Cranford Hospice Vision:
Our community will have the capacity, knowledge and services to support people who are dying and their family/whānau.

The Hawke’s Bay Palliative Care Education Service
To the best of our ability and within the resources available, our aim is to help meet the training needs of those providing palliative care/whakamauru tangata. Our team is based in Elms House at Cranford Hospice and is supported by a range of palliative care specialists from HBDHB & Cranford Hospice.

Some of the 2016 Education Team

For more information on the courses listed or any queries on specific training requests please feel free to contact:
Education Services Support Admin & E-Learning: Sonya Payne
sonya.payne@cranfordhospice.org.nz
Or Education Services Manager : Jo Loney
jo.loney@cranfordhospice.org.nz
Phone: 06 878 7047 ext 805

(‘Book Now’ Button). You will receive a confirmation email.
Or contact sonya.payne@cranfordhospice.org.nz or 06 878 7047 ext 805
All participants will receive a reminder text 24 hours prior to the course.
Payments can be made on the day or you may request an invoice.
February
2  Breakfast lecture
8  Fundamentals 1
16  Syringe Driver Initial  FULL
21  Patient support volunteer training
23  Fundamentals 2

March
2  Breakfast lecture
9  Fundamentals 1 & 6
15  Fundamentals 3
23  NEtP Study day
28  DHB Essence of Palliative Care
29  Fundamentals 4

April
4  Patient support volunteer training
6  Syringe Driver Update
6  Breakfast lecture
11  Fundamentals 5
20  Fundamentals 6

May
3  Fundamentals 7
4  Breakfast lecture
11  Fundamentals 2 & 5
18 /19 Fundamentals 1-10
24  Syringe Driver Initial
30  Fundamentals 8

June
1  Breakfast lecture
1  Fundamentals 9
19  Patient support volunteer training
20  Fundamentals 10
21  DHB Advancing Palliative Care
27  Syringe Driver Initial
28  Syringe Driver Update

2017 The year at a glance

Before you book, please check the website to ensure you have the latest version of this programme as dates may be subject to change. We reserve the right to cancel training sessions if class numbers are too low.
### 2017 The year at a glance

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Ten sessions cover all aspects of palliative care and have been developed by Hospice NZ with input from the aged residential care sector. The packages are applicable across many care settings and provide a range of tools and information to enable anyone who works with patients and families facing a life-limiting illness to provide appropriate care with confidence.

Please note:

- People registered are sent a workbook for pre-reading
- Attendance at these workshops requires commitment to self-learning as well as pre- and post- session learning activities
- Certificates are issued on receipt of the post-session learning
- Participants who attend all 10 sessions and complete their post-session learning will also receive a Hospice NZ badge
- In 2017 we are offering the workshops as either single sessions or joint sessions and you can choose how and when you attend
- The programme will also be offered over 2 days but attendance at these sessions is by invitation

**Target audience:** Registered and unregistered staff from all healthcare sectors.

**Places:** Maximum 16, minimum 6.

**Cost:** $15 per person per lecture. (Session 10 is free)

**Speakers:** A variety of palliative and aged care specialists.

**Venue:** Elms House, Cranford Hospice, 300 Knight Street, Hastings

**Dates:** See the following pages for more information.
1. **Essence of Palliative Care**  (FOPC 1)
A recommended foundational package that defines and discusses palliative care and end of life care. The palliative approach as the underpinning philosophy for people with life limiting illness is fully discussed.

2. **Ethical Issues in Palliative Care**  (FOPC 2)
What constitutes appropriate care? This session covers definitions, ethical dilemmas and our responsibilities as health professionals.

3. **Pain and Symptom Management**  (FOPC 3)
Symptom assessment, management of care and ongoing evaluation of people with advanced disease.

4. **Palliative Care for People with Chronic Illness**  (FOPC 4)
Ways to improve quality of life for people with chronic illness.

5. **Palliative Care for People with Dementia**  (FOPC 5)
Holistic assessment of pain and symptoms in end stage dementia.

6. **Communication Skills**  (FOPC 6)
An opportunity to discuss the challenges as we communicate with people, their families and our team members.

7. **Last Days of Life**  (FOPC 7)
Recognising when death is imminent and providing holistic care of the dying person and their family.

8. **Loss and Grief**  (FOPC 8)
As it affects people, families and staff.

9. **Caring for Ourselves**  (FOPC 9)
Time to reflect on maintaining our wellness while working with people who are suffering.

10. **Introduction to Spiritual Care**  (FOPC 10)
Exploring the meaning and importance of spiritual care in our practice. Understanding who we are and recognising that all staff have the potential to offer spiritual care.
### SINGLE SESSIONS:

**FOPC 1**  
**Dates:**  
- Wed 8 Feb  2:00-4:00  
- Wed 19 Jul  2:00-4:00  

**FOPC 2**  
**Dates:**  
- Thu 23 Feb  2:00-4:00  
- Wed 26 Jul  2:00-4:00  

**FOPC 3**  
**Dates:**  
- Wed 15 Mar  1:00-4:00  
- Wed 9 Aug  1:00-4:00  

**FOPC 4**  
**Dates:**  
- Wed 29 Mar  2:00-4:00  
- Tue 22 Aug  2:00-4:00  

**FOPC 5**  
**Dates:**  
- Tue 11 Apr  2:00-4:00  
- Tue 5 Sept  2:00-4:00  

**FOPC 6**  
**Dates:**  
- Thu 20 Apr  2:00-4:00  
- Wed 13 Sep  2:00-4:00  

**FOPC 7**  
**Dates:**  
- Wed 3 May  2:00-4:00  
- Tue 10 Oct  2:00-4:00  

**FOPC 8**  
**Dates:**  
- Tue 30 May  2:00-4:00  
- Thu 26 Oct  2:00-4:00  

**FOPC 9**  
**Dates:**  
- Thu 1 Jun  2:00-4:00  
- Thu 16 Nov  2:00-4:00  

**FOPC 10**  
**Dates:**  
- Tue 20 Jun  2:00-4:00  
- Tue 21 Nov  2:00-4:00  

### JOINT SESSIONS ($30):  

**FOPC 1 & 6** - Essence of Palliative care / Communication Skills  
**Date:**  Thu 9 Mar  10:30-2:30  

**FOPC 2 & 5** - Ethical Issues / Palliative care for people with dementia  
**Date:**  Thu 11 May  10:30-2:30  

**FOPC 3 & 4** - Pain and Symptom management / Palliative care for people with chronic illness  
**Date:**  Tue 11 Jul  10:30-3:00  

**FOPC 7 & 8** - Last days of life / Loss and Grief  
**Date:**  Thu 28 Sep  10:30-2:30  

**FOPC 9 & 10** - Caring for Ourselves / Introduction to Spiritual Care  
**Date:**  Tue 5 Dec  10:30-2:30
FOPC series (10 sessions)
Thu 18th and Fri 19th May 9:00-4:30
Thu 9th and Fri 10th Nov 9:00-4:30
Attendance by invitation. If you or your organisation would be interested in hosting these 2 day courses please contact Jo Loney on 06 878 7047

Those who complete all 10 modules will be invited to a Graduation Ceremony on:
  Wednesday 5 July 3-3.30
  or
  Wednesday 13 December 3-3.30

“I thoroughly enjoyed the Fundamentals of Palliative Care. It was very empowering and it has helped me to help our staff at work to overcome their fears of people dying and just put them at ease with caring for people who are dying. Thank you.”
Donna, Summerset in the Vines 2016
**Syringe Driver Training—Initial**

This programme allows the nurse to gain the necessary confidence and competence in the use of Niki T34 syringe driver.

**Target audience:** Registered Nurses and Enrolled Nurses

**Places:** maximum 6 staff

**Cost:** $60 per person

**Venue:** Elms House, Cranford Hospice, 300 Knight Street, Hastings

**Dates and times:**
- Thu 16 Feb 1:30-4:00 FULL
- Wed 24 May 1:30-4:00
- Tue 27 Jun 10:00-12:30
- Wed 16 Aug 1:30-4:00
- Wed 8 Nov 1:30-4:00

**Book online (see p2 for instructions)**

Or contact sonya.payne@cranfordhospice.org.nz or 06 878 7047

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**Syringe Driver Training—Update**

This is the annual update that allows nurses to retain their competency in the use of a Niki T34 syringe driver.

**Target audience:** Registered Nurses and Enrolled Nurses

**Places:** maximum 12 staff

**Cost:** $20 per person

**Venue:** Elms House, Cranford Hospice, 300 Knight Street, Hastings

**Dates and times:**
- Thu 6 Apr 2:00-3:30
- Wed 28 Jun 2:00-3:30
- Wed 6 Sep 2:00-3:30
- Wed 29 Nov 2:00-3:30

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*Image of a syringe driver*
The Genesis Oncology Trust Palliative Care Lecture Series is hosted by hospices throughout New Zealand. The lectures are delivered via teleconference with a PowerPoint presentation that the speaker takes participants through. This education opportunity is designed to suit the needs of a multidisciplinary audience with an interest in palliative care.

Some post-lecture access is available on the Hospice New Zealand website:
http://www.hospice.org.nz/palliative-care-lecture-series

**Target audience:** Health care professionals with an interest in palliative care.

**Cost:** Free of charge; no bookings required; if you would like to go on mailing list to receive a reminder please contact Sonya Payne at sonya.payne@cranfordhospice.org.nz or ph 06 878 7047

**Venues:**
- Elms House, Cranford Hospice, 300 Knight Street, Hastings
- Wairoa Hospital - Contact Gae Redshaw ph 06 838 7099 ext 4804
- Central HB Health Centre - Contact Sandra Ridley ph 06 858 9090 ext 5573

A light breakfast will be served - all lectures 7.30 - 8.30am on 1st Thursday of month

**Dates:**
- 2 Feb: Palliative Approach Toolkit in Aged Care—Australian Perspective *Peter Jenkin Nurse Practitioner*
- 2 March: Use of cannabinoids in symptom management: *Martin Woodbridge, Consultant*
- 6 April: Update on dementia: *Speaker to be confirmed*
- 4 May: Palliative approaches to management of constipation: *Prof Philip Larkin*
- 1 June: Dying & growing old in a foreign land—Asian nurse migrant’s perspective: *Cat Chiu*
- 6 July: Principles & Guidance for Last days of Life: Te Awa Whakapiri  *Dr Kate Grundy & Helen Sawyer*
- 3 Aug: Euthanasia:  *Dr Martin Woods*
- 7 Sept: Neurologically based difficult behaviours & management:  *Dr Oleg Kiriaev*
- 5 Oct: Cardiac issues at the end of life:  *Dr Timothy Sutton*
- 2 Nov: “Still a couple” Sexuality & intimacy study in ARC:  *Clare Greensmith*
- 7 Dec: Dignity Therapy:  *Dr Harvey Max Chochinov*
Volunteer Training

Cranford Hospice has hundreds of volunteers throughout the Hawke’s Bay who make an enormous contribution to the needs of palliative care patients in our community.

Volunteers assist staff in areas such as working with patients and their families/whānau, preparing meals, providing clean laundry, reception work, keeping the grounds beautiful, working in our stores and providing biographies for patients through the Life Review Service.

The Volunteer Training provides foundational training for anyone who would like to volunteer for Cranford Hospice.

Review training will be held throughout the year for those who are currently volunteering. These dates will be advised.

Target audience: Any person who wishes to volunteer service to Cranford Hospice.

Venue: Elms House, Cranford Hospice

Enquiries: Amanda Aitken
amanda.aitken@cranfordhospice.org.nz
Or ph 06 878 7047

Patient support volunteers course:

Dates: Tue Feb 21  8:45-4:30
       Mon Aug 7  8:45-4:30
       Thu Oct 19  8:45-4:30

Service support volunteers course:

Dates: Tue 4 Apr  1:00-4:30
       Tue 25 Jul  1:00-4:30
       Tue 17 Oct  1:00-4:30
Rural Study Days

These study days are for any health professional who has an interest in palliative care and would like to attend.

Date: 15 August - 31 August
Time: 9:30-2:00 - 10:00-2:30
Venue: CHB Hawkes Bay - Wairoa Hospital
Booking: sonya.payne@cranfordhospice.org.nz or 06 878 7047

DHB Nurses and Allied Staff training

Advancing Palliative Care

Date: 20 June
Time: 8:30-1:00
Venue: Education Centre, DHB
Target audience: Palliative Care Resource Nurses
Prerequisite: Attendance at Essence of Palliative Care

Allied Health Session

Date: 21st September
Time: 8:30-1:00
Venue: Education Centre, DHB
Target audience: Allied health professional with an interest in palliative care

Bookings for Advancing and Allied: Nicole Kerr
Nicole.Kerr@hawkesbaydhb.govt.nz
NEtP Palliative Care Study Days

Dates: 23 March & 14 Sept
Venue: Elms House, Cranford Hospice
Time: 9:00-3:00
Target audience: by invitation

Online education:
If you have an interest in palliative care, you may be interested in other online education that can be accessed:

Advance Care Planning
Offers tools to help you have Advance Care Planning conversations with people,
www.advancecareplanning.org.nz/healthcare

Palliative Care Australia
Modules on pain management and specific diseases
www.palliativecareonline.com.au

Care Search Palliative Care Knowledge Network
Palliative care evidence and educational resources
https://www.caresearch.com.au

Educating the mind without educating the heart is no education at all.
— Aristotle
Elms House address:

Elms House has a separate entrance to the right of Cranford Hospice. The front door now has a keypad lock and will be opened prior to sessions. If the door is closed, please enter through Reception on the corner of Knight St and King St.

There is no parking within Cranford Hospice grounds but street parking is available. Please allow enough time to park.

300 Knight Street, Hastings 4122.
Ph 06 878 7047  ext 805
You matter because you are you.
You matter to the last moment of your life,
and we will do all we can,
not only to help you die peacefully,
but also to live until you die."

Dame Cicely Saunders,
founder of the modern Hospice movement
(1918 - 2005).

Cranford Hospice started in Hawke's Bay in 1982 with a handful of volunteers. Today we have around 75 paid staff, 400 volunteers and every year we care for around 750 patients and their families.

Our goal is to help people make the most of their time left on their final journey, to help them live every moment whether they are at home, in an aged care facility or come for a short stay with us in our eight bed inpatient facility.

Cranford Hospice’s care covers practical help, as well as emotional and spiritual support, and symptom control. Our highly-skilled and dedicated team includes doctors, nurses, pharmacists and family support staff and we are available 24 hours a day, seven days a week to talk through any concerns, offer advice or help manage symptoms.

We offer our services at no cost to the patient regardless of age, ethnicity, means or religion.

We are part of Presbyterian Support East Coast which is a registered charity. While the Hawke's Bay District Health Board funds part of our running costs, we are required to fundraise $2.8 million this year to maintain services. This shortfall comes mainly from generous donations from the community.