

ASSOCIATION FOR PAEDIATRIC PALLIATIVE MEDICINE

Association for
Paediatric
Palliative
Medicine

**Thursday 16
November & Friday
17 November 2023**
Hilton Birmingham
Metropole



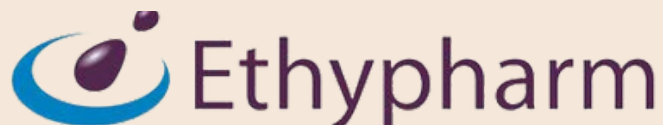
Conference Programme

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Welcome - Dr AK Anderson, Chair APPM

Welcome to the annual APPM 2-day conference. You must have been well organised and booked early...tickets sold out 3 months ago! We may need a bigger venue next year.

This is our first Education in Paediatric Palliative Care Day which has brought educators from around the country together to share their knowledge and experiences. The day has been curated by Dr Laura Nohavicka, a consultant in PPM with sessions in young adult palliative care within adult services. That leads beautifully to our second day- this year it is on transition from paediatric to adult palliative care. We are grateful to Dr Jo Elverson for her support and guidance for this day. Jo is our adult link on the APPM Committee and runs the joint transition group for APPM/APM,

The biggest thank you and plaudits go to our dedicated conference team: Dr Jo Laddie, Dr Jo Griffiths and Lesley Fellows who have been planning this event for the past year. They are continually improving the event year on year. This year is no exception with the introduction of a poster section. We had an overwhelming submission response with great quality abstracts. I am hopeful this will be a permanent fixture at our annual conference.

This conference sees the launching of the new edition of the APPM formulary under its new editor Dr Lynda Brook. The formulary has expanded providing even more support to prescribing. A printed formulary is available to buy at the conference and afterwards online via the APPM website. As always, the digital version is free to access via the APPM website.

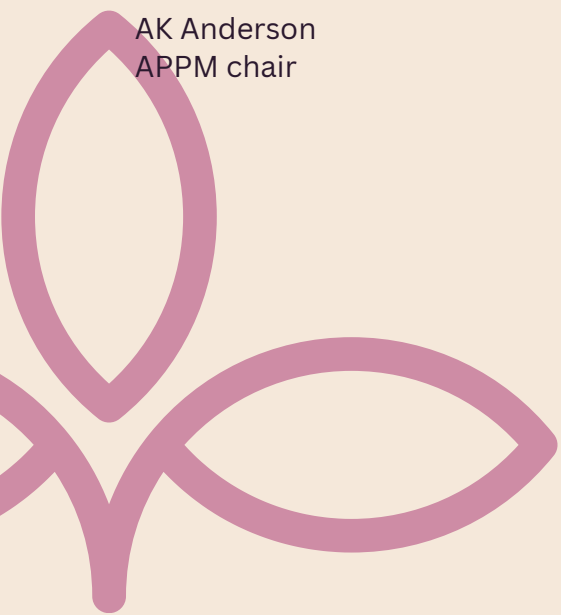
We have arranged for a few drinks at the bar on the evening of the first night. Please climb over and push others aside in a calm, orderly manner to ensure a free drink. It will be good to see you there!

Finally huge thank you to all APPM committee members who provide their time and energy, leading or representing an area of practice or group for free. We are very well supported by our fabulous administrator, Sue who is running the registration and formulary sales desk.

Please come up and say hello to me and other APPM committee members - we would love to hear your thoughts and views on how APPM can better support practice. After all it is a team approach!

Next year our conference will be in London, but for now enjoy the conference!

AK Anderson
APPM chair



Our Guest Speakers



Ilora Finlay FRCP, FRCGP, FMedSci, FHEA, FLSW

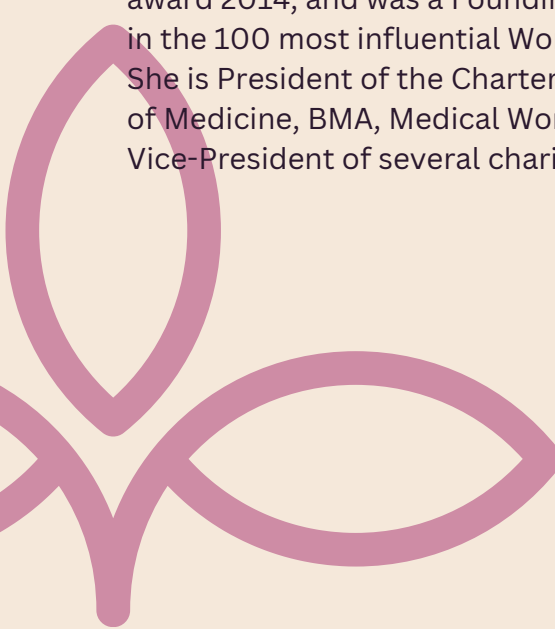
Professor Ilora Baroness Finlay of Llandaff is an independent Crossbench Peer in the House of Lords, and a Deputy Speaker. She is a member of the House of Lords Special Inquiry Committee on the Integration of Primary and Community Care.

She has pushed legislation on many health issues, securing the Chief Coroner, banning smoking in public places, recently ensuring that the Health and Care Act now includes palliative care as a core NHS service and high-street cosmetic procedures become regulated. She was a Member of the House of Lords Select Committee on the Assisted Dying Bill and chaired the Select Committee of Science and Technology inquiry into Allergy. She co-chairs several All-Party Parliamentary Groups, including Global Health. Her current Private Members' Bill concerns internet safety.

She chairs the Commission on Alcohol Harms; CO Research Trust; co-chairs the Bevan Commission in Wales and was Vice-Chair of NICE's ME/CFS guideline. She established Living & Dying Well, a think-tank around end-of-life issues, and has spoken and written extensively on the subject, including co-authoring the book 'Death by Appointment'. She is currently a member of The Times Commission on Health and Social Care.

At Cardiff University, she established the Palliative Care Diploma/MSc in 1989 and led palliative care service development across Wales, implementing a national strategy that provided 24/7 advice, 7 day specialist palliative care services across Wales and fair funding of services through a funding formula based on estimated needs, which included paediatric and transitional palliative care. She previously held a visiting professorship: the Johanna Bijtel chair, at Groningen University, supporting development of palliative care services and teaching in the region and also in Caen's Baclesse Cancer Centre. She is currently on the International Scientific Expert Committee of the Cicely Saunders Institute, Kings College, London and the Health and Care Research Wales Advisory Board. Chairing the National Mental Capacity Forum for 6 years, she ran rapid-response webinars on mental capacity during Covid.

She holds an Honorary Professorship at Cardiff University, has taught and lectured widely and has over 230 papers in peer-reviewed journals. She was named Welsh Woman of the Year in 1996, Dod's Peer of the Year in 2008, given the Livery Company of Wales' lifetime achievement award 2014, and was a Founding Fellow of the Learned Society of Wales in 2010. She was listed in the 100 most influential Women in Westminster by Politics Home in 2022 and in 2023. She is President of the Chartered Society of Physiotherapy, a past-President of the Royal Society of Medicine, BMA, Medical Women's Federation and the Association for Palliative Medicine, and Vice-President of several charities, including City Hospice, Hospice UK and Marie Curie.





Dr Ann Goldman

Ann is a retired paediatrician. She has been a pioneer in palliative care for children and was the first specialist paediatrician in the field. She established the multi-disciplinary Symptom Care Team at Great Ormond Street Hospital in 1986. She has worked in clinical care, research, teaching and the development of palliative care services for children nationally and internationally. She is an editor of the Oxford Textbook of Palliative Care for Children. She is a Trustee at Helen & Douglas House Children's Hospice.

Marisa Mason, CEO, NCEPOD

Marisa joined NCEPOD in 2002 after completing a PhD and post-doctoral research in stroke prevention. She took over as Chief Executive Officer in 2006 and has been part of the many changes and exciting challenges that have faced the organisation over the last 14 years; including the extension of NCEPOD's remit to include mental health, primary care and child health. Marisa has a strong interest in using data efficiently to improve the quality of care provided to patients, while respecting patient and clinician confidentiality.



Alex Ruck Keene KC (Hon)

Alex Ruck Keene KC (Hon) is an experienced barrister, writer and educator. His practice at 39 Essex Chambers in London is focused on mental capacity, mental health and healthcare law. He also writes extensively, editing and contributing to leading textbooks, and is the creator of the website [Mental Capacity Law and Policy](https://www.mentalcapacitylawandpolicy.com). He is also a Visiting Professor at King's College London, a Visiting Senior Lecturer at the Institute of Psychiatry, Psychology and Neuroscience, King's College, London and a Research Affiliate at the Essex Autonomy Project, University of Essex. He now spends much of his time on policy matters, including most recently as specialist adviser to the Joint Committee on Human Rights for their 2021-2022 inquiry into human rights in the care setting. He was appointed to the BMA Medical Ethics Committee in August 2023. His contributions to mental capacity and mental health law outside the court room led to him being made an Honorary KC in 2022.

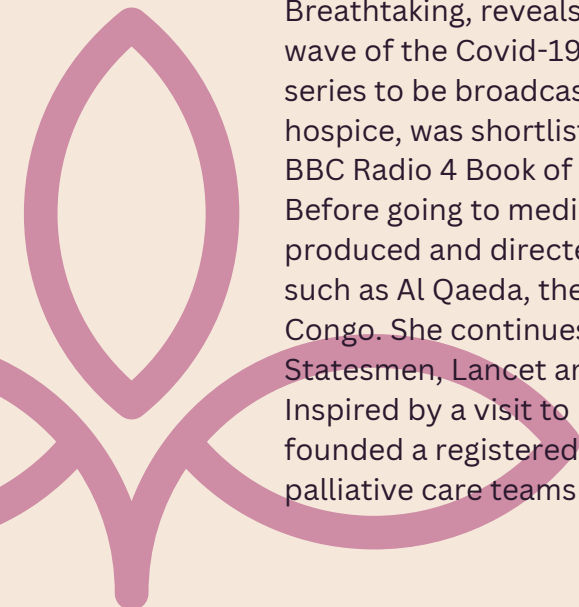


Dr Rachel Clarke

Dr Rachel Clarke is an NHS palliative care doctor and the author of three Sunday Times bestselling non-fiction books about medicine. The latest, *Breathtaking*, reveals how she and her colleagues confronted the first wave of the Covid-19 in 2020, and has been adapted as a major ITV television series to be broadcast in 2024. *Dear Life* (2020), depicting her work in an NHS hospice, was shortlisted for the 2020 Costa Biography Award and chosen as a BBC Radio 4 Book of the Week.

Before going to medical school, Rachel was a broadcast journalist. She produced and directed current affairs documentaries focusing on subjects such as Al Qaeda, the Iraq War and the civil war in the Democratic Republic of Congo. She continues to write regularly for the Guardian, Sunday Times, New Statesmen, Lancet and BMJ among others.

Inspired by a visit to Ukraine during the conflict in late 2022, she recently founded a registered charity, Hospice Ukraine, supporting the work of palliative care teams in Ukraine.



Day 1 - 16 November 2023 - Education Programme - Pavilion Suite

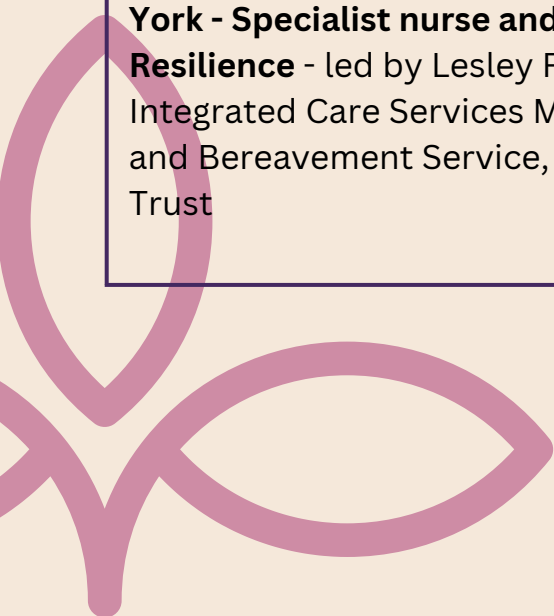
Time	Content, Speakers and Facilitators
1300-1330	Networking and refreshments
1330	Introduction to the day Dr AK Anderson, Chair, APPM
Session 1: Chair - Dr Laura Nohavicka	
1340	Reflections from a distance Dr Ann Goldman, Retired Paediatrician and pioneer in palliative care for children
1430-1515	Postgraduate training opportunities
King's College, London - Post-graduate taught programme in palliative care: an introduction and overview Dr Claire Ellis-Smith, Lecturer in Palliative Care, King's College, London	
Palliative medicine for healthcare professionals: An overview of Cardiff University Master's Programme and CPD courses Dr Jo Griffiths, Paediatric Lead, Cardiff University Master's programme in Palliative Medicine for healthcare professionals	
Post-graduate courses for nurses - a personal reflection Georgina Brightley, Clinical Nurse Specialist, Great Ormond Street Hospital, London	
1515-1600	Simulation work
Talking to families when death is a possible outcome Tara Kerr-Elliot, NIHR Doctoral Fellow/Palliative Care Nurse, Great Ormond Street Hospital	
Learning together: Developing hospice-based simulation Dr Anna Chadwick, Specialist Registrar in Paediatric Palliative Care, Great Ormond Street Hospital	
I hear and I forget, I see and I remember, I do and I understand: Using simulation-based teaching in palliative care Dr Naomi Taylor, Consultant in Paediatric Palliative Medicine, Martin House Children's Hospice Dr Michelle Hills, Consultant in Paediatric Palliative Medicine, Martin House Children's Hospice and Leeds Teaching Hospitals NHS Trust	

Day 1 - Education Programme - 16 November 2023 - continued

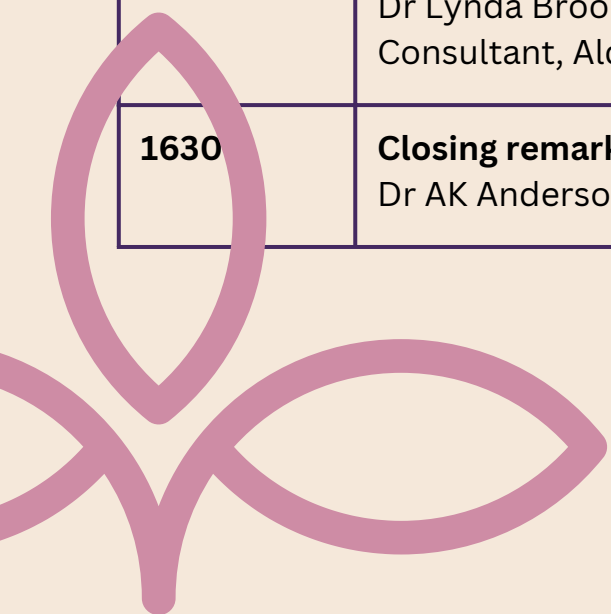
Multi-disciplinary Approach to Paediatric end of Life Education (MAPLE). Learning about EOL care together – the what, how and who Dr Charlotte Mellor, Consultant in Paediatric Palliative Care Sarah Box, Improving Paediatric End of Life Care Simulation Fellow Bristol Royal Hospital for Children	
1600-1615	Refreshment break
Session 2: Chair - Dr Sophie Bertaud	
1615-1730	Online learning
Opioids in Children - a national module Dr Charlotte Holland. Consultant Paediatrician with an interest in paediatric palliative care, Helen & Douglas House Children's Hospice	
GRID/SPIN education package Dr Anna Chadwick, Specialist Registrar in Paediatric Palliative Care, Great Ormond Street Hospital	
Online learning for nurses Lesley Fellows, Palliative Care Nurse Consultant/Integrated Care Services Manager, Claire House Children's Hospice	
Palliative Care Foundation Programme: 10 years on Julie Bayliss, Consultant Nurse and Clinical Lead for Paediatric Palliative Care Louis Dundas Centre, Great Ormond Street Hospital	
Education in Palliative and End of Life Care: Paediatrics: EPEC Paediatrics Dr Jonathan Downie, Consultant in Paediatric Palliative Medicine, Royal Children's Hospital, Glasgow Quality Advisor, RCPCH Paediatric Palliative Medicine CSAC Paediatric Supportive and Palliative Care Team	
1730	Paediatric Tragedy or Front Page Splash? Matters of Life, Death and Speaking Out Dr Rachel Clarke, NHS Palliative Care Doctor and well known author of three <i>Sunday Times</i> best-selling non-fiction books about medicine.
1830	Close

Day 2 - 17 November 2023 - Westminster Room (except for one Focus Group and some breakout sessions)





Time	Content, Speakers and Facilitators
0900-0910	Welcome and opening remarks Dr AK Anderson, Chair APPM
Session 1 - Chair: Dr Lynda Brook	
0910-1010	A collaborative end of life care model for young adults Professor Baroness Ilora Finlay
1010-1100	The In-Betweeners Marisa Mason, CEO, NCEPOD
1100-1115	Refreshment break
1115-1145	First breakout session (see page 9 of the programme for list of topics and rooms)
1145-1230	Focus Groups (choose one session)
Westminster - Quick Fire Journal Club - a trainee led set of critical analysis presentations based on recent articles around transition or adolescent palliative care. The presentations are 5 minutes each with 2-3 minutes for questions afterwards.	
York - Specialist nurse and Allied Health Professionals - Workforce and Resilience - led by Lesley Fellows, Palliative Care Nurse Consultant/ Integrated Care Services Manager and Helen Queen, Lead Nurse, Palliative Care and Bereavement Service, Birmingham Women's & Children's NHS Foundation Trust	

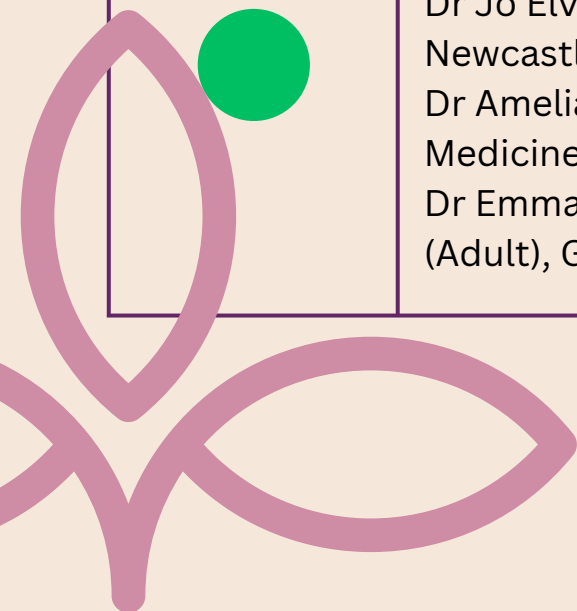


Time	Content, Speakers and Facilitators
1230-1330	Lunch and networking
Session 2 - Chair: Dr AK Anderson	
1330-1430	Working together: Case-based panel discussion on transition in palliative care with representatives from Ty Hafan Children's Hospice/Cardiff & Vale University Health Board Dr Megumi Baba, Consultant in Paediatric Palliative Medicine, Lead for Transition in Palliative Care Sophie Knapp, Transition Nurse Dr Jo Hayes, Consultant in Adult Palliative Care Kathryn MacSorley, Paediatric Palliative Care Clinical Nurse Specialist
1430-1530	Are we competently thinking about capacity for those under 18? Alex Ruck-Keene KC (Hon). Barrister, 39 Essex Chambers and Visiting Professor, King's College, London
1530-1545	Refreshment break
1545-1615	Second breakout session (see page 9 of the programme for list of topics and rooms)
Session 3 - Chair: Dr Emily Harrop	
1615-1630	APPM Formulary 2024 - 6th edition Dr Lynda Brook, APPM Formulary Editor, Children's Palliative Care Consultant, Alder Hey Children's Hospital
1630	Closing remarks Dr AK Anderson



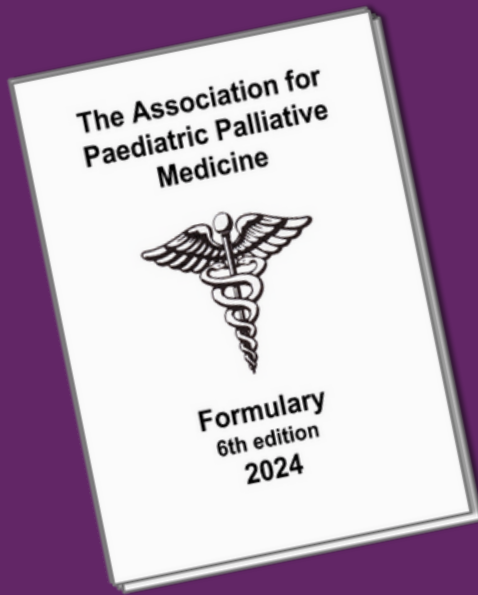
Breakout session topics:
Session 1: 1115-1145 Session 2: 1545-1615

Room	Content, Speakers and Facilitators
Westminster 	A collaborative end of life care model for young adults Louise Smith, Young Adult Palliative Care Nurse Specialist, Claire House Children's Hospice Our young adult service Andy Curtis, Transition Co-ordinator, Claire House Hospice Session chair: Lesley Fellows
Hampton 	Medicines for Children Dr Rachel Atherton, Trainee Representative, Medicines for Children Project Board Session chair: Dr Lizzie Bendle
Henley 	Chronic pain in paediatric palliative care Bhumik Patel, MPharmS, MSc, PGCert, Ipsesc, Specialist Pharmacist, Paediatric Palliative Care and Andrea Stephenson, Clinical Nurse Specialist and non-medical prescriber, Oncology Outreach & Palliative Care Great Ormond Street Hospital Session chair: Dr Christine Mott
York 	Inter-specialty learning in transition: How do we make the most of opportunities? Dr Jo Elverson, Consultant in Palliative Medicine, Newcastle Hospitals (session chair) Dr Amelia Stockley, Consultant in Adult Palliative Medicine, Somerset NHS Foundation Trust Dr Emma Husbands, Consultant in Palliative Medicine (Adult), Gloucestershire Hospitals NHS Foundation Trust



APPM Formulary 2024

6th Edition



The new edition of the APPM Formulary is now available to purchase at a special introductory rate of **£15 per copy** at the conference. The Formulary can also be purchased at the standard price or downloaded for free from the website.

This latest edition represents a substantial revision from the previous version. The entire formulary has been reviewed and updated incorporating recent published literature, specialist advice and feedback from formulary users. Many of the monographs have been extensively rewritten and references have been brought up to date. The formulary has also been completely reformatted, including greater use of tables and with the aim of improving clarity and navigability.

Important changes include:

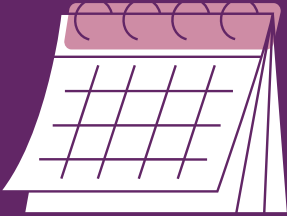
- Substantially revised or reformatted opioid equivalence tables including new recommended approximate equi-analgesic ratios for morphine, diamorphine and oxycodone
- Use of a QR code to link the printed formulary directly to the APPM Website for updates and supplementary information

These changes will be outlined in more detail during the APPM Formulary presentation.

Lynda Brook and Anita Aindow
November 2023

As ever we welcome feedback, comments, suggestions, and recommendations from healthcare professionals in the UK and across the world. Please scan the QR code below to answer our Formulary “Quick Question” and to provide feedback.





Dates for your diary



British Association of
Perinatal Medicine

APPM

Association for Paediatric
Palliative Medicine

Please join us for the combined
BAPM and APPM session at the
RCPCH 2024 Conference
Session time: Tuesday 26 March,
13:30-16:30



6th All Island
Children's Palliative
Care Conference

6th All Ireland Palliative Care Conference
Challenging the Boundaries: Ante-natal to Adulthood
25 and 26 April 2024
Early bird tickets on sale from 2 November
Midlands Park Hotel, Portlaoise, Co Laoise, Ireland
<https://www.cpcc.ie/>



Your feedback is encouraged to help us make our 2024 Conference even better. Click here to access the feedback form



or go to

<https://forms.gle/k74sUmKT2fUu5LBT8>

Thank you!

Thank you for attending our 2023 Conference which we hope you found interesting and informative.

We look forward to welcoming you to our Conference next year which will be held at **30 Euston Square, London NW1 2FB on Thursday and Friday 21 and 22 November 2024.**

Contact us



admin@appm.org.uk



<https://www.appm.org.uk>