



Practical Symptom Management – Pilot Study Day

Wessex Children's & Young Adults' Palliative Care Network

Agenda for the day

Session	Aims and objectives	Time	Duration	Delivery
Registration & Coffee	Networking opportunity	08.30	1hr	
Welcome and introduction	Introduce the day/format/faculty.	09.30	15mins	TW Training room
Pain assessment and initial management	<ul style="list-style-type: none"> • Understand key concepts in pain assessment <ul style="list-style-type: none"> • Holism • Individualism & relativism • Total pain • Pain syndromes • Understand practical pain assessment • Be aware of physiology of pain & physical/psychological integration • Apply understanding of pain assessment to a real case & generate a holistic assessment summary. • Be able to clearly document a pain assessment using approach above. 	09.45	60 mins	TW Training room
Non pharmacological approaches to symptom management and symptom management plans	<ul style="list-style-type: none"> • Be able to describe common non-pharmacological treatments and their application for symptoms. • Be able to guide a child or parent through breathing exercises for breathlessness/anxiety. • Understand the format of the symptom management plan. 	10.45	30 mins	VC training room



	<ul style="list-style-type: none"> Be able to use a symptom management plan to escalate treatment when needed. 			
Coffee break	Networking opportunity	11.15	15 mins	Training room
Symptom Pop up Sessions <ul style="list-style-type: none"> Case introduction Key learning Medications and initial PRN dosing Case discussion 	Secretions Nausea & vomiting Breathlessness Seizures	11.30	90 mins	KR & GS
Lunch	Networking opportunity	13.00		LTV Foyer area
Opioids session 2	<ul style="list-style-type: none"> Understand morphine sulphate and how it works Explain the reasons and process for opioid rotation Understand the difference between common opioids and how that impacts on their use. Be able to perform an opioid switch on our patient case with support. 	13.45	45 mins	TW training room
Symptom Pop up Sessions	Normal signs at the end of life <ul style="list-style-type: none"> Changes to the body during normal dying. Differentiate between physical signs and total symptoms. Management of 'normal dying'. Terminal agitation and use of sedation (45 mins) AB	14.30	75 mins	KR, AB Training room
Coffee break	Networking opportunity	15.45		
Practical symptom management at the end of life – brining things together	<ul style="list-style-type: none"> Describe how to prepare for managing symptoms at the end of life. (preparation, planning, logistics, equipment, ordering). Be able to translate a symptom management plan into a 	16.00	60 mins	JW/KL



	<p>prescription for administration of medications by junior nursing colleagues (community and hospital charts including eneral/transmucosal and parenteral medications).</p> <ul style="list-style-type: none">• Understand how to combine medications in a syringe driver for parenteral use and important considerations when doing this.<ul style="list-style-type: none">○ Morphine○ Midazolam○ Levomepromazine○ Cyclizine○ Hyoscine butylbromide○ Phenobarbitone			
Closing session	Feedback form reminder	17.00	10 mins	TW