

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



*"You matter because you are you, and you matter
to the end of your life."*

Dame Cicely Saunders

2019

Our Values

Respect
Compassion
Dignity
Hospitality
Stewardship

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 is a specialist palliative care education provider and we offer a wide range of learning opportunities for our partners, health professionals, health workers, community workers and community 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 support and empower our partners to meet the needs of patients, clients and families/whānau/aiga.

Education and training is targeted at health professionals, community and social care workers across the range of sectors in palliative and end of life care and is provided in a supportive environment at one of our hospice bases in Newtown, Porirua or Kapiti and/or in larger community venues with our partners.

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
- WelTech 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.

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.

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Community Engagement: Building Compassionate Communities

Compassionate Communities Activity

Compassionate Communities is a whole of community approach to end of life care where caring for one another in times of need, loss and/or crisis becomes the task and responsibility of everyone. (The Groundswell Project <http://www.thegroundswellproject.com/>)

Compassionate Communities have people who are knowledgeable and informed about death, dying, loss and care and have (or want) the ability to meet the needs that they encounter in their everyday lives. Services and local groups can play a significant role in providing and sustaining quality end-of-life care, but people from all walks of life should be involved in designing and meeting end-of-life care needs.

We are keen to engage with grassroots communities to demystify death and dying and especially welcome novel and creative approaches. The following activities are planned collaboratively for 2019 and are free.

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

Cost: Free or koha welcome

Living Solo

For many reasons people find themselves living solo. Some may need practical support to adjust to a new way of being. Living Solo is a series of sessions to reinforce some skills.

We will focus on:

- Money sense
- Cooking for one
- Calming the mind
- Mixing with others

These sessions will be run in May, June and July in Wellington, Porirua and Kapiti.

Cost: Free or koha welcome

Lining up the Ducks

What will your funeral look like? Who will speak for you if you can't? What is an EPOA for and when does it work? Do you have a will?

Around 1500 people die in New Zealand every year without a will. Let's face it, there are some things we all need to do, while we are well, to line up our ducks for later and make things easier for those around us.

At Lining Up the Ducks you can speak with those that work in Advance Care Planning, Law, Funeral Planning (both formal or DIY), Maori land and Creative Legacy .

These sessions will occur in June, July and August 2019 across Wellington, Porirua and Kapiti.

Cost: Free or koha welcome

Healing Through Story-telling

Share the loss and grief healing journey with Maori authors speaking from their own work and whānau experience. Listen, eat, process, drink and korero if you wish. Grab a friend or bring the whānau.

These sessions will commence late February 2019 in Wellington.

Cost: Free or koha welcome

We have further activities in development around supporting young people.

We are exploring further ways to support caregivers in the home too - see our website for further information
<https://marypotter.org.nz/health-partners/education/>

Mary Potter Hospice aligning with National and Local community events

In 2019 the dates for these are:

Sat Feb 2	Creek Fest, Porirua	
Sun Mar 3	Newtown Festival, Wellington	
Fri April 5	Advance Care Planning Day	See: Thu April 4 Masterclass: Communication Being with Dying
Mon – Sun, July 22-28	Grief Awareness Week (Skylight Initiative)	See: Thu – Fri, July 25 – 26 Masterclass: Loss & Grief
Thu Oct 31	Día de Muertos	See: Thu October 24 Masterclass: What really matters at end of life? Spirituality & Wellbeing

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

For further assistance or info: Education Administrator,
education@marypotter.org.nz or (04) 381 0152

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.

What matters to you?

Advance Care Planning (ACP) 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 in our communities; Wellington, Porirua and Kapiti.

Date: Friday 5 April 2019

Venue: Events will be held across Wellington, Porirua & Kapiti

Cost: Free or koha

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

For further assistance or info: Education Administrator,
education@marypotter.org.nz or (04) 381 0152

Advance Care Planning One Day Workshops (Level 1a)

Te Ara Whakapiri

Learning objectives:

- explain the benefits of Advance Care Planning (ACP)
- explore barriers to ACP
- start & document an ACP conversation
- determine who has legal right to make healthcare decisions for an incapable patient

Course pre-requisite: The four ACP eLearning modules need to be completed before attending the workshop. <https://acp.elearning.ac.nz>

The below courses are available to health professionals from any sector in the Wairarapa, Hutt Valley & Capital & Coast areas. The workshop is from 0815 – 1600.

Note: There is no cost for course attendance. Tea/coffee will be available (self-catered lunch).

Any queries: Helen.Rigby@ccdhb.org.nz (027) 534 1336

Capital & Coast DHB staff can apply through Connect Me

Date	Venue
Wednesday 30 January 2019	Hutt Hospital, Clinical Training Unit
Thursday 14 February 2019	Wellington Regional Hospital, Simulation Suite, Clinical Services Block
Tuesday 19 March 2019	Wairarapa Hospital Training Centre
Wednesday 27 March 2019	Wellington Regional Hospital, WSB L12
Friday 12 April 2019	Kenepuru Hospital Education Centre
Tuesday 7 May 2019	Hutt Hospital, Clinical Training Unit
Wednesday 15 May 2019	Wellington Regional Hospital, Simulation Suite, Clinical Services Block



The path of closeness and unity - Care in the last days of life

Mary Potter Hospice has been actively involved with the development of a care plan which reflects the needs of New Zealanders in the last few days of life (it is the period in which death is imminent and may be measured in hours or days). This promotes partnership and protection between patients/whānau and health care professionals wherever a person is dying.

It is hoped that with the linking together of the ACP and Te Ara Whakapiri ('last days of life pathway') more people will be able to die in their preferred place of care whether this is home, hospice, Aged Residential Care or a hospital.

Mary Potter Hospice already uses this within the hospice inpatient unit, Wellington Regional Hospital have introduced it and it will now be introduced across the Aged Residential Care sector during 2019.

For further information regarding Te Ara Whakapiri at <https://www.health.govt.nz/publication/te-ara-whakapiri-principles-and-guidance-last-days-life>

Cancer Research Trust NZ Palliative Care Lecture Series 2019

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 0730–0800.

A light breakfast is provided.

If you wish to be notified of these lectures please sign up to <https://bit.ly/2qp6aNC> and RSVP to one of the following administrators:

Wellington

Education Administrator
Email: education@marypotter.org.nz
Phone: (04) 381 0152

Kapiti

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

Nationally

www.hospice.org.nz

Cost: Koha

For further assistance or info: Education Administrator, education@marypotter.org.nz or (04) 381 0152

This series is proudly supported by Cancer Research Trust NZ.

Masterclass: Pain and Symptom Management in Palliative Care

This Masterclass is led by Dr Astrid Adams, Director Palliative Care in collaboration with Mary Potter Hospice staff and our partners across the health sector. We will use a case based learning model to look at the pharmacological and non-pharmacological management of common symptoms in palliative care.

The sessions will include assessment and management of pain, dyspnoea, nausea and vomiting, and delirium. A last days 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 their family/whānau/aiga.

Learning Outcomes:

- An understanding of the range and role of different opioids currently used
- Knowledge of when to introduce adjuvant analgesia
- Pharmacological and non-pharmacological approaches to dyspnoea
- A framework for understanding and ameliorating delirium towards the end of life
- A framework for understanding and treating nausea in a palliative setting
- Reviewing multi pharmacy within the context of palliative care and end of life

Date and time: Thursday 14 March, 0830 – 1630

Venue: Malvina Major Retirement Village, Khandallah

Cost: \$190.00 (incl. GST) per person

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

For further assistance or info: Education Administrator, education@marypotter.org.nz or (04) 381 0152



Mini-Masterclass: Communication Being with Dying



Hospice NZ (2018)

(I learned about) ...complexities of conversations that are not planned or predicted and how you manage this

Listen for conversation cues to use for conversation direction

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 include 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:

- Identifying and approaching patients who may benefit from an introduction to palliative care or advance care planning
- Handling strong emotion in the consultation
- Confidence in conversations about prognosis and uncertainty
- Confidence in conversations at the end-of-life
- Being flexible with unpredictable conversations

Date and time: Thursday 4 April, 1300 -1630

Venue: Mary Potter Hospice, Seminar Room, Newtown

Cost: \$100.00 (incl. GST) per person

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

For further assistance or info: Education Administrator, education@marypotter.org.nz or (04) 381 0152

Masterclass: The Vulnerable Brain and Palliative Care



This workshop is led by Dr Janet Turnbull, geriatrician/palliative care consultant. She explores the often-difficult transition to palliative care for people with neurodegenerative disorders and advanced dementia. The workshop has been designed for experienced clinical health professionals – GPs, nurses, community and social care workers working with palliative patients and family/whānau.

The Masterclass takes 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:

- To have an increased understanding of the physical, psychological and behavioural issues associated with people with a neurodegenerative disorders and advanced dementia
- To be able to utilise clinically proven tools to assess symptoms and distress in the person
- To have a good understanding of the importance of the transition from chronic to end of life care in this patient group and the need for clear and relevant support and information for family/whānau
- 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
- To acknowledge and appreciate the ethical challenges in care of this patient group

Date and time: Thursday 16 May, 0830 - 1630

Venue: Malvina Major Retirement Village, Khandallah

Cost: \$190.00 (incl. GST) per person

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

For further assistance or info: Education Administrator, education@marypotter.org.nz or (04) 381 0152

Treaty and Tikanga Hui: Marae Based Learning



"This was most skilfully delivered, drawing out from us our knowledge about the treaty before outlining more of the detail of the history, and clearly identifying the resulting intergenerational trauma and ongoing racism experienced by Māori people. And all in an open manner, without blame, and inviting us to reflect on and take this knowledge and insight into our daily work. I greatly appreciated their directness and heart."

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.

We start with introductory concepts of Kaupapa (values) and Tikanga (practice), look at the historical context of the Te Tiriti o 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.

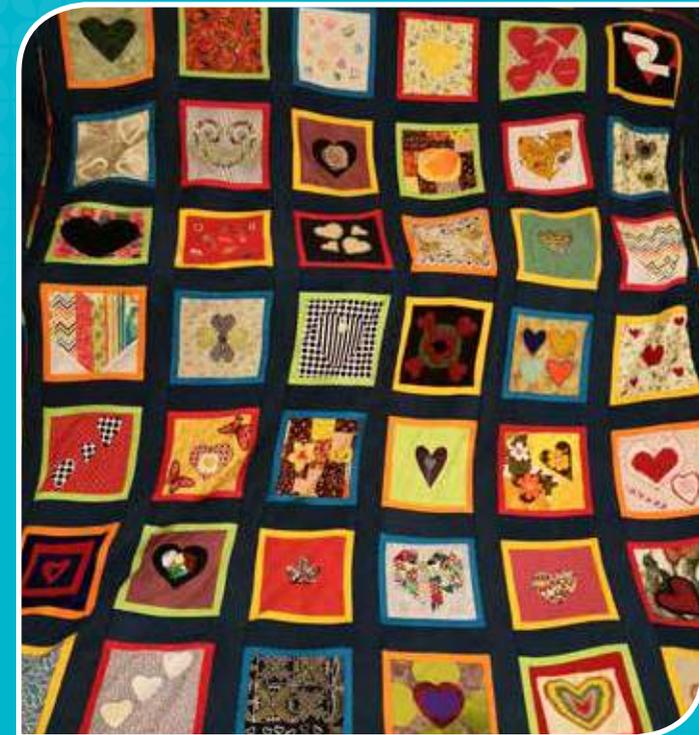
Date and time: Thursday 27 June, 0830 - 1630

Venue: Marae TBC

Cost: \$200.00 (incl. GST) per person

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

For further assistance or info: Education Administrator,
education@marypotter.org.nz or (04) 381 0152



Mary Potter Hospice Quilt (2018) M. McCartney

EDUCATION
CALENDAR
PULL-OUT

2019

Thursday, 7 February 2019	Cancer Research Trust NZ Care Lecture Series
Thursday, 28 February 2019	HNZ Syringe Driver (Wellington)
Thursday, 7 March 2019	Cancer Research Trust NZ Care Lecture Series
Thursday, 14 March 2019	Masterclass: Pain & Symptom Management in Palliative Care
Wednesday, 20 March 2019	HNZ Palliative Care for Care Givers
Wednesday, 27 March 2019	HNZ Syringe Driver (Khandallah)
Thursday, 4 April 2019	Cancer Research Trust NZ Care Lecture Series
Thursday, 4 April 2019	Mini-Masterclass: Communication Being with Dying
Wednesday, 10 April 2019	HNZ Syringe Driver (Kapiti)
Thursday, 2 May 2019	Cancer Research Trust NZ Care Lecture Series
Thursday, 16 May 2019	Masterclass: The Vulnerable Brain and Palliative Care
Wednesday, 29 May 2019	HNZ Fundamentals in Palliative Care 1, 2, 3
Thursday, 6 June 2019	Cancer Research Trust NZ Care Lecture Series
Wednesday, 12 June 2019	HNZ Fundamentals in Palliative Care 4, 5, 6
Wednesday, 26 June 2019	HNZ Fundamentals in Palliative Care 7, 8, 9, 10
Thursday, 27 June 2019	Treaty and Tikanga Hui
Thursday, 4 July 2019	Cancer Research Trust NZ Care Lecture Series
Thursday, 25 & 26 July 2019	Masterclass: Loss & Grief
Thursday, 1 August 2019	Cancer Research Trust NZ Care Lecture Series

Tuesday, 6 August 2019	HNZ Fundamentals in Palliative Care 1, 2, 3
Wednesday, 14 August 2019	HNZ Syringe Driver(Wellington)
Tuesday, 20 August 2019	HNZ Fundamentals in Palliative Care 4, 5, 6
Tuesday, 3 September 2019	HNZ Fundamentals in Palliative Care 7, 8, 9, 11
Wednesday, 4 September 2019	HNZ Syringe Driver (Khandallah)
Thursday, 5 September 2019	Cancer Research Trust NZ Care Lecture Series
Thursday, 5 September 2019	Te Huinga (The Gathering)
Tuesday, 10 September 2019	Oceanic Palliative Care (Perth, Australia)
Wednesday, 11 September 2019	HNZ Syringe Driver (Kapiti)
Thursday, 19 September 2019	Masterclass: Ethics at End of Life
Wednesday, 25 September 2019	HNZ Palliative Care for Care Givers
Thursday, 3 October 2019	Cancer Research Trust NZ Care Lecture Series
Sunday, 13 October 2019	6th Public Health Palliative Care International (Blue Mountains, Australia)
Thursday, 24 October 2019	Masterclass: What really matters at end of life?
Thursday, 7 November 2019	Cancer Research Trust NZ Care Lecture Series
Wednesday, 4 December 2019	HNZ Syringe Driver (Wellington)
Thursday, 5 December 2019	Cancer Research Trust NZ Care Lecture Series

**We publish a quarterly e-newsletter, Tuia;
sign up to <https://bit.ly/2qp6aNC> and keep in touch**



Mary Potter Hospice Quilt (2018) M. McCartney

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

This intensive two day workshop gives an overview of grief theory and the practices around working with people facing the 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:

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

Date and time: Thursday & Friday, 25 & 26 July, 0830 – 1630

Venue: Home of Compassion, Island Bay, Wellington

Cost: \$320.00 (incl. GST) per person

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

For further assistance or info: Education Administrator, education@marypotter.org.nz or (04) 381 0152

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

Te Huinga (The Gathering)



Gathering has always been an incredibly important act around death, dying and bereavement for Māori. It enables connection, reflection and thoughts for the future. At Te Huinga we will extend understanding of:

- Current Palliative Care activity for Māori
- Understanding future needs
- Update from Auckland University's Te Arai bi-cultural research team
- Wairuatanga and Diversity
- A tangihanga process
- A bereavement process
- How you can tautoko (support)

Date and time: Thursday 5 September, 0830 - 1630

Venue: Porirua TBC

Cost: \$190.00 (incl. GST) per person

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

For further assistance or info: Education Administrator, education@marypotter.org.nz or (04) 381 0152

Masterclass: Ethics at End of Life



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

This Masterclass is led by one of the Mary Potter Hospice Consultants and includes viewpoints from the New Zealand Nurses Organisation and Maori Health.

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 options of care, 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:

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

Date and time: Thursday 19 September, 0830 - 1630

Venue: Major Malvina Retirement Village, Khandallah

Cost: \$190.00 (incl. GST) per person

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

For further assistance or info: Education Administrator, education@marypotter.org.nz or (04) 381 0152

Masterclass: What really matters at end of life?

A sense of belonging gives us strength and meaning.

Spirituality & Wellbeing

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.

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, community and social care workers.

Learning Outcomes:

At the end of the day you should be able to:

- Appreciate the diverse spectrum of spirituality and its changing meaning throughout life
- Understand the difference between religion and spirituality
- Have increased knowledge of Maori Spirituality
- Consider how spirituality might be important at the end of life
- Take a basic spiritual assessment
- Be sensitive to how spirituality can contribute to your own well-being and resilience

Date and time: Thursday 24 October, 0830 - 1630

Venue: Home of Compassion, Island Bay, Wellington

Cost: \$190.00 (incl. GST) per person

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

For further assistance or info: Education Administrator, education@marypotter.org.nz or (04) 381 0152

Professional Development for Mary Potter Hospice Staff and Volunteers

Mary Potter Hospice is committed to the education and training of our own staff and volunteers to ensure their knowledge, skills and practice continues to be evidenced based and contributes to providing high quality palliative care for patients and whānau wherever they are – home, hospice, or Aged Residential Care. Many of the staff and volunteers also work with us providing training for our community partners as well as working to create compassionate communities, so maintaining their own professional development (education and training) is key to this.

Pathway to Belonging – Staff

This is a course which introduces the work of Mary Potter Hospice and core values to staff and volunteers new to the organisation. It is run throughout the year at regular intervals.

Dates: March 4, June 10, September 2, December 2

Pathway to Belonging – Volunteer

There will be 3 courses in 2019. They are run as 2 x 3 hour evening sessions with a further follow up session 3 months later.

Dates: March 11 & 18, July 22 & 29, October 14 & 21

Clinical Skills

These are 1 day workshops for the Registered Nurses and are run twice a year. The community Palliative Care Co-ordinators have an additional specific training day once a year. There is also a specific training day for the Health Care Assistant's as well – this sits alongside the support provided for them to successfully complete NZQA Level 3 training. These workshops provide learning which maintains and enhances/improves the practitioner's specialist palliative care knowledge, skills and practise.

Dates: Clinical skills	February 13, 20, 27 November 6, 13, 20
Health Care Assistants Study Day	June 12
Palliative Care Coordinator Study Day	August 29

Journal Club

Our medical staff maintain their continuing education through weekly Journal clubs and peer review meetings each month in partnership with other Palliative Care medical staff.

In Partnership with University of Otago, MPH has Trainee Interns in the Unit throughout the academic year, and provides sessions for both 4th and 5th year medical students.

Multi-disciplinary Team Learning

Morbidity & Mortality Meetings are run monthly, with case reviews and debriefing sessions being offered as and when required. There is a Focus of the Month topic researched and then presented by clinical staff. These are all opportunities for our clinical staff to share their reflections and critical observations which then influence both the management and care of future patients and whānau.

Palliative Care Link Nurse (PCLN) Programme

Palliative care has many 'faces' and has changed and evolved since last update.

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 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, it is both education and practice.

This is run by the ARC team, which consists of 3 Registered Nurses and a Social Worker.

The ARC team support patients (and whānau) as they transfer and transition from their homes or hospital into an ARC Facility. The Team also provide advice, support and education for the staff working in ARC – see the Hospice NZ programmes for further details.

This training course has been specifically designed for caregivers working in any care setting – homecare, aged residential care and hospital care. The topics presented include: principles of palliative care, managing physical symptoms, care in the last 48 hours, communication, loss and grief, spirituality and self-care.

Learning Outcomes:

At the end of Session One you will be able to:

- Define palliative care
- Describe why palliative care is needed and who may need it
- Discuss models of care and a holistic approach to care
- Explain what quality of care means
- Describe examples of ways of providing care

At the end of Session Two you will be able to:

- Understand your role in pain and symptom management
- Discuss the concept of total pain
- Describe how to assess symptoms
- Explain how to manage symptoms

At the end of Session Three you will be able to:

- Understand the importance of good communication
- Identify barriers to effective communication
- Feel more confident when faced with courageous conversations.

At the end of Session Four you will be able to

- Recognise deterioration
- Understand symptom management in the last days of life
- Describe the holistic nature of loss and grief
- Know the importance of self-care

Dates & Time & Venues:

Wed 20 March 0830 – 1630, Malvina Major Retirement Village, Khandallah

Tues 24 Sept. 0830 – 1630, Midlands Gardens Retirement Village, Paraparaumu

Cost: \$100.00 (incl. GST) per person per day
Light morning and afternoon tea provided, self-catering for lunch.

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

Hospice New Zealand Fundamentals of Palliative Care

"These sessions have sparked something within me. I am definitely more equipped to guide myself to assist others through the spectrum of palliative care"

"I can go away and feel much more confident with going forward in my care of palliative care nursing."



This programme, delivered over 3 full days was developed by Hospice New Zealand to support the learning and knowledge of staff supporting palliative care. There are 10 modules and comprehensive information can be found on the Hospice New Zealand website: <http://www.hospice.org.nz/education-and-training>

There are a number of learning requirements to gain certification for each module; course reading, workshop attendance and a post session learning activity. This course is suitable for all staff working in Aged Residential Care, Primary health and Community health.

Wed 29 May & Tue 6 Aug	Sessions 1, 2, 3	Essence of Palliative Care Ethical Issues in Palliative Care Pain and Symptom Management
Wed 12 Jun & Tue 20 Aug	Sessions 4, 5, 6	Palliative Care for People with Chronic Illness Palliative Care for People with Dementia Communication Skills
Wed 26 Jun & Tue 3 Sept	Session 7, 8, 9, 10	Last Days of Life Loss and Grief and Caring for Ourselves Spirituality

Venue:

May/June Malvina Major Retirement Village, Khandallah
Aug/Sept Midlands Garden Retirement Village, Paraparaumu

Cost: \$60.00 (incl. GST) per person
Light morning and afternoon tea provided, self-catering for lunch.

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

For further assistance or info: Education Administrator, education@marypotter.org.nz or (04) 381 0152

Hospice New Zealand Subcutaneous Syringe Driver Competency Programme

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 requiring 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:

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

Dates & Times & Venues:

Thu 28 February	1400 – 1630	Wellington
Wed 27 March	1400 – 1630	Khandallah
Wed 10 April	1400 – 1630	Kapiti
Wed 14 August	1400 – 1630	Wellington
Wed 4 September	1400 – 1630	Khandallah
Wed 11 September	1400 – 1630	Kapiti
Wed 4 December	1400 – 1630	Subject to Demand

Cost: \$90 (incl. GST) per person for New Competency
\$30 (incl. GST) per person for Update

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

For further assistance or info: Education Administrator, education@marypotter.org.nz or (04) 381 0152

Oceanic Palliative Care Conference 2019



Universal Access: Oceans of Opportunities

The theme for the inaugural Oceanic Palliative Care Conference is Universal Access: Oceans of Opportunities. The theme will allow for exploration of palliative care as a human right and what can be done to ensure people from underserved populations can access palliative care and have their pain and other symptoms managed at the end of life. The conference will promote the concept that palliative care should be available to everyone, regardless of their location, age, income, diagnosis, prognosis, gender, sexual orientation, social background or cultural origin.

The World Health Organisation (WHO) lists palliative care as a human right to health but currently worldwide only 14% of people of people who need palliative care receive it. By bringing people from across the globe together for three days of thoughtful, inspiring and practical discussions, delegates will leave armed with information and resources to improve palliative care in their regions.

oceanicpallcare.com

Dates: September 10 - 13

Venue: Perth

For further assistance or info: Education Administrator, education@marypotter.org.nz or (04) 381 0152

6th Public Health Palliative Care International Conference



Compassionate Communities in Action: Re-claiming Ageing, Dying and Grieving

Diversity & inclusion at end of life
End of life is everybody's business
Social change: Power and practices
Everyday ageing and dying
Building connections and partnerships
www.phpci2019.com

Dates: October 13 - 16

Venue: Blue Mountains, Sydney

For further assistance or info: Education Administrator, education@marypotter.org.nz or (04) 381 0152

Compassion in Healthcare Conference NZ 2019

Learn the science and practice of compassionate care.

The first ever compassion in healthcare conference in New Zealand. We are bringing together experts in compassionate care, from scientists to clinicians, to inspire, teach and share the practices of compassion in day to day clinical care.

This conference will benefit doctors, nurses, medical students, paramedics, social workers, psychologists, therapists, allied health providers and anyone involved in the caring profession.

Dates: March 16 - 17

Venue: Auckland

For further assistance or info: Education Administrator, education@marypotter.org.nz or (04) 381 0152

<http://compassioninhealth.co.nz/>

Palliative Care References & Links

Advance Care Planning

www.advancecareplanning.org.nz

Alzheimers NZ

www.alzheimers.org.nz

Alzheimer's NZ represents people living with dementia at a national level by raising awareness of dementia, providing information and resources, advocating for high quality services, and promoting research about prevention, treatment, cure and care.

(The) Art of Dying Well

www.artofdyingwell.org

The Art of Dying Well website is brought to you by St Mary's University.

Care Search

www.caresearch.com.au

Care Search provides trustworthy information about palliative care for patients, carers and families as well as for the health professionals providing their care.

Compassionate Communities Network Aus & NZ

<http://www.compassionatecommunities.net.au>

Public Health Palliative Care

(The) Grief Centre

www.griefcentre.org.nz

Grief Centre vision is to provide transformative support through grief and loss

(The) NZ Palliative Care Strategy

www.health.govt.nz/publication/new-zealand-palliative-care-strategy

(Te) Ara Whakapiri

www.health.govt.nz/publication/te-ara-whakapiri-principles-and-guidance-last-days-life

Hospice NZ

www.hospice.org.nz

Hospice NZ vision to see everyone with a life-limiting condition, their family and whānau, have access to the best possible palliative care.

IAHPC International Assoc. for Hospice & Palliative Care

www.hospicecare.com

IAHPC vision is universal access to high-quality palliative care, integrated into all levels of healthcare systems in a continuum of care with disease prevention, early diagnosis and treatment, to assure that any patient's or family caregiver's suffering is relieved to the greatest extent possible.

Neurological Disorders

www.neurological.org.nz

Mission is to "To alleviate suffering from diseases and disorders of the brain and nervous system through research and education"

National Dementia Cooperative

www.nzdementia.org

Portal to Dementia Resources NZ

Palliverse

www.palliverse.com

Palliverse is a place where like-minded people involved in palliative care meet; ideas and issues related to palliative care are exchanged and discussed; and Funding opportunities are explored and shared.

Palliative Care Nurses NZ

www.pcnz.co.nz

A non-profit making organization who since its conception in 2006 has sought to strengthen the voices of nursing in palliative care.

Psychosocial Oncology NZ

www.ponz.org.nz

PONZ aims to advance the recognition of psychosocial needs and the availability of appropriate supportive care for patients and families throughout their cancer experience.

(The) Centre for Ageing and Spirituality

www.selwynfoundation.org.nz/learning

Acquiring and sharing knowledge of ageing well and spirituality to deliver better outcomes for older people.

Skylight

www.skylight.org.nz

Skylight support people of all ages throughout NZ who are facing any kind of tough life situation, but we specialise in grief, loss and trauma. See resilience hub for excellent resource.

Spirituality and Wellbeing

www.spiritualityandwellbeing.co.nz

The Spirituality and Well-being Strategy Group envisages a society which recognises and responds to the importance of spirituality and well-being.

Te Arai Research Group – Uni Auckland

tearaireresearchgroup.org

Palliative Care & End of Life Research

(Te) Wananga o Aotearoa - Reo & Tikanga Course

www.twoa.ac.nz

Upaya Zen Centre

www.upaya.org/tag/being-with-dying

Buddhism - Being with Dying

Uni Tasmania - MOOC - Dementia Course

www.utas.edu.au/wicking/preventing-dementia

The GroundSwell Project

<http://www.thegroundswellproject.com>

GroundSwell Project vision is that when someone is dying, caring or grieving, we all know what to do.

We publish a quarterly e-newsletter, Tuia;
sign up to <https://bit.ly/2qp6aNC> and keep in touch

Mary Potter Hospice

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Newtown, Wellington 6242

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www.marypotter.org.nz



"Drift Away" (2018) Shanella Nallaiah

4th year medical student inspired by meeting a patient from Mary Potter Hospice.

"My patient stressed the importance of family and the strength and support from them. I have represented them with dandelions.... They are extremely hardy. This demonstrates the family's ability to thrive and be supportive despite the challenging circumstances they are facing. The patient is the dandelion floating gently away in the wind - feels almost ready to be able to do this - while the others are the spouse and children- with the family continuing to grow with the new grandchildren."