

**New publication: A multi-professional educational intervention to improve and sustain respondents' confidence to deliver palliative care.**

Education has been highlighted as fundamental in equipping healthcare professionals with essential knowledge and skills to provide good end of life care. For the last two years we have been conducting a research study into the European Certificate in Essential Palliative Care (ECEPC). The ECEPC was developed at Princess Alice Hospice in 2001, and has been identified as an example of excellence in education. It is an eight week distance learning programme for healthcare professionals run in nine Centres in England, Scotland, Northern Ireland, the Republic of Ireland and Malta.

**Study aim:** To evaluate the impact an educational intervention has on participants' confidence in palliative care, to determine if this is sustained over time and explore participants' perception of the influence of the course on confidence.

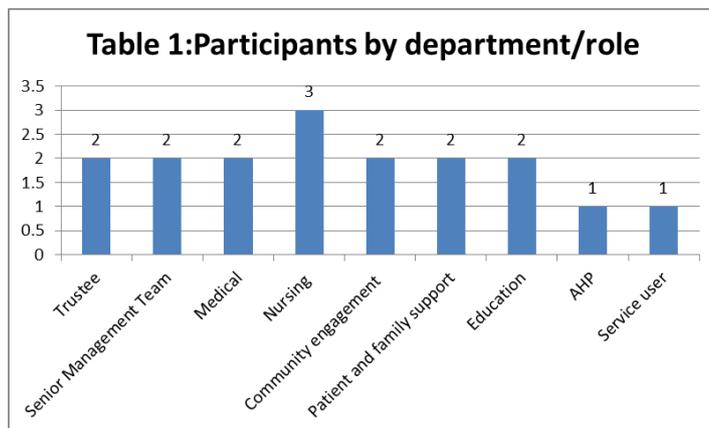
**Study design:** Using a mixed method longitudinal approach, a survey using a self-efficacy scale was emailed to 342 candidates who undertook the ECEPC course and semi-structured interviews were done with a sub-sample of 15 candidates at baseline, three and six months.

**Results:** At three months, candidates had almost twenty times higher odds of being above any given level of confidence than at baseline which was sustained at six months. Qualitative analysis identified examples of increased competence and confidence improving palliative care delivery.

**Conclusion:** Findings suggest that the ECEPC improves confidence in palliative care and that this is sustained over time with evidence of confidence in symptom control, communication and a holistic approach in clinical practice. Click here to read the full paper [HERE](#)

## Princess Alice Hospice Research Strategy re-fresh

In 2013 we developed a Research Strategy looking at the research activity over the next three years. This gave us focus over the last three years in developing our portfolio of research and collaborations to support our research activity. In 2017 Princess Alice Hospice developed a new organisational strategy so it was timely to re-fresh the Research Strategy in line with our organisational strategy. To do this a workshop was held including 17 hospice staff with representation from around the organisation (Table 1).



Participants were asked, in multi-professional groups, to consider the national picture of palliative and end of life care and the organisational strategy to plan the way forward for research and for that to align with these initiatives.

All research activity will be aligned with the organisational strategy and the national picture as it evolves to ensure we are developing knowledge and evidence based practice to support our work. In doing so we will 'close the loop' seeing the outcomes of the research translated into service development and other initiatives.

Internally there has been a significant shift in research awareness and staff are frequently engaged in the identification and screening of potential research participants. However, there is limited engagement in undertaking or supporting research activity. Over the next 12 months the focus will be on promoting a culture of enquiry with activity to increase research awareness and activity.

Potential activity going forward will be:

- Poster presentations – encourage staff to present at conferences.
- Build research into the hospice strategy for example, undertaking literature reviews to support service development
- Cross departmental journal clubs but consider less academic journals and language.
- Monthly research seminars accessible to everyone.

Progress against our plan will be evaluated at the end of each year.

## A nurses career journey into palliative care research

### Mel Waghorn, Senior Research Nurse and NIHR Lead

Melanie Waghorn, Senior Research Nurse at St Catherine's Hospice, Crawley has been recently appointed the subspecialty lead for Supportive & Palliative Care & Psychosocial Oncology and Survivorship, Kent, Surrey and Sussex (KSS) for the National Institute of Health Research (NIHR).

Here she talks about her experience in palliative care research and her new role.

My nursing career has been mainly within the palliative care setting. I started out as a health care assistant at St Catherine's back in 1995 and since then I have worked at the Princess Royal Hospital, back to St Catherine's, Royal Marsden Hospital and Royal Surrey County Hospital. In 2008 I took my first steps into the field of Palliative Care Research, an area that is often described as marmite - you will either love it or hate it - and started my journey on a very steep learning curve.

During my career, I have worked on large pharmaceutical trials, both intervention and non-interventional and on small in-house studies. I've also supported students undertaking master's or PhD programmes. More recently, I have project managed a national study, looking at alternative forms of hydration and monitoring symptoms such as pain, nausea and vomiting, fatigue, dry mouth, and also exploring patient/carer preferences.

Last year I left the NHS and returned to St Catherine's for the third time as a senior research nurse. Since being in post, I have worked on the PIPs II study which is being sponsored by the UCL and an Alcohol study which is being sponsored by the RSCH. I have also had the pleasure of working within the local hospice collaborative (Princess Alice, Woking and Sam Beare, Phyllis Tuckwell and St Catherine's hospices) on the Bereaved Nurse study.

In September 2017 I took on the role of subspecialty lead Supportive & Palliative Care & Psychosocial Oncology and Survivorship, Kent, Surrey and Sussex (KSS) for the National Institute of Health Research (NIHR). The purpose of the role is to support and advise the NIHR in looking at sites, both NHS and non-NHS; to assess clinical research strengths/weakness; research interests and activities; and to help local clinicians and their sites to be more research aware, to participate in research or even lead research. Also the role offers support and advice to the NIHR in developing local infrastructure to support the subspecialties at a local level on issues such as governance and support service available.

In both my roles as a palliative care research nurse and a subspecialty lead I look forward to working closely with hospices in the KSS region

## Darzi fellowship

**Jenny Palfrey, Darzi Fellow and Specialty Registrar in Palliative Medicine at Princess Alice Hospice**

### ***What is a Darzi Fellowship?***

It is a clinical leadership learning opportunity and qualification. Set up following Lord Darzi's 2009 NHS Next Stage Review which called for stronger clinical leadership and management roles, the Darzi Fellowship is designed to develop the skills needed to lead change and innovation in the most effective way.

### ***What is the qualification?***

It is a PG (Cert) in Health Leadership at the London South Bank University (LSBU).

### ***Why am I at Princess Alice Hospice?***

Much of the learning for the Fellowship is through practical management of an innovative project. PAH put together a proposal for the project and I have chosen to come to PAH to complete this. I will be here for 12 months and will be designing and completing a project incorporating the aspirations of the new 5 year strategy with an emphasis on digital transformation.

So far I have been exploring the real workings of the hospice - how it balances being a business, a charity and a healthcare provider. I have been learning more about the healthcare climate we are working in, deciphering the world of CCGs (Clinical Commissioning

Groups), STPs (Sustainability and Transformation Plans) and ACOs (Accountable Care Organisations). In addition to this I have been



back in the classroom at LSBU learning about the theory of New Models of Care and change management.

Stepping back from clinical practice has been hard; the comfort blanket of having a daily schedule and clear tasks to be completed has changed to a world of reading, meetings and thinking. It is not often that clinicians have the luxury of time to contemplate and critically evaluate the service we work in but I hope that this year will give me the skills and support to do this.

I will use the knowledge I acquire to consider how digital technology can be used in the Hospice to enhance and develop our service. For example, remote consultations and telehealth medicine to make our Hospice at Home service more efficient and therefore allow us to care for more patients or virtual reality technology to help pain control or allow patients to have experiences that are now physically not possible for them. I am still at the beginning of my journey in clinical leadership but there are so many innovations that have huge potential to improve patient care and experience that it is already a very exciting journey to be on.

# Research activity at Princess Alice Hospice

## **The Prognosis in Palliative care Study II (PiPS2)**

Professor Paddy Stone, Marie Curie Palliative Care Research Department, University College London.

## **What services influence the care of people with dementia in the last year of life?**

Dr Jennifer Todd, Princess Alice Hospice

## **Development of an educative intervention for nurses working in palliative care to enhance their confidence and competence in communicating with parents and children when a parent nears end of life.**

Professor Emma Ream (doctoral study of Penny Franklin), a partnership between University of Surrey and Princess Alice Hospice

## **LEGACY (Rapid Medical Donation Programme for Breast Cancer)**

Peter Barry, Royal Marsden Hospital

## **The influence of Intercultural Communication in discussion of Advance Care Planning: The case of nurses and care home residents in the UK**

Jane Berg (doctoral study), Head of Education, Princess Alice Hospice

## **National UK study on factors influencing duration of access to hospice-based palliative care services from referral to death**

Matthew Allsop, Research Fellow in Applied Health, University of Leeds

## **APM conference best junior doctor poster award**

Congratulations to Paula Cook, FY2 at Epsom and St Helier NHS Trust, who won the junior doctor poster award at the Association of Palliative Medicine conference. Paula undertook the audit 'UTI antibiotic stewardship in a UK Hospice: two audit cycles spanning two years and more than 500 patients' while working as an FY2 at Princess Alice Hospice. The poster was co-authored with Dr Craig Gannon.

## **The Marie Curie Joanna Mugridge Award**

Liz Reed Research Lead and Jennifer Todd, Consultant in Palliative Medicine at Princess Alice Hospice were awarded the Joanna Mugridge Award at the Annual Marie Curie Conference for the best e-poster about our ECEPC research. To see the poster please click [HERE](#)

### Journals

Gillett, K. Reed, L. Bryan, L. 2017. Using action learning sets to support change in end of life care. *Leadership in Health services*. Vol. 30 Issue: 2

Reed, E. Todd, J. Lawton, S. Grant, R. Sadler, C. Berg, J. Lucas, C. Watson, M. A multi-professional educational intervention to improve and sustain respondents' confidence to deliver palliative care: a mixed-methods study. *Palliative Medicine* (in press)

Fitchett, G., Damen, A., Holmes, C., Kestenbaum, A. and Nolan, S. The Role of Health Care Chaplaincy'. In Mario Fernando and Prieto Peres (Eds) *Spirituality, Religiousness and Health: From Research to Clinical Practice* Springer (in press)

Nolan, S. Searching for identity in uncertain professional territory: Psycho-spirituality as discourse for non-religious spiritual care. 2017. In Guy Harrison (ed) *Psycho-spiritual Care in Health Care Practice*. London: Jessica Kingsley, pp. 175-187,192-195

Handzo, G. Nolan, S. Outcomes in health and social care chaplaincy: core business or problematic necessity?'. In Ewan Kelly & John Swinton (eds) *Re-membering the Soul of Healthcare: Critical Reflections on the Future of Health and Social Care Chaplaincy*. London: Jessica Kingsley Publishers (in press)

### Conference posters

To see posters taken to Hospice UK conference please click on this [link](#):

To see the posters taken to the Association of Palliative Care 2017 please click on this [link](#):

To see posters taken to the Annual Marie Curie conference please click on this [link](#):