



Palliative Care training courses

CPD for medical and healthcare professionals

cardiff.ac.uk/professional-development

Professional development at Cardiff University

We are a Russell Group university, known for excellent teaching, outstanding research and links with industry and business.

With expertise encompassing many sectors and disciplines, Cardiff University offers extensive professional development opportunities designed to raise skill levels and equip participants with cutting-edge knowledge and techniques.

This booklet provides details of Continuing Professional Development (CPD) opportunities, specifically designed for clinicians and healthcare professionals within Palliative Care.

Courses include specialist short workshops and online programmes, postgraduate level modules that are available on a standalone basis, and our MSc in Palliative Medicine for Health Care Professionals.

Invest in your own professional development

- Improve your competence and performance at work
- Enhance your job satisfaction
- Further your career and prospects
- Fulfil CPD requirements for your professional body membership
- Meet and share best practice with others working in the field.

Why choose Cardiff University?

- Access flexible and affordable study at a world-renowned university
- Learn from our latest research and expertise
- Access valuable skills updates from experts in key medical disciplines
- Balance your study with work

and life commitments

- Establish wider links with Cardiff University
- Test out your appetite for a full postgraduate degree*
- Accumulate credits towards a postgraduate qualification*
- You'll be supported by excellent customer service from our CPD Unit.

*Postgraduate taught modules. Eligibility and timescales for transferring credits will vary from one qualification to another. See page 9 for details.

A dedicated CPD Unit

We are here to provide you with a gateway to access the huge range of expertise available within Cardiff University. We will guide you through the process, facilitating the translation of research and knowledge into practical, impactful training activities.

At the CPD Unit, we are proud to hold the Customer Service Excellence standard[®]. We are committed to providing a service which is welcoming, reliable and exceeds customer expectations.



Bespoke CPD service

We can offer a bespoke service, such as repackaging a postgraduate taught module into a short course for a group of employees, or developing an entirely new training programme to suit your specific requirements.

Learning is practical, with a particular emphasis on discussion and interaction, and how new skills and knowledge can be applied in the workplace.

Depending on objectives and subjects, bespoke CPD activities are available in a range of formats.

How to apply

The application process depends on the type of CPD training you choose. Many short courses can be accessed through our simple online booking system. Others will require you to fill out an application form.

Medical short courses

Entry requirements vary according to the subject area. In some cases, this will mean you need to provide evidence of your qualifications in order to attend a course (eg Dermoscopy) - you can book and find out more details online.

Short professional skills courses

In many cases, our professional skills CPD courses (eg project management and leadership skills) are available to all. Simply book online. Find out more at:

cardiff.ac.uk/professional-development/short-courses

Standalone postgraduate modules

We welcome applications from those who may not have the traditional entry requirements, but who can demonstrate relevant work experience or prior learning.

When you apply, we will ask you to complete a short application form that details your previous qualifications and/or experience.

Find out more information about standalone taught postgraduate modules on page 6 of this booklet.

MSc programme

Visit the Cardiff University website for full details of how to apply for this course (search for Postgraduate Study).

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Palliative Care at Cardiff University

At the School of Medicine, we pursue the highest standards of research, education and training.

We exist to create and share knowledge and to educate and train individuals to become exemplary clinicians, scientists, teachers and innovators. Our overall aim is to enhance the health of the people of Wales and the wider world.

Our vision is for excellence in all that we do. Our collaboration and innovation will always focus on patient need. Our educational programmes are designed to inspire our students and staff.

Our Palliative Care team is invested in creating CPD opportunities for clinicians and healthcare professionals. We welcome new ideas for CPD activity, bespoke courses and collaborations and have worked with several partners to create new courses. Most recently we collaborated with the Ministry of Health in Gibraltar, to deliver CPD training to all GPs.

We are also proud to be working on an upcoming course in collaboration with the Royal College of General Practitioners. Details to be announced soon.

Fiona Rawlinson Reader and Programme Director postgraduate palliative medicine



Dr Fiona Rawlinson is a Consultant in Palliative Medicine, having previously trained as a GP. She has been involved in the Cardiff course since 1997 and became programme Director in 2015, redesigning the MSc course to better reflect the changing face of palliative care. Recognising that adult learning needs are unique to the individual and vary with time, role and setting, the academic team is proud of its collaborations and wider portfolio of ways that we offer support and CPD in palliative care.

Integrated Palliative Care (2 days)

£200

Updated to reflect the recent palliative care challenges

The MSc/Diploma delivery team have developed this 2-day face-to-face CPD course as a response to the rising morbidity and mortality of incurable conditions.

This 2-day course provides an in-depth opportunity for practice innovation and development.

It provides a good grounding in palliative medicine and care, covering: cancer, dementia, end stage respiratory and end stage cardiac conditions.

Who it's for

This multi-professional short course is suitable for all healthcare professionals in all health care settings including GPs, consultants and specialist nurses.

What you'll learn

- Increased knowledge and confidence in caring for patients with palliative care needs
- Communication skills, including working with the families of patients in palliative care.

Topics covered

- Communication skills
- Ethics, pain and delirium management
- Care in the last year of life (symptoms, planning, families, impact of bereavement)
- Improving quality – an interactive session where each delegate will be asked to bring an area of palliative care in which they would like to improve.

The teaching is case-based and clinically focused.

Palliative Care Update (1 day)

Contact us for up-to-date prices

A condensed version of our 2-day Integrated Palliative Care course

Our 1-day Palliative Care Update is a shorter condensed version of our 2-day Integrated Palliative Care short course. We have developed this course as we are aware that GPs and healthcare staff cannot always be released for 2 days, yet the need for upskilling and updating in palliative care remains very necessary.

Who it's for

GPs but this course would also be suitable for other healthcare professionals (ie specialist nurses).

What you'll learn

- Increased knowledge and confidence in caring for patients with palliative care needs
- Communication skills, including working with the families of patients in palliative care.

Topics covered

- Communication skills
- Ethics, pain and delirium management
- Care in the last year of life (symptoms, planning, families, impact of bereavement)
- Improving quality – an interactive session where each delegate will be asked to bring an area of palliative care in which they would like to improve.

Masterclass in Palliative Care

Contact us for up-to-date prices

OxCERPC

Approved by the Royal College of Physicians - 5 CPD points

Derived from the internationally renowned Oxford Advanced Course in Pain and Symptom Management. For more than thirty years, professionals working in palliative care around the world have updated and expanded their knowledge and skills via the Oxford Advanced Course in Pain and Symptom Management.

Now, in partnership with Oxford's Sobell House Hospice, we've developed a one-day Palliative Care Masterclass based on this course.

Who it's for

This multi-professional 1-day course is ideal for experienced doctors and nurses who are practising in Palliative Care or interested in developing their skills in Palliative Care.

What you'll learn

Increased knowledge and confidence in caring for patients with palliative care needs
Resources from which to continue learning and adapt that learning in practice
Understand what comprises 'good practice' and benchmark your own against your peers.
Stimulation, time for thinking and reflection
The opportunity for networking with colleagues and peers.

Previous topics included

- Liver disease and palliative care patients
- The management of neuropathic pain
- An update on cough
- Snippets of interest for practice (extracts from the Oxford Advanced Course in Pain and Symptom Management 2019)
- The Cardiff lecture: The interplay between anorexia, cancer cachexia and treatment'
- Professor Anthony Byrne.

Problem Solving in Paediatric

Palliative Care

£550

A Masters level short course, organised in collaboration with Ty Hafan Children's Hospice and the All Wales Managed Clinical Network for Children's Palliative Care.

Who it's for

The course is open to physicians, nurses, psychologists, therapists and other professionals working with children.

The course is suitable for those interested in end-of-life/palliative care and with a commitment to implementation and dissemination of paediatric end-of-life/palliative care education within your institution or organisation.

What you'll learn

The vision of the course is to improve patient care by delivering accessible education through which we aim to support health-care professionals to problem solve in paediatric palliative care, whatever their setting or area of interest.

Topics covered

- Early days: principals and philosophy of paediatric palliative care, identification of need, referral to services, assessment
- Period of stability/need for parallel planning. Includes symptom control
- End-of-life phase including Paediatric Advance Care plan (PAC-Plan)
- Bereavement and staff support.

Short courses

Postgraduate standalone modules

MSc

Community Oncology

Kindly funded by MacMillan Cancer Support

This course is a response to the need for increasing the awareness of community health care practitioners about cancer - recognition, diagnosis and referral.

Cancer treatments are at their most effective and patients have the most options, the earlier a diagnosis is made. The complications of cancer and its treatment need early recognition and management to improve safety and outcomes.

Who it's for

Suitable for all community healthcare practitioners.

What you will learn

During the face to face day delegates will gain the knowledge and skills to positively impact patient care – diagnosis, communication, community management and timely referral to appropriate patient pathway.

Topics covered

- What is important to patients
- Why primary care teams matter
- The journey and transition points – from person to patient, from cure to control, from active treatment to follow-up, and end of life care
- Treatments, side effects and impact on the patient and cancer
- Care based workshop – supporting patients going through these treatments
- Red flag situations and how to manage them
- Care based workshop – supporting patients and families in these situations
- Successful communication skills – the Cardiff 6 point toolkit
- How will your practice develop, what changes will you make?

We offer a select range of postgraduate level modules that can be taken on a standalone basis.

Many of the modules are designed specifically for professionals already working in the field who need to keep their knowledge and skills up to date.

Why choose a standalone module?

Our standalone modules give you the flexibility to study at postgraduate level whilst also managing your existing work and life commitments.

Instead of signing up for a full postgraduate degree (which amounts to 180 credits), you can take one or more modules (10 - 40 credits) from our offering.

In most cases you will be joining postgraduate students who are taking a full degree programme, so you will be joining them for one module.

The modules we offer on a standalone basis have been carefully chosen, to ensure they are suitable to be taught in this way.

Typically, modules are taught over one or two academic semesters (autumn and/ or spring), with lectures held at the same time each week. However please note that arrangements do vary from one module to another and so it's best to enquire about your chosen module.

We have developed standalone postgraduate taught modules across a number of Schools in the College of Biomedical and Life Sciences.

Broad topics include:

- Healthcare Sciences
- Optometry
- Pain Management
- Diabetes
- Pharmacist Independent Prescribing
- Quality and Safety
- Research Statistics and Evidence-Based Practice
- Wound Healing
- Genomics and Genetics
- Advanced Surgical Practice
- Ageing Health and Disease
- Public Health
- Neonatal Medicine
- Medical Education
- Pharmacy and Pharmaceutical Sciences

How to apply

Find more information about how to apply on page 3 of this booklet. Visit our website for full details of every postgraduate standalone taught module currently offered at the University.

Call or email Charlotte for an informal chat (below).



Palliative Medicine for Health Care Professionals (MSc)

Duration: 3 years

Mode: Part time distance learning

This multidisciplinary programme is designed for healthcare professionals wishing to advance their knowledge of the management of patients with non-curable and terminal illness.

The MSc in Palliative Medicine for Health Care Professionals provides high quality distance education for clinicians working with neonates, children and adults in many different settings in all parts of the world.

Using the palliative care approach as defined by the World Health Assembly in 2014 (WHO 2014) is an increasingly important imperative for health care professionals throughout the world in order to meet the palliative care needs of their populations. Although cancer as a burden of disease remains an issue globally, there are rising numbers of patients, including neonates and children, with palliative care needs from other conditions. These include learning disability, dementia, frailty and elderly people with multiple co-morbidities.

The vision of the course is to improve patient care by delivering accessible, effective education through which we aim to support healthcare professionals to develop, share and extend their knowledge, understanding and application of evidence-based medicine, best practice and governance frameworks in palliative care appropriate to their own professional settings.

How to apply

Find more information about how to apply on page 3 of this booklet or visit:

cardiff.ac.uk/study/postgraduate (search for MSc Palliative Care)

Short CPD courses

Our suite of Project and Programme Management courses are suitable for medical professionals who manage projects as part of their role.

Once you have attended one of our project management courses, you'll also be eligible to become a member of our exclusive **Project Management Alumni Network**, and benefit from a range of services tailored for you.

Courses include:

- **PRINCE2® Foundation and Practitioner (5 days)**
- **Managing Successful Programmes (MSP®) (5 days)**
- **Project Management (2 days)**
- **Leading People Through Change (2 days)**

More CPD courses

Practical workshops and classes, designed to raise skill levels and develop knowledge in key areas. We have hand-picked the following courses as particularly relevant to those working in the medical and healthcare sectors.

- • Confident Communication
- Presentation Skills
- Effective Self-Organisation
- Managing Performance for Results
- Train the Trainer

For more details on all our short courses, visit: cardiff.ac.uk/professional-development

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Executive Education

Our Executive Education provision (Cardiff Business School) translates world-leading academic research into relevant, operational and impactful business practice.

Our programmes are focused on implementation - turning the concepts and ideas into specific actions that improve individual and organisational performance.

As a research-led institution, you can be assured that our teaching is derived from the very latest thinking. Learning is delivered through a variety of different methods, case studies, simulations and practical applications, to ensure effective knowledge transfer.

■ Leadership in Business Administration (LBA) Programme

Designed to offer a specific work-related insight into our Executive MBA. Modules are wholly applicable to participants' workplaces so learning can be applied right away.

■ Lean Six Sigma

A well-established approach that seeks to identify and eliminate defects, mistakes or failures in business processes or systems.

■ Introduction to Lean and Operational Excellence

A day of training exploring the core principles of Lean, Continuous Improvement and Operational Excellence.

■ Expert LEAN Programme

A 5-day programme designed to equip change agents, managers and leaders with skills to lead successful transformations.

For more details on all our courses, visit: cardiff.ac.uk/business-school