

Tools for a Changing World

9.00am **Registration, Tea & Coffee.**

9.30am **Welcome & Scene-Setting**

Mark Hazelwood
Chief Executive
Scottish Partnership for
Palliative Care

9.45am **Understanding the economic evidence on palliative care: what do we know, where should we go next?**

Peter May
Academic Health Economist
Cicely Saunders Institute,
King's College London

In a time of financial pressures it is ever more important to be able to understand and demonstrate the economic impact of palliative care. In this session Peter will explore challenges of proving impact, survey the latest available evidence, and consider what can be done next to strengthen the case.

10.20am **Learning from a Compassionate Connectors programme: social needs, community assets and economic impact**

Samar Aoun
Perron Institute Research
Chair in Palliative Care
(live from Western Australia)

In this session Samar will bring relevant learning from work in Australia where volunteer community members work in collaboration with formal services to address social needs and improve quality of life. It is probably the most robustly evaluated example of a "compassionate community" initiative and has an important story to tell.

10.55am **Break - refreshments, networking, poster exhibition viewing**

11.25am **A general practice and district nursing perspective on inequalities and palliative care**

Carey Lunan
GP and Chair of the Scottish
Deep End Project

Carey will start with an overview of health inequalities, current policy, and introduce the Deep End Project. Carey and Kaye will then be in conversation, sharing experience and learning from their years of providing palliative care in some of the most socio-economically deprived communities in Scotland.

Kaye Nicoll
Lead District Nurse, NHS
Lothian

12.00pm **Short Stories**

Rapid fire presentations showcasing innovation and good practice from across Scotland and beyond. Selected from posters at the conference.

Poster Authors

12.50pm **Lunch, networking & poster exhibition viewing**

1.50pm **Introduction to the afternoon**

Mark Hazelwood
Scottish Partnership for
Palliative Care

2.05pm **Similar but different? Exploring the paradigms, practices, and opportunities for palliative care and geriatrics**

This session will bring together Deans and Lynsey in a dialogue facilitated by Erica who will bring social science insights and an anthropologist's curiosity. The literature suggests palliative care and geriatrics are very similar and recommends collaborative, integrated services and interprofessional relationships. But how can we better understand their similarities and potential differences, and what might this mean for practice now and in the future?

Erica Borgstrom
Professor of Medical
Anthropology & Open Media
Fellow School of Health,
Wellbeing and Social Care
(WELS).

Deans Buchanan
Consultant in Palliative
Medicine, NHS Tayside

Lynsey Fielden
Consultant in Ageing and
Health & Movement Disorders,
NHS Forth Valley

2.40pm **Parallel Sessions**

Delegates can choose from four simultaneous sessions. Each session will tackle a topic which has system-wide relevance and impact. Full details overleaf.

A. "You matter because you are you": a practical approach to enhancing quality of life in advanced dementia

B. When everything matters: rethinking palliative care for people living with multimorbidity

C. Death literacy: what is it and how can it be and how it can be increased?

D. Helping palliative care voices be heard in system planning

See overleaf for
full session details

**Lorna Reid, Jennie Burton
& Lesley Wylie**

Sarah Bowers

**Astrid Verhue
Rebecca Patterson**

**Diana Hekerem
Clare Hammond**

3.40pm **Technologies in palliative care for older people**

Although there is a continued plethora of new digital health technologies (e.g. wearables, sensors, monitoring. physical aides, communication aides etc etc) there is often little focus on how these tools can be used to respond escalating, complex physical and psychosocial needs that accompany worsening health and palliative care.

Using semi-fictionalised case studies Mark will explore the opportunities and the challenges of using digital health innovations by and for older people as their palliative care needs increase.

Mark Taubert
Professor at Cardiff
University School of
Medicine, Hospital Consultant
& Clinical Director at Velindre
University NHS Trust

4.15pm **Announcement of poster prize**

Mark Hazelwood

4.30pm– 6.00pm **Music and mingle and chat**

Catch up with colleagues and make new connections over music and drinks. Everyone is invited.



Parallel Sessions - 2.40pm - 3.40pm

Delegates can choose to attend one of four parallel sessions.

Session A: “You matter because you are you”: a practical approach to enhancing quality of life in advanced dementia

Lorna Reid

Lead for Education and Collaborative Training, Prince & Princess of Wales Hospice

Jenni Burton

Clinical Lecturer, Academic Care Home Manager & Geriatric Medicine, University of Glasgow

Lesley Wylie

Queens Nurse

This session will start with Jenni exploring what is known about advanced dementia in Scotland. Then the focus will be on Namaste Care – an approach which improves quality of life of people with advanced dementia. Lorna will explain what Namaste Care involves, its impacts, and how it has been adapted and used in different settings. The session will conclude by hearing lessons learned whilst introducing the programme in practice locally.

Session B: When everything matters: rethinking palliative care for people living with multimorbidity

Sarah Bowers

ST7 in Palliative Medicine and General Internal Medicine, NHS Forth Valley & SCREDS Clinical Lecturer, University of St Andrews

People living with multiple long-term conditions often have complex healthcare needs in the last year of life, with frequent contact across different parts of the health service. But what does this experience look and feel like for patients and families – and where does palliative care fit?

Drawing on findings from her PhD research, Sarah will explore how people with multimorbidity use and experience healthcare in the last year of life. The session will then turn to the audience to consider what these findings mean for palliative care. Through interactive discussion, we will explore questions including: Are we recognising people with multimorbidity early enough? What gets in the way of good palliative care? And what could we do differently? This will be a session for sharing experiences, challenging assumptions and thinking together about how palliative care can better respond to the realities of multimorbidity.

Session C: Death literacy: what is it and how it can be increased?

Astrid Verhue

Compassionate Communities Centre of Expertise
Vrije Universiteit Brussel

Rebecca Patterson

Director of Good Life, Good Death Good Grief
Scottish Partnership for Palliative Care

Death literacy is the knowledge and skills that enable people to understand, access, and make informed choices about end-of-life care and death-related matters. Supporting individuals and communities to increase their death literacy is key aim of the SPPC, but what does that look like in practice? In this workshop we will explore what is meant by ‘death literacy’ and look at efforts to support more death literacy in Scotland, all with reference to the new Death Literacy Causal Model developed by researchers at VUB in Belgium.

Session D: Helping palliative care voices be heard in system planning

Diana Hekerem

Associate Director of Transformational Change,
Healthcare Improvement Scotland

Clare Hammond,

Unit Head, Transformational Change /
Systems, Healthcare Improvement Scotland

We know that palliative care makes a difference to people's lives. We also know that effective palliative care can reduce demand for other services like visits to an emergency department and stays in hospital. But it can be hard to make the case for investing in palliative care in the current climate. This session will explore the conversations about palliative care within subnational planning, as well as the plans for prevention mapping, and the current work on creating a return on investment tool which can demonstrate the financial impacts of investment in a range of palliative care interventions.