

Spring Newsletter 2015

The GSF update bulletin for all end of life care leads, GSF facilitators, commissioners and others involved in end of life care



The Gold Standards Framework and May 7th

Editorial



With election fever rising, growing speculation and daily headlines about the key issue of the day, one thing that everyone agrees on is the importance of our beloved NHS and how we

continue to care for the ageing population. Two words that are occurring frequently are “integration”¹ and “choice.”² This is a particularly important change of emphasis in the field of end of life care and the goal of enabling all to live well and die well in the place and manner of their choosing.

At GSF we focus on enabling all generalist frontline staff to play their part. We welcome a move away from separate specialisms to an integrated population- based approach, (with our individual training programmes and cross boundary care sites), from seeing the human being as a collection of parts, to treating them as a whole person (and the launch of our spiritual care course) and to affirming choice near the end of life (with all GSF programmes including better listening to patients through ACP and decreasing hospitalisation.)³

To prevent someone with frailty and multi-morbidities being shipped from one highly skilled speciality to another, from care home to hospital and back again, it is vital they are treated as a whole person, and given a measure of control over the way that the last months and years of life are spent.

That is a goal to which GSF is committed, and we believe it can be achieved at reduced cost, by reducing inappropriate hospital admissions and improving end of life care in the community and in hospital, using GSF training programmes to provide a common vocabulary, and help care for the whole person. One of the most challenging areas of our work is in hospitals, and you will read later about the first acute hospital wards to receive their GSF Accreditation at the forthcoming GSF conference, co-badged by the British Geriatric Society.⁴ Advance Care Planning⁵ restores a measure of control and choice to those in the last years and months of life. The March biannual GSF conference is focused on ‘Changing Culture of Care’⁶ and next September’s Conference will have Advanced Care Planning as its theme and we are inviting contributions from across the sectors and across the country. Previous election manifestos have commended GSF by name as a means to improve end of life care - so no matter the result, we are confident that we can contribute to healthy and sustainable health and social care whichever party is in overall control after May 7th.

Editorial by Mark Thomas

1. [The Kings Fund Population Health Choice](#)
2. [The Department of Health - A review of Choice in End of Life Care](#)
3. [Summary of evidence for GSF Care Homes Training Programme](#)
4. <http://www.goldstandardsframework.org.uk/acute-hospitals-training-programme>
5. <http://www.goldstandardsframework.org.uk/advance-care-planning>
6. [GSF March Conference Programme Flyer](#)

Next Biannual GSF Conference - March 27th

Called “Changing Culture in End of Life Care - Celebrating Best Practice” The GSF conference is on March 27th 2015 at the Royal College of Nursing, London.

The first GSF accredited acute hospital wards are being presented with awards as well as accredited and re-accredited care homes. See page 4 for all the details.



Also in this Newsletter...

New GSF Programmes

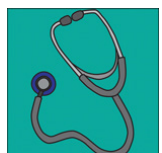
GSF’s newest programme will be launched at our March conference.

Read more about the **Spiritual Care** and **Clinical Skills** programmes on page 2.

General GSF news updates - page 2.

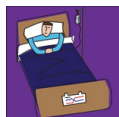
GSF in the news, International News and Accreditation Update - page 3.

GSF News and Forthcoming Events - page 4.



News Update

Acute Hospitals



Those doing phase 5 of the Acute Hospitals training programme are nearly halfway through their training with their third workshop to be held in April 2015. The latest adapted Phase 6 programme, with three ways of training, will be launched in the summer of 2015. Please contact Lauren Ford at hospitals@gsfcentre.co.uk for details.

Primary Care



Our Going for Gold programme is going strong with 11 CCG commissions and over 250 GP practices completing the training. The new silver programme helping GPs implement the AUA DES is available.

Community Hospitals



The latest Community Hospitals programme, Phase 3, is now ready for delivery. Registration forms are available at hospitals@gsfcentre.co.uk. A further 3 community hospitals are progressing to accreditation in September.

Hospice Support Programme



Phase 1 of the Hospice Support Programme will be completed in February when the Hospices involved will move onto accreditation. Phase 2 plans will be announced soon.

Domiciliary care



Care Focus and Manchester continue on Phase 4 with over 350 carers currently training. Domiciliary care training with GSF has proved to provide better integrated social care and people are able to continue with the care agency when dying.

End of Life Care for People with Dementia



It is estimated that in 2015 there will be 850,000 people living with Dementia. Phase 3 of the GSF EOLC for people with Dementia is open for registration. Contact the GSF Centre for more details.

Care Homes



We currently have around 150 care homes registered for phase 11 of the GSFCH Gold programme. 50 care homes are at varying stages of the GSF Silver Foundation programme, with a number of them progressing to Gold.

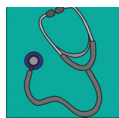
We currently have 29 homes registered for round 15 accreditation, to receive awards in September 2015. 72 homes to date have registered for Round 9 reaccreditation, 25 of those are undergoing assessment for their 3rd accreditation – 6 years since they first gained the award. Currently over 41% of homes who have undertaken the full training programme have successfully been accredited.

New Spiritual Care Programme



The Spiritual Care programme aims to help you reflect about spirituality and spiritual care, and includes sessions about inner life and outer compassion, spiritual assessment, Advance Care Planning, the role of culture, religion and ritual, and how to develop resilience and hope so that those we care for can both live well and die well. All those who read this newsletter will be doing work that makes emotional demands upon them, so it's crucial that you ask yourself where you get your inner strength from and that you make sure you are caring for yourself as well as others. This programme also aims to help you do that. It will be available on DVD; please contact the GSF centre for further information.

New Clinical Skills Programme



It is our experience that training and education in clinical issues will reap maximum benefits when it is combined with the complementary work of improving the organization of care. This clinical skills course will complement the GSF training programmes by helping staff with common clinical decisions that arise when caring for residents.

New GSF IT Solutions



GSF IT Solutions supports you to improve end of life care for your patients, using your existing IT systems, to make it easier to implement next stage GSF 'Going for Gold' in your practice. For more information on how the GSF systems can benefit you please contact the GSF Centre.

GSF Focus

GSF in the news

Keri Thomas Features in a Letter to The Times

January 8th 2015

THE TIMES

Letters to the Editor

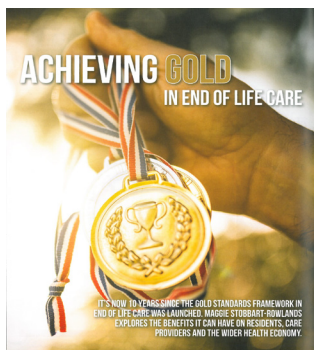
Sir, I write in response to debate around Richard Smith's statement on cancer being "the best way to die" (Jan 2). More than three quarters of people die from non-cancer conditions, yet too often their care is inferior to cancer care.

A hospice patient once asked me: "Do I have to have cancer to get this kind of care?". The answer then was "yes", and usually it still is. Much of my life since then has been dedicated to trying to reverse this answer. The UK is acknowledged as world leader in end-of-life care and there are many successes — but people are still dying badly far too often, and it will be our turn one day.

We must invest in good treatment and good care for everyone, based on need not diagnosis, and a focus on quality as well as quantity of life.

Professor Keri Thomas

Achieving Gold in End of Life Care



It's now 10 years since the Gold Standards Framework in End of Life Care was launched. Maggie Stobbert-Rowlands explores the benefits it can have on residents, care providers, and the wider health economy. Read the full article online at: <http://www.caremanagementmatters.co.uk/feature/achieving-gold-end-life->

Guidelines in Practice

Hot Topic

'Going for Gold' helps to improve access to better end of life care

Professor Keri Thomas reviews updated end of life care guidance and policy, challenging healthcare professionals to identify patients' needs earlier and improve communication

Read this article to learn more about:

- The importance of early identification of patients at risk of dying
- Identifying patients at risk of dying with patients to clarify their wishes and preferences
- How the new National End-of-Life Care Strategy can help improve end of life care
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- How the new National End-of-Life Care Strategy can help improve end of life care

The aim is to help people to live out their final years of life as well as possible and - to support them to die well - in the place and manner of their choosing

Guidelines in Practice January 2015, pp 16-17

Keri Thomas reviews updated end of life care guidance and policy, challenging healthcare professionals to identify patients' needs earlier and improve communication.

Read the full article online at: http://www.guidelinesinpractice.co.uk/jan_15_Thomas_palliative#.VMedTRNFDct



An Inside Health listener has told BBC Radio 4 he believes it's better to die earlier from heart disease than go on to develop cancer later in life. Prof. Keri Thomas and Dr Margaret McCartney discuss diagnostic apartheid, population based thinking and giving gold standard care for all people nearing the end of life. Inside Health on BBC Radio 4. <http://www.bbc.co.uk/radio4>

International News

Ireland

We are pleased to welcome St John's Community Nursing Hospitals in County Wexford, Ireland to the growing numbers of organisations engaging with the GSF Care Homes Quality Improvement programme. They have 3 sites across County Wexford, Ireland providing long term care to over 170 older people with long term conditions including dementia.

Jersey

A new GSF Cross Boundary Care project in Jersey is beginning in April this year with training and accreditation for all sectors (all GP Practices, Care Homes, Hospitals and Hospice) More details in the next edition.

Accreditation Update

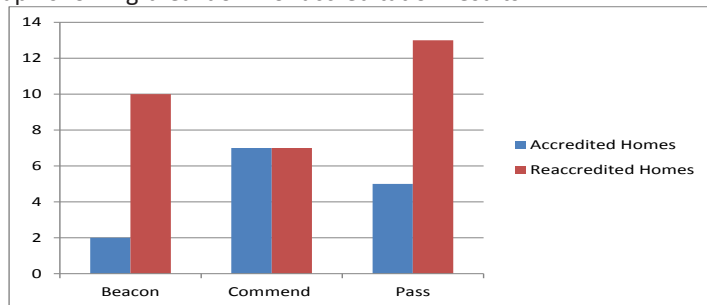
Care Homes - Round 15

14 care homes have been accredited and 30 re-accredited in round 15.

Acute Hospitals - Round 1

3 Hospital wards have been accredited in the first ever GSF acute hospitals accreditation. All accredited organisations will be receiving awards at the GSF March conference.

Graph showing breakdown of accreditation results



New GSF Facebook and Twitter accounts

<https://twitter.com/GSFCentre>

<https://www.facebook.com/thegoldstandardsframework>



SAVE THE DATE!

GSF Biannual Conference and Awards Ceremony- London
Friday 25th September 2015
With a focus on Advanced Care Planning

News and Forthcoming Events

The Gold Standards Framework Biannual Conference

Changing Culture in End of Life Care - Celebrating Best Practice

The 11th Biannual GSF Conference and Awards Ceremony

Date: Friday 27 Mar 2015 9:45 - 5:00pm at the Royal College of Nursing

Speakers Include:

Prof. Sir Mike Richards - Care Quality Commission

Prof. Tom Kirkwood - Newcastle University, Institute for Ageing

Sharon Blackburn - National Care Forum

Dr Julia Riley - Royal Marsden Hospital, Coordinate My Care

Amanda Cheesley - Royal College of Nursing

Claire Henry - National Council for Palliative Care

Tom Owen - My Home Life



The March conference is a not-to-be missed opportunity to hear the national updates in End of Life Care. The focus will be on improving care, especially in hospitals and care homes.

For further information and to book your ticket go to:

<http://www.goldstandardsframework.org.uk/forthcoming-events>



Introducing the New GSF Regional Centres

Regional centres play a vital role in delivering GSF training programmes and improving standards in end of life care. We are therefore delighted to announce that we will be working together with five new regional centres in 2015:

The 5 new regional centres are

Arthur Rank Hospice, 351 Mill Road, Cambridge, Cambridgeshire (Beds 16)

Cotswold Care Hospice, Burleigh Lane, Minchinhampton, Gloucestershire (No Beds)

Pilgrim's Hospice, 56 London Road, Canterbury, Kent (Beds 16+)

St Mary's Hospice, 176 Raddlebarn Road, Selly Park, Birmingham (Beds 25+)

St Wilfrid's Hospice, 1 Broadwater Way, Eastbourne (Beds 20+) *working together with*

St Michael's Hospice, 25 Upper Maze Hill, St Leonards on Sea, East Sussex (Beds 10+)



Together with the current 7 Regional Centres they will be delivering GSF training in their localities.