been designed for clinical health professionals, community and social care workers with palliative patients and family/whānau/aiga.

Learning Outcomes:

1. To overview contemporary ethical ideas, issues and perspectives in end of life care.
2. To examine specific ethical concerns in a selection of difficult end of life care situations.
3. To discuss moral issues and appropriate ethical responses for Māori at end of life.
4. To review possible ethical responses from physicians, nurses, and others to distinctive moral quandaries relating to end of life care.

Date: Thursday 19 April Porirua

Venue: Home of Compassion, 2 Rhine St, Island Bay

Cost: \$180.00 (incl. GST) per person

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

For help and further information, please contact:

Education Administrator

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



Mary Potter Hospice staff, Vanessa and Maria-Goretti with students from Whitireia Polytechnic talk with the public about what matters to them for Conversations that Count Day at Pataka, outside the Porirua library.

our voice | Advance
tō tātou reo | Care
Planning

EDUCATION
CALENDAR
PULL-OUT

2018

Programme Calendar February – June 2018

February

Wednesday 14 HNZ Syringe Driver - Wellington

March

Wednesday 7 HNZ Syringe Driver - Porirua

Thursday 15 HNZ Fundamentals (All Day) - Porirua

Thursday 22 Masterclass: Neurodegenerative Disorders and Palliative Care – Porirua

Thursday 29 HNZ Fundamentals (All Day) - Porirua

April

Wednesday 4 HNZ Syringe Driver - Kapiti

Thursday 5 Tikanga & Treaty Hui - Marae

Wednesday 11 HNZ Fundamentals (All Day) - Porirua

Thursday 19 Masterclass: Ethics at End of Life - Home of Compassion

May

Thursday 3 Mini-Masterclass - Loss & Grief - Kapiti Community Centre

Wednesday 23 HNZ Health Care Assistants working in Aged Residential Care Setting - Wellington

Thursday 24 Masterclass: Communication: Being with Dying - Home of Compassion

June

Thursday 14 Masterclass: Spirituality and Wellbeing - Home of Compassion

Thursday 21 Mini-Masterclass - Respiratory Issues at End of Life - Porirua

Programme Calendar July - December 2018

July

Thursday 26 & Friday 27 Masterclass: Loss & Grief (2 Days) - ASB Stadium

August

Thursday 9 Mini-Masterclass - Healing Children's Grief - Porirua

Wednesday 15 HNZ Syringe Driver - Wellington

Thursday 16 HNZ Fundamentals (All Day) - Porirua

Thursday 23 Masterclass: Pain & Symptom Management in Palliative Care - Porirua

Thursday 30 HNZ Fundamentals (All Day) - Porirua

September

Thursday 6 Masterclass: Advanced Dementia and Palliative Care - Porirua

Wednesday 12 HNZ Syringe Driver - Porirua

Thursday 13 HNZ Fundamentals (All Day) - Porirua

Wednesday 26 HNZ Health Care Assistants working in the Aged Residential Care Setting - Porirua

October

Wednesday 10 HNZ Syringe Driver - Kapiti

Thursday 18 Mini-Masterclass Communications - Being with Dying - Wellington

December

Wednesday 5 HNZ Syringe Driver - Wellington - Subject to Demand



*Change is scary but a constant part of life.
Take a leap of faith.*

Masterclass: Loss & Grief Two Day Intensive

"I am going to listen to people's stories more and give them space to breathe"

This intensive two day workshop gives an overview of grief theory and the practices around working with people facing end of life. 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 discussion and interaction.

The course is targeted at health professionals and/or community and social care workers. It is presented by Mary Potter staff including counsellors, psychotherapists, social workers, Māori and Pasifika liaison workers and spiritual carers.

We also draw on expertise from our partners in the community to bring further expertise to the table such as Skylight, an organisation dedicated to working with children and young people and their family/whānau.

Learning Outcomes:

1. The palliative holistic approach to grief and loss.
2. Communicating across cultures in times of loss.
3. Tools and techniques for navigating difficult conversations.
4. Caring for oneself while supporting others in grief.
5. Mindfulness, meditation and healing presence.

Date: Thursday & Friday, 26 & 27 July

Venue: ASB Stadium, Ngake & Whataitai Rooms, Kilbirnie

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

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

For help and further information, please contact:

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

Note: This Masterclass has been scheduled to align with the national initiative to highlight grief issues by Skylight Grief Week. Check out their website www.skylight.org.nz

Masterclass: Neurodegenerative Disorders and Palliative Care



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

Julie, Mercedes and Dr Janet Turnbull

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 Dr Janet Turnbull, psycho-geriatrician who works with Mary Potter Hospice and in general medicine and colleagues working with hospice and in the community.

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

This Masterclass has been designed for health professionals and social care workers in the community navigating the complexities of these diverse conditions.

Learning Outcomes:

1. To be able to utilise clinically proven tools to assess pain and distress in the person with neurodegenerative disorders in all their complexity.
2. To have a good understanding of the importance of advanced care planning in this patient group and the need for clear and relevant support and information for family/whānau.
3. To understand the differences between the different neuro conditions such as MND, Huntington's Disease, Parkinsons & Alzheimers.
4. To be able to identify appropriate strategies to manage complex symptoms including withdrawal of inappropriate treatments and know when the patient is nearing end of life.
5. To acknowledge and appreciate the ethical challenges in care of this patient group.

Date and Venue: Thursday 22 March Porirua

Cost: \$180.00 (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: Pain and Symptom Management in Palliative Care

"It was great to participate with the GP's and gain a better perspective of their practice."

Drs Brian Ensor & Warren Jones



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, Te Ara Whakapiri, 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/aiga.

Learning Outcomes:

1. An understanding of the range and role of different opioids currently used.
2. Knowledge of when to introduce adjuvant analgesia.
3. Pharmacological and non-pharmacological approaches to dyspnoea.
4. A framework for understanding and ameliorating delirium towards the end of life.
5. A framework for understanding and treating nausea in a palliative setting.

Date and Venue: Thursday 23 August Porirua

Cost: \$180.00 (incl. GST) per person

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

For help and further information, please contact:

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

Masterclass: Spirituality & Wellbeing at End of Life



New Zealand is often called a 'secular' society where formal religion is not practiced, although people may see themselves as 'spiritual'.

There is a growing body of evidence that explores this within a New Zealand context. The Centre for Ageing and Spirituality in Auckland has led many symposia on this topic and research has been done through Richard Egan at the University of Otago, Dunedin.

Charles Waldegrave from The Family Centre in Lower Hutt defines it as:

Spirituality can be considered as being essentially about primary relationships. In this regard there are at least four qualitative relationships that express spirituality, and these are the relationships between: people and their environment (land, mountains, sea, sky, etc.); people and other people in terms of justice and love (families, communities, nations, etc.); people and their and other persons' heritage (ancestry, culture, history, etc.); and people and the numinous (that which is other, beyond the physical, transcendent, what some people refer to as God (Waldegrave 2003)

This day explores the continuum of spiritual and secular beliefs; from formalised religion across cultures; Māori, Pasifika, Jewish, Buddhist, Hindu and Catholic traditions to the secular: atheists, agnostics, and explorers of mystery through other realms, such as mindfulness and meditation.

The day is designed for health professionals and community and social care workers.

Date: Thursday 14 June **Venue:** Home of Compassion

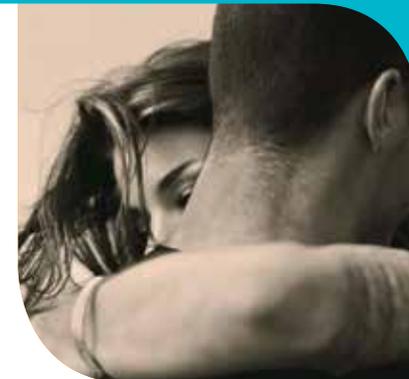
Cost: \$90.00 (incl. GST) per person

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.

Mini-Masterclass: Communications - Being with Dying



Communicating with patients and family/whānau/aiga is an important skill in all aspects of health care. The conversations in palliative care can be particularly challenging, and the risk is that they are avoided. They can require confidence and courage to start, and skilled sensitivity to navigate well.

The workshop will look at what is best practice in communication skills, and will showcase creative and interactive methods of learning and facilitation to broaden your thinking in your approach to this work.

The workshop has been designed for clinical health professionals, community and social care workers with palliative patients and family/whānau/aiga.

Learning Outcomes:

1. Identifying and approaching patients who may benefit from an introduction to palliative care or advance care planning.
2. Skills in listening.
3. Handling strong emotion in the consultation.
4. Confidence in conversations about prognosis and uncertainty.
5. Confidence in conversations at the end-of-life.

Date and Venue: Thursday 18 October Porirua

Cost: \$90.00 (incl. GST) per person

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

For help and further information, please contact:

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

For further resources, please visit Skylight www.skylight.org.nz

Mini-Masterclass: Healing Children's Grief



This workshop is a collaboration between Mary Potter Hospice and Skylight.

Skylight is a national not for profit trust that enables

children, young people, their family/whānau and friends to navigate through times of trauma, loss and grief.

Sally Bowman is an experienced palliative care nurse at Mary Potter Hospice. Her work includes working creatively with grieving children and carers in the hospice and, in addition, running a programme in schools called Art for Tough Stuff.

This will be an experiential workshop with time for small group discussion drawing on scenarios from your own practice and experience. The day has been designed for health professionals and community workers dealing with grieving children and their families/whānau/aiga.

Learning Outcomes:

1. To explore the role of the therapeutic carer.
2. To facilitate conversations about loss through art and creativity.
3. To understand the unique needs of children at different ages when dealing with grief.
4. To support children and young people facing death and dying in our communities.

Date and Venue: Thursday 9 August Porirua

Cost: \$90.00 (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

For further resources please visit Skylight www.skylight.org.nz

Mini-Masterclass: Loss and Grief



Grief begins with a diagnosis that can change your future life plans. It is from this point, that a new normal begins to emerge and when that diagnosis includes a palliative approach, it can be a process that includes the whole family/whānau/aiga – acknowledging that everyone is affected by a major health issue.

This workshop outlines the theories of grief that have evolved over time and the holistic approach taken by hospice and palliative care. We explore the emotional, psychological, physical and spiritual realms of grief and offer tools and techniques for health professionals and caregivers to navigate these changes.

The workshop is designed for those working with palliative patients, those who have a life limiting condition and their family/whānau/aiga.

Learning Outcomes:

1. The palliative holistic approach to grief and loss.
2. Communicating across cultures in times of loss
3. Tools and techniques for navigating difficult conversations.
4. Caring for oneself while supporting others in grief.
5. Mindfulness, meditation and healing presence.

Date and Venue: Thursday 3 May

Venue: Kapiti Community Centre, Pohutukawa Room

Cost: \$90.00 (incl. GST) per person

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

For help and further information, please contact:

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

This Masterclass has been scheduled to align with the national initiative to highlight grief issues by Skylight Grief Week. Check out their website www.skylight.org.nz

Mini-Masterclass: Respiratory Issues at End of Life



“Good to help patients to be aware of how they are breathing before I correct or improve it”. Participant.

This workshop is led by Dr Brian Ensor, Director of Palliative Care, in collaboration with Jo Graham, physiotherapist at Mary Potter Hospice.

We will use a case based learning model to look at the management of respiratory issues in palliative care. The session will include assessment and management of breathlessness, and link in with Te Ara Whakapiri end of life guidelines.

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

Learning Outcomes:

1. To understand the symptom of breathlessness in a palliative care population.
2. To manage breathlessness through non-pharmacological means through simple breathing techniques, acupuncture, use of hand held fans and other positioning techniques.
3. To be aware of the pharmacological options for the management of breathlessness.
4. To manage respiratory symptoms at the end of life.

Date and Venue: Thursday 21 June Porirua

Time: 1-4pm

Cost: \$90.00 (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

Treaty and Tikanga Hui: Marae Based Learning

Mary Potter Hospice has broadened the reach of participants for our Treaty and Tikanga Day to include our partners across the health sector and the community. The purpose is to widen people's exposure to a Māori environment on the marae and to open their perspectives and understanding when working with Māori at end of life.

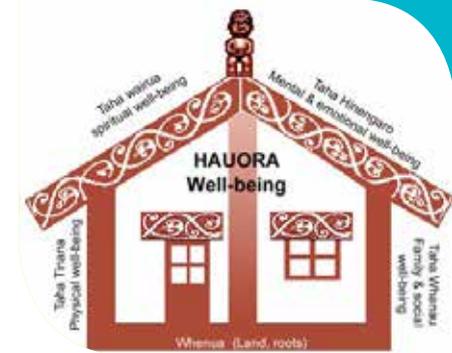
Tikanga: Correct procedure, custom, habit, lore, method, manner, rule, way, code, meaning, plan, practice, convention, protocol - the customary system of values and practices that have developed over time and are deeply embedded in the social context.

Kaupapa: topic, policy, matter for discussion, plan, purpose, scheme, proposal, agenda, subject, programme, theme, issue, initiative.

Source: Māori Dictionary online

We start with introductory concepts of Kaupapa and Tikanga, look at the historical context of the Te Tiriti o te Waitangi (the Treaty of Waitangi) and its place in current health policy. We will reflect upon the sector's Treaty approach in recent years, as well as exploring how we can turn insight into action in practise. This will include discussions on racism within our own environments.

Our day ends with a warm reflection and acknowledgement of the special place of wairuatanga around death and Māori wellbeing.



Date and Venue: Thursday 5 April Marae

Cost: \$180.00 (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

Clinical Nurse Specialists

Linda Stephenson and Dawn Macpherson job share the Clinical Nurse Specialist role at Mary Potter Hospice, working from the Inpatient Unit to the three community bases. They provide an expert resource in palliative care for staff at Mary Potter Hospice and our health partners.

Contact Linda or Dawn:

Linda Stephenson, CNS
linda.stephenson@marypotter.org.nz
(04) 381 0177

Dawn MacPherson, CNS
dawn.macpherson@marypotter.org.nz
(04) 381 0182



The spiral was created during the Link Nurse training days in a self-care session.

The Link Nurse Programme

New innovative funding provides an opportunity for Registered Nurses with an interest in Palliative Care, working in Primary Care and Aged and Residential Care (ARC), to participate in the new Link Nurse programme with Mary Potter Hospice.

The Link Nurse programme is a placement in a hospice palliative care setting where nurses work alongside experienced practitioners and are immersed in the role of the palliative care clinician.

If you require more information, please contact Linda Stephenson, Clinical Nurse Specialist, by email linda.stephenson@marypotter.org.nz or call (04) 381 0177

ARC Team

The innovation funding also enabled us to create three new positions to facilitate ease of transfer of our patients from hospice care to aged residential care and to contribute to education. To contact our team please email or call our main reception on (04) 801 0006.

Jacqui Bolam, ARC CNS Jacqui.Bolam2@marypotter.org.nz
Sue Mellsop, ARC RN Sue.Mellsop@marypotter.org.nz
Tracey Taylor, ARC, Social Worker Tracey.Taylor@marypotter.org.nz

Subscribe to Health Professional eNewsletter Tuia Education Today for education opportunities and news please use this link <http://eepurl.com/cQ6CJv>

Palliative Care References & Links

Alzheimers NZ

<http://www.alzheimers.org.nz>

(The) Centre for Ageing and Spirituality (Auckland)

www.selwynfoundation.org.nz

(The) Grief Centre (Auckland)

www.griefcentre.org.nz

Hospice NZ

www.hospice.co.nz

IAHPC International Association for Hospice and Palliative Care

www.iahpc.org

Māori Dictionary Online

www.Māoridictionary.co.nz

National Dementia Cooperative

<https://nzdementia.org>

Neurological Diseases

www.neurological.org.nz

Palliative Care Nurses NZ

<http://www.pcnnz.co.nz/>

Palliverse - a blog established by palliative care physicians across Australasia

www.palliverse.org

Skylight - an organisation working with the grief of children and young people and their family/whānau

www.skylight.org.nz

Spirituality and Wellbeing - a blog led by Dr Richard Egan

www.spiritualityandwellbeing.co.nz

(Te) Wananga o Aotearoa (online learning Te Reo and Tikanga)

www.twoa.ac.nz

The Art of Dying Well podcast

<http://www.artofdyingwell.org>

Upaya Zen Centre – On Being with Dying – Buddhist training

www.upayacentre.org

Remembering Our Loved Ones



Mary Potter Hospice

48–52 Mein Street, PO Box 7442
Newtown, Wellington 6242

Phone (04) 801 0006 | Fax (04) 389 5035

www.marypotter.org.nz



Painting by Jack Mellor, 4th year medical student inspired by meeting a patient from Mary Potter Hospice

"From what I saw it was the playing of the piano that really made him happy. This is depicted in the painting as the medication in the drip being musical notes. His love for the piano is shown as the floor being the keys of the piano".