Getting ready

Pre-workshop prep

Before you run the *Managing pain and long-term illness* workshop, make sure you do the following.

- ☑ Review the *Fundamentals of Palliative Care educator guide*.
- ☑ Read this outline so you know what the workshop outcomes are.
- ☑ Familiarise yourself with the *Managing pain and long-term illness* PowerPoint pack.
- ☑ Familiarise yourself with *Chronic illness and dementia* and *Pain, other symptoms and pharmacology* online learning so you know what your participants have worked through before attending the workshop.
- ☑ Ensure you have all the resources and materials prepared and ready to use when needed.
- ☑ Set up your equipment (for example, laptop and PowerPoint) to make sure that everything is working as it should.

Participants

Keep in mind that your participants will come from a range of roles, including healthcare workers and registered nurses. They will also have a range of cultural backgrounds and experience with palliative care.

As you progress through the workshop, please remember that palliative and end of life care can be a distressing topic to learn about. Let the participants know that they can leave the training at any point if they are struggling, and tell them where they can get support if needed. Make sure you take regular breaks.

Flexibility

This workshop is designed so you can be flexible with your teaching. Make sure you know who is coming to the workshop and if possible their level of understanding. You can then target the workshop to that particular group's needs. If required, you can break up the workshop into shorter 1–2 hour chunks across multiple sessions.

Using the PowerPoint

The PowerPoint provided is a guide for how you can run the workshop and cover the required learning outcomes and information.

There are recommended resources and activities throughout the PowerPoint. You can use these throughout the workshop to target the learning. However, if you have preferred activities and resources that you think will work better with your group, feel free to use them. Just remember to check any copyright and that they meet the required learning outcomes.

Timings

The timings outlined in the schedule are guidelines for how long the workshop could take. If you need to take more or less time, make sure you let the participants know and book the appropriate time for the room and any equipment needed.

Workshop details

Schedule

Topic	Duration	Time [insert your timings here]
Welcome and introductions	25 minutes	
Challenges of chronic illnesses and dementia	15 minutes	
Applying the palliative approach in dementia	30 minutes	
Applying the palliative approach in chronic illness	30 minutes	
Managing pain	35 minutes	
Morphine and non-pharmacological treatment	25 minutes	
Wrap up	20 minutes	
Total	**3 hours**	

Note: There is a pharmacology session (with accompanying PowerPoint) that can be delivered after this session, or as a separate session with registered nurses and anyone else interested in the topic. It addresses the learning outcome:

- demonstrate an understanding of the common medications used for pain and symptom management.

Learning outcomes

By the end of this workshop, participants will be able to:

- recognise challenges of chronic illnesses and dementia
- demonstrate how the palliative approach can be used in dementia care
- demonstrate how the palliative approach can be used in chronic illness care
- recognise the different dimensions of total pain
- demonstrate how to complete a pain assessment
- identify fears around morphine
- discuss the benefits of non-pharmacological treatments.

Resources

- ☑ **Print** the *Fundamentals of Palliative Care educator guide*
- ☑ **Open** the *Managing pain and long-term illness* PowerPoint pack on your laptop
- ☑ **Print** case study handouts and other resources
  - Carol
  - Harry
  - Wiremu
  - Advik
  - Judy
  - Total pain handout
  - PQRSTU tool handout
  - Pain quiz handout
- ☑ Have the **following resources** available for yourself
  - Wiremu help sheet
  - Advik help sheet
  - Pain quiz answers sheet
  - Total pain answers sheet
  - PQRSTU tool answers sheet