

#StartTheConversation

January 2024

What a Way to Start the New Year!

We would like to say a massive thank you to everyone for the amazing work that has taken place in the past 12 months. We now have enthusiastic and vibrant working groups in all areas, driving forward to improve conversations with people and those that matter to them. This has resulted in over 5500 ACPs now recorded on our system - well done everyone! Can we make 2024 even more successful? We certainly hope so!



from the ACP Team



5500+

ACPs on Clinical Portal

A Change to the Name

As we mentioned in our last newsletter, we are in the process of changing from “anticipatory care planning” to “future care planning” across all our resources. As part of this move, we are also looking to rebrand the programme, however our ethos remains the same - encouraging everyone to have good conversations!

Keep your eyes peeled for new developments!



The Plan More, Stress Less Toolkit

When you or someone you care about becomes ill, life can become very stressful. That is why we think it is so important for people to talk to each other and make plans before this happens.

To help people plan more, and stress less, we have created a toolkit of resources that we hope will be useful. This includes information sessions and checklists to help you get organised, as well as a plan to work out how you'd get home from hospital. We also look at some of the legal process and support that is available for those who care for you.

Even if you and those you support are perfectly healthy just now, you can still use these tools to help plan for the future! You can find the full toolkit on [our webpages](http://www.nhsggc.scot/planningcare).

ACP Website: www.nhsggc.scot/planningcare



Your Guide to Training



Focused Fundamentals

Clinical Portal Walkthrough: 1/2 Hour

We'll show you how to access and upload a Future Care Plan (also known as an Anticipatory Care Plan) to Clinical Portal. We'll walk you through and highlight information perhaps you never thought to add.



Rockwood Clinical Frailty Scale

The Rockwood Clinical Frailty Scale can be a useful way to help identify frailty. This **45 minute** session which covers when it might be appropriate to use the tool, what each level means and where to record the information.



Power of Attorney: 1/2 Hour

A Power of Attorney is the only legally recognised way to ensure a trusted family member or friend is legally empowered to oversee your affairs but knowing how to go about it and what's involved can be confusing. Learn what it is and why it's important.



New Developments

- DNACPR
- What is Future Care Planning - '1/2 hour intro'
- Rebranding courses to better reflect the content and level of learning
- More in the pipeline - watch this space!

In 2024 we will be hosting sessions at various times to suit all rotas. We believe when you start and finish a shift shouldn't impact your opportunities to learn and are determined to make our learning as accessible as possible!



Future Care Planning e-module on SWAY

Think. Talk. Plan.



Helping you plan for the future.

For information on all training and future dates, keep checking the [Training Hub](#)

We can also deliver training direct to your Team - email us.

What You Say ...

• Rockwood Clinical Frailty Scale

This training was well delivered. It was easy to follow and used clinical examples which is relevant then for staff who are using the Rockwood Frailty Scale.

• Power of Attorney

Information was well presented and easy to understand. Trainer was clear and fluent. Totally knowledgeable about the topic. Excellent half hour well spent.

• Refresher Session (1 hour)

It summarised the processes we need to know to complete an ACP and how we'd go about doing this. I felt it was all relevant to me in my role and will be useful going forwards.

• Communication Skills (2.5 hours)

Very comprehensive, enjoyed the case study plus additional pointers on broaching discussion. Use of DISCUSS. very practically useful.

Visual demonstration of clinical portal - where and what information to record.

End of Life Aid Skills for Everyone

EASE
END OF LIFE AID SKILLS
FOR EVERYONE



In 2023 we were delighted to host 3 EASE cohorts. We are planning our 2024 schedule just now, so if you are interested in attending, then [join our waiting list](#) to be the first to hear when new dates are release!

More Info on the [EASE Course](#)