

# Scottish Partnership for Palliative Care Annual Conference 2019: Programme



***Provocation,  
Innovation and  
Eternal Truths***



**Wednesday 18 September 2019**  
*Royal College of Physicians of Edinburgh*  
*9 Queen Street*  
*Edinburgh*  
*EH2 1JQ*

CPD applied for



Scottish  
Partnership  
for Palliative Care

# ***Provocation, Innovation and Eternal Truths***

## **18 September 2019**

### **Programme**

#### **09.00 Registration opens**

Refreshments - visiting stands and viewing of posters / ArtWork displays

#### **09.30 Conference Opening**

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

Welcome, scene setting and practical matters.

#### **09.45 “Ask not what we can do for death, but what death can do for us”**

**Heather Richardson**, *Joint Chief Executive, St Christopher's Hospice* and **Jake Garber**, *Service Designer and Systems Thinker, WIGS*

As a sector, we hold a powerful position within the national consciousness as the practical and symbolic carers of the dying. So far we have struggled to leverage this position to create the changes that are needed in the sector and in wider society. Research on ‘framing’ highlights how familiar patterns of communication and action are maintained, suggesting one way in which progress is blocked. So what if we start with the frame that death is the opportunity? What becomes possible then?

#### **10.35 Short Stories**

In this rapid-fire session 5 speakers will each present new work of interest from across Scotland.

#### **11.20 Coffee / Tea Break**

Refreshments - visiting stands and viewing of posters / ArtWork displays

#### **11.50 What’s the best way to care?**

**Tony Walter**, *Sociologist and Emeritus Professor, Centre for Death and Society, University of Bath*

At end of life, what is the role of bio-medicine and institutions such as hospitals and care homes? Are critiques of medicalisation and institutional care overplayed? Do palliative care and compassionate community have all the answers?

#### **12.40 Lunch**

Visiting stands and viewing of posters / ArtWork displays

## 1.40 Breakout Sessions

### A **Safe, practical radical – how design can help you rethink approaches to death, dying and care.**

Jake Garber, *Service Designer and Systems Thinker, WIGS*

This workshop will show how design thinking can be used to frame new approaches to knotty problems. Delegates will have an opportunity to prototype a solution to an issue which concerns them.

### B **How can we best enable carers to express their support needs and work with them to provide the right support?**

Dr Gail Ewing, *Senior Research Associate, University of Cambridge* and Lynne Carmichael, *Head of Clinical Governance and Practice Development, Ayrshire Hospice*

This interactive and practical workshop will introduce the Carer Support Needs Assessment Tool (CSNAT) intervention. Delegates will gain an understanding of its approach and use in practice.

### C **Realistic Medicine works in Palliative Care**

Dr Kirsty Boyd, *Consultant in Palliative Medicine, NHS Lothian* and Dr Kim Steel, *Consultant in Palliative Medicine, NHS Fife*

*Realistic Medicine* is driving changes to policy and practice across Scotland and overlaps with another key aspect of palliative care – anticipatory care planning. This session will use case-based discussion, Q&A and interactive communication to look at what realistic medicine brings to palliative care practice and how palliative care professionals can support the delivery of realistic medicine principles in Scotland.

### D **How translational research can directly impact on the palliative care delivered to our patients: examples in bone and neuropathic pain**

Professor Marie Fallon, *St Columba's Hospice Chair of Palliative Medicine at the University of Edinburgh* and an *Honorary Consultant in Palliative Care at the Western General Hospital in Edinburgh, Scotland*

## 3.00 The Derek Doyle Poster Prize

Announcement of the winning poster, which will then be presented.

## Wellbeing and Resilience

### 3.10 **Building organisations which sustain rather than damage employee well-being**

Michael West, *Professor of Organisational Psychology, Lancaster University Management School*

Drawing on research, practical examples and his Co-Chairing of the current GMC review of doctors' mental health and wellbeing, Michael will describe ways in which organisations can respond to current pressures without sacrificing the wellbeing of employees.

### 4.00 **To be Professional is to be Human: attending to our soul in palliative care provision**

Ewan Kelly, *Freelance Facilitator, Speaker and Pastoral Supervisor*

This session will explore the significance of meaningful work for our wellbeing as people as well as practitioners, including how we respond when our deep desire to provide the right care is in tension with aspects of our work context. Ewan will share thoughts, practical strategies and lead a gentle reflection to close the day.

## 4.25 Thanks and Close

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

# Speaker Biographical Notes



**Heather Richardson** works as one of the Joint CEOs of St Christopher's Hospice, London. She has previously held the role of National Clinical Lead for Hospice UK, serving as executive lead on the National Commission into the Future of Hospice Care and worked as Clinical Director, then Strategy Advisor to St. Joseph's Hospice in East London. Until recently she worked also as a senior associate of the Innovation Unit in London.

Heather is a registered general and mental health nurse and has worked in hospice/ palliative care since 1988. She has a PhD, her research concerned with users' experience of day hospice. More recently she has developed a research interest around public health and end of life care. She currently serves as an honorary professor in palliative care at Lancaster University.

**Kirsty Boyd** has worked clinically as palliative medicine consultant at the Royal Infirmary of Edinburgh for over 20 years. Her research and quality improvement work seeks to enhance palliative care in all care settings through better understanding of the experiences of people with advanced illnesses and their families and by working collaboratively with professional colleagues from diverse health and care teams.

Kirsty is lead tutor for the Effective Communication for Healthcare programme (EC4H) which delivers highly rated training in anticipatory care planning, realistic medicine and shared decision-making. She has recently developed a range of communication education resources to support ACP decision-making as part of the Macmillan Building on the Best programme led by the Scottish Partnership for Palliative Care.



**Tony Walter** is a sociologist who writes, lectures and consults on death and society, and Emeritus Professor at the University of Bath's Centre for Death & Society. His death-related research has included end of life care, social networks and care, funeral practice, bereavement, spiritualism, belief in reincarnation, the idea that the dead become angels, mass media and social media, pilgrimage, and the use of human remains in exhibitions.

His books include 'Funerals – and how to improve them' (Hodder 1990), 'The Revival of Death' (Routledge 1994), 'On Bereavement' (Open University Press 1999), and most recently 'What Death Means Now' (Policy Press 2017). He is currently writing a book on relationships between the living and the dead in the 21<sup>st</sup> century.

**Lynne Carmichael's** career in Specialist Palliative Care began in 2000 within the Ayrshire Hospice within various roles, initially as a Staff Nurse then a Community Specialist Palliative Care nurse. In 2011 as part of the Hospice Strategic Review the concept of a Hospice at Home Service originated and as Respite and Response Team Manager she scoped, designed and developed the Respite and Response service, this was a new concept of hospice care in Scotland.

The work was done as part of a Masters of Research and where a passion for 'caring for the carers' was ignited. Lynne led and developed the implementation of the CSNAT (Carers Support Needs Assessment Tool) to ensure a consistent approach to carers assessment. A career spanning 19 years at the Ayrshire Hospice. Her current role is Head of Clinical Governance and Practice Development.





**Gail Ewing** is a Senior Research Associate at the Centre for Family Research, University of Cambridge. Her background is in Social Science/Nursing. She has been involved in palliative care research with patients, carers and health care professionals in primary, secondary and hospice home care for over 20 years.

Her work is focused on developing complex interventions and their implementation in practice, initially for family carers within hospice home care, and more recently this has extended to carers of people living with breathlessness, carers of stroke survivors and currently carers of people with motor neurone disease. This work has been done in collaboration with Professor Gunn Grande at The University of Manchester. Ewing and Grande developed and validated the Carer Support Needs Assessment Tool (CSNAT) intervention which uses a person-centred approach to carer assessment and support. To support implementation in practice the CSNAT research team has developed an online CSNAT Training and Implementation Toolkit in response to the high level of interest nationally and internationally in the CSNAT intervention.

**Ewan Kelly** enjoys hill-walking, watching live music and rugby with friends and a beer, and playing golf badly. He believes passionately that the greatest resource care professionals have is our humanity and how we find meaning in life and work is crucial not only for our flourishing but the quality of care we offer.

Ewan has worked in healthcare chaplaincy as a practitioner, educator, researcher and as a strategic leader with NHS Education for Scotland. He was formerly a senior lecturer in pastoral theology for many years at the University of Edinburgh and latterly co-founded the European Research Institute for Chaplains in Healthcare based at the University of Leuven, Belgium. Ewan has published widely in the field of spiritual care - *Soul of Health and Social Care: Fostering Spiritual Wellbeing in Emerging Paradigms of Care* (Jessica Kingsley), co-edited with John Swinton, will be published later this year. He is currently working freelance as a facilitator, speaker and pastoral supervisor. Ewan will re-visit New Zealand next year where he will co-facilitate the bi-annual conference for Australian and New Zealand Clinical Pastoral Educators and enjoy Wellington.



**Marie Fallon** is the St Columba's Hospice Chair of Palliative



Medicine at the University of Edinburgh and an Honorary Consultant in Palliative Care at the Western General Hospital in Edinburgh, Scotland. She leads the largest portfolio of multicentre clinical trials in Palliative Care in the UK, specializing in cancer pain control; assessment and treatment, including both drug trials and complementary therapies, e.g. TENS and acupuncture. She also has a specific interest in cancer cachexia. Marie Fallon has embedded clinical biomarkers in her research programme with the aim of moving towards efficient prediction of the most effective treatments for individual patients.

She has an active PhD programme, with palliative medicine, neurology and anaesthetic trainees having been awarded higher degrees.

Professor Fallon is a joint editor of the *Oxford Textbook of Palliative Medicine* (4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> editions) and has served as editor of the *ABC of Palliative Care* (two editions) the *ABC of Pain* and the *Textbook of Cancer Pain*. She is a member of the grant committees for the CSO PhDships, the Melville Trust for the Care and Cure of Cancer, the Columba Trust and the Marie Curie Cancer Care Research Fund. She is a Co-Director and a Visiting Professor of

the European Palliative Care Research Centre, which is based in Oslo, Norway. She is on the Scientific Committees for several international conferences, including EAPC, EPCRC and ESMO.



**Professor Michael West** is Senior Visiting Fellow at the King's Fund, London and Professor of Organizational Psychology at Lancaster University Management School. He is Visiting Professor at University College, Dublin and Emeritus Professor at Aston University where he was formerly Executive Dean of Aston Business School. He graduated from the University of Wales in 1973 and received his PhD in 1977. He has authored, edited or co-edited 20 books and has published over 200 articles for scientific and practitioner publications, as well as chapters in scholarly books. He is a Fellow of the British Psychological Society, the American Psychological Association (APA), the APA Society for Industrial/Organizational Psychology, the International Association of Applied Psychologists, the British Academy of Management, the Academy of Social Sciences and a Chartered Fellow of the Chartered Institute of Personnel and Development. The focus of his research over 30 years has been culture and leadership in organisations, team and organizational innovation and effectiveness, particularly in relation to

the organization of health services.

He provides regular policy advice to many UK National Health Service organisations. He led the Department of Health Policy Research Programme into cultures of quality and safety in the NHS in England from 2009 to 2013. He also led the NHS National Staff Survey development and implementation for eight years and has built a large evidence base. He assisted Health Education England and NHS Improvement in developing the national framework on improvement and leadership development in England (*Developing People, Improving Care - 2016*) and the Department of Health in Northern Ireland in developing the Collective Leadership Strategy for Health and Social Care (2017). He also provided substantial input to the development of NHS England's culture and collective leadership programme, now being employed by many health care organisations nationally and internationally. He lectures widely about compassionate leadership for health services and the results of his research and solutions for developing effective and innovative health care organizations. He is currently chairing an inquiry on behalf of the United Kingdom General Medical Council into the mental health and well-being of doctors.

**Jake Garber** is a service designer and systems thinker who has been exploring cultures and systems of support around death and dying for over a decade. In 2011, Jake co-wrote the Demos publication, *Dying for Change*, which set out a vision for the future of end of life care in Britain. Since then, Jake has worked at the cutting edge of public service innovation at Participle, Innovation Unit, Demos and the Young Foundation.

In 2017, Jake co-founded WIGS, a social change organisation that supports the development of the 'Social Imagination' – our ability to collectively create alternatives to the challenges our society faces. At WIGS, Jake is currently involved in building a 'community of imagination' for end of life care. This group of innovators from the sector and beyond will support each other in conducting small scale, safe but radical experiments that have the potential to shape the future of death and dying in our society.



**Kim Steel** is a Consultant in Palliative Medicine in NHS Fife. She is an Honorary Senior Lecturer at the University of St Andrews, teaching on both the BSC and ScotGEM courses. She graduated from the University of Dundee and completed training in Palliative Medicine in Manchester. She has a Masters in the Ethics of Cancer and Palliative Care from the University of Keele. Her professional interests include palliative care in the acute setting and interprofessional education. Kim was awarded a Scottish Deans Award for services to Undergraduate Medical Education in 2018. She is the lead tutor for EC4H in NHS Fife.