



Frimley Health **NHS**

NHS Foundation Trust

## Using Simulator Training in End of Life Care. Helen Brockis Palliative Care Team leader Wexham Park Hospital

Simulator training in end of life care for RGNs and HCAs at Wexham Park Hospital has been running 6-8 times a year for the last 3 years. It has been well evaluated by both groups and allows the staff to practice care in a safe environment.

The programme runs through 3-4 scenarios in a full study day, alongside taught sessions on topics such as looking after yourself and care of the deceased adult.

Scenarios can vary according to the groups needs, but include topics such as "Why has the drip been stopped" "Am I dying nurse" or "Why is Mum's breathing so noisy?"

Participants work in pairs as themselves with a member of the training team operating the simulator, another as a relative and the group facilitator observing through 1 way glass, the other participants watch on a screen.

There is a pre brief, the ability to stop the scenario at any point with the other participants able to offer suggestions as to what the next step could be and a de brief at the end of the scenario.

All participants complete a self evaluation at the beginning and end of the training session, which is then followed up by an emailed evaluation approx. 3 months later to check whether the participants are using the knowledge gained from the session.

Simulation training was developed to meet the training needs of complex industries such aviation and nuclear organisations, and is now being used widely in healthcare, initially in simulating advanced life support skills for Drs, but now more widely in the nursing field and in end of life care.

Gillan et al 2014 are clear to point out that "The important factors including psychological safety of students and the costs involved require careful consideration" The sessions used at Wexham Park require 3 facilitators for a maximum of 16 participants, but evaluations post session and at 3 months all show improved confidence in caring for patients and their loved ones at end of life.