

Improving End of Life Care for People with Cardiovascular Disease & Heart Failure

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Friday 15th March 2024

Virtual Conference



Speakers Include:

Dr Sharon Chadwick

Medical Director, Hospice of St Francis, Berkhamsted, Macmillan Consultant in Palliative Medicine West Hertfordshire Hospitals NHS Trust

Dr Rebecca Lane

Consultant Cardiologist & Clinical Lead for Heart Failure Royal Brompton and Harefield NHS Foundation Trust

Yvonne Millerick

Heart Failure Palliative Care Nurse Consultant Senior Lecturer Glasgow Caledonian University

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Friday 15th March 2024 Virtual Conference

This conference chaired by Dr Sharon Chadwick, Medical Director, Hospice of St Francis, Macmillan Consultant in Palliative Medicine, West Hertfordshire Hospitals NHS Trust will focus on improving end of life care for people with Cardiovascular Disease and Heart Failure through a person centred approach.

“Heart failure is a progressive and life limiting condition affecting almost a million people in the UK at any one time. Early identification and honest communication enable parallel planning and support for the individual and those important to them. Active treatment for heart failure alongside symptom management allows optimisation of their quality of life. Inequity must be addressed. There remains wide variation in access to palliative and end of life care in people with heart failure compared to those with cancer. Even within the heart failure community, those with heart failure with preserved ejection fraction are less likely to access palliative and end of life care than those with reduced ejection fraction.

“There is unwarranted variation in access to palliative care for people living with heart failure. This is often due to a lack of timely identification of need and holistic assessment, leaving many with unmet needs.”

NHS England 31st October 2023

The conference will reflect on how we can improve care for people at the end of life, embed high quality supportive care pathways, improve communication about end of life care & advance care planning, and understand progression of Heart Failure: predicting and recognising last days of life and managing uncertainty. The conference will also discuss best practice in symptom control.

NHS England recently released ‘Addressing palliative and end of life care needs for people living with heart failure: a revised framework for integrated care systems’. This new framework aims to raise awareness of the supportive, palliative and end of life care needs of people living or dying with progressive heart failure, to help in commissioning services to meet their needs.

“CHD is the one of the UK’s leading causes of death and the most common cause of premature death.”

British Heart Foundation February 2023

“People with advanced heart failure who receive palliative care have better outcomes including better symptom control, improved quality of life and fewer hospital admissions³⁰. Providing people with heart failure with the right care, at the right time, in the right setting will improve patient and carer experience, reduce harm and increase efficiency.n the UK.”

NHS England October 2023

“Heart Failure is a misunderstood and misdiagnosed condition, as malignant as some of the most common cancers, it should be treated with the same urgency.”

British Society for Heart Failure 2022

“Coronary heart disease (CHD) is one of the most common pre-existing conditions for deaths involving coronavirus”

British Heart Foundation January 2022

This conference will enable you to:

- Network with colleagues who are working to improve end of life care for people with cardiovascular disease and heart failure
- Learn from the experience of someone living with heart failure
- Reflect on national developments and learning
- Understand what excellence in end of life care for heart failure looks like in practice
- Improve the approach to talking to people with heart failure about end of life care & advance care planning
- Learn from services developing pioneering models of palliative care for patients and their carers living with advancing HF
- Ensure effective psychological support
- Reflect on progression of Heart Failure: Predicting and recognising last days of life and managing uncertainty
- Understand how you can improve symptom control, hydration & prescribing
- Ensuring consistency in nursing practice - the Heart Failure Specialist Nurse (HFSN) competency framework
- Best Practice Core Components in Cardiac Palliative Care
- Self assess and reflect on your own practice
- Support CPD professional development and act as revalidation evidence. This course provides 5 Hrs training for CPD subject to peer group approval for revalidation purposes

10.00 Chair's Welcome and Introduction

Dr Sharon Chadwick

Medical Director Hospice of St Francis, Berkhamsted; and Macmillan Consultant in Palliative Medicine, West Hertfordshire Hospitals NHS Trust

10.10 Life with deteriorating heart failure

Stephen Kirkham

Vice-Chair

Cardiomyopathy UK

- what is experience of care? My patient journey
- palliative care and end of life care planning for cardiovascular disease and heart failure: a personal journey
- the little things that make a big difference
- improving information about what to expect at the end of life
- meaningfully engaging and involving people, and developing peer support

10.40 Case study: The vital role that system change has to play in improving Heart Failure management at EOLC - Seeing this from multiple perspectives

Dr Charles Daniels

Medical Director

St Lukes Hospice

- tangible benefits to patients of integration of Heart Failure and Palliative care services
- identifying the key dependencies

11.10 Comfort Break and Virtual Networking

11.30 EXTENDED SESSION: Symptom control, hydration & anticipatory prescribing at the end of life

Dr Rebecca Lane

Consultant Cardiologist

Royal Brompton & Harefield NHS Trust

- clinical management and symptom control in the last day of life
- ensuring adults in the last days of life have their hydration status assessed daily, and a discussion about the risks and benefits of clinically assisted hydration
- effective anticipatory prescribing: anticipating new symptoms that may arise and prescribing medicines in advance to manage them
- issues around deactivation of ICDs
- non-medical prescribing
- delivering effective medication review at the end of life and issues with controlled drugs

12.20 Small Breakout Groups

12.40 Lunch Break and Virtual Networking

13.10 EXTENDED SESSION: Best practice end of life care for heart failure

Dr Sharon Chadwick

Medical Director, Hospice of St Francis, Berkhamsted
Macmillan Consultant in Palliative Medicine
West Hertfordshire Hospitals NHS Trust

- supporting and caring for people with end stage disease with a focus on
- what does best practice look like for people with Heart Failure at the end of life
- developing and monitoring care plans for every patient and communicating with family and carers
- ethical dilemmas and decision making
- supporting carers and professionals to deliver excellence
- working in partnership across organisations and services
- delivering effective psychological support
- learning from the Covid-19 pandemic

14.00 Best Practice Core Components in Cardiac Palliative Care

Dr Sarah Zaidi

GP and Clinical Lead

Essex Partnership University NHS Foundation Trust

- integrating cardiac supportive palliative care
- training and educating frontline staff
- improving end of life care for heart failure patients across Scotland

14.30 Meaningful Conversations in Preparation for End of Life

Ms Yvonne Millerick

Senior Lecturer Specialist Heart Failure

Glasgow Caledonian University

- improving communication at the end of life
- working with patients and their families at an early stage in end of life care planning
- meaningful not difficult conversations & anticipatory care planning

15.00 Small Breakout Groups

15.15 Comfort Break and Virtual Networking

15.30 Working in an integrated care way: How can we move from ad-hoc integration of palliative care and heart failure to routine practice?

Dr Tracey McConnell

Senior Research Fellow

Marie Curie Hospice Belfast

- how can we change culture?
- how can we create buy-in?
- what resources do we need?

16.15 EXTENDED SESSION: Case Study: St Christopher's Hospice Heart Failure Service

Gemma Payne

Palliative heart failure ANP

St Christophers Hospice

- supporting and caring for people with end stage disease with a focus on heart failure
- working in partnership across organisations and services
- delivering effective psychological support
- predicting and recognising last days of life and managing uncertainty
- our service in St Christopher's
- moving forward; interactive discussion on proposed improvements to your service

16.55 Chair's Closing Remarks

There will be time after each speaker session for Questions and Answers

End of Life Care for People with Cardiovascular Disease and Heart Failure

Friday 15th March 2024, Virtual Conference

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Venue

This conference is virtual on Zoom with interactive breakout sessions and resources available on a dedicated, secure landing page for three months after the event date.

Date

Friday 15th March 2024

Conference Fee

- £295 + VAT (£354.00) for NHS, Social care, private healthcare organisations and universities.
- £250 + VAT (£300.00) for voluntary sector / charities.
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