

# HOSPICE USE OF THE EASE COURSE TO IMPROVE PUBLIC CONFIDENCE AND SKILLS AROUND DEATH, DYING AND BEREAVEMENT

Rebecca Patterson(1), Lorna Reid(2), Caroline Gibb(1) & Mark Hazelwood(1)  
1 Scottish Partnership for Palliative Care;  
2 Prince & Princess of Wales Hospice

Family and friends often lack confidence offering support to those who are caring, dying or grieving.

Friends and family play an important supportive role when someone is caring, dying or grieving. But many people can find themselves lacking confidence, knowledge or skills to informally support family or friends as they'd wish to.

## Education can help.

End of Life Aid Skills for Everyone (EASE) is a public education course developed by the Scottish Partnership for Palliative Care (SPPC). It aims to enable people to be more comfortable and confident supporting family and community members with issues they face during dying, death and bereavement.

The EASE course welcomes adults of all ages, experiences and walks of life.

EASE teaches the basics of end-of-life care and addresses some of the fears and uncertainties people often have. It includes films, quizzes, reading, discussion, group exercises and opportunities for personal reflection. It is free of charge and takes approximately 8-12 hours to complete over a period of four weeks.

## EASE is being delivered in Glasgow by Prince & Princess of Wales Hospice ...

The Prince & Princess of Wales Hospice (PPWH) partnered with SPPC to offer the online EASE course. The course was advertised through hospice networks and delivered by accredited EASE facilitators three times over 12 months. Pre- and post-course evaluation questionnaires were collected.

"I wish I'd known some of this stuff previous to my mother in law's recent death. I find I want to share the information with others !"

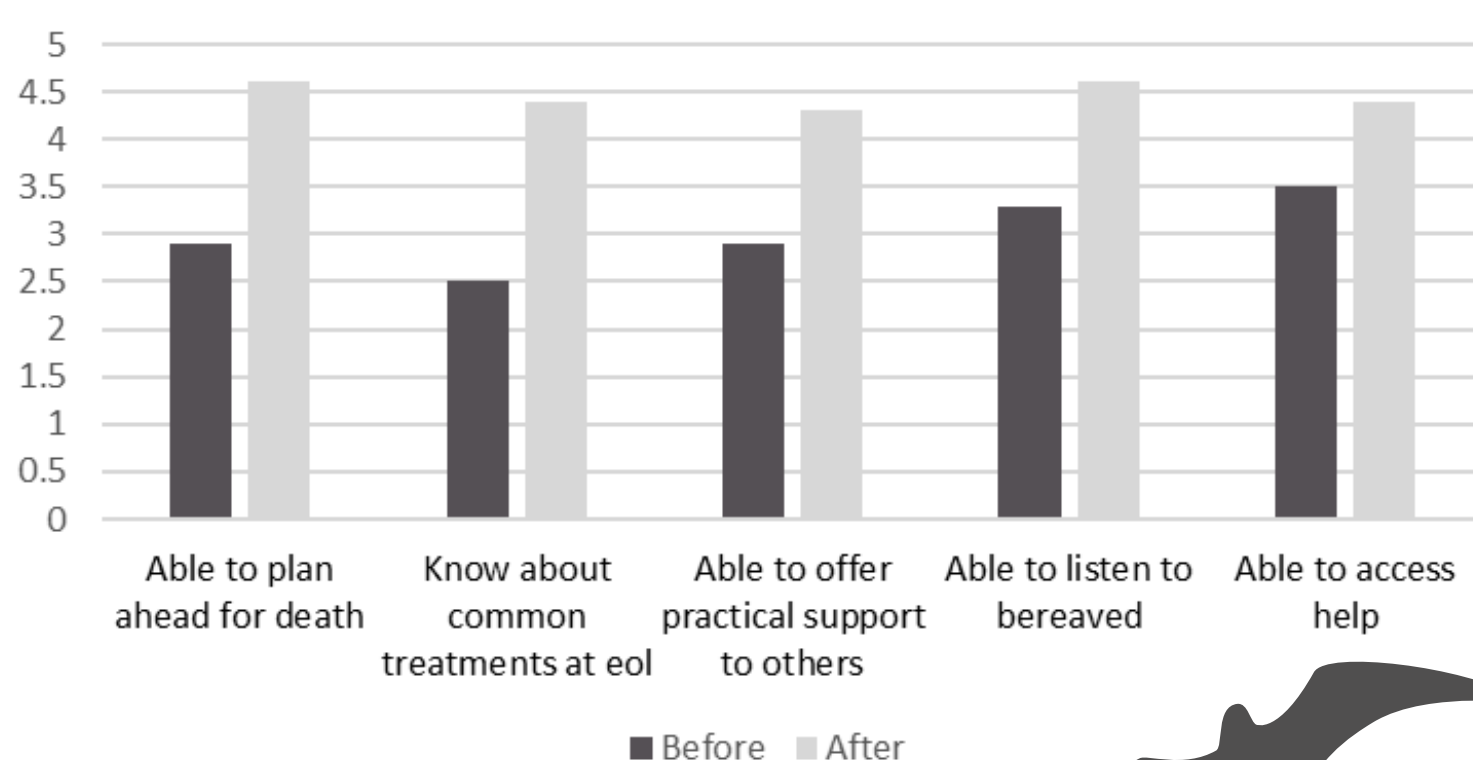
"I feel this is an extremely well thought out course and I have enjoyed going through it with such a generous and supportive group and course facilitators."

"I certainly feel empowered about helping someone who is dying or their loved ones because of knowing more about what to expect and who and what I can do at the time and in preparation."

## ...with positive results.

Each course ran at capacity (n=15). Questionnaire responses indicated the course increased participants' knowledge, skills and confidence around the subject matter. There is an appetite for the EASE course among PPW hospice's networks, and participants valued their time on the course.

Self-ratings before and after the EASE course



Interested hospices and communities in Scotland can become accredited, and run EASE courses in their own area.

Training is available for those wishing to become accredited to deliver EASE courses in their own area. Contact [samara@palliativecarescotland.org.uk](mailto:samara@palliativecarescotland.org.uk) or check out <https://www.goodlifedeathgrief.org.uk/content/ease/>

## Further reading

- Patterson RM & Hazelwood MA. Developing end of life literacy through public education. In: Abel J & Kellehear A, editors. Oxford Textbook of Public Health Palliative Care. Edited by Julian Abel and Allan Kellehear. Oxford: Oxford University Press; 2022. p.126-136
- Patterson RM, Gibb C & Hazelwood MA. End of Life Aid Skills for Everyone in Scotland. Palliat Care Soc Pract. 2022;16:1-11

Email: [rebecca@palliativecarescotland.org.uk](mailto:rebecca@palliativecarescotland.org.uk)  
Twitter: @LifeDeathGrief  
Website: [www.goodlifedeathgrief.org.uk](http://www.goodlifedeathgrief.org.uk)