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Care Partnership Newsletter

A New Year and no doubt people are setting their New Year resolutions. This year the most popular resolution was saving money. No surprise really, with the usual losing weight and getting fit dropping to number 3. Getting plans in place for our deaths yet again never

made it to the top ten, no doubt didn't even make it in the top 50, but why is that, when the impact of not planning nor discussing our wishes has such a great impact on the people with love??? Just a thought!!!

Lisa Revell

Advance Care Planning

Many patients with a life-limiting illness would welcome an opportunity to discuss their wishes and future preferences for their medical and social care. Advance care planning (ACP) is a voluntary process which enables patients to express their preferences about their wishes for future care should they lose the ability to think clearly and make these decisions. It is important that these discussions are offered to the patient, in a sensitive manner, before they lose this ability to make decisions. It is not compulsory that patients engage in this

process, as it might not be the right time for them, but if appropriate it should be offered. These discussions should be individualised to the patient, to take into account their understanding of their illness and wishes as well as locally available resources, as we can only offer services which are available. During these discussions the clinician will also likely need to increase the patient's understanding of their condition, possible future events as well as treatment and care options. ACP may be helpful in clarifying decisions to with-

hold or withdraw treatments such as cardiopulmonary resuscitation, ventilation and artificial feeding, with the aim that healthcare professionals caring for a patient know their wishes and can help to achieve a better death for that person. Over time individual wishes about end of life care are likely to change and these must be taken into consideration as an advance care plan is only valid when the patient is not able to make these decisions.

What's Happening in Diana Princess of Wales Hospital

A Macmillan End of Life Clinical Care Coordinator for Diana Princess of Wales Hospital post was appointed in Sept 2011 and one of the main responsibilities of the post holder has been to provide End of Life Care training to staff.

To date training has been delivered on a ward by ward basis and 12 / 16 wards have received training. The remaining wards will receive training in the next 6 months.

The sessions are interactive so staff can discuss in detail, the key elements in-

cluding effective communication with the patient and family, diagnosing dying, discussing preferred place of death, symptom management and care planning.

End of Life Care education sessions are also provided on the Nursing Preceptorship programme and on the junior doctors rolling education programme.

Link nurse champions have been identified on all wards and they have responsibility for making new staff members aware of the principles of care in the last

days of life, sharing new information with their colleagues and to monitor care within their own environment.

The Link Nurses are offered bimonthly meetings where any end of life care issues are raised and discussed. A half hour teaching slot is allocated within the meeting to discuss topics such as pain, symptom management, communication skills and spirituality.

North East Lincolnshire Children's & Young People's Collaborative

The North East Lincolnshire Children's & Young People's Collaborative is a group of practitioners from across children's services; Local Authority, Primary Care, Social Care, St Andrew's Hospice, Acute Health Services, Education and the Voluntary sector. We link into the North East Lincolnshire End of Life Board and contribute to the delivery of the NE Lincs End of Life Care Strategy via the work programme.

The collaborative formed to consider and overcome gaps in care for children, young people and their families around end of life care and to raise the profile of children and young people in the arena of end of life provision.

Death impacts upon all of us as individuals; the sorrow, pain and despair caused by the loss of a child can only be imagined unless one has been in that position.

For many parents in our community who have a child with a degenerative or life limiting condition, they carry the burden and knowledge their child may never grow up and leave home as typical young people do. They worry about who might look after their child if they themselves became ill, they have to be a strong advocate, develop extensive

communication, organisational and tactical skills in addition to all other contractual arrangements that come with being a parent.

Furthermore, they carry the dread and fear of what, where, when and how their child may succumb to their condition, and how that scenario may play out. This fear is held by all family members including siblings and grandparents and its impact should not be underestimated.

'How people die remains in the memory of those who live on'

Dame Cicely Saunders

Dementia and End of Life Care



The End of Life Board and The North East Lincolnshire Dementia Forum - Person Centred Planning Team have worked together to develop an easy read Plan called *"What if - Celebrating My Life"*

This plan is to enable People with dementia, and their love ones, to make advanced decisions: regarding the person's wishes in the distant future.

(It is important to make decisions early to ensure those providing care at a later date, supports the person's wishes).

This plan has 3 sections:

All about me - who is supporting me with my plan

My Final days - Important things when planning my care

Celebrating my life - my funeral arrangements

For further information contact:

barry.osborne@nhs.net



Macmillan Cancer Survivorship Support Team

NEW The Macmillan Cancer Survivorship team has been set up to help people living with – and surviving – cancer.

The one-to-one support service is based at Scartho Medical Centre, a practice that not only has a high number of registered cancer patients, but is also the professional home of Macmillan lead GP Tony Salisbury.

The two-year initiative is in conjunction with Care Plus Group, and will tackle survivors' physical, psychological, social and financial issues. It has created 4 new roles at the Medical Centre in Springfield Road.

There is increasing recognition of the needs of cancer survivors. "We want to support people who have specific needs for care after cancer, and the only way to do this is to support them with the personal care they need

"The team will work alongside the patient and their family helping them to meet their needs and promote independence to achieve a better quality of life."

There are currently two million people in the UK experiencing life with cancer. This number is likely to grow by more than three per cent per year.

Macmillan Development Manager, Lorraine McDonald said: "The key thing is we want patients to feel informed and supported regarding the outcomes of living with cancer. "We want patients to feel supported, treated with dignity and respect as well as feeling part of the community again.

"This team will add to the excellent service already at the Scartho Medical and hopefully the two-year scheme will develop for all patients."

Dr Salisbury said: "It's fantastic for us to be part of this and we feel privileged to be one of only three areas in Yorkshire and Humber who can offer this service.

"It's great for our patients because we have the largest number of people living with cancer or surviving from the disease.'



Macmillan Cancer Survivorship Support Team

A Young Girl Still Dwells

What do you see, nurse, what do you see?
 Are you thinking when you look at me -
 A crabbed old woman, not very wise,
 Uncertain of habit with far away eyes,
 Who dribbles her food and makes no reply
 When you say in a loud voice - "I do wish you'd try."
 Who seems not to notice the things that you do
 And forever is losing a stocking or shoes,
 Who resisting or not, lets you do as you will
 With bathing and feeding, the long day to fill.
 Is that what you're thinking, is that what you see?
 Then open your eyes, nurse. You're not looking at me.

I'll tell you who I am as I sit here so still.
 As I move at your bidding, eat at your will.
 I'm a small child of ten with a father and mother,
 Brothers and sisters who love one another;
 A young girl of sixteen with wings on her feet,
 Dreaming that soon a love she'll meet;
 A bride at twenty, my heart gives a leap,
 Remembering the vows that I promised to keep;
 At twenty-five now I have young of my own
 Who need me to build a secure, happy home

A woman of thirty, my young now grow fast,
 Bound together with ties that should last.
 At forty, my young sons have grown up and gone,
 But my man's beside me to see I don't mourn.
 At fifty once more babies play round my knee -
 Again we know children, my loved one and me.
 Dark days are upon me, my husband is dead.
 I look at the future, I shudder with dread.
 For my young are all rearing young of their own,
 And I think of the years and the love that I've known.
 I'm an old woman now and nature is cruel.
 'Tis her jest to make old age look like a fool.
 The body it crumbles, grace and vigor depart.
 There is a stone where I once had a heart.
 But inside this old carcass a young girl still dwells,
 And now again my bittered heart swells.
 I remember the joys, I remember the pain
 And I'm loving and living life over again.
 I think of the years, all too few, gone too fast,
 And accept the stark fact that nothing can last.
 So open your eyes, nurse, open and see
 Not a crabbed old woman,
 Look closer - see me!

NE Lincs Palliative & End of Life Care Partnership

[http://
neleolcare.org/](http://neleolcare.org/)

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Peaks Lane
GRIMSBY, DN32 9RP

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Wanting to hear from you.

Stories


Ideas

Suggestions

If you would like to contribute to this newsletter through sharing a personal story about End of Life care within NE Lincs, writing an article or sharing with us about some of the wonderful work that is happening for people and their families then we would love to hear from you.

We would also like to hear about any suggestions that you may have to be included in future editions.

All articles and stories can be sent to:
t.parkinson@nhs.net

Northern Lincolnshire and Goole Hospitals 
NHS Foundation Trust


moving forward with health and care services



North East Lincolnshire CCG
on behalf of North East Lincolnshire CTP

Resource information available

If you would like any of these leaflets or further information, then please contact t.parkinson@nhs.net



Local Raising the Profile Events

FEBRUARY

18th February— Tesco Hewitt Circus

19th February— Co-op, Immingham

MARCH

14th March—Asda, Grimsby

15th March—B & Q, Grimsby

We look forward to meeting you and offering support and information.