

Dunedin

# Beyond the Fundamentals of Palliative Care

Strengthening your Palliative Care Knowledge and Understanding

Location: Heritage Dunedin Leisure Lodge

30 Duke Street | Dunedin North 9016

Date: Wednesday 14 July | Time: 9:00am – 5:00pm

Beyond the Fundamentals is designed for those who have already completed the Fundamentals of Palliative Care and will further develop attendees' palliative care skills.

The interactive programme covers such specialist topics as Pain and Symptom Management, Intimacy, Sexuality and Caring, and Ethical Decision Making in Palliative Care.

## Presenters:

Sally Fleming NP, ARC

Jo Mitchell NP, ARC

Christina Bowen OT, PG Diploma PC

Dr Catherine Cook PhD, RN, Senior Lecturer - AUT

Shireen Tresslor Counsellor, Masters and PhD candidate

Sharon Stewart RN, Masters in PC

Fee: \$100 – lunch provided.

RSVP: Wednesday 7 July 2021

To register, or for further information, please email [contact@otagohospice.co.nz](mailto:contact@otagohospice.co.nz) or call Glenda on 03 473 6005.

**Beyond the Fundamentals** is designed for those who have already completed the Fundamentals of Palliative Care, and will further develop attendees' palliative care skills.

**The programme will cover:**

A review of the concept of Palliative Care and how it fits into all areas of practice.

**Case Study for Pain and Symptom Management.**

Sally Fleming NP ARC & Jo Mitchell NP ARC

**Rehabilitation and Palliative Care – Is our kindness actually limiting this person we care for?**

Christina Bowen OT, PG Diploma PC

**Intimacy, Sexuality and Caring.**

Dr Catherine Cook PhD, RN, Senior Lecturer at AUT

**What are you bringing (intentionally/unintentionally) to your practice?**

**How do our personal views influence our practice?**

Shireen Tresslor Counsellor, Masters and PhD candidate

**Ethical Decision Making in Palliative Care.**

Sharon Stewart, RN, Masters in PC

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**PRESENTERS**

**Sally Fleming – NP ARC & Jo Mitchell – NP ARC**

Jo and Sally joined Otago Community Hospice in August 2016 to the design and implement a Palliative Care Support Service for Aged Resident Care facilities throughout Otago. They both hold master's degrees and post graduate nursing diplomas, and in 2019 they qualified as Mātangi tapuhi – Nurse Practitioners. Sally and Jo continue supporting facilities in Oamaru, Dunedin and Balclutha.

**Christina Bowen – OT, PG Diploma PC**

Christina developed and coordinated the Kowhai Programme (education programme for patients and family carers) and now works as a Hospice Community Care Coordinator. Christina has an interest in the preservation of people's personal causation within palliative care and how we facilitate patients and their whānau to have control in their goals of care.

**Dr Catherine Cook – PhD, RN, Senior Lecturer at AUT**

Catherine's clinical background is in nursing, midwifery and counselling. She has clinical and research interests in the areas of sexuality, sexual health and sexual identity, particularly as these issues relate to marginalised and vulnerable populations. The main questions driving Catherine's research are as follows: how do health professionals optimise healthcare, quality of life and wellbeing for potentially vulnerable and marginalised populations, balancing both a duty of care and upholding rights? How does cultural diversity in teams shape ethical assumptions and communication about healthcare, quality of life and wellbeing for potentially vulnerable and marginalised populations?

**Shireen Tresslor – Counsellor, Masters and PhD candidate**

Shireen has qualifications in Health Psychology, Counselling and Palliative Care. She has worked for seven years for Hospice, first as a community care coordinator and now as a counsellor. Shireen has also been involved in teaching at the tertiary level and as part of the OCH education programme.

**Sharon Stewart – RN, Masters in PC**

After arriving in NZ from Scotland in 2001, Sharon worked as Clinical Charge Nurse in Oncology Outpatients at Dunedin Hospital, before taking on the Nurse Director role at Hospice in 2007. Sharon completed her Master of Health Science (endorsed in Palliative Care) in 2017 and is a passionate advocate for Hospice care throughout Otago.