

St Gemma's Hospice

Academic Unit of Palliative Care

Annual Report 2019/20



in partnership with



UNIVERSITY OF LEEDS



Foreword

It gives us great pleasure to introduce our annual report for 2019/20, which describes the huge amount of work undertaken by the Academic Unit of Palliative Care (AUPC). The team has continued to grow and mature, and has delivered another impressive array of academic activity.

The AUPC researchers have been successful in securing grant income throughout 2019/20, recruiting a significant number of patients to clinical studies and have continued to publish extensively in peer reviewed journals.

The Learning and Teaching Department continues to develop and deliver high quality education to staff internal and external to the Hospice, working collaboratively with different organisations and healthcare providers.

The start of the Covid-19 pandemic in March 2020 brought many changes to the way the AUPC delivered education. Through our established tele-education hub we were able to adapt and innovate our education and training provision in response to Covid-19, extending our reach beyond our established local and regional networks to delegates nationwide.

The Evidence Based Practice Group continues to support the integration of the latest evidence into clinical practice by reviewing and updating clinical guidelines, considering developments in palliative care and undertaking clinical audit. Clinical outcome measures have been embedded in daily practice to support in the assessment of symptoms and guide clinical decision making.



Mike Senead



P. Stockton

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Introduction

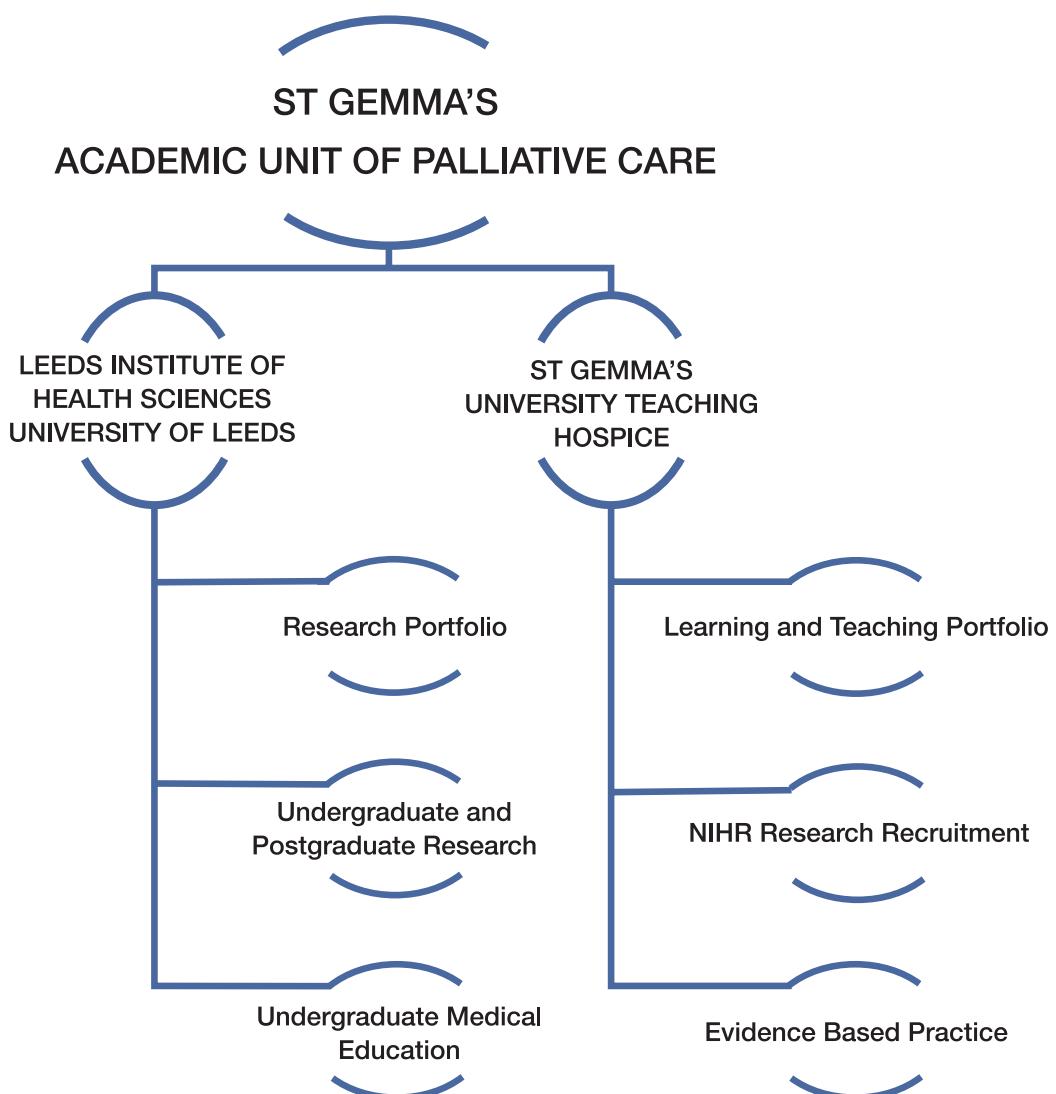
Academic Unit of Palliative Care Mission Statement

The Academic Unit of Palliative Care aims to be recognised internationally as an outstanding model for improving care of those approaching the end of life through integrated research, teaching and clinical practice. Our work is guided by our values:

- Respect and value patients, carers, staff and all those we work with
- Innovate and integrate with local clinical practice
- Inspire and support continual development and sharing of knowledge
- Build capacity to ensure a sustainable academic unit
- Be responsible and accountable for the standard of our work

Academic Unit of Palliative Care Structure

We link academic and clinical partners and are physically located on two sites: the Leeds Institute of Health Sciences, University of Leeds and St Gemma's University Teaching Hospice. This underpins our commitment to integrated clinical academic practice.



Research

The AUPC researchers successfully secured grant income to support research projects throughout 2019/20 and have published papers in a variety of peer reviewed journals.

Academic Unit Research Programme

April 2019 – March 2020

New grant income during this period:

The AUPC secured an award of £100,000 from the Academy of Medical Sciences for Dr Gemma Clarke to extend her work into access to palliative care and pain management for people from Black, Asian and Minority Ethnic (BAME) communities across Yorkshire and the East Midlands.

We also won a National Institute for Health Research (NIHR) Heath Services and Research Delivery award of £670,000 to research the use of electronic palliative care coordination systems across West Yorkshire and London.

Research projects:

- **Resolving Cancer Symptoms – RESOLVE – [AUPC programme grant]:** This multi workstream programme launched in May 2019 and is now based in eight Yorkshire Hospices. It encompasses several themes, including access to palliative care from primary care, development of brief symptom interventions and systematic use of outcome measures.
- **Examining access to palliative care for people from BAME communities:** This is a continuation of the study looking at pain in advanced disease in the South Asian population. Following the grant from the Academy of Medical Sciences, this work can now be extended to other UK centres.
- **Access to Medicines at the End of Life - ActMED – [AUPC programme grant]:** This programme is evaluating barriers to and facilitators for access to medicines for symptom control in the last year of life across the UK. We have conducted a nationwide survey of health care professionals and are now analysing data from patients and carers about their experience.
- **Leeds Cancer Pain Assessment:** Governance approval was granted to extend recruitment numbers and add further UK and European sites. This study aims to develop a quick and affordable

method of assessment of cancer pain that can be used in routine clinical practice, so allowing for earlier use of effective pain control methods, depending on the origin of the pain.

- **Supporting timely access to palliative care – STEP:** This study focuses on improving communications between doctors and patients at time of referral. Patients have been interviewed about their experience of being referred to palliative care and the findings are being used to inform positive conversations between cancer doctors and patients at the time of referral.
- **NACASY:** This observational study of the use of Naloxegol for Opioid induced constipation is now closed.
- **Exploring expert views on improving palliative care for people who are homeless:** This is an ongoing PhD project.
- **Supporting earlier access to palliative care for people with COPD:** Understanding care pathways and randomised controlled trial of needs assessment. This is an ongoing project funded by the European Union (EU).

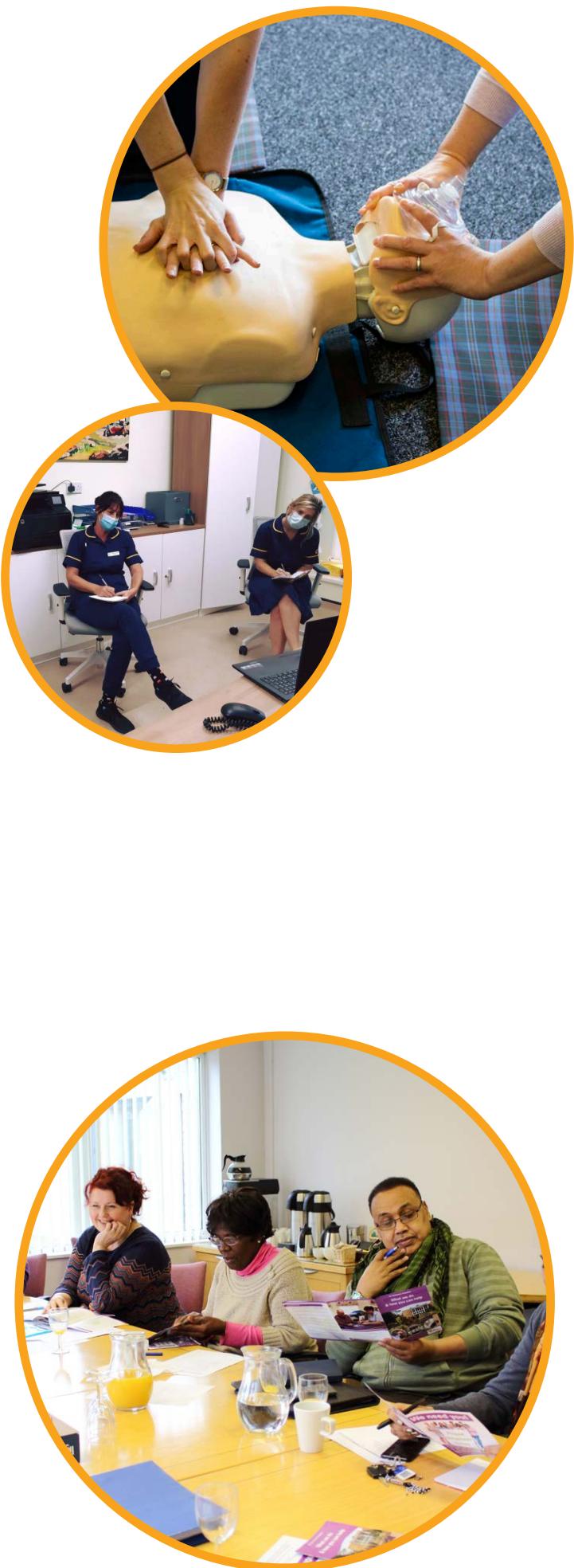


Publications:

The following papers were published in peer reviewed journals:

1. Edwards Z, Bennett MI, Blenkinsopp A. A community pharmacist medicines optimisation service for patients with advanced cancer pain: a proof of concept study. **International Journal of Clinical Pharmacy** 2019;41(3):700-710.
2. Sigurdardottir KR, Hjermestad M, Tricou C, Filbet M, McQuillan R, Costantini M, Autelitano C, Bennett MI, Haugen DF. Pilot Testing of the European Association for Palliative Care (EAPC) Basic Dataset: a mixed methods study. **Palliative Medicine** 2019;33(7):832-849.
3. Edwards Z, Ziegler L, Cragis C, Blenkinsopp A, Bennett MI. Pharmacist educational interventions for cancer pain management: a systematic review and meta-analysis. **Int J Pharmacy Practice** 2019;27(4):336-345.
4. Allsop M, Taylor S, Bennett MI, Bewick B. Understanding patient requirements for technology systems that support pain management in palliative care services: a qualitative study. **Health Informatics Journal** 2019;25(3):1105-1115.
5. Taylor SS, Allsop MJ, Bennett MI, Bewick BM. Usability of an electronic pain monitoring system for palliative cancer patients: a think aloud study. **Health Informatics Journal** 2019;25(3):11331147.
6. Simmons CPL, McMillan DC, Tuck S, Graham C, McKeown A, Bennett MI, Wilcock A, Usborne C, Fearon KC, Fallon MT, Laird BJ. "How long have I got?" – a prospective cohort study comparing validated prognostic factors for use in patients with advanced cancer. **The Oncologist** 2019;24:e960–e967.
7. Danson S, Mulvey M, Turner L, Horsman J, Escott KJ, Coleman RE, Ahmedzai S, Bennett MI, Andrew D. An exploratory randomized-controlled trial of the efficacy of the Src-kinase inhibitor Saracatinib as a novel analgesic for cancer-induced bone pain. **Journal of Bone Oncology** 2019; 19: 100261.
8. Allsop MJ, Johnson O, Taylor S, Hackett J, Bennett MI, Bewick BM. Research-led software design for routine monitoring and assessment of pain in palliative care services: the development of PainCheck. **JCO Clinical Cancer Informatics** 2019 Sep; 3:1-17.
9. Okunade K, Nkhoma KB, Salako O, Akeju D, Ebenso B, Namukwaya E, Chirenje M, Namisango E, Luyirika E, Ddungu H, Mupaza L, Dandadzi A, Nabirye E, Soyannwo O, Bennett MI, Harding R, Allsop M. Understanding data and information needs for palliative cancer care to inform digital health intervention development in Nigeria, Uganda and Zimbabwe: protocol for a multi-country qualitative study. **BMJ Open** 2019;9:e032166.
10. Edwards Z, Bennett MI, Petty DR, Blenkinsopp A. Evaluating recruitment methods of patients with advanced cancer: a pragmatic opportunistic comparison. **Int J Pharmacy Practice** 2019;27:536–544.
11. Taylor SS, Wyld L, Ziegler L, Bennett MI. Is patient information on palliative care good enough? A literature review and audit. **Cancer Nursing Practice** 2019; 18(6): 44-49.
12. Neoh K, Stanworth S, Bennett MI. Blood transfusion practice in the UK and Ireland: a survey of palliative care physicians. **BMJ Supportive and Palliative Care** 2019;9:474–477.
13. Edwards H, Bennett MI. Access to Opioids for Patients with Advanced Disease. **Current Pharmaceutical Design** 2019; 25(30): 3203-3208
14. Fleming M, Craigs CL, Bennett MI. Palliative care assessment of dry mouth: what matters most to patients with advanced disease? **Supportive Care in Cancer** 2020;28(3):1121–1129.
15. Boland E, Bennett MI, Allgar V, Boland J. Cannabinoids for cancer-related pain in adults: systematic review and meta-analysis. **BMJ Supportive and Palliative Care** 2020;10(1):14-24.

16. Boland J, Allgar V, Boland E, Bennett MI, Kaasa S, Hjermstad MJ, Johnson M. The relationship between pain, analgesics and survival in people with advanced cancer. A secondary data analysis of the EPCCS study. **European Journal of Clinical Pharmacology** 2020;76(3):393-402.
17. Martland ME, Rashidi AS, Bennett MI, Fallon M, Jones C, Rolke R, Mulvey MR. The use of Quantitative Sensory Testing (QST) in cancer pain assessment: a systematic review. **Eur J Pain** 2020;24:669–684.
18. Edler-Buggy S, Birtwistle J, ElMokhallalati Y, Kindl K, Good P, Bennett MI. Regular dosing compared with as needed dosing of opioids for management of chronic cancer pain: systematic review and meta-analysis. **PAIN** 2020 161(4):703-712.
19. Makhlof S, Pini S, Ahmed S, Bennett MI. Managing Pain in People with Cancer—a Systematic Review of the attitudes and knowledge of professionals, patients, caregivers and public. **Journal of Cancer Education** 2020;35(2):214-240.
20. Chapman E, Edwards Z, Boland J, Maddocks M, Fettes L, Malia C, Mulvey M, Bennett MI. Practice review: Evidence-based and effective management of pain in patients with advanced cancer. **Palliative Medicine** 2020;34(4):444-453.
21. Crowther G, Brennan C, Hall K, Flinders A, Bennett MI. The Development and feasibility testing of the Distress Recognition Tool. **Quality in Ageing and Older Adults** 2020;21(1):39-52.
22. The relationship between ECOG-PS, mGPS, BMI/WL grade and body composition and physical function in patients with advanced cancer Authors: Dolan RD, Daly LE, Simmons CP, Ryan AM, Sim WMJ, Fallon M, Power DG, Wilcock A, Maddocks M, Bennett MI, Usborne C, Laird BJ, McMillan DC. **Cancers** 2020;12(5):1187.



Learning and Teaching

We know that having a workforce with the right skills and knowledge, confidence and resilience is fundamental in being able to deliver high quality care for dying people and their families regardless of where they are cared for. To help achieve this aim, the Learning and Teaching department appointed a Clinical Practice Educator in March 2020 to lead on supporting, educating and developing registered and unregistered clinical staff in their clinical role and competency within the Hospice.

The department continues to devise and provide a varied programme of high quality education within the Hospice, as well as citywide and regionally. From March 2020 there was an increased focus on tele-education when the Covid-19 pandemic brought new challenges to the delivery of education and all planned face to face training in the AUPC was suspended.

1. University Collaboration:

University of Leeds – Delivery of Patient Focused Palliative Care Module

30 pre-registration nurse students, who enrolled on this 10-credit degree module during the period April to September 2019 successfully completed the module by submitting and achieving a pass mark for a 2,500 written assignment. A further 21 pre-registration nurse students enrolled onto the module in January 2020. They attended four of the five study days scheduled at the Hospice. The last study day on 19th March was cancelled due to Covid-19 lockdown measures.

2. Regional/Yorkshire and the Humber/National Professional Provision

Advanced Communication Skills Training (ACST)

This two-day course aims to enhance senior health care professionals' ability to deal with difficult communication situations.

We delivered the two-day ACST programme in May, July and September 2019 to senior clinicians from Yorkshire and Humber Hospital Training

Trusts and other hospices from across the region. 28 delegates attended the training. Unfortunately the March 2020 programme was cancelled due to Covid-19.

Analysis of the post-course questionnaires showed an increase in confidence and delegates left with a 'feel good' and enthusiastic attitude. Also 100% of participants would recommend the course.

"The course has exceeded my expectations and I feel my confidence has significantly improved over the 2 days!"

"A very useful and challenging course in a supportive environment."

European Certificate in Essential Palliative Care (ECEPC)

This eight-week, distance-learning, multi-professional programme, originally developed at Princess Alice Hospice, is offered twice a year in the St Gemma's AUPC. Assessment includes submission of a portfolio, a written examination and a practical / oral assessment.

Now in our third year of delivery, a cohort of 15 students began the eight-week distance-learning, multi-professional programme in April 2019 with an assessment day in June 2019 at St Gemma's Hospice. There were ten candidates enrolled on the September 2019 cohort. Eight were new candidates and two were re-sitting the exam day having passed on their portfolio in the spring 2019. Nine of the ten candidates passed on both elements of the assessment; the written portfolio and the exam day. One candidate failed on both elements and will be given the opportunity of a second attempt.

"Great communication and feedback from my facilitator."

Symptom Assessment and Management in Palliative Care Masterclasses

These popular masterclasses are delivered by our expert clinicians in palliative medicine and care including Consultant in Palliative Medicine, Nurse Consultant and members of the multi-disciplinary Hospice team. The first symptom assessment and management study day was delivered in March 2019 covering pain assessment, pain management, assessment of pain and distress in cognitive impairment.

“I appreciated pain physiology, find it useful to understand context and decisions.”

“Engaging, educational, interactive. Knowledgeable facilitators. Pitched at just the right level. Exceeded expectations.”

The second symptom assessment and management study day was delivered in May 2019, covering nausea and vomiting, constipation and mouth care, fatigue, cachexia, depression and breathlessness.

“Excellent day and delivered well. Informative and able to put into clinical practice, especially have a better understanding of nausea/vomiting.”

16 delegates attended the first and 24 attended the second study day, including Leeds Community Healthcare, local GPs, St Gemma's and other hospice staff.

Advance Care Planning (ACP) and Communication skills one-day training for front line health and social care and voluntary sector staff

St Gemma's Hospice AUPC is one of two hubs delivering two-day cascade training to facilitators across the West Yorkshire & Harrogate (WYH) region to enable them to deliver one day training to front line staff in their areas. The work was

commissioned by West Yorkshire & Harrogate Healthcare Partnership dementia pilot. While the training is generic, it is aimed at increasing the knowledge and skills of front line staff working with people with dementia to start ACP conversations. St. Gemma's Hospice AUPC hub team also delivered the one-day training for front line staff at the Hospice. A total of 33 facilitators attended the two-day training and 128 delegates attended the one-day training for front line staff.

“More confident in proactively taking responsibility to facilitate conversation in end of life planning. Utilise the MCA principles to aid ACP.”

Yorkshire Regional Palliative Medicine Learning Group

The Yorkshire Regional Palliative Medicine Learning Group is attended by over 40 consultants, specialist trainees, doctors and senior nurses from across Yorkshire and the Humber. Three meetings of the group were held between April 2019 and March 2020.

3. Leeds Citywide education

Ethical Issues in Palliative and End of Life Care

Dr Janet Holt's day on ethical issues in palliative and end of life care proved once again to be popular with 22 attendees from Leeds Teaching Hospitals NHS Trust (LTHT), Leeds Community Healthcare, care home staff, St Gemma's and registrars.

Communication Skills for Leeds Community Healthcare (LCH)

This package of training for LCH included advanced communication skills training for senior clinicians, communication skills for registered clinicians and end of life communication skills for Health Support Workers, Night Care Assistants, Occupational Therapists and care home staff. The programme was completed in November 2019, with a total of 52 LCH staff receiving training, and will recommence in 2020 to train more staff in key communication skills.

Advance Care Planning (ACP)

St Gemma's Hospice staff continue to support the advance care planning training for senior nurses within Leeds Community Healthcare and both Leeds hospices. On completion of training, attendees are able to lead ACP discussions and independently make decisions around resuscitation.

Community Team Delivery

St Gemma's Hospice Community Team continues to deliver training on advance care planning, pain and symptom management to support GPs, care home and Hospice staff. They continue to hold regular education and gold standard meetings with GPs, reflective sessions with Leeds Community Healthcare colleagues and provide the usual day to day advice and informal education in the community. In the October to March period the team had less activity because priority was given to new CNS induction and CNS training (leadership and non-medical prescribing courses) and the impact of Covid-19 resulted in cancellation of some training, gold standard meetings and education related meetings as well as some placements due to social distancing issues. Despite the circumstances, the Community Team still delivered 180 gold standard meetings during the year.

ECHO development

Extension for Community Healthcare Outcomes (ECHO) is a form of tele-education and mentoring. As part of Leeds Palliative Care Network (LPCN), St Gemma's Hospice hosts the 'Hub team' of palliative care specialists to deliver training programmes via a zoom video link to 'Spokes,' which are community partner sites where an individual or team of learners are located. Dr Jason Ward, Jane Chatterjee and Don Glass comprise the Hub team at St Gemma's and have also been joined by Hospice Clinical Nurse Specialists (CNSs), End of Life Community Leads, and Heart Failure CNSs to raise awareness of the programme.

ECHO Programme for GP Practices

The LPCN ECHO programme for GP practices that started in February 2019, completed the ninth and final monthly session in September 2019. Topics for the sessions were chosen by the practices. A maximum of nine GP practices and a minimum of three practices have attended the

individual sessions; with a maximum of 22 and a minimum of five individual participants.

A new programme was advertised for 2020 and six GP practices attended an initial face to face meeting in February 2020 to determine the curriculum. Five practices from the initial programme also expressed interest in continuing to attend. This second programme, scheduled to start in March 2020, was put on hold due to Covid-19.

CNS Regional ECHO Programme

St Gemma's Hospice is the ECHO hub providing a pilot programme to develop Clinical Nurse Specialists (CNSs) across the region in collaboration with the region's CNS group and funded by Health Education England. The programme content was agreed with the group of CNSs undertaking the programme and commenced in December running on a monthly basis. The end of life care learning outcomes are being used alongside the training to support development. The programme will be evaluated with a view to rolling it out across the region and become an ongoing training programme.

22 Palliative Care CNSs from 13 different sites (hospital and community) across the region enrolled onto the programme, which commenced in December 2019. Topic experts were invited to present at the sessions and CNS teams referred to case studies for discussion. The sessions held up to March 2020 included holistic specialist palliative care assessment skills, resilience and self-management, decision making and rationale. The end of life care learning outcomes were being used alongside the training to support development.

Training on End of Life Care for People with Dementia

This study day explores international and national best practice guidelines and initiatives to support the end of life care needs of people living with dementia. It looks at the following topics: the experience of living and dying with dementia, assessment of symptoms, end of life care and decision-making, family carer support and bereavement. The study day is aimed at healthcare professionals across a range of services working with people with dementia towards the end of their life. Interactive exercises,

case studies and group discussions helped participants share experiences.

This study day was delivered by Jane Chatterjee, Lecturer in Palliative Care, to a group of 15 nursing staff based in the gastroenterology department at LTHT in September 2019 and also to 26 attendees at the Hospice in October 2019.

“Although I have experience with dementia I really felt that this session taught me a lot and was also a helpful reminder of good practice.”

“Really inspiring, would feel more confident in discussing people’s/ patients with dementia’s individual needs with family and caring for and recognising more where patients with dementia are distressed and how to manage at end of life.”

Sharing in End of Life Care (SiELC) at St Gemma’s Hospice

This programme has been developed at St Gemma’s Hospice by staff from the Academic Unit of Palliative Care and clinical teams to encourage shared learning and experience in end of life care (EOLC) between nursing teams from different settings and the Hospice. It is aimed at staff from hospital or community services, who are mentored throughout the programme by palliative care staff based at the Hospice and within their hospital / community service. The programme is based on the principles of experiential learning. Candidates attend an initial four days, spending their time between the classroom and clinical practice within the Hospice In-Patient services and Community Teams with time for reflection on their practice experience. At three months and six months a half-day follow up will allow for further reflection with specialist and peer support. One outcome from the programme is for the group to develop a poster outlining their learning and experience and how they have implemented practice development around EOLC in their workplaces. Five band 6 nurses from LTHT attended this four-day programme at the Hospice in September 2019. The first half-day follow-up session took place in January 2020.

Yorkshire Ambulance Service (YAS) Palliative Care Ambulance Crew

The AUPC provided refresher training for 13 of the palliative care crew.

“The course was delivered both pleasantly and professionally throughout. Learnt a lot.”

City-Wide Education Collaborations (Leeds Palliative Care Network)

St Gemma’s led the training for YAS paramedic ambulance crews, training approximately 50 crew members in managing patients at the end of life. This involved colleagues from Sue Ryder Wheatfields and LTHT palliative care team.

“A very informative session with lots of gaps in knowledge filled.”

“It was a very informative session and the staff delivering it were experienced and knowledgeable. It has made me feel more confident in dealing with this sensitive patient group.”

St Gemma’s led the training to colleagues in the Mount Hospital, Leeds and York Partnership NHS Foundation Trust (LYPFT) in collaboration with Sue Ryder Wheatfields Hospice and the End of Life Care Facilitators for care homes. We provided six sessions on symptom management / medications and recognising dying / care in the last days of life to approximately 60 staff. In addition, St Gemma’s pharmacist provided a virtual session on medications for approximately 22 pharmacists from LYPFT.

4. Clinical Placements

We continue our successful relationship with the universities in Leeds, working together to provide a range of clinical placements at the Hospice. We continue to receive extremely positive feedback from students about their time at the Hospice and this is testament to the year-round work of many individuals, teams, and mentors. Student satisfaction is a function of the way we meet, greet, teach, assess, support and take care of our students.

Clinical Placements:

- Pre-registration nursing students, Dales and Moors Wards x 17
- Pre-registration nursing students, Community Team x 1
- Nurse Associate trainees, IPU x 44
- Nurse Associate trainees, Community x 44
- Elective nursing placements, IPU x 6
- Elective nursing placements, Community x 1
- Elective nursing placements, Day Hospice x 1
- Elective nursing placements, Therapy Team x 1

Medical Placements:

- 4th Year medical students x 32
- Elective doctor placements x 15
- Physician Associates x 4
- Elective placement: Theology student x 1

Other Placements:

- Dietetic x 1
- Counselling x 2
- Spiritual Care x 1

As a sample of the feedback, the following comments give an idea of the high standard throughout the year:

“I feel my week at St Gemma's Hospice was productive and highly beneficial for my learning.”

“Although I was only there for a few days I felt very welcomed by the whole team at St Gemma's and couldn't recommend this placement enough.”

“I could not have asked for a better experience. The Drs really got us involved in every aspect, from hand overs to ward rounds to MDT meetings. They always made time to teach and give feedback.”

“The staff at St Gemma's Hospice were fantastic. They were approachable, always ready and willing to teach and involve me in patient management.”

“I was inspired by Palliative care and would like to pursue it as a career.”

5. Covid-19 Response

In response to the Covid-19 pandemic, the Learning and Teaching department developed a package of tele-education and training videos from March 2020 onwards to support colleagues in the city, regionally, nationally and in the Hospice. This included use of PPE, the management of Covid-19 symptoms in patients and end of life care, verification of expected adult death, advance care planning and communication skills during Covid-19. Alongside this, the Hospice continued to take students on clinical placements and ran the European Certificate in Essential Palliative Care but through virtual methods.

6. Internal staff training

The Learning and Teaching department supports staff to develop within the Hospice by delivering a comprehensive internal training programme and approval of study leave.

Learning Management System (LMS)

The e-learning programme on the Learning Management System (LMS) offers 25 modules to clinical and non-clinical staff and trustees. There is also an IT Skills Pathway providing e-learning training for staff on different levels of Word, Excel, and PowerPoint. The following developments to the LMS took place during 2019/20:

- Introduced a new IT security level 1 module for all staff.
- Introduced a revised Information Governance module level 1 and 2 for staff.
- An appraisal system is now being piloted on the LMS by a group of staff for implementation into the Hospice following the pilot results. This now involves 360 degree feedback in relation to the Hospice values and behaviour framework.
- There are now a range of other modules on the LMS for staff to access, giving additional information and support, e.g. email management, mental health awareness and remote working.

“Sharing my experiences and hearing about other staff experiences is really valuable, learnt a lot from this reflection.”
(Care at end of life clinical induction)

“I found this induction informative and motivational. All speakers were passionate and enthusiastic about working at St Gemma’s. Great team to be part of. Every talk was so well done in an entertaining way which made it much more memorable. So good to meet some of the team.”
(Hospice induction)

“Very good training day. It was very interesting and informative. It pushed me out of my comfort zone which I have greatly benefited from. Fantastic!”

(Band 5 communications training)

Face to face training provided for clinical and non-clinical staff during 2019/20 included:

- Hospice and clinical inductions
- Clinical skills updates including AED/CPR
- Communication skills training: Health Care Assistants, Registered Nurses (Band 5), Advanced communication skills training: Band 6 & above
- Advance care planning and communication
- Bereavement and loss
- Dementia (all staff & volunteers)
- Finance abuse (all Clinical Teams)
- End of life care
- Tele-care
- Strengthening leadership programme (delivered by Fathom for senior nursing team)
- Mentorship updates
- Managers’ development programme – Better conversations; recruitment and interviewing
- HR processes
- LMS appraisal for pilot group
- Disaster recovery & business continuity
- Information owner asset training
- Display screen equipment
- Fire marshal training
- Safe handling and moving equipment
- BOC medical gas
- Eating and drinking with an unsafe swallow (for Housekeepers)
- Wellbeing Day / Staff Conference



Evidence Based Practice

Evidence based practice requires that healthcare decisions are based on the best available, current, valid and relevant evidence. It enables the development of a culture in which good decisions are made and clinicians feel confident to question and challenge practice.

The Evidence Based Practice (EBP) Group meets monthly with the aim of ensuring that our clinicians are supported to integrate latest evidence alongside clinical expertise in order to underpin safe and effective patient care.

Create a culture of enquiry and innovation

The EBP group updates clinical guidelines, oversees the clinical audit programme and promotes evidence based practice. Representatives of the group contribute to citywide palliative care guidelines through membership of the Leeds Palliative Care Network.

Over the past year, the following guidelines have been updated and loaded on to the Hospice H:net (intranet):

- Diabetes Management
- Delirium
- Pain
- Nausea & Vomiting
- Intravenous Iron Infusion
- Acute Kidney Injury
- Corticosteroids
- Bowel Obstruction

Our Practice Enquiry Forum brings together clinicians from across the Hospice to consider developments in palliative care and their impact on care at St Gemma's. Presentations attended by about 125 clinical staff have included:

- Management of end stage heart failure at end of life (April 2019) – presented by the Heart Failure Team
- The impact of non-medical prescribing (May 2019) – presented by the Community Team
- Intravenous iron infusions (June 2019) – presented by Dr Karen Neoh

- Patients with aphasia (July 2019) – presented by Louise Shelley, Speech & Language Therapist, LTHT
- Update on delirium audit (September 2019) – presented by Dr Kitty Jackson
- Kinesiology tape research; symptom management (October 2019) – presented by Dr Lucy McNaughton
- Young People's Service volunteer (November 2019) – presented by Chris Wood
- Is regular opioid dosing better than as needed dosing for managing cancer pain? (January 2020) – presented by Professor Mike Bennett
- Results from the diabetes audit (February 2020) – presented by Dr Amber Garnish

Clinical audits

St Gemma's Hospice contributed to the citywide Leeds Palliative Care Network clinical audit of **the use of anticipatory medicines in the last days of life**. This included reviewing the medicines prescribed and the symptoms for which they were prescribed, reviewing whether the medicines were available and auditing what was actually administered. This will help to inform end of life care guidelines/practice across the city going forward.

Outcome measures

St Gemma's Hospice is one of several Yorkshire hospices taking part in the **RESOLVE project**. Workstream 2 focuses on understanding barriers and enablers to the use of outcome measures in palliative care. The suite of Outcome Assessment and Complexity Collaborative (OACC) measures developed by King's College London and recommended nationally for use within palliative care are now in routine clinical use across the In-Patient Unit and Day Hospice. These help in the assessment of symptoms as well as guiding clinical decision making.

Contact details

Research Enquiries

Professor Mike Bennett	Tel: 0113 218 5500	Email: m.i.bennett@leeds.ac.uk
Kath Black	Tel: 0113 218 5500 Ext: 2076	Email: kathrynbl@st.gemma.co.uk

Learning and Teaching / Course Enquiries

Trish Stockton	Tel: 0113 218 5283	Email: trishs@st.gemma.co.uk
Jane Chatterjee	Tel: 0113 218 2078	Email: janec@st-gemma.co.uk

Medical Enquiries

Dr Mike Stockton	Tel: 0113 218 5501	Email: mikes@st-gemma.co.uk
Dr Jason Ward	Tel: 0113 218 5500 Ext: 2302	Email: jasonw@st-gemma.co.uk

Clinical Outcome Measures / Clinical Guidelines

Catherine Malia	Tel: 0113 218 5500 Ext: 2219	Email: catherinem@st-gemma.co.uk
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Internal Training Enquiries

Tina Cosgrove	Tel: 0113 218 5500 Ext: 2001	tina.cosgrove@st-gemma.co.uk
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Room Bookings

Anne Furness	Tel: 0113 218 5500 Ext: 2600	Email: annef@st-gemma.co.uk
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**Academic Unit of Palliative Care
St Gemma's Hospice
329 Harrogate Road
Moortown
Leeds
LS17 6QD**

Telephone: 0113 218 5500

Website: www.st-gemma.co.uk/AcademicUnit

Registered Charity No. 1015941