



Event	SYMPOSIUM : Occupational Therapy in Palliative Care - the self, the work, the future
Date	6th/7th Feb 2017
Venue	Our Ladys Hospice, Harold Cross, Dublin
Audience	Maximum capacity: 50. OTs specialised in P care <u>and</u> OTs in primary and acute care. Places will be offered to other professions if low bookings.

Time	DAY ONE : Current Initiatives in Palliative Care Rehab	
9am -9.30am	Registration	
9.30am-10am	Session 1: Keynote Speech	Jill Cooper , MBE, MSc, Head Occupational Therapist, The Royal Marsden Hospital, London
10am-11.00am	Session 2: Talk	<p>Mike Griffin, Senior Occupational Therapist, Pembridge Palliative Care Centre, Central London Community Healthcare NHS Trust</p> <p>Building a rehabilitative culture in palliative care; The need for a rehabilitative approach, and the opportunities and challenges of putting it into practice.</p>
11-11.30am	Coffee/ Networking	
11.30-12.15	Session 3: Talk	<p>Kate Hayward, Clinical Specialist Occupational Therapist, National Hospital for Neurology and Neurosurgery Catherine Doogan, Clinical Psychologist, National Hospital for Neurology and Neurosurgery, London</p> <p>Vocational Rehabilitation: Supporting people with work</p> <ul style="list-style-type: none"> • Why do you need to think about work? • Policies and guidance documents • What is Vocational Rehabilitation - Case study
12.15-1pm	Session 4: Talk	<p>Anna Brown, Senior Occupational Therapist, LauraLynn Ireland's Children's Hospice Pamela Webster, Senior Occupational Therapist, Our Lady's Children's Hospital, Crumlin.</p> <p>Occupational Therapy in Paediatric Palliative Care: This presentation will be co-presented by Anna and Pamela and will discuss current paediatric palliative care from the acute and hospice perspective, sharing case examples across services that will include assessments tools, memory making ideas and the benefits of family work.</p>

Time	DAY ONE : contd.	
1-1.45pm	Lunch	
1.45-4.00pm	Session 4: Parallel Sessions 1.45-2.45pm 3pm-4pm	<p>1) Jill Cooper 2) Deirdre Moran, Senior Occupational Therapist, Galway Hospice Foundation</p> <p>FAB - Fatigue & Breathlessness Programme in Galway Hospice Foundation. New initiative developed in 2016 in the Galway Hospice Foundation - a multi-disciplinary led programme on the self-management of fatigue, anxiety and breathlessness for a palliative population.</p>

Time	DAY TWO Moving towards a Palliative Care Rehab Culture	
9.30-10.30	Session 1: Talk	<p>Deirdre Rowe, OT Manager, Harold's Cross Hospice & OT Clinical Lead for the HSE Palliative Care Programme</p> <p>The National Clinical Programme for Palliative Care- driving access & quality in palliative care service delivery</p> <p>The National Clinical Programme for Palliative Care aims to ensure that persons with life-limiting conditions and their families can easily access a level of palliative care service that is appropriate to their needs regardless of care setting or diagnosis. The multidisciplinary working group is tasked with agreeing and facilitating the implementation of the national palliative care work-plan, devised to deliver the objectives of the programme. This presentation will provide an overview of the key priorities, work streams & developments within this influential programme.</p>
10.30-11.30am	Session 2: Talk	<p>Dr Ursula Bates, Principal Clinical Psychologist, Head of Psychology - Our Lady's Hospice & Care Services</p> <p>Communication in Complex situations</p> <p>The palliative care patient is often in a state of transition and change. Communication is critical to meeting the patient where they are at and journeying with them. This presentation looks at the terrain of palliative care and the skills that enable us to hear patients and to care for ourselves in the work.</p>
11.30-12.00	Coffee/ Networking	
12.00-12.30	Session 3: Talk	<p>Kim Gaffney OT & Paula Kelly OT –Meath Specialist Palliative Care, Kells, Co Meath.</p> <p>The evolving role in Specialist Palliative Care OT, bringing rehabilitation and occupation into focus</p>
12.30-12.45	Session 4: Update	AOTI PC & Oncology Advisory Group

	DAY TWO contd.	
12.45-1.30	Lunch	
1.30-4.15pm	Session 3: Parallel Sessions 1.30-2.30 2.45-3.45	<p>1) Dr Helen Greally, Director of Psychology & Support Services, Cancer Care West</p> <p>Self Care when working in Palliative Care</p> <p>This presentation will be focussed on a reflection of the realities, challenges and opportunities that arise for Occupational Therapists when working with people facing their own death. The workshop will be psycho-educational but will also give an opportunity for reflection.</p> <p>2) Jill Cooper & Mike Griffin</p> <p>Building a Business Case for PC Rehab</p>
4pm	Close symposium	

BIOGRAPHIES

Jill Cooper, MBE, MSc, Head Occupational Therapist, The Royal Marsden Hospital, London SW3 6JJ jill.cooper@rmh.nhs.uk

1984: qualified from Liverpool School of Occupational Therapy (OT), worked in general medical and surgical rotations plus care of the elderly in Colchester, New Zealand and St George's Hospital, Tooting.

1992: became Head OT at The Royal Marsden Hospital, Oncology Specialist Centre in 1992. In the 23 years there, she has represented Occupational Therapy at national meetings, and at national and international conferences. Jill has been heavily involved in the OT Specialist Section relating to this clinical area, helping to run conferences and write the clinical guidelines for OT in oncology & palliative care.

Publications have included:

- Cooper J, Kite N. (2015) *The Contribution of Occupational Therapy to Palliative Medicine* in The Oxford Textbook of Palliative Medicine 5th Edition, Eds: Nathan Cherny, Marie Fallon, Stein Kaasa, Russell K. Portenoy, and David C. Currow. OUP: Oxford
<http://ukcatalogue.oup.com/product/9780199656097.do>
- Cooper J. (2014) *What is the cancer patient's own experience of participating in an occupational therapy led relaxation programme?* Progress in Palliative Care 22(4):206-211 <http://www.maneyonline.com/doi/abs/10.1179/1743291X13Y.0000000081?journalCode=ppc>
- EoLCP (2012) *End of Life Care Coordination Record Keeping Guidance*. EoLCP: London
http://www.nhs.uk/media/2418316/record_keeping_guidance_summary.pdf
- Rankin J, Robb K, Murtagh N, Cooper J, Lewis S. (2008) *Rehabilitation in Cancer Care*. Wiley-Blackwell: Chichester.
<http://eu.wiley.com/WileyCDA/WileyTitle/productCd-1405159979.html>
- Cooper J. (2006) *Occupational Therapy in Oncology & Palliative Care*. 2nd edn. Wiley:Chichester
<http://eu.wiley.com/WileyCDA/WileyTitle/productCd-047001962X.html>
- *A Breath of Fresh Air* (2001) Contributed to Breathlessness CDROM ICR: London a multiprofessional educational tool in managing shortness of breath.

Particular interests are the management of breathlessness and fatigue as well as relaxation for patients, the latter being the subject of her dissertation for her Master's degree in Cancer Care in 2008. Jill received an MBE for services to Allied Health Professionals in the South East in 2008.

Mike Griffin Senior occupational therapist, Pembroke Hospice, London.

Mike is an occupational therapist with 19 years of clinical experience, currently specialising in palliative care with experience of promoting a rehabilitative palliative care model in two London hospices.

Anna Brown, Senior Occupational Therapist, LauraLynn Ireland's Children's Hospice

Anna graduated with First Class Honours BSc Occupational Therapy from Sheffield Hallam University, UK, 2006. Anna has been working within paediatrics since 2008 within specialities including: Neurology, Burns and Plastics, Oncology and Adolescent Mental Health. Anna joined LauraLynn Children's Hospice in 2012 and has been developing the occupational therapy service for children and families with palliative care needs. Anna has presented her work at both national (Ireland's 2nd Paediatric Palliative Care Conference in Dublin 2016) and international conferences (International Children's Palliative Care Network Conference in Buenos Aires 2016).

In 2016, Anna co- led a project aimed at developing a partnership between LauraLynn and a children's palliative care service in Malawi, forming part of a global strategy to improve children's palliative care. She is also an active member of the Irish OT in Palliative care and Oncology Committee where she supports the training, sharing of skills and expertise between OT's working in palliative care.

Pamela Webster, Senior Occupational Therapist, Our Lady's Children's Hospital, Crumlin.

Bio: Pamela graduated from Trinity College Dublin in 2009. Pamela subsequently moved to Singapore where she worked within specialities such as Neurology, Hand Therapy, Oncology and Palliative Care. Pamela joined Our Lady's Children's Hospital, Crumlin in 2013. Pamela works with the Oncology, Haematology and Dermatology teams.

Pamela has presented at both international (2nd Colloquium on Neurological Palliative Care, held by the National Neuroscience Institute, Singapore in 2010) and national (Annual National Paediatric Haematology/Oncology Meeting in 2013) conferences.

Special interest areas include fragile skin conditions (such as Epidermolysis Bullosa) and upper limb assessment of chemotherapy induced peripheral neuropathy.

Deirdre Moran, Senior Occupational Therapist, Galway Hospice Foundation

Deirdre graduated from Trinity College Dublin in 2009 and completed her Masters in 2015, focusing on specialist palliative care services. Deirdre has experience in rheumatologic and musculoskeletal services as well as long-term care settings, but her area of expertise is specialist palliative care. She worked for a number of years in Our Lady's Hospice & Care services, Harold's Cross. She is now based in Galway Hospice Foundation, where she is the first occupational therapist within the organisation. Deirdre is the current chairperson of the AOTI Palliative Care & Oncology advisory group.

Deirdre Rowe is Occupational Therapist Manager/ Deputy Head of Clinical Services in Our Lady's Hospice & Care Services , Harold's Cross & Blackrock. She holds a Master's degree in Healthcare Management from the Institute of Leadership in the Royal College of Surgeons of Ireland (RCSI). In 1990, she developed the first Occupational Therapy service in Palliative Care in the Republic of Ireland. She prepared the AOTI Occupational Therapy submission for the Report of the National Advisory Committee on Palliative Care 2001, a seminal publication that has underpinned the national roll-out of Palliative Care services in southern Ireland. Deirdre is currently Joint Therapy Professions Lead on the National Clinical Programme for Palliative Care and AOTI representative to the programme. She was member of the National Steering Group and Chairperson of the Therapy Professions discipline specific competency working groups that completed the Palliative Care Competence Framework published in 2014. Over the years she has also contributed to publications on the role of Occupational Therapy and Teamwork in Palliative Care .

Dr Ursula Bates M.A. D.Psych (Reg. Psychol) Group Analyst (Lond.) ,principal clinical psychologist,

Ursula is Head of Psychology at Our Lady's Hospice and Care Services Dublin Ireland. Recent publications include *The CANSURVIROR Project: Meeting the Post – Treatment Cancer Survivors' Needs* HSE Dublin 2010. She is a contributing author in *Palliative Medicine* Elsevier 2009 and *Mindfulness Based Cognitive Therapy for Cancer* Wiley 2011.

Kim Gaffney, Senior OT, Meath Specialist Palliative Care Kells, Co Meath

Paula Kelly, Senior OT, Meath Specialist Palliative Care, Kells, Co Meath

Dr Helen Greally has been working as a clinical psychologist since 1981, both in the public service and in private practise. She completed the first longitudinal study of spousal bereavement in Ireland and has lectured widely on this topic to doctors, nurses, teachers, allied health professionals and the wider public. She currently teaches on the Masters in Bereavement Studies at the Irish Hospice Foundation. She has an abiding interest in improving quality of life for those living with chronic or terminal health conditions.

She currently works as Director of Psychology and Support Services at Cancer Care West which is a not for profit organisation based in Galway city one of whose primary aims is to enhance and promote patient care for cancer patients in the West of Ireland. It offers a wide range of supports to cancer patients and their families.

In 2015, the service saw over 1400 people affected by cancer. Its philosophy is to enhance coping with cancer by taking a collaborative approach towards its management. All its services are free of charge, confidential, evidence based and professionally delivered.

Kate Hayward qualified as an occupational therapist in 2001, initially working in Coventry and then at the National Hospital for Neurology and Neurosurgery (NHNN) in London since 2007. She has worked in the vocational rehabilitation service at NHNN for over three years. This is an out-patient multi-disciplinary service for people with any neurological condition. The service aims to support people to manage work related issues that may arise as a result of their neurological condition. Kate completed a Master's degree in occupational therapy in 2015, focusing her dissertation on vocational rehabilitation.