



## Palliative Care Education Programme January - June 2026

### Provided by Tayside Specialist Palliative Care Services



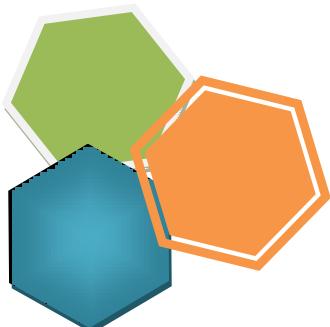
***“Supporting a Health & Social Care workforce to deliver high quality palliative care to those that need it”***

**Specialist Palliative Care Services** are committed to supporting our Health and Social Care workforce in developing their knowledge, skills and confidence. We offer a range of educational opportunities which can be found within this programme.

We offer a range of virtual and face to face courses and each course has been mapped against the Palliative Care Education Framework 2025 (Page 3). This helps provide guidance to the suitability of each course in meeting your needs.

**Please check the course is relevant to your job role before booking.**

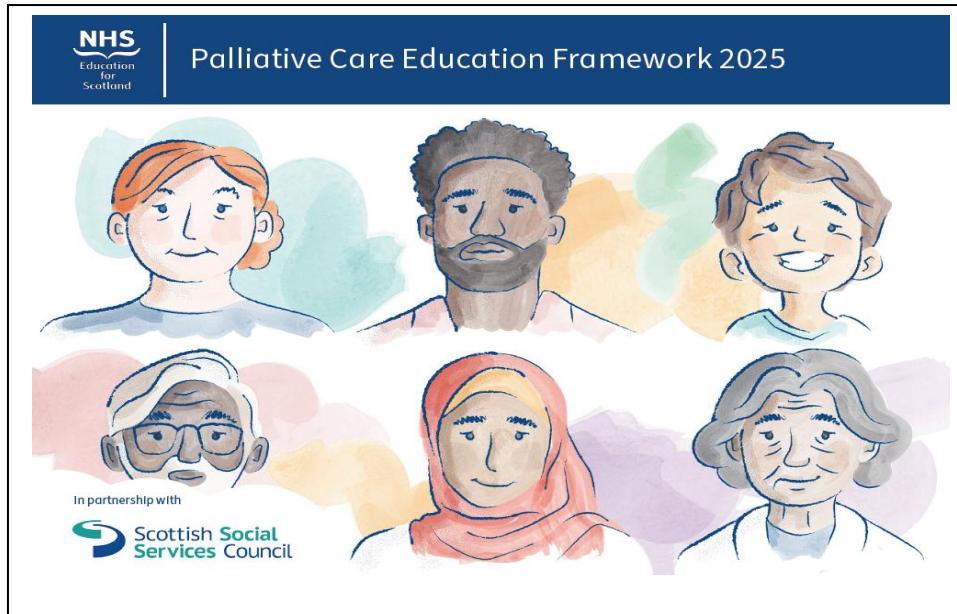
**If you would like any further information please contact us by email:**  
**[tay.pallcareeducation@nhs.scot](mailto:tay.pallcareeducation@nhs.scot)**



# Palliative Care Education Framework

A framework to support the learning and development needs of the health and social services workforce in Scotland

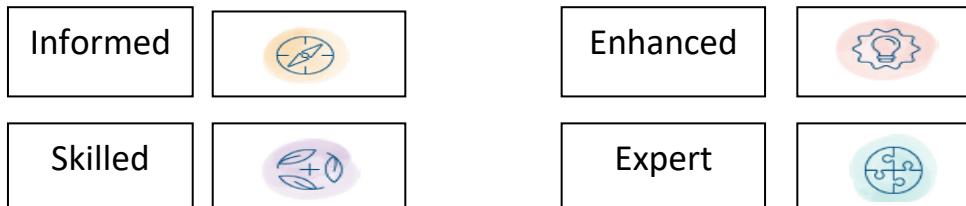
## Palliative Care Education Framework (2025)



### The Domains

-  Domain 1: Fundamentals in Palliative Care
-  Domain 2: Communication & Conversation
-  Domain 3: Care planning & delivery
-  Domain 4: Care in the last days of life
-  Domain 5: Loss, grief & bereavement

### The Levels



This framework provides the core knowledge and skills considered integral to the delivery of high quality palliative and end of life care. The knowledge and skills are presented in five domains. There are four levels that outline what workers need to know and be able to do depending on their degree of involvement and their role responsibilities. Each course in this programme will align to the levels & domains of practice within the Palliative Care Education framework.

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# Booking Information

## NHS staff:

Please self book via LearnPro NHS.

For all other educational enquires please contact: [tay.pallcareeducation@nhs.scot](mailto:tay.pallcareeducation@nhs.scot)

Non NHS staff: Use the following link to request a place: <https://forms.office.com/e/z2bvBCDTr5>



## Instructions on how to book via LearnPro

1. Use search engine and type in this address - <https://nhs.learnprouk.com>
2. This takes you to LearnPro NHS login.
3. Login with e-mail/username and password. This takes you to Home Page.
4. At bottom of the home page click on 'apply for events'.
5. Within the filter tab, under name, enter the words **palliative care** and press enter. All palliative and end of life care courses listed within this programme will be found under this heading.
6. On the book on event page, click on '*book on event*' which will confirm your application



# Other Learning and Development Opportunities

## RESTORATIVE CLINICAL SUPERVISION

**NES Education for Scotland**  
**Self Directed Learning Units available at:**  
[www.nes.scot.nhs.uk](http://www.nes.scot.nhs.uk)  
and TURAS



For further detail/ dates regarding the 2 day skills development activity, E-mail  
[tayclinicalsupervision@nhs.scot](mailto:tayclinicalsupervision@nhs.scot)

For further information visit:

[Staffnet Nursing and Midwifery Directorate](http://Staffnet Nursing and Midwifery Directorate)

## LEARN-PRO MODULES:

### Ambulatory Syringe Pump

To access modules: Search for **NHST: Ambulatory Syringe Pump** and **NHST: Ambulatory Syringe pump sign off** on Learn pro portal.

### Just in Case (JIC) Medicines

To access module: Search for **NHST: Community Palliative Care Prescribing and Administration** on Learn pro portal.

## NES PALLIATIVE CARE LEARNING HUB:

There is a learning hub of palliative care resources available on TURAS. You will need a free Turas Learn account to access this. NHS staff can sign into Turas Learn using their work account details. Non NHS can register for an account at <https://learn.nhs.scot>

Within the [Palliative Care Education Framework](#) you will find the links to the palliative care learning hub. Each link will take you to the page of the learning hub aligned with the domain. (See page 3 of this document for the list of the 5 domains).

# Care around Dying: VIRTUAL ~ suitable for all staff

Palliative Care: Care around Dying

Time: 13:30-15:30

Venue: No Venue; Virtual Delivery

**This session is suitable for:**

**All staff** who provide care and support for people who are dying, their families and carers.

**What is this session about?**

This **2 hour virtual** interactive session provides the opportunity to explore the principles of caring for people who are dying, why discussing death and dying can sometimes be difficult and how we manage these conversations. The session will identify how to recognise the dying process and explore evidence based practice and the More than the Last Breath: The Spectrum of Palliative Care info graphic for managing the last days and hours of life.

**DATES:**

Thursday 12<sup>th</sup> February

Tuesday 14<sup>th</sup> April

# Communication and Conversations in Palliative and End of Life Care:

## FACE TO FACE ~ suitable for Health & Social Care Support Workers



Palliative Care: Communication Skills

Time: 09:30-15:30

Venue: Seminar Room,  
Roxburghe House

This course is suitable for:

**Healthcare Support Workers, Social Care Support Workers, Assistant Practitioners and Non Clinical Staff** who provide care and support for people with palliative and end of life care needs their families and carers.

What is this course about?

This **one day, face to face** course identifies core communication skills that can help make any conversation or interaction with people more effective. It provides the opportunity, through observation and participation, to develop useful strategies to help you communicate effectively with people, their families and carers.

### DATES:

Wednesday 4<sup>th</sup> March

# Effective Communication in Palliative and End of Life Care: FACE TO FACE ~ suitable for Registered Practitioners

SKILLED  
LEVEL

Palliative Care: Effective Communication

Time: 09:30-15:30

Venue: Seminar Room,  
Roxburghe House

This course is suitable for:

**Registered Practitioners** who provide and manage the care of people with palliative and end of life care needs their families and carers.

What is this course about?

This **one day, face to face** course is for Registered Practitioners who work with people with palliative and end of life care needs. The course will explore communication that requires a sensitive approach, and the consideration of skills and models to support effective and compassionate communication.

**DATES:**

Wednesday 4<sup>th</sup> February

# Essential Self Care: FACE TO FACE ~ suitable for all staff

Palliative Care: Essential Self Care

Time: 13.00-15.00

Venue: Seminar Room, Roxburghe House

This course is suitable for:

**All staff** who provide care and support for people with palliative and end of life care needs, their families and carers.

What is this course about?

This **2 hour face to face** course is delivered by a member of the Spiritual Care Team. The course explores why caring for our own well being is one of the best things we can do to support person- centred interactions in practice. The course will recognise the impact of caring for people with palliative and end of life care needs, raise awareness of personal and professional culture and explore ways to enable and equip you to navigate distress and suffering.

**DATES:**

Thursday 14<sup>th</sup> May

SKILLED  
LEVEL

# Fatigue, Anxiety and Breathlessness (FAB): FACE TO FACE ~ suitable for all staff

SKILLED  
LEVEL

Palliative Care: Fatigue, Anxiety and  
Breathlessness

Time: 13:00-16:00

Venue: Seminar Room,  
Roxburghe House

This course is suitable for:

**All staff** who provide care and support for people with palliative care needs their families and carers.

What is this course about?

This interactive, **3 hour face-to-face** course, led by Allied Health Professionals, equips participants with person-centred strategies to support self-management of the common respiratory symptom cluster of fatigue, anxiety, and breathlessness.

**DATES:**

Tuesday 17<sup>th</sup> March

Tuesday 9<sup>th</sup> June

# Foundations in Palliative Care:

**FACE TO FACE ~ suitable for Health & Social Care Support Workers**

**Palliative Care:  
Foundations in Palliative Care**

**Time:  
09:00-15:30**

**Venue: Seminar Room, Roxburghe House**

**This course is suitable for:**

**Health Care Support Workers, Social Care Support Workers, Assistant Practitioners and Non Clinical Staff** who provide care of people with palliative and end of life care needs their families and carers.

**What is this course about?**

This **2 day face to face** course provides group facilitated learning to help understand and explore the care of people with palliative and end of life care needs, and their families. The course focuses on the principles in palliative and end of life care, communication skills, pain and symptom management, the impact of living with loss and care around dying. We will explore these topics drawing on evidence based practice and through the info graphic, 'More than the Last Breath': The Spectrum of Palliative Care.

**DATES:**

**Monday 9<sup>th</sup> & Tuesday 10<sup>th</sup> March**  
**Tuesday 16<sup>th</sup> & Wednesday 17<sup>th</sup> June**

# Future Care Planning

## VIRTUAL ~ suitable for All Staff

Palliative Care: Future Care Planning

Time: 13:30-15:30

Venue: No Venue; Virtual Delivery

This course is suitable for:

**All Staff** who provide and manage the care and support of people with palliative and end of life care needs their families and carers.

**What is this session about?**

This **2 hour virtual** interactive session discusses the importance and value of future care planning in practice. It explores the need for Future Care Planning, the ability to recognise advancing illness, the importance of shared decision making and the need for sensitive and timely conversations.

**DATES:**

Wednesday 21<sup>st</sup> January

# Nutritional Issues in Palliative Care: VIRTUAL ~ suitable for all staff

Palliative Care: Nutritional Issues

Time: 13:00-14:30

Venue: No Venue; Virtual Delivery

**This session is suitable for:**

**All staff** who provide care and support of people with nutritional issues in palliative and end of life care needs, their families and carers.

**What is this session about?**

This **1.5 hour virtual** interactive session will be delivered by the Dietetic team. The session will discuss realistic and person-centred nutritional issues within a palliative and end of life care context.

**DATES:**

Wednesday 29<sup>th</sup> April



# Spectrum of Palliative Care: (Formerly known as More than the Last Breath) FACE TO FACE~ suitable for all staff

Palliative Care: Spectrum of Palliative Care

Time: 09:30-13:00

Venue: Seminar Room,  
Roxburghe House

This course is suitable for:

**All staff** who provide care and support for people who are dying, their families and carers.

What is this session about?

This **half a day face to face** interactive course explores an info graphic tool which was developed by our NHS Forth Valley colleagues. It provides an approach which encompasses supporting professionals to focus on holistic needs and quality of life. It also supports professionals to recognise palliative care needs, indicators of decline, and supports recognition and signs of active dying using an acronym 'Last Breath'. The tool also offers visual prompts around having future care planning conversations.

**DATES:**

Wednesday 18<sup>th</sup> March

 SKILLED  
LEVEL

# Supporting People with Dementia at End of Life: FACE TO FACE ~ suitable for all staff

SKILLED  
LEVEL

**Palliative Care: Supporting People with Dementia at End of Life**

**Time: 09:30–15:30**

**Venue: Seminar Room,  
Roxburghe House**

**This course is suitable for:**

**All staff** groups who provide and manage the care and support of people dementia at end of life, their families and carers.

**What is this course about?**

This **one day face to face course** will explore the needs of people with dementia as they move towards the end of their lives. We will discuss communication challenges and other aspects relating to advanced dementia.

This participatory course raises awareness of strategies to support eating and drinking towards end of life and explore future care planning, managing symptoms and care around dying.

**DATES:**

**Tuesday 23<sup>rd</sup> June**

SKILLED  
LEVEL

# Talking about Dying: VIRTUAL ~ suitable for all staff

SKILLED  
LEVEL

Palliative Care: Talking about Dying

Time: 13:30-15:30

Venue: No Venue; Virtual Delivery

This session is suitable for:

**All staff** who provide care and support of people with palliative and end of life care needs, their families and carers.

What is this session about?

This **2 hour virtual** interactive session discusses the importance of having meaningful conversations about death and dying. It identifies the barriers to effective communication and explores models that support effective communication in practice. The course recognises the importance of staff well being.

## DATES:

Tuesday 27<sup>th</sup> January

Wednesday 6<sup>th</sup> May

# Understanding Loss, Grief and Bereavement: VIRTUAL ~ suitable for all staff

**Palliative Care: Loss, Grief and Bereavement**

**Time: 13:30-15:30**

**Venue: No Venue; Virtual Delivery**

**This session is suitable for:**

**All staff** who provide care and support of people with palliative and end of life care needs, their families and carers.

**What is this session about?**

This **2 hour virtual** interactive session explores the impact that loss, grief and bereavement can have on people. It will demonstrate how theories can help us understand how people may feel, react and respond. The session discusses the importance of appropriate support for people experiencing loss, grief and bereavement and the importance of caring for ourselves and our colleagues.

## DATES

**Tuesday 13<sup>th</sup> January**

**Wednesday 22<sup>nd</sup> April**

SKILLED  
LEVEL

# Working with Loss: Surviving & Thriving

## FACE TO FACE ~ suitable for all staff

SKILLED  
LEVEL

Palliative Care: Working with Loss:  
Surviving & Thriving

Time: 09:30-14:00

Venue: Seminar Room, Roxburghe House

**This course is suitable for:**

**All staff** who provide care and support of people with palliative and end of life care needs, their families and carers.

**What is this course about?**

This **face-to-face** session offers a reflective space to explore the personal and professional impact of working with loss.

Participants will gain insight into their own strengths and vulnerabilities as well as learn practical tools for resilience.

The session further provides guidance in exploring the emotional, psychological, spiritual, and religious support available to service users.

**DATES:**

**Tuesday 31<sup>st</sup> March**

# Advanced Communication in Palliative and End of Life Care:

## FACE TO FACE ~ suitable for Registered Practitioners



Palliative Care: Advanced Communication

Time: 09:30-16:00

Venue: Seminar Room,  
Roxburghe House

**This course is suitable for:** Experienced **Registered Practitioners** who provide, co-ordinate and manage the care of people with palliative and end of life care needs, their families and carers. It would be helpful to have undertaken previous communication skills training.

### What is this course about?

This **2 day, face to face** course provides experienced Health and Social Care professionals the opportunity to undertake an evidence-based experiential communication skills course. The course will allow you to explore the psychological needs of people and their families, and to respond to the communication challenges they may arise. Recorded interaction is part of the course and is conducted in a safe and confidential environment.

Places for this course are considered following receipt of an individual application. Commitment to the two days is essential and manager approval is required. For an application form please contact: [tay.pallcareeducation@nhs.scot](mailto:tay.pallcareeducation@nhs.scot)

### DATES:

Tuesday 24<sup>th</sup> & Wednesday 25<sup>th</sup> March

# Grieving in Children & Young People: Guidance for Health & Social Care Teams FACE TO FACE ~ suitable for Registered Practitioners

ENHANCED  
LEVEL

Palliative Care: Grieving in Children & Young People: Guidance for Health & Social care Teams

Time: 13:00-16:00

Venue: Seminar Room,  
Roxburghe House

This course is suitable for:

**Registered Practitioners**, who provide, coordinate and manage the care of families and children.

What is this session about?

This **3 hour face to face** course will be delivered by the Family & Bereavement Support Service. The session aims to explore and raise awareness of issues relating to children who are grieving. It will discuss models of loss and bereavement, provide an insight into how children understand death at different developmental stages, explore the communication needs of children and highlight ongoing support services.

**DATES:**

Wednesday 20<sup>th</sup> May

# Palliative Care Emergencies: VIRTUAL ~ suitable for Registered Practitioners

ENHANCED  
LEVEL

Palliative Care: Palliative Care  
Emergencies

Time: 13:30-15:30

Venue: No Venue; Virtual  
Delivery

**This course is suitable for:** **Registered Practitioners** who provide, co-ordinate and manage people with palliative and end of life care needs.

## What is this course about?

This **2 hour virtual** interactive session will explore 4 palliative care emergencies, namely Malignant Spinal Cord Compression, Hypercalcaemia, Superior Vena Cava Obstruction and Haemorrhage.

The session will discuss the management of these palliative care emergencies and the effects that the sudden life threatening changes can have in a person's condition which may result in deterioration in that person's health and quality of life.

## DATES:

Monday 9<sup>th</sup> February

# Symptom Management: VIRTUAL ~ suitable for Registered Practitioners

ENHANCED  
LEVEL

Palliative Care: Symptom Management

Time: 14:00-16:30

Venue: No Venue; Virtual  
Delivery

This course is suitable for: Experienced **Registered Practitioners** who provide, co-ordinate and manage symptoms for people with palliative and end of life care needs.

## What is this course about?

This course provides interactive group learning to explore and discuss, in some depth, evidence based approaches to managing symptoms in advanced illness. Topics will include pain, respiratory symptoms, gastro-intestinal symptoms and agitation and distress.

This **virtual** course is delivered over **four x 2½ hour sessions running over 4 consecutive weeks**.  
**Participants are asked to commit to all sessions.**

## DATES:

Wednesday's

10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> June & 1<sup>st</sup> July

For Symptom Management enquires please e-mail

[tay.echopalliativecare@nhs.scot](mailto:tay.echopalliativecare@nhs.scot)

## Additional Resources

Resource	Web Link / Information
Scottish Palliative Care Guidelines	<a href="#">Scottish Palliative Care Guidelines   Right Decisions</a>
NES Palliative Care Learning Hub	<a href="#">Palliative Care Learning Hub   Turas   Learn</a>
Communication SPICT and links to REDMAP Tool	<a href="#">Supportive and Palliative Care Tool  </a>
Future Care Planning	<a href="#">Future care planning   NHS inform</a> <a href="https://www.goodlifedeathgrief.org.uk/plan-future-care/">https://www.goodlifedeathgrief.org.uk/plan-future-care/</a>
NHS Inform: Death & Bereavement Loss Grief and Bereavement	<a href="https://www.nhsinform.scot/care-support-and-rights/death-and-bereavement">https://www.nhsinform.scot/care-support-and-rights/death-and-bereavement</a> <a href="#">The Bereavement Charter for Children &amp; Adults in Scotland</a>
Support Around Death Scotland (SAD)	<a href="http://www.sad.scot.nhs.uk">www.sad.scot.nhs.uk</a>
NES: Wellbeing Planning Tool	<a href="https://learn.nes.nhs.scot/30741/psychosocial-mental-health-and-wellbeing-support/taking-care-of-myself/wellbeing-planning-tool">https://learn.nes.nhs.scot/30741/psychosocial-mental-health-and-wellbeing-support/taking-care-of-myself/wellbeing-planning-tool</a>
British Geriatrics Society	<a href="#">End of Life Care in Frailty</a>
Care Home Palliative Care Information and Resources	<a href="#">Care Home Palliative Care Information and Resources</a>
Good life, Good death, Good grief	<a href="#">Good Life, Good Death, Good Grief</a>