

Expected End of Life Skills and knowledge for Nurses working in Adult Social care in North central London

Please ensure you adhere to your local protocols, policies and guidelines relating to End-of-Life care in your workplace.

		Yes	No
<p>Undersand the difference between Palliative care and End of Life care</p> <p>Palliative care - when someone learns they have a life-limiting illness. Does not necessarily mean they are likely to die soon.</p> <p>End of Life care – offers treatment and support for people who are near the end of their life.</p> <p>Recognising and acting in signs and symptoms of last day and hours of someone life.</p>	<p>EoLC-Core-Skills-Training-Framework.pdf (skillsforhealth.org.uk)</p> <p>Chapter-4-Resident-Focus-Fundamentals-of-Nursing-Home-Care.pdf (qni.org.uk)</p> <p>ambitions-for-palliative-and-end-of-life-care-2nd-edition.pdf (england.nhs.uk)</p>		
<p>Communication</p> <p>Providing emotional care Providing spiritual care Talking to someone about dying WHAT MATTERS TO ME 4K click CC for subtitles on Vimeo</p> <p>End of life care: what matters to the person who's dying (scie.org.uk)</p> <p>Telling someone they are dying. What to expect at the end of life (youtube.com)</p>	<p>Overview Care of dying adults in the last days of life Guidance NICE</p> <p>When someone asks for your assistance to die Royal College of Nursing (rcn.org.uk)</p> <p>Palliative Care Knowledge Zone Information for professionals (mariecurie.org.uk)</p>		

<p>Taking about assisted dying and suicide. Supporting family and friends</p>			
<p>End of life care Dementia</p> <p>Losing your mother tongue</p> <p>Managing pain with non-verbal residents</p> <p>Dementia end of life training – ASC staff What's best for Lily? End of life training for care home staff - UCLPartners</p>	<p>End of life dementia care Information for professionals (mariecurie.org.uk)</p> <p>Losing your English: 'Reverting' to your mother tongue as dementia progresses Alzheimer's Society (alzheimers.org.uk) Pain management in palliative care Information for professionals (mariecurie.org.uk)</p> <p>https://uclpartners.com/impact-story/innovative</p>		
<p>Know what the universal care plan is and how to access and use.</p> <p>The Universal Care Plan is an NHS service that enables every Londoner to have their care and support wishes digitally shared with healthcare professionals across the capital. A care plan is created following a conversation between a healthcare professional (such as a doctor or nurse) and the person in their care. Throughout the conversation, the healthcare professional</p>	<p>About – Universal Care Plan (onelondon.online)</p> <p>13 Treatment escalation plans and resuscitation (youtube.com)</p>		

<p>will listen, understand and make notes on:</p> <ul style="list-style-type: none"> • What is important to the person in their day-to-day life • Their preferences or wishes about their care • What support they need and who is best placed to provide this • Information about others who may be involved in that person's care, such as relatives. <p>The care plan is then created following this conversation using the Universal Care Plan. As soon as information is saved on the plan, it is visible to all health and care services who use it. This includes the London Ambulance Service, 111 and Out of Hours GP services who may see the person in an emergency,</p> <p>Let's talk about death and dying How to have difficult conversations Age UK</p>			
<p>Undersand how to provide pro- active person-centred care to people you are caring for and their relatives/ friends.</p> <ul style="list-style-type: none"> • Physical – managing symptoms. 	<p>ambitions-for-palliative-and-end-of-life-care-2nd-edition.pdf (england.nhs.uk)</p> <p>Chapter-4-Resident-Focus-Fundamentals-of-Nursing-Home-Care.pdf (qni.org.uk)</p>		

<ul style="list-style-type: none"> • Psychological – emotional support to all • Social – practical support – funerals, affairs in order • Spiritual – time to reflect on life and death. <p>What to expect at the end of life (youtube.com)</p>			
<p>Understanding Resuscitation decisions</p> <p>Mental Capacity Using the Mental Capacity Act (youtube.com)</p> <p>DNACPR Advanced decisions Consent Rights of individuals Quality of life Power of attorney</p> <p>13 Treatment escalation plans and resuscitation (youtube.com)</p>	<p>CPR Recommendations, DNACPR and ReSPECT Resuscitation Council UK</p> <p>Mental Capacity Act - Social care and support guide - NHS (www.nhs.uk)</p>		
<p>Understanding your role in symptom management</p> <p>Agitation Anticipatory medication Anxiety Breathlessness Catheter care Constipation Contenance care Delerium Fatigue Hiccups, dyspepsia, and reflux Hydration and nutrition</p>	<p>Palliative Care Knowledge Zone Information for professionals (mariecurie.org.uk)</p>		

<p>Itch Mouth care Nausea and vomiting Noisy chest secretions Oedema, lymphoedema and ascites Oxygen therapy Pain Pressure ulcers Seizures Sleep problems Sweating and temperature changes Syringe drivers or pumps Using a syringe driver (youtube.com)</p>			
<p>Providing high-quality person-centred end of life care to all</p> <p>LBTQT+ Palliative and end of life care for LGBTQ+ people For professionals (mariecurie.org.uk)</p> <p>People living with a learning disability. Palliative care for people with learning disabilities (mariecurie.org.uk)</p> <p>People with substance use problems. Substance use and palliative care: Information for professionals (mariecurie.org.uk)</p>			
<p>Recognising an emergency in end-of-life care</p>	<p>Recognising emergencies in palliative care (mariecurie.org.uk)</p>		

<p>Emergencies that affect people with cancer include:</p> <ul style="list-style-type: none"> • spinal cord compression • superior vena cava obstruction • hypercalcaemia • neutropenic sepsis • haemorrhage. <p>Other symptoms that may not need medical treatment but do need urgent care include:</p> <ul style="list-style-type: none"> • agitation • seizures • emotional distress • spiritual distress. 			
<p>Providing care after death:</p> <p>Verification of death (nurses' role) Organ and tissue donation Infection control Medical equipment (syringe pumps/ catheters) Looking after relatives and friends</p> <p>Providing care after death Information for Healthcare Professionals (mariecurie.org.uk)</p>	<p>Confirmation of death Advice guides Royal College of Nursing (rcn.org.uk)</p> <p>https://www.hospiceuk.org/innovation-hub/clinical</p>		
<p>Looking after yourself, other staff, and residents</p>	<p>KeepingWell North Central London – A wellbeing and mental health project that connects and supports the North Central</p>		

<p>Debrief What's best for Lily? End of life training for care home staff - UCLPartners</p> <p>Accessing support</p>	<p>and North East London health and social care workforce during the COVID-19 outbreak (keepingwellincl.nhs.uk)</p>		
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