



## A WORD FROM DR YASMIN PARKIN

### *APMJ Education Coordinator*

Welcome to the March APMJ newsletter! Hoping that as the days get a bit longer and the sun starts to come out more you are getting on okay with the year, whether you are about to move a rotation, have just moved or are continuing to invest in the same place of work. The beginnings of spring signal the approaching APM Palliative Care Congress, this year on 'World Wide Working' and we are looking forward to seeing you there virtually.

This month's newsletter has a fantastic range of recommended fiction and non-fiction books, films, and other media expressing different stories and perspectives on palliative care. These means can help broaden our perspective in a refreshing different way to opening a textbook or a web page, bringing the purpose back to the patients we are seeking to look after.

Thinking about how others view palliative care services can be a great starting point for individualising and personalizing our communication style with patients, relatives and colleagues, meeting people in the mindframe that they are in at that time.

We are looking forward to our three part communication webinar series commencing on the 17th April. We are very excited to have Dr Kathryn Mannix speaking to us about 'Introducing dying'. Her books are included in our recommended reading later in this letter, with truthful and touching encounters of helping people who are dying, and teaching her audience how to do the same. The second in this series is a workshop style teaching session on the 1st May by Dr Chris Farnham sharing with us practical skills by utilizing his experience with working with drama schools. Finally, we are looking forward to our third talk running through relevant, tricky and everyday scenarios encountered by junior doctors with Dr Maddy Turley on the 15th May.

There is such a wealth of experience and knowledge they can share with us and we are really looking forward to these events - there is still time to sign up if you haven't already.

Please get in touch if you have any thoughts or ideas of how we could be supporting and encouraging you as a committee - we would love to hear them.



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Webinar Series

## COMMUNICATION IN PALLIATIVE CARE WEBINAR SERIES

This series will be in 3 parts and you can book for  
1, 2 or all 3 sessions.  
This event is **FREE** to attend.

**WEDNESDAY 17 APRIL 2024**  
**WEDNESDAY 1 MAY 2024**  
**WEDNESDAY 15 MAY 2024**

**19:00 - 20:30**

[www.apmeducationhub.org](http://www.apmeducationhub.org)



## APMJ CAREERS WEBINAR

**21 May 2024**

**18:30 - 20:30**

Scan Here

[www.apmeducationhub.org](http://www.apmeducationhub.org)





### *RESEARCH OF THE MONTH*

## **DIGITALLY RECORDING COMFORT OBSERVATIONS IN THE LAST DAYS OF LIFE**

*By Dr Ollie Minton*

After the success of the APM supported SEECARE work Seeking Excellence in End of Life Care UK (SEECare UK): a UK multi-centred service evaluation | BMJ Supportive & Palliative Care we wanted to build on local data collection around our end of life care provision.

We are fortunate to have an electronic comfort observation system through patient track which naively I assume most trusts have alongside Microsoft power BI we have been not only able to build a dashboard and ward watcher window but to add an electronic version of SEECARE so we have a rolling audit.

Using this method we produce a P score rather than a NEWS score - from P0 - no symptoms to P3 -severe uncontrolled symptoms ( or a combination of 2 or more significant symptoms or concerns such as pain / breathlessness etc). Over 75% of dying patients are now monitored using this process with over 90% being seen by our team as the seecare data suggests is best practice.

The key findings are that patients are on comfort obs for 3 days (more than the NACEL 48 hours) the vast majority are well symptom controlled with 75% being P0 and there is rapid control with a reduction in scores to P 0 measured in 2-3 hours. Additionally we can then break down by wards that need more support and education, interventions and prescribing. We can also add patients to our list when put on comfort obs as we monitor this daily as part of our standard work.



The obvious advantage is this is routinely collected and analysed data with a lovely dashboard to view and present at divisional and trust boards. What we would like to know is how widespread is this work and any obstacles to data collection. Our IT department are quite happy to share the know how if you have these systems in your trust. We would also welcome exploring this work in other settings where the IT allows.

The paper is here for more details

<https://journals.sagepub.com/eprint/WFV4ZH2HHCQENS3TSNHK/full>

And I am [ollie.minton@nhs.net](mailto:ollie.minton@nhs.net) for correspondence

### **What is known**

Approximately 50% of the population die in hospital - recognising when to involve palliative care and focus on comfort is still unclear and the expertise may not always be available

Comfort observations can be recorded electronically in place of NEWS scores for patients who are likely to be in the last days (possibly weeks) of life where no treatment escalation is planned

### **What this study adds**

A set of comfort obs can generate a symptom score and signal the need for intervention for good end of life care in hospital.



Power BI can collate this data into a dashboard to be used for global trends and education and support symptom management prompts - this will be more useful once there is a national dataset and link to electronic prescribing and automatic referrals to hospital palliative care teams

This system could be adapted for virtual wards and other methods of remote monitoring in any setting including care homes where dying patients are looked after

### **Limitations**

This is one large teaching hospital but the results should and could be replicated nationally and probably have widespread generalisability



## APMJ RECOMMENDED

This month, we have come up with a list of palliative care related books, videos, TV shows, movies and podcasts that we hope will interest you. Do let us know if you have any others that should be added to the list!

### BOOKS

- With the End in Mind: Dying, Death, and Wisdom in an Age of Denial by Kathryn Mannix
- Listen: How to Find the Words for Tender Conversations by Kathryn Mannix
- Dear Life: A Doctor's Story of Love, Loss and Consolation by Rachel Clarke
- Being Mortal: Medicine and What Matters in the End by Atul Gawande
- When Breath Becomes Air by Paul Kalanithi
- Waiting for the Last Bus by Richard Holloway
- How We Die by Sherwin B. Nuland
- The Unwinding of the Miracle by Julie Yip-Williams
- The Death of Ivan Ilych by Leo Tolstoy
- Grief is the Thing with Feathers by Max Porter



## TV SHOWS/MOVIES

- Inside Out
- The Farewell
- The Elephant in the Room
- End Game
- Soul
- Extremis
- Afterlife

## PODCASTS

- The Dying Matters Podcast
- Room 64- A Palliative Care Podcast
- The Art of Dying Well
- GeriPal- A Geriatric and Palliative Care Podcast

## VIDEOS

- What Happens As We Die- TED talk by Dr Kathryn Mannix  
<https://youtu.be/v9f6twy70iM?si=Z0llubYkyraCyNDp>
- What really matters at the end of life- TED Talk by BJ Miller  
[https://youtu.be/apbSsILLh28?si=g\\_ytvoL8b9mWpg2L](https://youtu.be/apbSsILLh28?si=g_ytvoL8b9mWpg2L)
- Randy Pausch Last Lecture: Achieving Your Childhood Dreams  
[https://youtu.be/ji5\\_MqicxSo?si=iZlpyJyAle\\_OmkE4](https://youtu.be/ji5_MqicxSo?si=iZlpyJyAle_OmkE4)



## UPCOMING EVENTS

**17th April 2024**

Communication in Palliative Care Webinar Series - Session 1 - Introducing Dying

<https://apmeducationhub.org/events/communication-session-1/>

**21st & 22nd March 2024**

Palliative Care Congress

<https://pccongress.org.uk/>

**1st May 2024**

Communication in Palliative Care Webinar Series - Session 2 - Skills Workshop in Advance Care Planning Communication

<https://apmeducationhub.org/events/communication-session-2/>

**15th May 2024**

Communication in Palliative Care Webinar Series - Session 3 - Specific Palliative Care Scenarios

<https://apmeducationhub.org/events/communication-session-3/>

**21st May 2024**

APMJ Palliative Care Careers Webinar

<https://apmeducationhub.org/events/apmj-careers-webinar/>





## USEFUL RESOURCES

### APM/ PCRS Research directory

<https://apmeducationhub.org/wp-content/uploads/2023/06/Palliative-Care-Network-April-2023.pdf>

### Palliative Medicine Curriculum

<https://www.jrcptb.org.uk/sites/default/files/Palliative%20Medicine%202022%20curriculum%20FINAL.pdf>

### e-ELCA

[https://portal.e-lfh.org.uk/myElearning/Index?HierarchyId=0\\_29&programmId=29](https://portal.e-lfh.org.uk/myElearning/Index?HierarchyId=0_29&programmId=29)

## PREVIOUS WEBINARS TO WATCH

### Palliative Care on the Respiratory Ward

Web link <https://apmeducationhub.org/resources-juniors/>

Password UDtWGogWkSzXTWih

Vimeo Link <https://vimeo.com/714017269>



## OTHER OPPORTUNITIES

### APM Juniors Survey

We want to better understand what you want from an APM Juniors membership and would appreciate your feedback via this survey. It should take no longer than 10 minutes.

<https://docs.google.com/forms/d/e/1FAIpQLSdne2yTuwoZsrMljpn3u1C39qkRgEzLz5orrbiWi2UH1HfWmw/viewform?pli=1>

### A proposal for an NIHR incubator in palliative care

Dear Colleague

An invitation to share your views

We are planning to make an application in late spring for funding for a palliative care incubator. This would provide a network of very early and mid-career researchers from the range of disciplines and professional groups involved in palliative care. If successful we think that this might be of interest to you. We would really value hearing your thoughts on what you would ideally want from an incubator to support you in your research development.

Thank you for your time and input. Please do share this survey with colleagues.

Professor Christina Faull, NIHR clinical lead for Palliative care

Professor Candy Cooley, Head of Education and Research at Dorothy House Hospice

[https://forms.office.com/Pages/ResponsePage.aspx?id=KyRkwL02EU-iYYFV2SmN\\_uQHIN4zeiNChOjjqzhYeo9UQzREVzQ4NEJIN1BVNzdJUUZVSzFQRk5NUi4u](https://forms.office.com/Pages/ResponsePage.aspx?id=KyRkwL02EU-iYYFV2SmN_uQHIN4zeiNChOjjqzhYeo9UQzREVzQ4NEJIN1BVNzdJUUZVSzFQRk5NUi4u)