

**Royal College of Physicians Edinburgh
9 Queen Street
Edinburgh, EH2 9JQ**

Wednesday 28 November 2018

Programme

**Scottish Partnership for Palliative Care
Annual Conference**

The Sense of an Ending: stories, meanings and understanding

CPD applied for



The Sense of an Ending: stories, meanings and understanding

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Programme

09.00 Registration opens

Refreshments - visiting stands and viewing of posters / displays

09.30 Conference Opening: Once upon a time

Mark Hazelwood, *Chief Executive, Scottish Partnership for Palliative Care*

Welcome, scene setting and practical matters.

09.45 Making sense of “the good death”: - matching concepts, policy and practice to 21st century needs

Kristian Pollock, *Professor of Medical Sociology, Nottingham Centre for the Advancement of Research into Supportive, Palliative and End of Life Care*

Increasingly people are dying in advanced old age, with diminished capacity and agency. What shifts in thinking are required to meet the needs of vulnerable, dependent, very old people who are reaching the end of life?

10.30 Social care as the art of listening to human story: the cradling of loss

Dr Donald Macaskill, *Chief Executive, Scottish Care*

Donald will explore the nature and distinct contribution of social care in palliative and end of life care, and its role in enabling positivity around loss.

11.15 Coffee / Tea Break

Refreshments - visiting sponsors' stands and viewing of posters / displays

11.45 Whose Decision is it Anyway?

Deans Buchanan, *Consultant in Palliative Medicine, Paul Baughan, GP and Clinical Leader for Palliative and End of Life Care (iHub) and (tbc) Shobhan Thakore, Emergency Medicine Consultant*

What exactly is shared decision-making? Drawing on case studies from different settings, and using interactive polling, this session will examine the complexities of shared decision making towards the end of life and suggest pointers for improvement.

12.30 Short Stories

Four 5-minute presentations showcasing good practice and innovation

1.00 Lunch

Visiting stands and viewing of posters / displays

2.00 The NHS at 70 – a time for celebration, vigilance and action

Paul Gray, *Director General for Health and Social Care/Chief Executive of NHS Scotland*

The achievements of the NHS are rightly celebrated and admired internationally. In addition to highlighting past successes Paul will look ahead to some of the real challenges which will face the NHS over the next 20 years and he will challenge delegates to play their part in securing its future.

2.20 Breakout Sessions

A Supportive Care in Advanced Cirrhosis—Making the Case for Collaboration

Fiona Finlay, *Consultant in Palliative Medicine and (tbc) Hazel Woodland, Hepatology Registrar and Clinical Research Fellow*

This session will describe and share emergent learning from a multi-site pilot project looking at integrating palliative care with hepatology care of people with advanced decompensated cirrhosis.

B Let's Get It Right

Jacqui Graves, *Human Rights Lead, Sue Ryder*

Using quizzes, interactive activities and scenarios, this session will: build on existing knowledge and experience; increase awareness of how human rights can be used to improve shared decision-making; recognise the benefits of using a human rights approach.

C Mindfulness meditation – a practical approach to coping with tough realities.

Lesley Howells, *Consultant Clinical Psychologist, Centre Head, Maggie's, Dundee*

This very practical session will: summarise the evidence for mindfulness; describe with examples its use in palliative care and equip attendees to incorporate simple techniques into their own end of life care practice. A meditation taster will also be included.

D Understanding and ReSPECTING future wishes for treatment in an emergency

Dr Juliet Spiller, *Consultant in Palliative Medicine (Marie Curie), Scottish Representative on ReSPECT Project* and Dr Lynsey Fielden, *Consultant Geriatrician and ReSPECT lead NHS Forth Valley*

ReSPECT is a process that creates and documents personalised recommendations for a person's clinical care *in a future emergency in which they are unable to make or express choices*. This session will describe what ReSPECT is, what it is trying to achieve and the latest lessons from pilots in Scotland and elsewhere.

3.15 Short Stories

Four 5-minute presentations showcasing good practice and innovation

3.40 Bridging between loss and meaning: when meaning is lost

Christian Juul Busch, *Hospital Chaplain, Copenhagen University Hospital*

The concept of meaning is complex and paradoxical because it is often brought up when it is felt to be slipping away. Drawing on the life and ideas of Kierkegaard, Christian will suggest different levels of meaning and set out a framework for understanding existential anxiety, spirituality and meaning-making at the end of life.

4.15and they all lived happily ever-after

Mark Hazelwood, *Chief Executive, Scottish Partnership for Palliative Care*

Thanks and Close

4.30 Conference Ends