

St. Francis Hospice Dublin

presents the

15th Kaleidoscope Palliative Care Conference

Standing on Shifting Sands:

The Changing Context of Palliative Care

A 2-day International Multidisciplinary Conference

*Tuesday 30th and
Wednesday 31st May 2017
Dublin Castle,
Dublin City Centre*

*For further information and application forms,
please contact:*

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Kaleidoscope

When we look into a kaleidoscope, we see numerous colours and shapes joining together to form a beautiful mosaic. One slight turn of the wheel sends the individual pieces flying to another part of the screen, once again complementing each other to form a different, but equally beautiful mosaic picture. Each piece carries a certain brilliance of its own, but it is only as part of the overall design that the colours and shapes reach their full potential.

Kaleidoscope can serve as a metaphor for palliative care, where members of the multidisciplinary team come together in a myriad of ways, ever shifting to meet the needs of a particular patient, family, and circumstance. Each member of the team brings a unique set of skills and experiences, but only as part of the overall mosaic do the various team members truly come into their own.

The Kaleidoscope Conference is hosted by St. Francis Hospice, giving members of the Irish and International health care community an opportunity to explore issues related to palliative care. The overall theme for 2017 is "Standing on Shifting Sands: The Changing Context of Palliative Care."

During the conference, our speakers, along with the delegates, will explore a wide variety of themes around the shifting sands of palliative care. The shifting sands are numerous and varied: cultural, professional, technological, legal, and societal, to name only a few. As the sands shift, it is necessary for individuals, organisations and societies to change and adapt, while still remaining true to their core mission and values. The conference will afford delegates the opportunity to reflect on these shifts and how ultimately they impact on patient care, education and research. The topics presented will invite us to reflect on the nature of palliative care practice in different care settings and across the lifespan for diverse patient groups, from national and international perspectives and experiences.

Booking Details

Who should attend?

Anyone working in the healthcare environment, and anyone with an interest in palliative care or bereavement issues. This includes doctors, nurses, care staff, social workers, chaplains, allied health professionals, academics, researchers, administration staff, managers, and volunteers.

Is Kaleidoscope accredited for continuing professional development credits?

Application will be made for Category One approval from the Nursing and Midwifery Board Ireland, CME credits from the Royal College of Physicians of Ireland and CPD accreditation from the Irish Association for Social Workers. If you require accreditation from a different source, please let us know and we will do our best to accommodate your request.

What will it cost?

| | |
|--------------|------|
| Both Days | €300 |
| One Day Only | €150 |

Conference fee includes refreshments and lunch, and conference folder. This is a "paperless" conference; handout materials will be available electronically after the conference.

Early Bird Registration Fee

For registrations received and paid in full by Friday 31st March 2017, a reduced rate of €250 for two days or €125 for one day will apply.

How do I pay?

Payment must be in Euro, and can be made through on-line registration, by cheque to St. Francis Hospice, or by credit transfer (Bank of Ireland, Raheny, Dublin 5, Account Name: St. Francis Hospice, Account No. 95876821, Sort Code: 90 06 58). *Please note that payment must be received before the conference. Payment at the early bird rate must be received by Friday 31st March 2017. After that date, the full rate will apply.*

How do I apply?

You may apply and pay online at www.sfh.ie/kaleidoscope-conference. Or you can send application form and fee to: Education Department, St. Francis Hospice, Station Road, Raheny, Dublin 5 or fax to (01) 832 7635 or e-mail to education@sfh.ie.

Cancellations Policy

Cancellations up to three weeks prior to the event will be given a full refund, minus an administration fee of €20. We regret that cancellations after this time cannot be refunded. Refunds for failure to attend the conference cannot be made, however substitute delegates will be accepted until 5:00 p.m. on Friday 26th May 2017.

How can I arrange accommodation?

Please visit www.visitdublin.com for tourism information. If you wish to stay near Dublin Castle, please note it is located between Trinity College and Christchurch Cathedral.

Tuesday 30th May 2017 Day 1 of Conference

09:00 Registration

09:30 Welcome

09:45 **Standing on Shifting Sands: The Changing Context of Palliative Care**

Dr Regina McQuillan

The context for palliative care is changing, nationally and internationally. This talk will focus on the changing demographics of the western world, the challenge of providing appropriate care for the increasing aging population with multi-morbidity in societies where there are conflicting public pressures for 'the right to try' and 'the right to die'.

11:15 **Coffee Break – Opportunity to visit Poster Exhibition and Sponsors' Stands**

11:45 **Palliative Social Media: "Jean Genie" in a Bottle**

Dr Mark Taubert

Some see social media as a curse, others as a blessing. YouTube, Facebook, Twitter, Pinterest: everything is everywhere. They can all be immensely useful learning and sharing resources, but there are many dangers, too. Mark will try to address some of the areas he has come across, good and bad, and discuss how we have had to adapt to smartphones and tablets next to each patient, with the potential to change palliative care drastically. With the conference theme being "Standing on Shifting Sands: The Changing Context of Palliative Care.", we look in more detail at the implications of going viral for a good cause – what should we focus on in palliative and end-of-life care?

12.55 **Communicate Your Health Mobile Apps**

A short presentation will provide information about 3 free mobile apps for healthcare professionals in Ireland: Understand Me, Speak to Me, and On Signing Terms.

13:00 Lunch

14:00 **Breakaway Workshops**

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|---|--|
| A | <ul style="list-style-type: none">• Whispers? A filmic exploration of death and care (<i>Marie Brett</i>)• Death Becomes Us: A mother talks frankly about her pending death (<i>Yvonne O'Meara</i>) |
| B | <ul style="list-style-type: none">• Compassionate End-of-Life Care (CEOL) Review Process (<i>Anna de Siun</i>)• Family Carer Support Group (<i>Kate Diamond and Emer Honan</i>) |
| C | <ul style="list-style-type: none">• Namaste Care for Patients Living with Dementia (<i>Kathryn Richardson</i>)• Developing a Richer Spiritual Paradigm (<i>Anthony Boland</i>) |

15:00 **Stretch Break**

15:15 **Sex, Death and everything else we don't want to talk about...**

Dr Paul D'Alton

This presentation will address the issues of gender identity and sexuality with a particular focus on end of life care. It will offer some valuable guidance for the clinician caring for those at end of life and also provide useful recourses for further reading.

16:15 CLOSING ADDRESS

Full Day Concurrent Workshop
Occupational Stress in End of Life Care
(Dr Mary Vachon)

Wednesday 31st May 2017 Day 2 of Conference

09:00 **Registration**

09:30 **Welcome**

09:45 **Attachment, Empathy and Compassion in End of Life Care**

Dr Mary Vachon

In this presentation Dr Vachon will reflect on her personal experience and insights gained through early experience with loss and the impact of living in a family with chronic grief; spiritual insights gained through her experience with stage 4 Non-Hodgkin's lymphoma; and her daily experience of being a clinician working with the seriously ill and bereaved. She will integrate these with recent neuroscience findings about occupational stress, burnout, battle fatigue, compassion fatigue, moral distress and empathy fatigue. The presentation will conclude with interventions being done to assist clinicians to be more compassionate with themselves and their clients as well as work being done to develop more compassionate organisations.

11:15 **Coffee Break – Opportunity to visit Poster Exhibition and Sponsors' Stands**

11:45 **Standing on Shifting Sands: Changes in Bereavement Service Provision**

Ms Niamh Finucane

This talk will look at the challenges in the traditional model of bereavement support provision as palliative care services change and develop. As the volume of patients and families we care for increases, how do we identify those who need bereavement support, and who is best placed to meet these needs?

12:45 **Essential Pause?**

A filmic artwork exploring ideas of death, liminality, care and ritual.

Presented by artist Marie Brett who produced the work following collaboration with Palliative Care staff at St Francis Hospice Raheny/Blanchardstown; scholars at University College Dublin College of Social Sciences and Law and framed within Irish death tradition archives at The National Folklore Collection Ireland. The film questions an essence of life and death experience.

www.mariebrett.ie

12:55 **Poster Competition Winners Announced**

13:00 **Lunch**

14:00 **Breakaway Workshops**

A • **Playing in the Ruins: An Arts Based Approach to Care of the Dying and Bereaved** (Irene Renzenbrink)

• **Addressing Sexual Health and Wellbeing in Patients with Advanced Cancer** (Miriam Coleran)

B • **Pain and Suffering as Shifting Sands: Exploring differences and distinctions within subjective patient lived experience** (Tina McGrath)

• **An Exploratory Quantitative Study, Examining the Attitudes, Concerns and Potential Barriers of Clinical Nurses Specialists to the Introduction of Electronic Patient Records to Palliative Homecare Services** (Carmel Browne),

C • **Schwartz Rounds: A First in Ireland** (Geraldine Tracey)

• **Spirituality: A solid rock or shifting sand in palliative care assessment?** (Daniel Nuzum)

15:00 **Stretch Break**

15:15 **Staying Rooted Amid the Shifting Sands**

Dr Tony O'Brien

This year marks the 50th anniversary of the opening of St Christopher's Hospice in London by Dame Cicely Saunders. St Christopher's, the first of the modern teaching and research hospices, pioneered the development of our specialty nationally and internationally. This paper will review the key principles underpinning Cicely's work and will explore their evolution and application in a radically changed health care environment. The challenge of staying loyal to the core founding principles of our specialty in an increasingly evidence-based and evidence-crazed culture is a significant undertaking. Everything has changed and changed utterly, a terrible beauty is born.

16:15 **CLOSING ADDRESS**

Full Day Concurrent Workshop
Opioid Analgesia and Talking CPR: What do Patients Want to Know?
(Dr Mark Taubert)

Full-Day Workshops

Tuesday 30th May 2017

Dr Mary Vachon

Occupational Stress in End of Life Care

(Limited to the first 40 people to register)

Dr Vachon is a clinician, former researcher, writer and lecturer who has been living, researching and writing about issues involved in occupational stress in end of life care for five decades. This workshop will provide a review of the literature, facilitate group discussion and provide experiential exploration of issues involved in the following areas: What motivates us to do the work we do? What is known about the stress we experience doing this work? How does our stress manifest? What do we know about dealing with the stress we experience both at the personal and institutional levels?

Having been discussing these issues since the early 1970s and finding that at least some of the issues presented are the same as they were 45 years ago when she started her work, it is encouraging to note that there are now a number of initiatives being used at both the individual and institutional levels that are making a difference. These will be reviewed and there will be a particular focus on mindfulness-based practices, self-compassion and the move towards compassionate organisations.

Wednesday 31st May 2017

Dr Mark Taubert

*Opioid Analgesia and Talking CPR:
What do Patients Want to Know?*

(Limited to the first 40 people to register)

This interactive workshop will address two issues:

- Opioids – what does the patient need to know and how can we support their learning and compliance?
- DNACPR discussions – how to hold better informed discussions with patients and their proxy on a very difficult and emotionally challenging subject.

Content will include:

- Starting people on strong analgesics – what to cover
- Talking about side-effects of opioids
- Dispelling myths about opioids
- Opioid rotation
- ‘Can I drive when I’m on Morphine, doctor?’
- Serious Illness conversations
- DNACPR discussions and what patients need to know
- The law around DNACPR in the UK (how does it compare to Ireland – discuss!)

General Information about the Full-day Workshops

The workshops will take place in rooms within the Conference Centre of Dublin Castle. Participants will join with the delegates from the main conference at lunch and break times.

The cost of attending is the same as the Kaleidoscope Conference, and registration is via the Kaleidoscope registration form attached to this booklet or downloadable from www.sfh.ie/kaleidoscope-conference.

Timetable for Full-Day Workshops

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|-------|-------------------|
| 09.00 | Registration |
| 09.45 | Workshop begins |
| 11.15 | Tea/Coffee Break |
| 11.45 | Workshop resumes |
| 13.00 | Lunch |
| 14.00 | Workshop resumes |
| 16.30 | Close of Workshop |

ABOUT ST. FRANCIS HOSPICE DUBLIN (RAHENY AND BLANCHARDSTOWN)



St. Francis Hospice was founded in 1989, through the joint efforts of the Daughters of Charity, the Irish Hospice Foundation, and many others, including the community of North Dublin. The hospice provides specialist palliative care services to the people of North Dublin City and County. This care includes specialist in-patient care, hospice day care, outpatient services, care of patients and families in their own homes, and many additional services such as bereavement support, complementary therapies, and a diverse offering of educational programmes at our Centre for Continuing Studies.



Plenary Speakers' Profiles

DR PAUL D'ALTON



Head and Clinical Lead of the Department of Psycho-oncology at St Vincent's University Hospital, Dublin and Adjunct Lecturer at The School of Psychology, University College Dublin

Paul is immediate past President of The Psychological Society of Ireland, the professional body for psychology in Ireland representing over 2500 psychologists nationally. He is founder and co-director of the MSc in Mindfulness Based Interventions in UCD having himself trained in Mindfulness based interventions at the Oxford Centre of Cognitive Therapy and

at the University of Massachusetts (USA) where mindfulness-based interventions in healthcare originated.

Paul completed his clinical psychology training in Trinity College, Dublin in 2004 and has worked as a clinical psychologist, educator, and researcher since this time. His primary area of clinical & research interest is the application of mindfulness-based interventions in healthcare with a particular interest in end of life care. Paul has taught and presented at a number of national and international universities including several post-graduate programmes at University College Dublin, the Royal College of Surgeons in Ireland, Trinity College Dublin, and UCLA.

Paul has chaired the Psychological Society of Ireland's Equality and Inclusive Practice Group (EQuIP) for the last 4 years. He was actively involved in the Marriage Equality referendum (May 2015) and is committed to using psychology to advance equality and social justice. He is principal investigator on several ongoing and completed funded research projects and has presented and published research both nationally and internationally. In October 2016 Paul will chair the World Congress in Psycho-oncology.

NIAMH FINUCANE



Co-ordinator of Social Work and Bereavement Services, St Francis Hospice Dublin

Niamh has been with St Francis Hospice for 10 years, serving 8 years as a Senior Social Worker on both the Community Palliative Care Teams and in the In-Patient Unit, before moving two years ago to her current role as department head.

She has previous experience in Child Welfare & Child Protection work, as well as Medical Social Work in an acute hospital setting. Niamh has written about the role of social work in

palliative care and working in bereavement.

DR REGINA MCQUILLAN



Consultant in Palliative Medicine, St Francis Hospice and Beaumont Hospital

Regina qualified in medicine in UCD. She did general medical training in Ireland and palliative medicine training in London and Cardiff, where she obtained a Diploma in Palliative Medicine. She is the medical director of St Francis Hospice Dublin, the specialist palliative care service for north Dublin and is a palliative medicine consultant at Beaumont Hospital.

She is an honorary lecturer at the Royal College of Surgeons in Ireland. She is a member of

the course committee for the MSc in Palliative Care at Trinity College Dublin. She is interested in access to palliative care among vulnerable groups and is doing research with the Cecily Saunders Institute in London, with Prof Hardiman at TCD about motor neurone disease, and is facilitating research projects about the provision of palliative care for homeless people. Regina obtained a MA (ethics) Mater Dei/DCU. She is a member of the National Advisory Committee on Bioethics and chairs clinical ethics committees in Beaumont Hospital.

DR TONY O'BRIEN



Consultant Physician in Palliative Medicine, Marymount Hospice, Cork and Clinical Professor of Palliative Medicine, University College Cork

Tony is a consultant physician in palliative medicine based at Marymount University Hospital & Hospice and Cork University Hospital. He is clinical professor of palliative medicine at the College of Medicine & Health, University College Cork. He served as chairperson of both the National Advisory Committee on Palliative Care and the National Council for Specialist Palliative Care. He also served as Chairperson

of the Council of Europe expert committee on palliative care and is a former chairperson of the Irish Association for Palliative Care. He previously served on the board of the European Association for Palliative Care and on the executive committee of the Association for Palliative Medicine of Great Britain & Ireland. He is a member of council of the All Ireland Institute for Hospice and Palliative Care.

Tony has published and lectured widely on various aspects of pain and symptom management in palliative care and on service development and delivery. He has a particular interest in ethical issues at the end of life and has served as an expert witness in high profile legal challenges in Ireland and abroad.

DR MARK TAUBERT



Clinical Director for Palliative Medicine, Velindre NHS Trust

Mark is a Palliative Care Consultant and works as Clinical Director for Palliative Medicine at Velindre NHS Trust. Special interests include opioids, DNACPR communication and also how doctors can learn from new media. His Twitter handle is @DrMarkTaubert where he tries to post snippets that are relevant to medicine and palliative care. He has never at any point been David Bowie's personal physician, as has been alluded to in the press, but has quite a few rare records by the Starman.

DR MARY L S VACHON



Psychotherapist and Consultant in Private Practice; Professor, Department of Psychiatry and Dalla Lana School of Public Health, University of Toronto; Clinical Consultant and co-founder of Wellspring

Mary is a nurse, psychotherapist, author and cancer survivor who has given over 1,600 lectures around the world on issues related to occupational stress, cancer, bereavement, survivorship, spirituality and compassion. She has written over 200 publications including the chapter on The Emotional Care of the Dying Person for the Oxford Textbook of Palliative

Medicine (editions 1-4) and has written the chapters on occupational stress in oncology, supportive and palliative care specialists in several leading international textbooks for physicians, nurses and other health professionals

She is the recipient of many awards including: the Mara Morgenson Flaherty Lectureship of the Oncology Nursing Society for Excellence in Psychosocial Oncology in 1985; the Carmelita Lawlor Lectureship in Community Palliative Care, Department of Family and Community Medicine, University of Toronto, 1995; the Dorothy Ley Award for Excellence in Palliative Care received from the Ontario Palliative Care Association in 1997; an Alumnae Achievement Award from Massachusetts General Hospital Nurses' Alumnae Association, 1998; the National Hospice and Palliative Care, Distinguished Researcher Award, 2001 for her continued contribution to the field of palliative care from the beginning of the specialty until the present time; and the Lifetime Achievement Award of 2008 of The International Journal of Palliative Nursing.

She served on the Bayer Bioethics Advisory Council from 1997-2001 as the Consumer Representative and on the Standing Committee on Ethics of the Canadian Institutes of Health Research from 2007-2014. She currently serves on the Ethics Committee of the International Study of Relapsed Childhood Leukemia.