

# CLAHRC BITE

CLAHRC CP BITE 5  
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A bite-sized summary of a piece of CLAHRC research



**Primary care is central to the provision of End of Life Care, but significant educational needs remain.**



## Who?

General practitioners and community nurses caring for adults in the last year of life.

## What?

A survey of a group of general practitioners and community nurses to identify training and educational needs in End of Life Care.

## Findings...

- Specific areas of need in End of Life Care were identified for further education and training
- There was a lack of awareness amongst those surveyed of night and evening services for End of Life Care patients
- Out of hours medical service provision was identified by some clinicians as an area of concern.

Most of the last year of life is spent at home under the care of general practitioners and community nurses, however, training of doctors and nurses in End of Life Care is limited. This leaves many clinicians feeling unprepared when providing care for people near the end of their lives. This study identified important areas of educational needs, namely:

- How to convert a dose of oral opioids to a dose of subcutaneous opioids when switching a patient from one to the other
- The need to co-prescribe a laxative and an antiemetic when commencing strong opioids
- The use of quick-acting opioids in the management of breakthrough pain
- The use of radiotherapy and bisphosphonates in the management of bone pain in addition to non-steroidal anti-inflammatories
- The broad range of indications where a syringe driver can effectively be used

The educational needs identified above are being addressed through a training initiative for general practitioners, community nurses and care home staff. To date, over 2000 clinicians have attended training sessions.

## An explanation of CLAHRC CP and its role

The Cambridgeshire and Peterborough Collaboration for Leadership in Applied Health Research and Care (CLAHRC CP) is a partnership between the University of Cambridge, NHS organisations in Cambridgeshire and Peterborough, and Cambridgeshire County Council.

Funded by the National Institute for Health Research, our mission is to undertake high quality applied research to improve health and social care across the East of England.

This is a bite-sized summary of a piece of CLAHRC CP research. It is part of a series designed to make our research findings available to clinicians, commissioners and policy-makers.

CLAHRC CP End of life care research led by Dr Stephen Barclay, is now part of the Dementia, Frailty and End of life care theme of the CLAHRC East of England.

<http://www.clahrc-ee.nihr.ac.uk/research/research-themes/dementia-frailty-and-end-of-life-care/>

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## References

Momen N, Harrison K, Hadfield P, Fyfe M, Barclay S, General Practitioner and Community Nurse symptom management in End of Life Care: a questionnaire study in Cambridgeshire and Peterborough PCTs, 2011. (<http://www.clahrc-cp.nihr.ac.uk/wp-content/uploads/2012/05/GP-and-DN-symptom-management-in-EOLC-report.pdf>)

Momen N, Hadfield P, Harrison K, Barclay S. Managing pain in advanced cancer: a survey of United Kingdom General Practitioners and Community Nurses". Journal of Pain and Symptom Management: paper in press, 2012.

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Requests for further information on this research should be sent to [clahrcoffice@cpft.nhs.uk](mailto:clahrcoffice@cpft.nhs.uk)