

Palliative Care Aide Memoire



The development of a simple Aide Memoire, aligned to the regional NISAT, enables a strategic recommendation to become community practice

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Strategic Influence

- ▶ Palliative Care Specification (2012)
- ▶ Transforming Your Care (2011)
- ▶ Improving Dementia Services in NI, A Regional Strategy (2011)
- ▶ Living Matters, Dying Matters (2010)
- ▶ Cancer Service Framework (2010)
- ▶ Respiratory Service Framework (2010, 2015)
- ▶ Cardiovascular Service Framework (2010)

Palliative Care Aide Memoire

Our aim

- ▶ To ensure NHSCT patients identified as end of life have their care needs holistically assessed by a competent community nurse, and addressed, as appropriate.



COMPASSION

OPENNESS

RESPECT

EXCELLENCE



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Objectives

- ▶ Development of an Aide Memoire to support the current assessment process of the Northern Ireland Single Assessment tool (NISAT).
- ▶ Encourage the inclusion of palliative and end of life care assessment in documentation across other specialities, such as dementia and respiratory.
- ▶ Ensure that care needs are identified and onward referral made to the most appropriate member of the multidisciplinary team and/ or specialist palliative care team

Changing attitude and culture

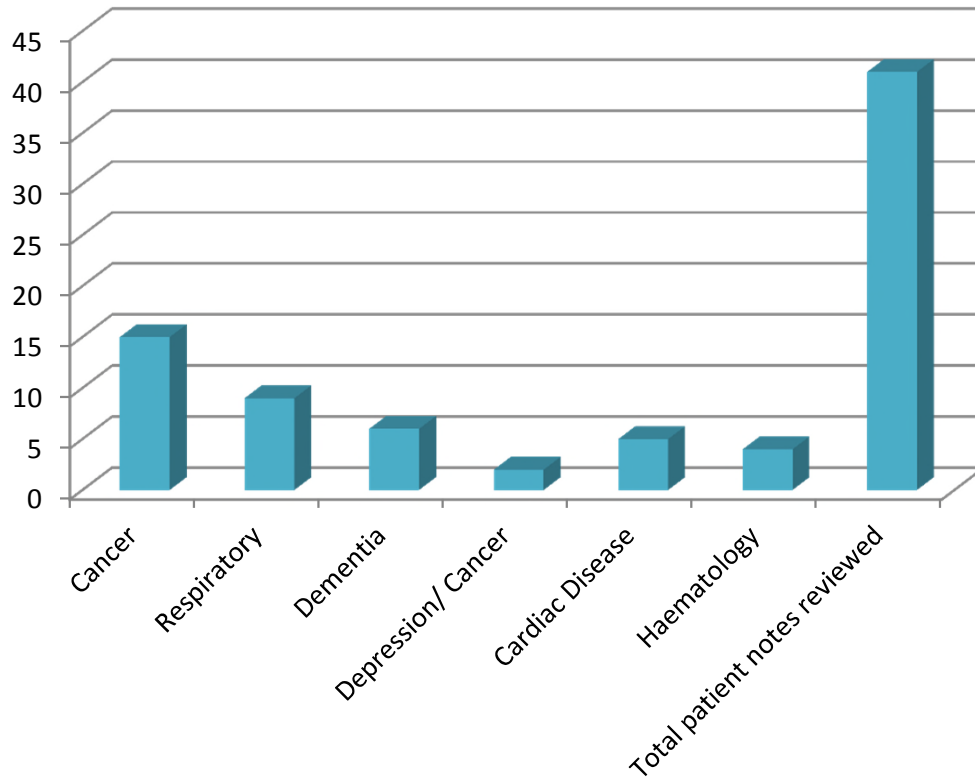
- ▶ I already do holistic assessment, I know what patients need but don't follow any exact tool.
- ▶ Not everyone needs an holistic assessment it's only for cancer patients
- ▶ I don't have the time
- ▶ It feels like more paper work and yet another tick box exercise
- ▶ Will it cost money to implement this change?

Methodology

- ▶ NHSCT Palliative Care Holistic Assessment Group
- ▶ Mapping of holistic themes
- ▶ Development of Aide memoire, on A5 size
- ▶ Baseline audit across care settings and specialities completed December 2013
- ▶ Identification and training of key champions
- ▶ Pilot of aide memoire Jan 2014- March 2014
- ▶ Re-audit April/ May 2014
- ▶ Focus group with champions

Diagnosis

Number



Initial review

Diagnosis

Number

Cancer	15
Respiratory	9
Dementia	6
Depression/ Cancer	2
Cardiac Disease	5
Haematology	4
Total patient notes reviewed	41

Learning along the way

Baseline audit (November/December 2013)

The results highlighted that nurses were very good at assessing physical health, social circumstances and medicines management. Areas less assessed were mental health, quality of life and spiritual care.

Follow up Audit (March/April 2014)

24 patient notes were reviewed in the same clinical areas. Results showed improvement in all domains except spiritual care where less than 1/3 of patients were assessed.

Focus Group (April 2014)

Using practice development methodologies the group (16 staff) engaged in what was good about the aide memoire and what improvements were needed.

Recognised benefits for all

“ We find the palliative care holistic assessment aide memoire very user friendly, concise and it focuses the mind to specifics”

“Allows for signposting to other agencies”

“Allows for discussion for advance care planning”

Staff involved benefitted from additional holistic assessment training which is now included in palliative care key worker training.



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Main messages

- ▶ Prompting holistic thinking helps community nurses to identify what really matters for people with palliative needs and embraces person-centred care
- ▶ The Palliative Care Aide memoire can be used across a wide range of life limiting conditions
- ▶ Previously marginalised components of holistic care, such as spiritual care and financial care, are now viewed with the same priority
- ▶ Engagement of staff in the development of the Aide Memoire has given them ownership and enabled their leadership



Thank you for listening



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