

## Parallel sessions

You may choose to attend two sessions. Please indicate your 1st, 2nd and 3rd choice on the application form. We will try to give you your 1st and 2nd choices.

### Session 1: Malignant pleural disease

*Helen Davies*

This session will cover theoretical and practical aspects of the care for patients with malignant pleural effusion. Indications for pleural aspiration, chest drain insertion, pleurodesis and ambulatory indwelling pleural catheter use will be discussed. Delegates will be given a hands-on guide to the management of chest drains and solving the common problems encountered.

### Session 2: Ventilatory failure

*Maxine Hardinge and Debbie Smith*

The team provides a domiciliary ventilation service for patients in chronic ventilatory failure due to neuromuscular diseases such as motor neurone disease, obesity hypoventilation and chest wall deformity. Delegates will have the opportunity to discuss indications for ventilation, practical issues with demonstration of NIV machines and masks, and common difficulties encountered

### Session 3: Practicalities of non-drug treatments for breathlessness

*Frances Sinfield*

This session will include practical demonstrations of physiotherapy techniques for helping patients with breathlessness and exercise limitation. Relaxation techniques will also be covered.

### Session 4: Care of younger patients

*Lesley Bennett and Alison Gates*

The Oxford Cystic Fibrosis team will share their experiences of providing a multi-disciplinary approach for end of life care for young adult patients with CF. This will include discussion about transplantation, oxygen, non-invasive ventilation and end of life care.

If you need to stay in Oxford you can find a comprehensive list of hotels and bed and breakfast accommodation at [www.oxfordcity.co.uk](http://www.oxfordcity.co.uk) or telephone the Tourist Information Centre 01865 726871.

Sobell Study Centre  
Churchill Hospital  
Oxford OX3 7LJ

Tel: +44 (0) 1865 225886  
Fax: +44 (0) 1865 225599

Email: [ssc@orh.nhs.uk](mailto:ssc@orh.nhs.uk)

WHO Collaborating Centre  
for Palliative Care



Cover Picture: Oxford Skyline by Ken Messer  
[www.kenmesser.co.uk](http://www.kenmesser.co.uk)

[www.sobellhospiceoxford.org](http://www.sobellhospiceoxford.org)



# Sobell Study Centre

Sir Michael Sobell House

## Beyond breathlessness: end of life care in advanced respiratory disease

29 April 2010

£140 (includes refreshments & lunch)

St. Anne's College, Woodstock Road, Oxford

This study day has been planned by Sobell House Study Centre in collaboration with the Oxford Centre for Respiratory Medicine, Oxford Radcliffe Hospitals NHS Trust. Sobell House Study Centre is the academic wing of Sir Michael Sobell House Hospice which is also part of the ORH Trust.

## Education and Research in Palliative Care



Email: [ssc@orh.nhs.uk](mailto:ssc@orh.nhs.uk)

[www.sobellhospiceoxford.org](http://www.sobellhospiceoxford.org)

## Beyond breathlessness

### Target audience

This study day will be of interest to all respiratory and palliative care specialists wishing to improve the quality of care for patients with advanced respiratory disease, and their families.

### About this course

The profile of end of life care within the NHS is changing, with a national drive to promote high quality care for all people approaching the end of life. Caring for patients with advanced respiratory disease can be particularly challenging. This study day will explore the significant physical and psychosocial issues faced by patients with chronic respiratory disease and lung cancer.

### Topics will include:

- Identifying the barriers to the provision of high quality end of life care
- Patient and carer perspectives
- Effective communication in the context of an uncertain prognosis
- Management of uncontrolled symptoms including breathlessness, fatigue and anxiety
- Service development in practice – delivery of integrated care

### Speakers

Lesley Bennett	Clinical Lead Respiratory Medicine, Director, Oxford Adult Cystic Fibrosis Unit, Oxford Centre for Respiratory Medicine
Helen Davies	Specialist Registrar in Respiratory Medicine,
Alison Gates	Senior Physiotherapists, Oxford Adult CF service
Maxine Hardinge	Consultant Respiratory Physician, Clinical Lead for COPD and pulmonary rehabilitation, Consultant Adult Sleep Unit, Oxford Centre for Respiratory Medicine
Eva Lew	Specialist Registrar in Palliative Medicine
Jo Riley	Lead Respiratory Nurse Specialist, Oxford Radcliffe Hospitals NHS Trust
Frances Sinfield	Clinical Specialist COPD and Pulmonary Rehabilitation Therapies Department, Oxford Radcliffe Hospitals NHS Trust
Debbie Smith	Sister and Clinical Nurse Specialist, Oxford Sleep Unit, Oxford Radcliffe Hospitals NHS Trust
Anna Spathis	Consultant in Palliative Medicine, Sir Michael Sobell House

## End of life care in advanced respiratory disease

### Programme

#### 08:30 Registration and coffee

09:00 Chair's welcome and housekeeping

09:15 The burden of advanced respiratory disease: identifying unmet needs  
*Maxine Hardinge*

10:00 Patient and carer perspectives: evidence from IMPRESS\*  
*Jo Riley*

#### 10:45 Coffee

11:15 Advance care planning in practice: strategies to improve communication  
*Eva Lew*

12:00 Evidence based symptom control: dispelling the myths  
*Anna Spathis*

#### 13:00 Lunch

14:00 Choice of parallel sessions 1\*\*

14:45 Choice of parallel sessions 2\*\*

#### 15:15 Tea

16:10 Developing collaborative care: a discussion forum  
*Anna Spathis and Maxine Hardinge*

16:45 Concluding remarks

#### 17:00 Close

\*IMPRESS: IMProving and integrating RESpiratory services in the NHS

\*\*Parallel session choices overleaf

For application form and to see our full education programme, please visit our website: [www.sobellhospiceoxford.org](http://www.sobellhospiceoxford.org)