

WINTER EDITION 2022 NEWSLETTER



A Word from the Editor, Dr Zobia Islam, Deputy Lead for Research

Hello and welcome to the first edition of the LOROS Centre for Excellence Newsletter.

I am the Deputy Lead of Research at LOROS and Editor of this newsletter. In this quarterly newsletter we will bring you the latest updates from Research and Education.

This first edition features the launch of the Centre for Excellence brought to you by our Director of Education, Learning and Development Liz McIntyre, along with an introduction of our Research Themes delivered by our Lead for Research Professor Christina Faull, and much more!

If you have any question please contact research@loros.co.uk or [0116 231 8498](tel:01162318498).



Featured news

The LOROS Centre for Excellence in Palliative and End of Life Care launched officially on Friday 28th October and was attended by more than 75 people

Invites were sent to colleagues working in health and social care across Leicester, Leicestershire and Rutland as well as members of the public and those working in the voluntary sector. The team were delighted to also welcome individuals from other parts of the country seeking to learn more about the LOROS approach and the Centre's overarching aims.

Facilitated by LOROS' Director of Education, Liz McIntyre, delegates heard presentations from Professor Christina Faull, Professor Sue Carr, Baroness Ilorra Finlay, Ruby Bhatti OBE, Roy Lilley and Professor Tom Robinson who all form part of the Centre's Expert Advisory group which also held its inaugural meeting on the same day.

Evaluations from the launch showed that:

- 93% of people found the session useful and informative
- 93% could see how their organisations could be involved
- 93% wished to be kept informed of LCfE news
- 74% expressed an interest in being actively involved on an individual basis

A special thank you was relayed to all of the individuals who have been involved in the Centre for Excellence vision, specifically Professor Robin Graham-Brown and the LOROS board of Trustees who have demonstrated unwavering support for the initiative, previous Chief Executives John Feehally and John Knight, The Stoney Gate Trust for its generous support and commitment, and to our partners at the University of Leicester.

If you would like to watch the presentations from the key speakers, click on the button below.

[**Watch the presentations**](#)

LOROS Centre for Excellence Themes

Article by Professor Christina Faull, Consultant in Palliative Medicine & Research Lead

In thinking about how the Centre for Excellence could most make a difference we asked the following question:

“What is it that Society is really needing from a Hospice in the future?”



The dominant challenge in our society is the growing number of older people. There will be both an increase in the number of people who will need palliative care and in this group there will be many more people aged 85 years and older. This has implications for where people may be dying (more in care homes) and that they will have a number of medical conditions, many living with increasing frailty for some years. How health and social care services support older people in the choices they can make about treatment and care and how we support and empower their families, care home and other staff are all areas of work that we are focussing on.

Communication is so very important in helping to make the most of the last phase of life and we are continuing our focus on research and training in this including a major focus on listening to how to improve the care of people from diverse ethnic backgrounds.

Being free from pain and other distressing symptoms is usually top of everyone's priority list and we have research that is focussing on this. LOROS working with Dr Wilson at the University of Nottingham is the only place in the UK undertaking research to improve the end of life care of people who use ventilation through a mask and we are about to take the first steps in exploring a novel approach to anxiety management in breathlessness in advanced lung diseases.

You can hear me talk more about our research at our Centre for Excellence launch event at the link below.

Professor Christina Faull's Presentation

Educational Initiatives

Making Personalised End of Life Care Everybody's Business (PELCEB) and what LOROS are doing about it

Article by Becky Proctor, Palliative and End of Life Care Educator



Anyone who is approaching the end of life deserves to receive high quality standard end of life care. Most importantly, this type of care should be personalised to the individual's unique strengths and needs.

The LOROS Education team's three-day programme is designed to achieve this. Their newly developed programme improves knowledge and care of patients with life limiting conditions and those at end of life.

The programme content reflects the five priorities for care of the dying person and promotes personalised care and support planning throughout the three days.

This includes: defining palliative & end of life care, recognising deterioration & dying, cultural and spiritual considerations at end of life, communication skills, future care planning and management of symptoms in the last days of life.

The course is aimed at qualified nursing staff working in primary and secondary care and is ideal for palliative & end of life care champions or link nurses.

A key focus of the programme is about translating research and knowledge into practice. To encourage this, approximately eight weeks after the programme,

delegates are invited to a half day showcase event where they share improvements they've made in their practice areas.

Some of these improvements include:

- Raising awareness of considering a dying person's cultural & spiritual needs which was a recurring theme found in the Thinking Ahead study by Dr Zoebia Islam.
- Improving communication & information given to patients & families when being discharge with just in case medication.
- Producing palliative & end of life care notice boards & information folders in clinical areas.
- Supporting colleagues by cascading knowledge from the programme & encouraging use of e-ELCA modules as well as promoting staff wellbeing.
- Improving communication skills and the language used when talking to patients and families about dying.

For more information about this course, please contact the LOROS Professional Development Centre on [0116 231 3771](tel:01162313771) or email lpdc@loros.co.uk

[Learn more](#)

Six Steps to Success in Personalised End of Life Care

Article by Louise Wright, Palliative and End of Life Care Educator



The Six Steps to Success programme in personalised end of life care (EoLC) aims to improve the competency, confidence, and support of care home staff in providing palliative and EoLC in Leicester, Leicestershire, and Rutland (LLR). This is an established national programme in which the LOROS Centre for Excellence has identified as pivotal to the education of care home staff.

The programme involves face-to-face workshops at LOROS where care home staff are further educated in providing palliative and EoLC in LLR through education, high level facilitation, role modelling and the introduction of personalised care and support planning. As a result, this will improve the quality of palliative and EoLC to residents and their families in care homes across LLR. These goals are synonymous with the Framework for Enhanced Health in Care Homes.

Attendees from the previous workshops found the programme to be useful. One attendee said: “I feel better prepared and equipped to be an End of Life Champion within the care home. It is a real passion of mine and I can now lead the team to give better end of life care.”

Additionally, multiple care homes produced quality improvement ideas. One care home in particular conducted a focus group which involved staff and residents. This helped the team to devise their EoLC statement which was an action from the programme. The group was inclusive and provided some innovative ideas the home could implement.

This programme commenced in September 2022. There are programmes planned for January 2023 and October 2023.

To find out more about the Six Steps Programme and our participation criteria, please contact louisewright@loros.co.uk

[Learn more](#)

Awards

Finalists of the BBC Radio Leicester Make A Difference Awards 2022

Dr Zoebia Islam and Irphan Mururajani were finalists to receive a highly commended award in acknowledgement of their achievement.

We are delighted to announce that Dr Zobia Islam's and Irfhan Mururajani's Thinking Ahead project made the finalist list in the "Together" category by BBC Radio Leicester's Make A Difference Award.

Irfhan was the patient and public involvement lead in the Thinking Ahead project for which Dr Zobia was the Principal Investigator. The "Together" award category celebrated people who created real change by breaking down barriers and bringing together people from different walks of life for a common cause.

This project aimed to bring the voices of minoritised ethnically diverse communities including patients and their family carers experiences to the awareness of health care professionals and to break down silence, barriers and stigma about talking about end of life care and end of life care planning. The research team went above and beyond in using innovative ways by initiating multiple outlets to reach the community.

[Learn more about the study](#)

Finalists of the National Academic Health Sciences Network Innovate Awards 2022



Sawubona: "I/We See You" was nominated for the Innovating Helping to Address Health Inequalities category.

We are pleased to announce that the Sawubona: “I See You” video and other work from the Thinking Ahead project made the finalist list at the National Academic Health Sciences Awards.

The Innovating Helping to Address Health Inequalities award category seeks to recognise the innovation or innovations offering the greatest potential to significantly and positively tackle health inequalities. Recognition being given to those teams and organisations contributing to NHS England and NHS Improvement’s Core20PLUS5 approach.

One of the key messages arising from the Thinking Ahead study is encapsulated by the Zulu greeting ‘Sawubona’ which means ‘I/we see you’. Where people feel known, especially in respect of any ethnically or culturally driven values or stances, greater trust can be engendered and can lead to care that is more relevant, timely and personalised. One way of doing this is for health care professionals to utilise skills in authentic curiosity and cultural humility to gain trust and holistic insight.

[Learn more about the study](#)

Conferences

Hospice UK 2022: Finding a Way Forward

Thank you for a great conference!

We were delighted to attend the Hospice UK 2022 national conference from the 22nd to 24th November in Glasgow. Here we presented some of the fantastic work being undertaken across the Centre for Excellence and across the Hospice via six posters! Dr Zoebia Islam also presented a session with esteemed colleagues Professor Jonathan Koffman (University of Hull) and Dr Gemma Clarke (Marie Curie) focusing on ‘Race Equity in palliative care -moving forward’. Here Dr Zoebia was able to share steps on our research journey and long-term vision in providing equitable care for all the communities we serve. #HUK2022



Dr Zoebia Islam presenting at the Hospice UK Conference in Glasgow.



Copyright illustration by Professor Fiona Rawlinson, Cardiff University

Team News

Here at LOROS, we've been busy building a fantastic team. See below for our latest additions to the Department.



Sarah Worthy

Senior Research Administrator and Personal Assistant to Professor Christina Faull.

Sarah has worked in cardiac research for the last 10 years.



Siddiqa Reininghaus

Research Administrator.

Siddiqa completed her Masters in Psychology this year. She also has a background in writing and editing.



Sue Ashton

Research Nurse.

Sue has worked as a clinical research nurse for the last 4 years.



Lucy Bleazard

Medical Research Fellow.

Lucy is a junior doctor who is planning her career in palliative medicine.




Chandini Subramanyam

PhD Student

Chandini is studying her PhD in the emotional and mental wellbeing of young adult carers from minoritised ethnically diverse backgrounds.

Upcoming events

Annual LOROS Lecture



Speaker:
Laura Green

Annual LOROS Lecture
**“They talk to me like I don’t
know my own body”**

Understanding the experience of suffering of older people in hospital

28th February 2023
Lecture 5.30-6.30pm

FREE

For more information and to book your place visit:
loros.co.uk/lecture

One of the biggest challenges we face in our society is the rapidly growing number of older people who live with frailty and multiple health needs that require complex and nuanced decision-making about treatment and care as they come towards the last months of their life. The LOROS Centre for Excellence is delighted to welcome Dr Laura Green to talk about the experiences of older people in hospitals. It promises to be a controversial and inspiring talk. Click on the link below to book your place!

Book your place



Palliative and End of Life Care
RESEARCH EDUCATION INFLUENCING PRACTICE

If you do not wish to receive emails such as this please unsubscribe using the link below

Be sure to add our email address to your address book or safe senders list so our emails get to your inbox.

All rights reserved. Copyright © 2022 LOROS
Registered Charity No. 506120 Company No. 1298456

[Privacy Policy](#) | [Unsubscribe](#)

[LOROS Hospice](#)

Groby Road, Leicester, United Kingdom LE3 9QE