

MANAGING LONG TERM CONDITIONS

OPPORTUNITIES AND CHALLENGES FOR SPECIALIST PALLIATIVE CARE

VERONICA TURNBULL CLINICAL NURSE SPECIALIST (CNS) COMMUNITY SERVICES



St Columba's Hospice

CARE AND COMPASSION

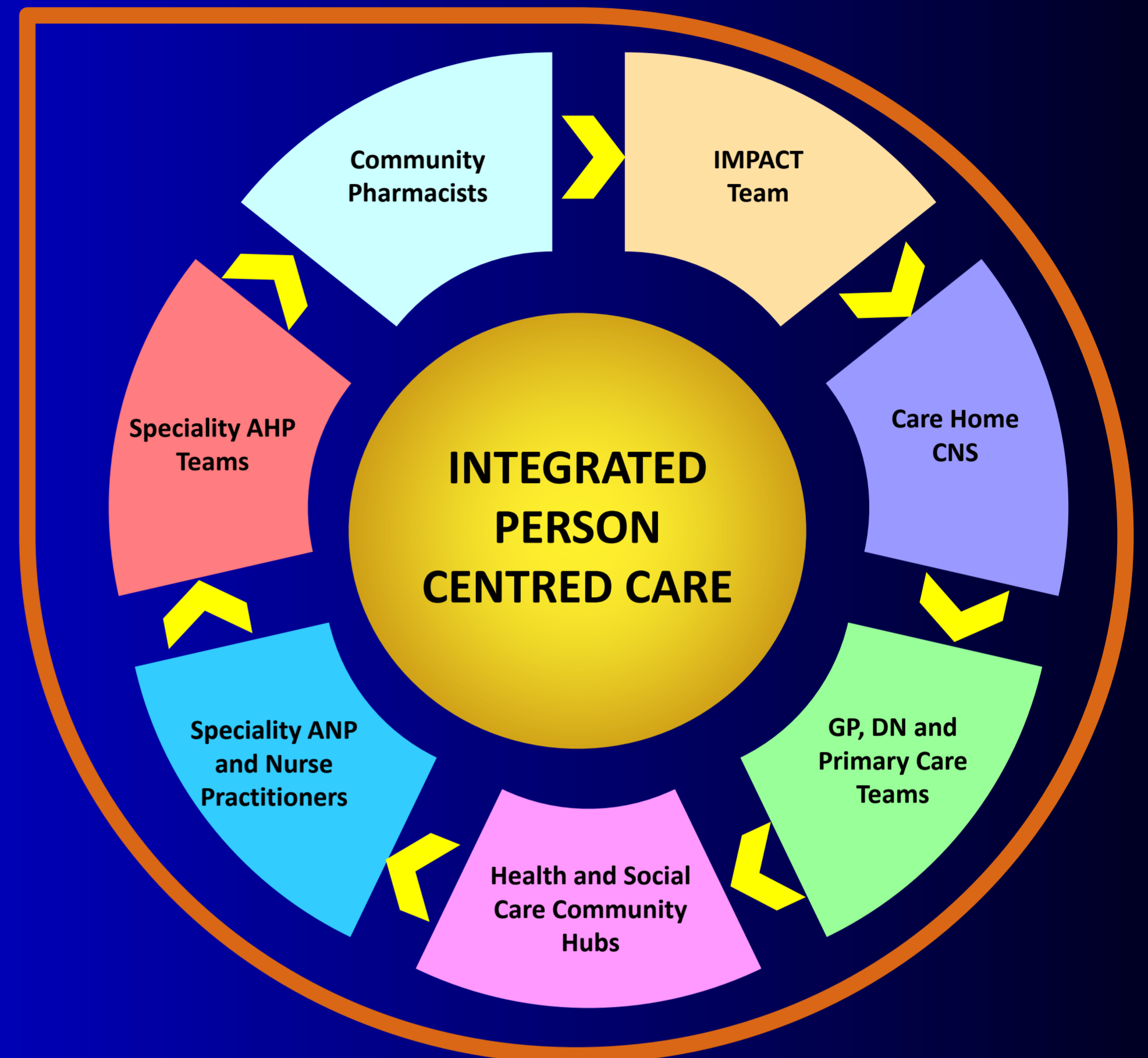
Background

The population is ageing rapidly and people are living longer with long term conditions ¹. The demographic profile means there will be greater complexity of need, and demand for multi-morbidity care, frail elderly and palliative care ¹². UK policies promote wider access to specialist palliative care provided by specially trained multi-professional specialist care teams based on need not diagnosis ^{2,4}.



Community Care and Self-Management

are advocated as generic approaches to managing long term conditions, with integrated teams providing a key role in meeting the complex health and social care needs of people living with long term conditions in the community ¹⁷. St Columba's Hospice specialist multi-disciplinary community services provide integrated care with generalist health and social care services to deliver supported self-care, disease specific care management and case management for highly complex vulnerable patients with long term conditions.



Challenges

- Prognostication in non-malignant disease
- Complex health and social care needs
- Independent communication systems between care providers
- UK shortage of experienced District Nurses
- Shifting the balance of care from hospital to community



Opportunities

- New extended roles for the CNS team
- Integrated health and social care teams
- Gold Standard Framework (GSF) meetings
- Advanced Care Planning (DNACPR/eKIS)
- Technologies to review patients and educate staff
- Extending specialist services during the unscheduled care period



Recommendations for practice for the management of long term conditions

- ANP and extended CNS roles in Specialist Palliative Care Community Services
- Promoting specialist palliative care as an integral part of mainstream health and social care
- Extending Specialist Palliative Care support for community teams and care homes
- Targeted palliative care education by specialist teams for generalist teams
- Introduction of technologies to review more patients earlier in their illness in their home
- Promoting evidence based practice for the management of long term conditions

REFERENCES

1. Triggers for palliative care Improving access to care for people with diseases other than cancer June 2015. Available at www.mariecurie.org.uk. [accessed 18/02/18]
2. Scottish Non-Malignant Palliative Care Forum (SNMPCF) - Chest Heart and Stroke Scotland. Available at www.chss.org.uk [accessed 18/02/18]
4. A National Clinical Strategy for Scotland – The Scottish Government. Available at www.gov.scot/Publications/2015/09 [accessed 18/02/18]
12. Transforming Nursing, Midwifery and Health Professions' (NMaHP) Roles: pushing the boundaries to meet health and social care needs in Scotland. Available at www.nes.scot.nhs.uk. [accessed 27/02/18]
17. Improving the Health and Wellbeing of People with Long Term Conditions in Scotland: A National Action Plan – The Scottish Government. Available at www.gov.scot/Publications/2009/12 [accessed 08/04/18]