



Oxford Centre for Education and Research in Palliative Care (OxCERPC:Sobell House)

formerly Sobell Study Centre

September 2017

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Welcome to OxCERPC

Welcome to this Autumn edition of the OxCERPC:Sobell House newsletter!

The first thing to explain is the new name! It may be that you knew us as Sobell Study Centre, and we are the same team offering the same service but with a new name as we move forwards.

We have recently changed our name from Sobell Study Centre to Oxford Centre for Education and Research in Palliative Care (OxCERPC) as we have moved charities. We hope that this doesn't become too confusing for everyone, but this marks an exciting new phase of our work in offering high quality training to professionals across the UK and further afield.

We are registered with the Charity Commission, and

profits from courses are ploughed back into the education we offer.

We have an exciting new programme of study days and conferences starting this month, with some being for more local audiences and others for international audiences – more info about these inside the newsletter. We try to make these as relevant and contemporary as we can to enable staff to keep abreast of current 'hot topics' as well as always remembering the fundamental messages of palliative care

Also within the newsletter is a Meet the Team article so that should you need to contact us at any point you know who you're likely to talk with and a bit of information about us. We strive to be approachable, knowledgeable and efficient in our work, but also



Kate Butcher,
Education lead

accommodating, helpful and caring in our approach.

We hope that you find something of interest within the newsletter, and we'd love to hear your feedback so please do get in touch with any of us at any point!

Oxford Advanced Pain and Symptom Management Course

14-15 June 2018 Newcastle

27-28 June 2018 Nottingham

5-6 July 2018 Oxford

12-13 July 2018 Oxford

Cost: £495 (early bird £450 if paid before 31 Jan)
Group rate offer : 5 places for price of 4 (a saving of £495)
CPD points applied

New course calendar

Programme

Within the new programme we have kept well established courses such as the Oxford Advanced Pain and Symptom Management Course, and General Medicine for Palliative Care Professionals, and integrated new ventures.

There are courses that are nationally available as well as some that are more regionally focussed and fully funded. There are courses for a wide variety of health and social care practitioners.

Our course programme is for the whole multi-disciplinary team—doctors, nurses, AHPs, therapists and pharmacists! We look forward to welcoming you to Oxford soon!

Research masterclass

We are pleased to present a study day which has been supported by the Palliative Care Research Society (PCRS) :
Research Masterclass.

This day has been developed to help any nurses, medics and healthcare professionals working in palliative care settings (or allied specialities) with an interest in research, or those completing research modules at Masters level. Speakers are Professor Bridget Johnston (University of Glasgow) and Dr Nancy Preston (International Observatory on End of Life Care at Lancaster University)

and topics include

- making your research stand out from the crowd
- applying for grants and
- costing your proposal

Members of PCRS can access this day at a reduced price of £50

Courses & Workshops 2017/18

Date	Course	Price
6 October 2017	Breath-Body-Mind Integration for Breathlessness, Anxiety and 'Total Pain' UPDATED FOR 2017	£95
20 October 2017	Managing Advanced Heart Failure UPDATED FOR 2017	£95
4 November 2017	Creative Songwriting and End of Life Care NEW	£95
17 November 2017	Oncology Update NEW TOPICS FOR 2017	£165
28 November 2017	Viva la Difference! Resilience from Different Perspectives and Cultures NEW	£95
30 November 2017	Research Masterclass (PCRS Sponsored) NEW	£95/£50
25-26 January 2018	General Medicine for Palliative Care Physicians NEW TOPICS FOR 2018	£295
8 February 2018	Introduction to Palliative Care and Essentials of Spiritual Care	£95
27 February 2018	Introduction to End of Life Care for Pharmacists NEW	£95
13 March 2018	Death and Dying : Real Life Experiences	£95
22 March 2018	Spiritual Distress at the End of Life	£95
20 April 2018	DoLS: Past, Present and Future NEW	£95
8 May 2018	Symptom Management and Emergencies in Palliative care	£95
11 May 2018	Challenging Decisions at the End of Life: An Ethical Perspective	£95



New venture in Cork

An exciting new venture for OxCERPC is a developing collaboration with Marymount University Hospital and Hospice in Cork.

Two Consultants from Sobell House will be travelling to Cork to deliver a **Masterclass in Palliative Care**, with Professor Tony O'Brien from

Marymount delivering the final talk of the day. Topics for discussion are

- Breathlessness
- Thrombosis in palliative care patients
- Interstitial Lung Disease and
- High flow nasal oxygen therapy

These were topics considered at this year's Advanced Pain and Symptom Management Courses delivered with permission from the speakers and including with recent developments.

Date 23 February 2018

More details on our website



Bespoke opportunities

If there's a course you think we should offer or would like us to bring to your place of work, please do ask! Give Kate a call to discuss your ideas further

COMMUNICATION IS ESSENTIAL!

OxCERPC is pleased to offer a full 'suite' of levels of communication skills training.

Ranging from Foundation level, suitable for all staff – we offer SAGE AND THYME® Communicating with People in Distress.

Since 2013, **751** staff from organisations in Oxfordshire have attended SAGE AND THYME® training

We are just launching our next level – Intermediate Communication Skills Training for qualified healthcare professionals, called Essential Conversations at the End of Life

Since June 2016, **154** staff have attended Advanced Communication Skills Training in Oxford

And for senior healthcare professionals we offer Advanced Communication Skills Training : Managing Difficult Conversations at the End of Life

SAGE AND THYME®

20 October 2017
8 December 2017
1 February 2018
29 March 2018

INTERMEDIATE TRAINING

13 October 2017
14 November 2017
5 December 2017
10 January 2018
12 February 2018

ADVANCED TRAINING

23-24 November 2017
18-19 January 2018
15-16 March 2018
24-25 May 2018
7-8 June 2018



Meet the Team!

When you call through to OxCERPC with a query about a course , or wanting to make a payment, you may not know who you are speaking to other than their name. So here's a brief intro to each of us in the team, including our wonderful volunteers!

You'll probably firstly speak with either *Karen* or *Yvonne*...

Karen Allen is Finance and Course Administrator to OxCERPC and supports activities related to medical education. She provides administrative support to the Year 5 medical students based at the Oxford Medical School, John Radcliffe Hospital. As a member of the OxCERPC administration team, she also shares in other OxCERPC duties. In addition, she provide administrative support to national and international visitors to Sobell House.

Yvonne Roy is Course Administrator with responsibility for marketing. She also coordinates our volunteer helpers. She worked in various roles around Sobell House for 6 years, including Ward Reception, prior to this role, and has been based in the education department for 20 years. Yvonne enjoys providing a high level of service leading to a high quality customer experience

If you have a query directly relating to a course or a development in education then you'll probably call or email *Kate* ...

Kate Butcher has been Education Lead for over 3 years now, having previously worked as a Practice Development Facilitator in the community setting working with Community Nursing and Community Hospital staff, Care Home staff and General Practitioners. She is a Registered Nurse and District Nurse, and still works clinically within the hospice. Kate believes that educating the whole workforce is essential to developing excellent palliative and end of life care practices, and the programmes of study days she develops reflects this. Kate is also the person to speak with if you need any bespoke training sessions or packages, and she is always on the look-out for new ventures!

For medical training within our department, you will have contact with *Mary*..

Dr Mary Miller is a consultant in palliative medicine in Sobell House., and has a role in OxCERPC, helping lead the centre and deliver education. Mary holds a strong interest in education having undertaken the role of training programme director for the Oxford Deanery for 7 years and remains engaged in training and developing doctors. She holds a Diploma in Learning and Teaching (Oxford University) and maintains CPD in education. Mary enjoys teaching, developing and enabling staff to care for patients and their families particularly when patients are approaching the end of their lives

IT and the development of our website is an ever-increasing part of our daily work, and working with us is *Michael...*

Michael McCulloch is our website content manager and IT systems support specialist. He works with all departments in Sobell House providing IT support and managing the websites

Our volunteer team is currently *Catherine, Natalia and Julia*

Catherine enjoys focussing on our course evaluations analysing feedback from participants.

She has an accounting background and worked in local companies after qualifying, enjoying planning and budgeting in particular.

Natalia helps with the admin in preparation of the courses - mostly photocopying, preparing the folders for the upcoming courses, typing the evaluation forms and various other small jobs which help maintain the smooth running of OxCERPC .

She also is helping with managing our LinkedIn page

Julia is invaluable in helping us prepare for courses and organising our resources therefore ensuring that everything is ready for participants arriving for study days .

She has an administrative, managerial and accounting background and enjoys interacting with people .

You may meet or communicate with any one of us, and we pride ourselves on being friendly and approachable , knowledgeable and accommodating, and delivering the best service that we possibly can. Please don't hesitate to get in touch!

To contact us

Telephone 01865 225886

Email ssc@ouh.nhs.uk

Website www.sobelleducation.org.uk



NEWS!



NEW!

The research team within OxCERPC, led by Professor Bee Wee, are currently undertaking a study 'Learning to live well with heart failure'

This project is about living well with heart failure, and will be developed and delivered as a collaboration between the heart failure and specialist palliative care teams in Oxford University Hospitals NHS Foundation Trust. The grant-holder for this project is Sobell House Hospice

Charity

More updates will be posted in future newsletters – Watch This Space!



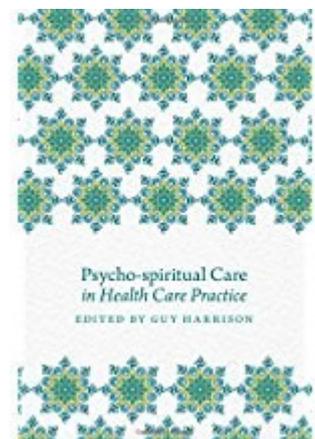
NEW!

OxCERPC have been awarded a grant from Nuffield Trust to upgrade equipment and texts for use during medical student training sessions. We are grateful to them for their generosity.



NEW!

A new book published by Jessica Kingsley :*Psycho-spiritual Care in Health Care Practice* edited by Dr Guy Harrison. Within the second section is a contribution by Kate! The book is relevant, very readable, and a timely contribution to a growing re-emergence of consideration within End of Life Care





Dear Colleague,

The team at Sobell House invites you to join them in the Sobell Study Centre for a video link to the Cicely Saunders International Annual Lecture 2017 presented by Prof David Kissane.

'Integrating the Existential and Psychosocial into Palliative Medicine: Hope, Value and Meaning counter Demoralization to Sustain Patients, Families and Care Teams'

Wednesday 4th October, 5.00pm - 6.30pm

Teas and Coffees available from 4.15pm

The Lecture Room, OxCERPC, Sobell House Study Centre, Churchill Hospital, Oxford

The event is free but places are limited.

Please advise will.johnsen@ouh.nhs.uk if you are hoping to attend.

**Professor David W. Kissane
MD, MPM, FRANZCP, FACHPM, FAPM**

is an academic psychiatrist, psycho-oncology researcher and palliative care physician. He is currently Chairman, Department of Psychiatry, Monash University, Australia; previously Chairman, Department of Psychiatry and Behavioral Sciences, Memorial Sloan-Kettering Cancer Center, New York; and before that, Foundation Chair of Palliative Medicine, University of Melbourne. He has made seminal contributions to the development of Psycho-Oncology and Palliative Medicine as disciplines.



Existential challenges are a major source of suffering towards the end of life. Demoralization is one such mental state comprising low morale and a sense of poor coping, in which pessimism, helplessness and hopelessness can lead to loss of meaning and purpose in life. Empirical data have shown a stronger relationship between demoralization and suicidal thinking than depression and wish to die. Therapies that aim to restore meaning in life help to ameliorate demoralization. Demoralization is a useful concept to deepen diagnostic understanding, treatment choice and ability to communicate with clinicians and patients. It is a contagious state of mind, necessitating family and multidisciplinary team work to prevent its inadvertent transmission among care providers.

