



A Voice for Palliative Care in  
Ireland



**Irish Association  
for Palliative Care**

February Newsletter 2024



The IAPC 23rd Annual Education and Research Seminar, held on February 8th at Hotel Riu Plaza The Gresham Dublin, was an exceptional gathering of healthcare professionals dedicated to advancing palliative care in Ireland. The day was filled with insightful

Attendees were treated to an array of insightful and engaging presentations, showcasing the dedication and innovation within the field of palliative care. Dr. David Murphy kicked off the seminar with his presentation on 'Venous Intervention for Swelling in Lower Limbs Secondary to Pelvic/Abdominal Cancer.' This presentation provided valuable insights into the management of swelling in cancer patients, shedding light on innovative treatment options.

Ms. Zhuangshuang Li's presentation, 'Exploring Chinese Diaspora Understanding and Experiences of Advance Care Planning: A Qualitative Study,' delved into the cultural nuances of advance care planning, offering a unique perspective on this important aspect of palliative care.

Mr. Ciaran McAdam's presentation, 'Pharmacist-led deprescribing of potentially inappropriate medications for cancer patients in a specialist palliative care setting,' highlighted the role of pharmacists in optimising medication management for cancer patients, showcasing the importance of interdisciplinary collaboration. Dr. Andrew Swanton's presentation, 'Pain amongst older people in Ireland - Insights from TILDA,' provided valuable insights into pain management in older adults, offering practical strategies for improving pain assessment and treatment. Dr. Lauren Boland's presentation, 'EMPOWER: an Occupational Therapy self-management anxiety group programme for community-based palliative care patients,' showcased the benefits of self-management interventions for stress and anxiety in palliative care patients, highlighting the role of occupational therapy in improving patient outcomes.

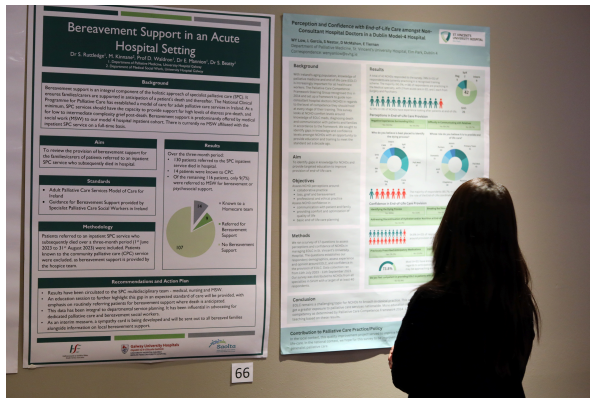
Dr. Cian O'Leary's presentation, 'Disease Progression and Survival in Patients with Advanced Cancer Receiving Cannabidiol Oil: A MEDCAN-1 Sub-Study,' shed light on the potential benefits of CBD treatment for patients with advanced cancer, showing the need for further research in this area. Ms. Siobhan Murphy's presentation, 'Devising an approach to evaluate Caru – A Programme to Support Care and Compassion at End-of-Life in Nursing Homes in Ireland,' showcased the importance of evaluating palliative care programs in nursing homes, offering valuable insights into improving care for residents. Dr. Anna Hayes's presentation, 'Use of Indwelling Pleural Drain In Patient with Recurrent Left sided Post Traumatic Hepatic Hydrothorax,' demonstrated the benefits of a novel approach to managing hepatic hydrothorax, showcasing the importance of tailored and innovative interventions in palliative care.



Dr. Peter May's plenary session on 'Ready for the future? Projected palliative care needs, healthcare costs and outcomes among people aged over 50 in Ireland' provided valuable insights into the future of palliative care, offering a comprehensive overview of projected needs and outcomes.

In our afternoon session, Dr. Jennifer Hayes's presentation, 'Does Simulation Have a Role to Play in End-of-Life Care Medical Education?' highlighted the potential of simulation-based learning in improving the delivery of end-of-life care, offering practical strategies for enhancing skills and knowledge. Mrs. Lisa McGirr's presentation, 'The creation of a novel interdisciplinary ambulatory model for community-based hospice patients,' showcased the benefits of an interdisciplinary patient-centred model of care, highlighting the importance of collaboration between different disciplines. Dr. Noreen O'Shea's presentation, 'Defining the palliative care needs of people with Tauopathies: A Cross-sectional Study,' provided valuable insights into the palliative care needs of patients with Tauopathies, highlighting the importance of understanding the complex spectrum of symptoms in this vulnerable group.

Throughout the day, there was not only an opportunity to hear from leading experts in the field of palliative care through presentations, but also a chance to engage with the latest research and developments through the poster displays. With over 70 posters on display, the breadth and depth of work being done in the field of palliative care in Ireland was truly showcased. Attendees had the chance to view the posters throughout the day, sparking continuous discussion and adding to the excitement of a field that is rapidly evolving. The poster displays were a testament to the dedication and innovation of researchers and practitioners in Ireland, and they provided valuable insights into the current state and future directions of palliative care in the country.



The day concluded with a heartwarming performance from the "Forever Young Choir". The choir's performance added a touch of warmth and community spirit to the event, leaving attendees with a sense of connection and unity.

The winning poster was "Audit of Opioid Prescribing in a Palliative Medicine Inpatient Unit," authored by Dr. Barry Coffey. And finally, the winning presentation of the day was "Empower: An Occupational Therapy Self-Management Anxiety Group Programme for Community Based Palliative Care Patients," presented by Dr. Lauren Boland. This presentation showcased the innovative and impactful work being done in the field of palliative care, providing valuable insights into effective self-management interventions for patients.

Overall, the IAPC 23rd Annual Education and Research Seminar was a tremendous success, providing attendees with valuable insights, fostering collaboration, and advancing the field of palliative care in Ireland. The presentations covered a diverse range of topics, showcasing the breadth and depth of research and innovation in the field. The engaging discussions and networking opportunities further enriched the seminar, creating a platform for knowledge sharing and professional development.

We extend our gratitude to all the winners, judges, presenters, attendees, and organisers for their contributions to this exceptional event. We look forward to building on this success and continuing to advance the field of Palliative Care in Ireland.

## Winners



for her work on "Empower: An Occupational Therapy Self-Management Anxiety Group Programme for Community Based Palliative Care Patients," stands alongside IAPC CEO Jacinta Cuthbert and Dr. Clare Kruger, the Chair of the Education and Research forum at the IAPC.

Dr. Barry Coffey, the recipient of the poster presentation award for "Audit of Opioid Prescribing in a Palliative Medicine Inpatient Unit," is congratulated by Dr. Hannah Linane, Chair of the IAPC.



## February Updates

### Committee on Assisted Dying begins consideration of draft report

The Joint Oireachtas Committee on Assisted Dying has begun considering a draft report, which will be published next month. This confidential 65-page document outlines the choices facing the 9 TDs and 5 Senators on the committee. They must decide whether to recommend introducing legislation allowing for assisted dying in certain circumstances or not. The report is divided into five sections: Legal and Constitutional issues; International models of assisted dying; Ethical and moral considerations; Safeguards and consequences; Developing an assisted dying model and complementary policies. Each chapter contains evidence from witnesses with differing views on the issue. The committee will also decide whether a referendum is needed and what criteria should be used for eligibility for assisted

### Irish Hospice Foundation (IHF) is organising a series of introductory workshops from January to June 2024, focusing on loss and bereavement.

These online sessions are designed for professionals and volunteers seeking to deepen their understanding of these topics and those working with individuals experiencing significant loss. More workshops will be added in the coming months. The workshop topics include an Overview of Loss and Bereavement, Bereavement in the School Community, Understanding Grief and Supporting Bereaved Adults, Children and Loss, Loss and Grief in Later Life, and many more. These sessions aim to provide practical insights and strategies for coping with grief and loss in various contexts, including supporting adolescents, adults with intellectual

to proceed. Further information can be found at the link below.

[Register here](#)

RTE News

### **Study Palliative Care at Trinity College Dublin**

Expand your expertise in palliative care and advance your career with Trinity College Dublin's flexible, part-time postgraduate courses, offered in collaboration with St. Francis Hospice, Dublin. Our postgraduate certificate in palliative care is delivered online, making it convenient for working professionals to balance study and work commitments. Open to healthcare professionals across disciplines, these courses are ideal for those with clinical experience in palliative care. Applications are open for courses starting in September 2024. For further information, see the link below, otherwise, email the course coordinator Zara Fay: [zfay@tcd.ie](mailto:zfay@tcd.ie)

[Find out more here](#)

Applications are now open for the University of Galway's Taught Master/Postgraduate Diploma in Children's Palliative Care and Complex Care for the academic year 2024/25. This comprehensive program equips professionals with advanced skills to provide specialized care for children facing life-limiting illnesses. HSE Scholarships may be available for suitable candidates. Applications will close in May. Visit the official page for more details and to apply.

[Find out more here](#)

**Concurrent with the 2024 Education and Research Seminar, the IAPC hosted two online workshops throughout February. A third will be held on February 29th, to register, please email [admin@iapc.ie](mailto:admin@iapc.ie).**

## Assisted Decision Making (Capacity) Act: Implications for Palliative Care?

### Online Workshop

15th February

16:00 - 17:00

#### Chaired by

Dr. Thomas Hefferon

#### Presented by

Prof. Shaun O'Keeffe, Consultant Geriatrician and  
Honorary  
Personal Professor



To Register Please Complete the form on our Twitter:  
[@palliativeire](https://twitter.com/palliativeire)

For further enquiries please email [admin@iapc.ie](mailto:admin@iapc.ie)



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The online workshop on the Assisted Decision Making (Capacity) Act, hosted by the IAPC on February 15th, provided healthcare professionals with critical insights into the implications of this legislation on Palliative Care professionals. Chaired by Dr. Thomas Hefferon and presented by Prof. Shaun O'Keeffe, Consultant Geriatrician and Honorary Personal Professor, the workshop was a resounding success, fostering thought-provoking discussions and deepening attendees' understanding of the ethical dimensions of care. Prof. O'Keeffe adeptly navigated attendees through the core principles of the Assisted Decision Making (Capacity) Act, elucidating its implications for palliative care practice. An emphasis on patient autonomy and the role of healthcare professionals in facilitating patient-centred decision-making during palliative care journeys was a central theme, with attendees engaging in thoughtful discussions on the ethical challenges and dilemmas that arise when the principles of the Assisted Decision Making (Capacity) Act intersect with the practice of palliative care. The workshop left an impact on attendees, fostering a deeper appreciation for the ethical complexities inherent in palliative care. Dr. Thomas Hefferon's guidance and Prof. Shaun O'Keeffe's expertise were instrumental in creating an environment conducive to critical thinking and professional growth. The workshop on the Assisted Decision Making (Capacity) Act provided a platform for healthcare professionals to explore the ethical dimensions of palliative care practice. The IAPC would sincerely like to thank Prof O' Keeffe and Dr. Hefferon for being so generous with both their time and knowledge.

## The IAPC Presents:



## 'Assisted Dying, How Can we Protect our Specialty?'

**Online Workshop**

22nd February

16:00 - 17:00

**Chaired by**

Esther-Ruth Beck

**Presented by**

Dr. Mathew Dore, Palliative care consultant, Northern Ireland Hospice.



To Register Please Complete the form on our Twitter:  
[@palliativeire](https://twitter.com/palliativeire)

For further enquiries please email [admin@iapc.ie](mailto:admin@iapc.ie)



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February 22nd was a vital exploration of the ethical and professional challenges surrounding this complex topic. Led by Esther-Ruth Beck and Dr. Mathew Dore, Palliative Care Consultant from the Northern Ireland Hospice, the workshop provided attendees with a deep understanding of how assisted dying affects Palliative Care. Dr. Dore's presentation focused on the ethical considerations tied to assisted dying, emphasising the importance of maintaining the integrity and professionalism of the palliative care specialty. Attendees were engaged in discussions on strategies to safeguard the core principles of palliative care amidst evolving legislation and societal attitudes towards assisted dying. The workshop prompted attendees to reflect on their professional responsibilities in navigating the ethical and legal complexities of assisted dying while remaining patient-centred. Dr. Mathew Dore's expertise created an environment conducive to critical inquiry and respectful dialogue. This workshop highlighted the importance of ongoing education and dialogue in the ever-evolving landscape of palliative care, in what is set to be an increasingly relevant topic especially as the Citizen's Assembly comes to a close. Thank you to Dr. Dore and Dr. Beck for what was a hugely informative workshop.

**Dates for your Diary:****29th February 16:00-17:00pm:****IAPC Virtual Workshop 3**

Topic: Palliative Care, Dignity and Intellectual Disability

Chair: Barbara Sweeney,

Presenter: Dr Owen Doody, Registered Nurse Intellectual Disability RNID

Registration forms to be sent to [admin@iapc.ie](mailto:admin@iapc.ie)

**12th-15th March 2024:** Course - Advanced European bioethics "Suffering, Death and Palliative Care". In-person, Nijmegen, the Netherlands. See [here](#) for further information.



**25th & 26th April 2024:** 6th All Island Children's Palliative Care Conference, Midlands Park Hotel, Portlaoise, Co. Laois, Ireland. Register [here](#)



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