

Share and Learn

Developing a collaborative network for Care Homes in Surrey



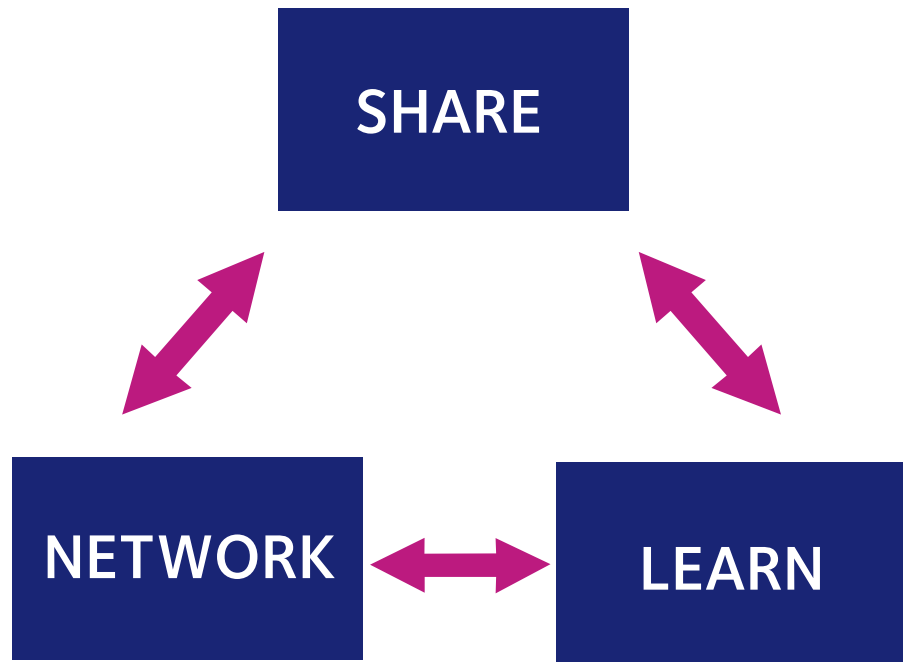
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Background

People in the UK are living longer and if this trend continues, it is estimated that 160,000 more people in the UK will require palliative care input by 2040¹. Nearly 500,000 people live in care homes across the UK² with the care home population projected to rise by 127% over the next 20 years³ and suggestions that care homes will be the most common place of death by 2040⁴.

What is the Share and Learn Network?

- Programme of 6-weekly sessions.
- Suite of courses hosted on the PAH online learning platform.
- Annual membership fee of £300 per care home for unlimited users.



Why is there a need for this network?

Our local area has around 135 care homes. Care home staff are experts in the care that they give to their residents, often in challenging circumstances. However, care homes often work in isolation from each other and other healthcare professionals.

The aims of the Share and Learn network:

- To enable ALL care home staff to learn and share about end-of-life care.
- To facilitate the exchange of palliative care knowledge and resources with input from the PAH Education team.
- To provide a safe networking space where voices can be heard.

What have we learned so far?

- Care homes appreciate the learning gained from the sessions and the space to be able to share and learn from each other.
- Both direct care and non-care staff value a network where they can learn and share aspects of palliative care practice.

"I can easily apply some tips I learned in this session when supporting people at the end of their life, as well as supporting the families."

Care Home Nurse

"I will use reflective practice in day-to-day running of the service."

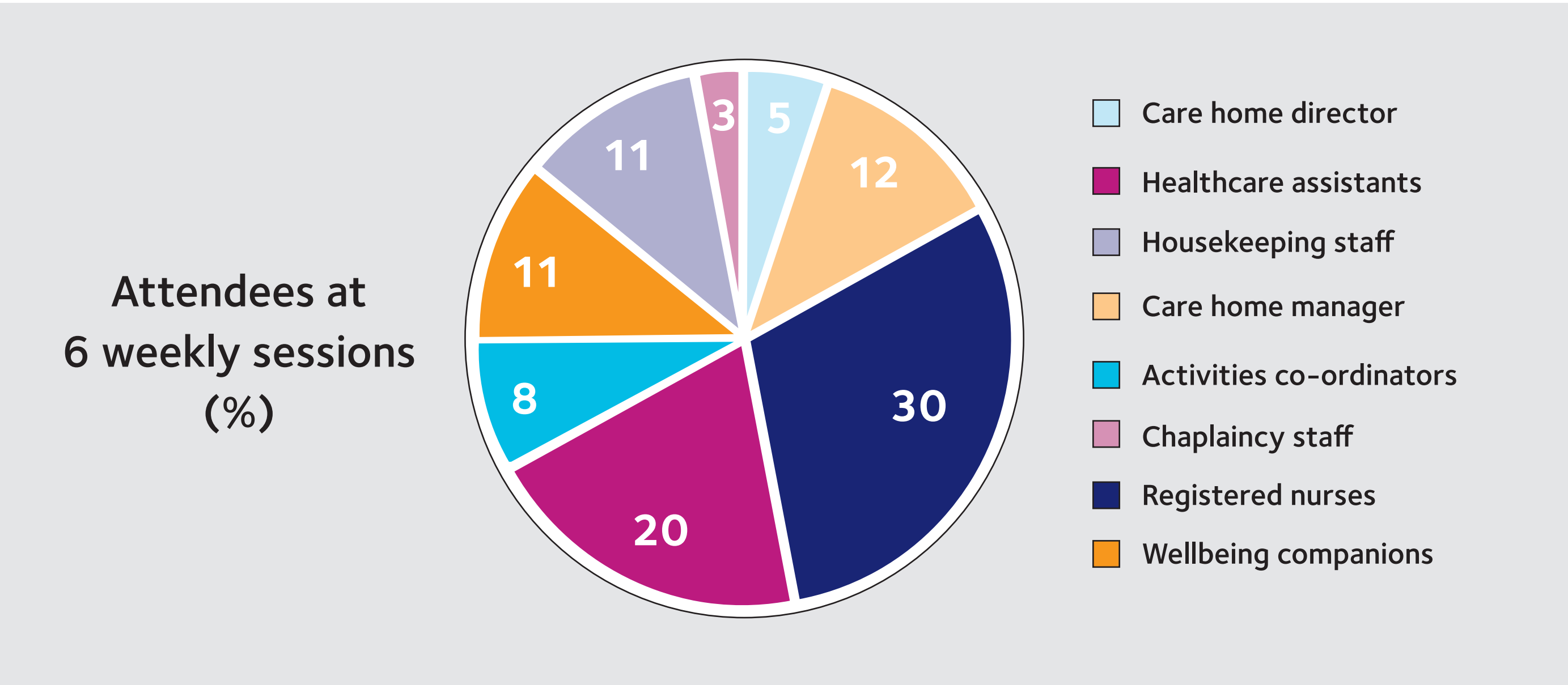
Care Home Manager

"The information on end-of-life medications was excellent."

Care Home Nurse

"I understand more about planning for the end-of-life for my residents."

Care Home Carer



What's next?

- Share and Learn Network attendees have suggested further topics for future sessions.
- An open forum where staff can bring situations from their everyday practice for discussion by the group will be held two weeks after each session.
- An open day at the PAH including a tour and meeting staff members, as requested by care home staff, will be arranged.
- A robust evaluation of the network is being undertaken to assess the impact and usefulness of the programme.

1. Etkind SN, Bone AE, Gomes B, et al. How many people will need palliative care in 2040? Past trends, future projections and implications for services. BMC Med 2017; 15: 102
2. Michas F. Care home population in the UK 2020 [Internet]. 2021 June 01 [Cited 2023 May 1]. Available from: <https://www.statista.com/statistics/1082379/number-of-people-living-in-care-homes-in-the-united-kingdom/>
3. Kingston A, Comas-Herrera A, Jagger C. Forecasting the care needs of the older population in England over the next 20 years: estimates from the population ageing and care simulation (PACSim) modelling study. Lancet Public Health 2018; 3: 447-55
4. Bone AE, Gomes B, EtKind SN, Verne J, Murtagh FEM, Evans CJ, Higginson IJ. What is the impact of population ageing on the future provision of end-of-life care? Population-based projections of place of death. Palliat Med. 2018 Feb;32(2):329-336.

What did we do?

Share and Learn Network steering group formed to develop and implement the network, comprising:

- Two care home managers
- Princess Alice Hospice (PAH) Chair of Trustees
- PAH community clinical nurse specialist
- PAH Education and Research team
- PAH Marketing and Communications team

Network launched in September 2022
Local care homes invited to join

Topics of first 6 sessions

- Approaching and having difficult conversations
- How to care for somebody who is dying
- Reflective session
- Saying goodbye to someone who is dying
- Oral care at the end-of-life
- Journal club



"We both enjoyed participating in case studies and we gained better knowledge concerning each case, especially the session about difficult conversations. Collaboration between different care homes and Princess Alice Hospice was great. We felt part of the team for which end of life care matters. During sessions, all participants were very supportive towards each other, considering colleagues' opinions and emotions. Thank you."

Member of a Care Home Housekeeping Team

"Facilitating the Share and Learn sessions opened my eyes to the compassionate and caring way that ALL care home staff view their residents and the relationships that they can all develop over time with those they care for. This made the supportive element of the sessions very important as participants were able to express and normalise their feelings when a much loved resident is approaching the end of their life or dies."

Carole, PAH Facilitator



"It's been exciting to see the Share and Learn Network grow since it launched. My own colleagues have found the sessions really valuable, and we particularly appreciate the time it gives our non-care staff to come together, reflect and learn about such important issues for our residents and their families."

Sylwia, Care Home Manager



Future topics suggested by care home staff

- Recognising dying
- Communication skills
- Planning ahead
- Advocating for residents

- Managing emergency situations
- Managing a resident with diabetes at the end-of-life
- Caring for yourself



Scan the QR code for more information