

St Luke's Six Steps+ Programme



What is St Luke's Six Steps+ Programme?

St Luke's Education Team has developed the Six Steps + Programme for care homes, domiciliary and supported living agencies based on the nationally recognised Six Steps to Success approach.

The Six Steps + Programme is a series of nine workshops designed to provide care agencies with a toolkit to meet CQC end of life essential standards, DOH end of life and/or dementia and/or learning disability quality markers. This is in line with the National End of Life Care Strategy (DOH 2008) and Ambitions for Palliative and End of Life Care (2015 – 2020) educating health and social care staff to:

- Recognise triggers when an individual is approaching end of life.
- Initiate conversations to help someone plan their future care.
- Take a holistic approach to assessment and care planning.
- Understand the mental capacity act in relation to end of life care.
- Enhance or develop a key worker role in end of life care.
- Demonstrate delivery of high quality care and service improvement.
- Deliver holistic care in the last few days of life and after death.
- Develop support systems for individuals, staff, friends and relatives as part of compassionate communities.
- Recognise the challenge and develop systems for end of life care in dementia.

To have an ongoing commitment as an End of Life Champion disseminating knowledge and skills to peers and colleagues

In recognition of the challenge to provide high quality care to the frail, elderly and the cognitively impaired, a dementia workshop is incorporated as part of the Six Steps + Programme, focusing on end of life care for those with dementia.

To enhance learning for those working in Learning Disability Services the programme incorporates an optional full day end of life care/learning disability workshop with the Learning Disability Community Team. The extended time dedicated to end of life care for those with a learning disability enables course participants to apply practice and principles to their specific work setting and facilitate more discussion and focus upon the unique issues individuals with a learning disability may experience at end of life.

How is the course delivered?

These are run as nine four hour workshops delivered over six months, followed by a three month consolidation period to allow embedding of learning and completion of assessment criteria (via case study/portfolio) and CQC essential standards.

For more information, or to book your course...

Individual verification

Individuals who complete the programme and meet the learning objectives and assessment criteria will have demonstrated:

- A sound approach to person centred care at end of life.
- Commitment to promoting respect, dignity and choice for all at end of life.
- Commitment to continue monitoring and improving practice to ensure high quality end of life care.
- Ongoing support and training for colleagues.

What is expected of the individual participants?

- Attend all workshops.
- Engage in online and classroom discussion.
- Organise practice visits with tutors to discuss assessment progress.
- Complete assessments by submission date.
- Ongoing commitment to disseminate their new knowledge and skills to peers and colleagues.

What do individual participants get?

They receive experienced nurse/lecturer support, advice on policy writing and two practice visits. Individuals receive verification from St Luke's and are presented with a personal certificate to display. They are also invited to an end of life forum three times a year to keep updated.

What do organisations get?

- Organisations who have two End of Life Champions within their setting, and who meet the organisational criteria, will receive a plaque and certificate from St Luke's showing they meet and maintain the standards of St Luke's Six Steps + end of life care training programme.
- Plymouth organisations will have their verification added to the Plymouth Online Directory by Plymouth City Council.
- Continued support and advice on end of life policies and associated policies.
- Free annual last days of life training for all staff.
- Ongoing verification and re-verification visits.
- Good evidence towards meeting CQC Key Lines of Enquiry and Provider Information Returns.

What is expected of employers?

- Identification of representatives (QCF level three or above) or someone who is in a position to influence change and champion high quality end of life care in their setting.
- Support to enable representatives to attend all workshops, disseminate learning in practice and implement change.
- Ongoing managerial commitment to support audit processes and attendance at the end of life care forum.

Cost of the Six Steps+ Programme?

The cost of the Six Steps + Programme is **£500 per individual**. This covers the cost of the nine workshops, tutor support, marking and all administration/materials.

Organisational **verification is £500**. This is a one off charge that includes the plaque, ongoing re-verification, support on end of life issues/CQC requirements and much more.

There is an additional charge of £75 per individual for the optional learning disability full day workshop.



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 **www.stlukes-hospice.org.uk/education**

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