

# Early Introduction to Palliative Care



**CATE SIMMONS**

**MACMILLAN UPPER GI AND  
CUP CNS**

**THE PRINCESS ALEXANDRA  
HOSPITAL TRUST**

# The Challenge



"Hello dear. I just got my new office and I think they're trying to tell me something."

# The idea



- For the upper GI CNS at PAH and the St Clare Hospice Day Therapy CNS to provide a joint Nurse Led Clinic to Upper GI patients within the area of West Essex and East Herts

# The Purpose



- To provide individual contact with patients and their relatives/carers.
- To improve joined up working and enhancing the standard of palliative care provision.
- To offer specialist nursing care and support to patients and relatives and introduce them to SPC services early in their palliative diagnosis.



## Joint Hospital and Hospice **Nurse-led Clinic**

 *Today. Tomorrow. Together*

[stclarehospice.org.uk](http://stclarehospice.org.uk)  
Registered Charity No. 1063631

The Princess Alexandra Hospital   
NHS Trust



A joint nurse-led clinic offering patients additional support between their hospital oncology appointments is run at St Clare Hospice.

Clinical nurse specialist Cate Simmons can provide advice and information about investigations, treatments and procedures. Senior staff nurse Jennie Beehan can provide specialist palliative nursing advice, support and information about the services available from the Hospice.

Appointments can be arranged following discussion with Cate and confirmation will be sent by post. Once made, any changes/cancellations need to be made through the Hospice.

For further information call our Day Therapy Unit Administrator on 01279 773768.

Kind regards

*Cate Simmons & Jennie Beehan*

**Cate Simmons**  
Upper gastro-intestinal & cancer of  
unknown primary clinical nurse specialist  
Princess Alexandra Hospital, Harlow  
Tel: 01279 827505

**Jennie Beehan**  
Senior staff nurse  
St Clare Hospice,  
Hastingwood

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All the information contained in this publication was correct at the time of publishing. March 2013

# The Nurse Led Clinic



- Weekly clinic
- Tuesday morning sessions
- 45 minute appointments
- 3 appointments per session
- HNA sent out prior to the appointment
- Day therapy clinic room used

# Benefits to patient care for this service provision



- Friendly supportive environment
- Admin support is provided by St Clare Hospice
- Opportunity for patients to receive care and support between oncology appts
- Ongoing care with the collaborative support from both services
- Access to groups and therapies in an outpatient capacity
- Holistic assessment looking at all patients and family needs



# Benefits continued....



- Access to whole hospice MDT as required
- Aim to reduce the ‘fear factor’ for patients attending hospice environment
- Ensures patients have opportunity to access SPC services early in diagnosis and then continued support throughout their palliative experience.
- Improve referrals into the service for those in need
- Supportive and clinical specialist palliative care for patients and carers

# Benefits continued....



- Comfy chairs!
- Tea/coffee and biscuits provided
- Free and easy parking
- Volunteer drivers if needed
- Hospice admin support
- No extra cost to trust

# Number of patients



- March 2017 – March 2018
- 29 patients seen (9 pancreas)
- 9 of these were seen multiple times
- 4 were referred onto Day therapy
- 17 referred to community SPCT
- 
- 7 patients were too unwell to attend after referral

# Feedback



## Questionnaire:

1. Did you receive adequate information prior to attending the clinic? 100% yes
2. Were the aims of the clinic clearly explained to you? 100% yes
3. Did you find the clinic of value and were your needs met? 100% yes
4. Did you have the opportunity to ask questions? 100% yes

# Feedback



- 5. Do you feel the hospice is a suitable environment for the clinic? *100%yes*
- 6. How likely are to recommend our service to friends and family if they needed similar care or treatment? *All likely or highly likely.*

# Feedback



- “I always thought it was a nice place, now I think it’s wonderful”
- “Anyone that wants to know about the Hospice services and clinic send them to me, it’s all good. I mean that”

# Feedback



“ When you need to talk to somebody always there for you. They don't rush you just take time with you”

To date no negative feedback received!!

