



Cranford Hospice

Te Kahu Pairuri o Cranford
ki Te Matau-a-Māui

Kia ora! Hi! Namaskara!

Education Newsletter - January/February 2025

Welcome to Cranford's first newsletter for 2025. We are thrilled to invite you to our training sessions, designed to ignite your curiosity and passion for learning.

Let's make 2025 a year filled with limitless learning opportunities!



With the Tui's call, awaken your mind to endless possibilities of knowledge.



Hospice NZ Palliative Care Lecture
Tuesday 11 February 2025
7.30 to 8.30 am

Topic: Managing Diabetes in Palliative Care & End-of-Life Care

Speaker: Dr Ryan Paul (Ngaati Maru, Hauraki), Endocrinologist @ Te Whatu Ora Waikato, Associate Professor of Medicine @ University Waikato

This presentation will provide an overview of managing all types of diabetes in palliative care, including considerations at the end of life. It will cover approaches to new technology in type 1 diabetes, such as continuous glucose monitoring and insulin pump therapy, as well as recent medications in type 2 diabetes, including empagliflozin, dulaglutide, and liraglutide. A prolonged Q&A session will follow to address any questions you may have about diabetes care.

[Link to Flyer](#)

[Link To Registration page](#)



Syringe Driver Training

Syringe Driver Initial Workshop

18 February 2025 and 21 March 2025

11 am to 2.30pm

Venue: Elms House, Cranford Hospice

Cost: \$65

The Initial Syringe Driver Course is now available on the Hospice New Zealand website (previously on Waikato Hospice's Pal Ed website). It is a blended course with online prerequisites followed by a face-to-face 3-hour workshop.

Create your login here: [Course: Palliative Care Syringe Driver Competency Programme | Hospice NZ](#), then book a place on a Cranford Hospice SD Initial workshop.

Syringe Driver Refresher Workshop

7 March 2025

2 to 4 pm

Venue: Elms House, Cranford Hospice

Cost: \$30

Further information will be emailed to individual attendees.



Serious Illness Conversation Guide
11 March 2025
8.45 am to 1 pm



- When you have difficult conversations with patients, do you sometimes wonder how to start?
- Are you confident you are discussing patients' prognosis in a way that allows them to really understand what you are telling them?
- Do you understand their fears and worries, and what is important to them?

This workshop helps clinicians feel more confident to have quality conversations with seriously ill people.

Venue: Elms House, Cranford Hospice

Cost: \$65



Resource Nurses Hui
19 March 2025
1 to 3.30 pm

Te Whatu Ora
Health New Zealand
Te Matau a Māui Hawke's Bay

We are thrilled to announce the First **Palliative Care Resource Nurses Hui** of the year! We warmly invite a representative from your organization or ward to participate in this vital gathering focused on enhancing palliative care services and education in Hawke's Bay.

Why Attend?

Engaging in these discussions is essential for ensuring high-quality palliative care in our community. This hui will provide a platform to:

- **Foster Better Communication:** Share insights and best practices across services.
- **Strengthen Relationships:** Build connections with fellow professionals dedicated to palliative care.
- **Support Mutual Growth:** Collaborate on strategies that enhance our collective impact.

We believe that your participation will contribute significantly to the success of our discussions. Together, we can make a meaningful difference in the lives of those we serve. Thank you for your commitment to palliative care. We look forward to seeing you there!

Guest Speaker: Fiona Unac, Nurse Practitioner Vascular Services

Topic: The vascular care continuum - active, conservative & palliative management and discussions on:

- *Palliative care services in HB*
- *Clinical Care Coordination between services*
- *Palliative education needs*

Other Upcoming Events/Education:

Palliative Care MDT Hui 2025

LISTEN

This unique conference brings together speakers from diverse backgrounds with experience in end of life settings. The aim of the conference is to stimulate debate and 'out of the box' thinking, whilst also providing a context for reflection, renewal and restoration.

28 to 30 March, 2025

**Tongariro Lodge
83 Grace Road, Tūrangi,
Waikato**

[Click here for further information and to book](#)

REHABILITATIVE PALLIATIVE CARE COMMUNITY OF PRACTICE

Creating momentum and enthusiasm: Group to support implementing our new Rehabilitative Palliative Care model



EVENT OVERVIEW

29 Apr, 2025, 03 Jun, 2025, 01 Jul, 2025, 09 Sep, 2025, 14 Oct, 2025, 11 Nov, 2025, 09 Dec, 2025, 20 Jan, 2026, 24 Feb, 2026, 24 Mar, 2026

1.5 hours (10 sessions a year)
9.30am-11.00am
£160 plus VAT
Online

BOOK ONLINE

[Book now](#)

Useful information

Email us
020 8768 4656
How to find us
Delegate accommodation
Cancellation policy

Rehabilitative Palliative Care can make a big difference in peoples lives, upholding them as an individual and supporting them to be the best that they can be. Sometimes we know that creating change, implementing something new can be challenging and you can benefit from support along the way. This Community of Practice will support you using an **'Action Learning' model** to create challenge, action planning and learning.



Comments from previous attendees this year:

"Safe space to share ideas and benefit from others' experience."

"I have grown in confidence over the past year and have found the network of the group really helpful."

"This training has supported developing action plans for service development which has been invaluable."

"The chance to hear what other places are doing and develop ideas from there – it has been good to know that there are resources out there that can be developed for us to use rather than starting from scratch."

"It has given me confidence to be able to make decisions and changes in my role at our hospice. Knowing that people in similar roles are having similar experiences was reassuring."

[Why join us?](#) [How will it work?](#) [Who is it for?](#) [Facilitators](#) [2025 dates](#)

When we are excited about change and want to implement something new it is important to take people with us and create lasting change. In these sessions we will support each other to see how the model can be used in your place of work. We will explore the challenges and opportunities that there are available to you and share expertise and experience within the group.

These sessions will not only give you a variety of support to take actions where you may be struggling but also an opportunity to network with other like minded professionals across the country and potentially beyond.

If you have any questions about the programme please contact education@stchristophers.org.uk

Research into Practice Conference 2025

Join us virtually from 11-14 February to hear the latest evidence and innovation in end of life care.

Register for free



CALL FOR ABSTRACTS

28th Supportive and Palliative Care Clinical and Research Symposium Live Internet Activity September 19-20, 2025

THE UNIVERSITY OF TEXAS
MD Anderson
Cancer Center
Making Cancer History[®]



The planning committee for the **28th Supportive & Palliative Care Clinical and Research Symposium** invites the submission of proposals for case studies, research presentations, and program reviews for 1-hour Workshops (45-minute workshop and 15 minutes for questions and answers) and Rapid-Fire Presentations (10-minute presentation 5 minutes for questions and answers).

Abstracts may be submitted in the following categories:

- Symptom Assessment and Management
- Education (Medical, Nursing, Social Work, Spiritual, Patient)
- Psychosocial/ Spiritual Care
- Communication
- Research

We encourage abstracts from all healthcare providers including physicians, nurses, social workers, chaplains, therapists (physical rehabilitation, occupational, music, massage, art, etc.), and students of all these professions.

Submission Instructions:

- Proposals are to be submitted electronically by midnight (CST) **02/14/2025**. Submissions received after that time will not be considered.
- Submit abstracts to PalliativeConferences@mdanderson.org using the email subject line: **ABSTRACT SUBMISSION: Abstract Title_ Authors last name**

Abstract Submission Guidelines:

- Please provide: (all elements are required for submission consideration)
- Degree completed and Degree or Goal of the program (if student)
- Full contact information (email, mailing address, institution, telephone)
- A title that describes your topic clearly, concisely, and accurately informs the reader of the subject matter. Many meeting attendees will select your session based on the title alone.
- A 300-word abstract that describes the content. For research presentations organize the abstract into the following categories: purpose, design, sample, method, results, and conclusion.
- Indicate whether you are submitting a case study, a research presentation, or a rapid-fire presentation.

Notification of the proposal's status will be sent by February 28, 2025.



Oceanic Palliative Care Conference 10–12 Sept 2025

Oceanic Palliative Care Conference

September 2025

Brisbane, Australia

The Oceanic Palliative Care Conference (OPCC) is one of the biggest, premier palliative care conference in the southern hemisphere. Over the years it has brought together 1000+ experts, professionals and decision makers from across Australia, New Zealand and the broader Oceanic region to shape the future of care.

eCALD® Courses and Resources

The following are training courses for the health workforce.

- Module 1 Culture & Cultural Competency (prerequisite)
- Module 1CS Cultural Competency and Customer Services
- Module 2 Working with Migrant Patients
- Module 3 Working with Refugee Patients
- Module 4 Working with Interpreters

For further cultural competency development, we recommend:

- Module 6 Working with CALD clients in Palliative care
- Module 7 Working with Religious Diversity
- Module 8 Working with CALD Families – Disability Awareness

For the non-clinical workforce

- Module 1CS Cultural Competency and Customer Service

eCALD

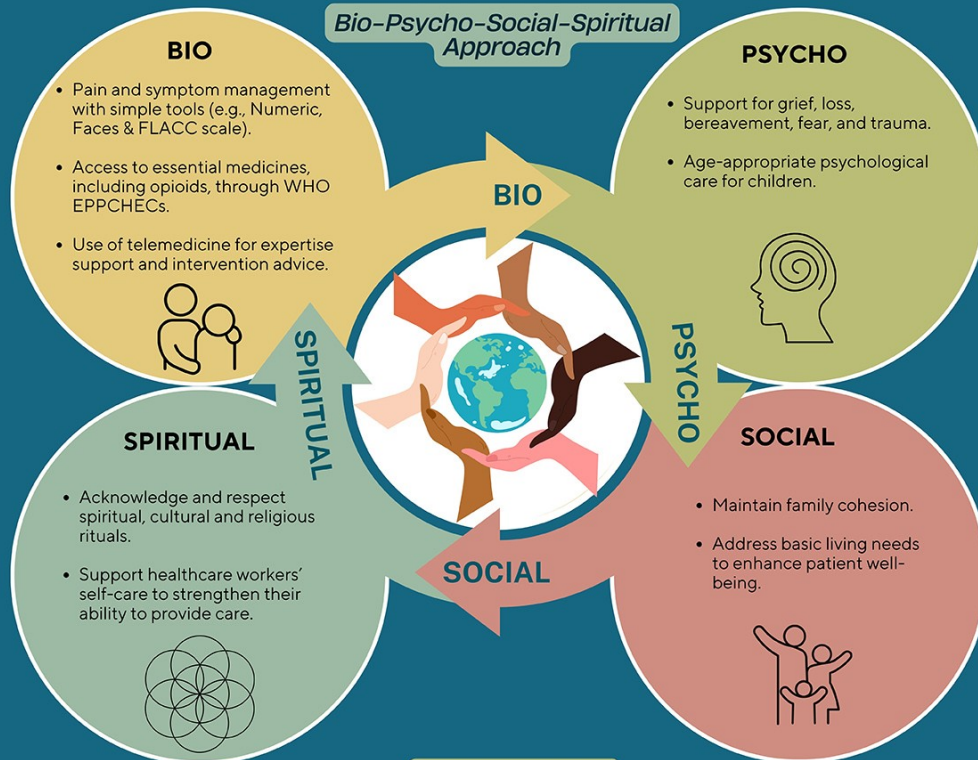
eCALD offers a range of face-to-face and online courses for both caring for culturally and linguistically diverse (CALD) patients from Asian, Middle Eastern and African backgrounds, as well as for working in culturally diverse workplaces. All courses focus on enhancing learners' cultural awareness, sensitivity, knowledge and practical skills.

Palliative care (PC) plays a crucial role to alleviate suffering and provide support to patients and their caregivers facing end of life, alongside life-saving interventions in Humanitarian medical responses.

While mass casualties and infectious diseases demand attention, PC also addresses conditions like advanced HIV and non-communicable diseases (NCDs), to ensure comprehensive care for all life-threatening and life-limiting illnesses.

Guidelines and Standards

- Sphere guidelines (2018) introduced PC as a minimum humanitarian standard (PC Standard 2.7).
- Different approaches are used for acute disasters (end-of-life care, pain, and symptom management) and protracted crises (long-term PC support).



Collaborative Efforts

- Collaborate with local communities, faith organizations, and humanitarian agencies to ensure culturally sensitive care.
- Train healthcare workers in essentials of PC (Pain management, Communication, Patient-centered care).

Palliative care is indispensable in humanitarian medical responses.

Illustration for IAPC February 2025, by Dr Wasim Hoda, wasu077@gmail.com

Dignity in Palliative Care



Dignity in palliative care refers to a person's sense of self-worth and respect, in the context of disease, illness, sickness, and end-of-life care.

Providing person-centered care helps maintain a patient's dignity so that they feel valued, respected, and supported throughout their care.

Dignity Therapy (DT) is a structured psychotherapy intervention that allows patients to reflect on their lives and create a legacy document. It enhances a sense of meaning and purpose, and also improves the emotional well-being of the patient.

KEY ELEMENTS OF DIGNITY

- **Autonomy:** Respect patient choices.
- **Privacy:** Protect personal and medical information.
- **Empathy:** Provide compassionate care for emotional needs.
- **Communication:** Honest and supportive conversations.
- **Cultural Sensitivity:** Honor values and beliefs.



BARRIERS TO PROVIDING DIGNITY-FOCUSED CARE

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- **Systemic issues:** Inadequate resources (trained professionals, medication, time), lack of relevant policies, fragmented care etc.
 - **Physical and Emotional issues:** Uncontrolled symptoms, Emotional distress, Fear of having difficult conversations, Loss of Autonomy
 - **Attitudinal issues:** Cultural differences, Lack of empathy, Inappropriate behaviour
 - **Environmental and Social issues:** Lack of Privacy, Family Dynamics, Stigmatisation, lack of community support

STRATEGIES TO ENHANCE DIGNITY

- Treat every person with respect and compassion
- Adopt a person-centered care approach by tailoring care to individual needs
- Involve patients and families in decision making
- Provide effective pain and symptom management
- Listen actively and prioritise open and honest communication
- Maintain privacy and confidentiality
- Allocate sufficient resources including periodic professional development of staff
- Build a culture of dignity at the institution and implement relevant policies



Illustration for IAPC January 2025, by Dr Wasim Hoda, wasu077@gmail.com

Providing dignity-focused care will improve the patient's quality of life by improving patient and family satisfaction, reducing emotional distress, and strengthening trust between patients and caregivers.

'Dignity is therefore not about dying well; it is about living fully until the last breath.'

"You matter because you are you, and you matter to the end of your life."

