

## **ETHICS & CARE FOR OLDER PEOPLE APPROACHING THE END OF LIFE**

**RCPE Symposium Edinburgh**

**Date: Thursday, 3<sup>rd</sup> April, 2014**

**Venue: Classroom A&B,**

**Shaukat Khanum Memorial Cancer Hospital & Research Centre Lahore**

Dear All,

The Royal College of Physicians of Edinburgh (RCPE) is organizing Ethics & Care for Older People

Approaching the End of Life Symposium on Thursday, April 3, 2014. Shaukat Khanum Memorial Cancer Hospital and Research Centre (SKMCH&RC) will have this telecasted live. There is no fee for attendance at the SKMCH venue but pre-registration is required especially for outside participants.

The care of patients approaching the end of life is once again a controversial and high profile topic. The provision of high quality care to older patients with complex health and social care needs brings a unique set of clinical and ethical challenges.

Lectures and interactive case discussions will cover symptom control in chronic pain, vertebral fracture and advanced heart failure; ways of delivering advance care planning for older people in the community; ethical decision making in advanced dementia, around nutrition at the end of life, and around escalation of care. Our endowed lecture will consider how we can deliver high-quality end of life care across the health service in the post-Liverpool Care Pathway era. A series of interactive cases will allow exploration of practical approaches to ethical dilemmas at the end of life.

This symposium will be of practical value to all healthcare professionals in the multidisciplinary team caring for frail, older patients including geriatricians, primary care physicians, general physicians and specialists in palliative medicine. Attendees will improve their knowledge of symptom control in difficult conditions, improve their decision-making in challenging ethical situations including advanced dementia, and will gain perspective on the recent debate regarding the optimal organisation and delivery of end of life care in the hospital and community.

Dr Miles Witham

Chair, Organising Sub-Committee

## **ETHICS & CARE FOR OLDER PEOPLE APPROACHING THE END OF LIFE**

### **RCPE Symposium**

**Thursday 3 April 2014**

**13.00 Registration**

**13.25 Welcome and Introductory Remarks**

by President, Royal College of Physicians of Edinburgh

### **Session 1 - Palliation of symptoms**

Chair: Dr Julie McManus, Consultant Physician, Victoria Infirmary, Glasgow

**13.30 Pain management in older people**

Professor Blair Smith, Professor of Population Health Science, University of Dundee

\* understand the extent and impact of chronic pain in the older population \* selecting safe and effective analgesic medication in the elderly with multiple co-morbidities and polypharmacy

\* understand the role of non-pharmacological interventions

**14.00 Vertebral fracture management**

Dr Andrew Gallagher, Consultant in Diabetes & Endocrinology, Victoria Infirmary, Glasgow

\* scale of the problem; pitfalls in diagnosis \* management of acute and chronic vertebral fracture pain (incl vertebroplasty and any role of options such as calcitonin, bracing) \* preventing the next fracture

**14.30 Symptom management in advanced heart failure**

Dr Karen Hogg, Consultant Cardiologist, Royal Infirmary, Glasgow

\* symptom burden and prognostication in advanced heart failure \* combining active HF management with good symptom control \* description of Glasgow integrated service for heart failure

**15.00 Coffee / tea**

### **Session 2**

Chair: Dr Gordon Duncan, Specialist Registrar in Medicine for the Elderly, Queen Elizabeth Hospital, Gateshead

**15.30 Palliation of symptoms in advanced dementia**

Professor Julian Hughes, Honorary Professor of Philosophy of Ageing, Newcastle University

\* what are the palliative care needs of people with dementia? \* what is the best model of providing holistic care to people with dementia at the end of life? \* recognising and

managing pain and distress in the person with end-stage dementia

**16.00 ENDOWED LECTURE**

Chair: President, Royal College of Physicians of Edinburgh

**Meeting the challenge of delivering high quality care for older people in the last days of life**

Dr Bee Wee, Senior Clinical Lecturer in Palliative Medicine, University of Oxford & National Clinical Director of End of Life Care, NHS England

\*what are the barriers to providing high quality care at the end of life? \*the debate on end of life care pathways - how to move forward? \* providing care for people with different faiths

**16.45 Hi-Tea**

**Session 3 - How far should we go?**

Chair: Dr Suzanne Burns, Consultant Physician, Ninewells Hospital, Dundee

**17.30 Nutrition in advanced frailty**

Professor Rowan Harwood, Consultant in Healthcare of Older People, Nottingham University Hospitals

\* to whom should we offer artificial feeding? who should not be offered artificial feeding? \*managing risky swallowing status \* importance of treating co-morbid disease (eg depression)

**18.00 Escalating care vs ceiling of intervention: two sides of the same coin?**

Dr Nazir Lone, Senior Clinical Lecturer, Centre for Population Health Science, University of Edinburgh

\* which older people should be referred to critical care services? \* attempted CPR - who might benefit? \*setting ceilings of care in the hospital \* is critical care rationed on the basis of age?

**18.30 Advanced care planning in the community - choice or chimera?**

Dr Adrian Baker, General Practitioner, Nairn

\*who should do it, and how best to do it? \* does it work in practice or do resources/OOH care still lead to unwanted actions (eg hospitalisation when it is not wanted)? \* health/social care integration

**19.00 Symposium feedback / tea**

**Session 4 - Ethical dilemmas near the end of life - Interactive case discussions**

Chair: Dr David Jeffrey, Retired Consultant in Palliative Care, Oxford

**19.25 Nutrition at the end of life**

tbc

**Setting a ceiling on interventions with curative intent**

tbc

**Difficult symptom control**

tbc

**20.25 Discussion**

**20.45 Close**