



Education Newsletter



July 2024

New Starters

All our new starters Alice, Dorota, Heather, Sam, Emma M, Leigh and Emma H have completed their induction and are now working on team.

Well done to all the new starters you have worked really hard to complete all the required elements of the induction and are all settling in beautifully to the team. Thank you everyone for making them feel welcome and helping them integrate into the team.



Students

Martina and Vicky remain with us for another couple of weeks and we also welcome back Sian who will be joining us for a couple of weeks. We will have a new student Catherine who is a children's nursing student on an elective placement from Nottingham University starting placement at the end of July.

Education News

Education Compliance

Clinical competency compliance is at 97% and ELearning compliance 95% WELL DONE EVERYONE!

In recognition for the large amount of competencies to complete for the clinical care team, we are again rewarding 100% compliance with an entry into a draw to win a prize. We will be doing this monthly and those who are fully up to date with their competencies will be entered each month.

Professionals' day

Last month Professionals day was well attended and visiting professionals learned all about Derian House and the amazing services we provide for our babies, children, young people and their families.

Thank you to all the speakers on the day, it is very much appreciated- The professionals particularly enjoyed their music and movement session with Claire V O who got them up doing Zumba, sensory massage and parachute games.





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July Training Diary

There will be an Advance Care Plan Awareness session on MSTeams with Anna Oddy on July 26th at 1pm- please email clinical education for the link if you would like to attend.

The education team will be putting on ad hoc palliative care training as staffing allows for attendance- please see the care team diary for more information.

There is a student supervisor and assessor training session on MSTeams at 6pm on 16th July- this is an essential update for nurses- please email clinical education for the link if you would like to attend.

The Nasogastric tube management training has been going very well! More dates will be in the diary for the 1 hour long theory and simulation sessions using the new sim dolls used for practicing this skill. Thank you to Liv for being a willing volunteer for Charlotte to practice!



Awareness Days

July 1st – July 31st Sarcoma Awareness Month 2024

Sarcomas are rare cancers that develop in the muscle, bone, nerves, cartilage, tendons, blood vessels and the fatty and fibrous tissues. They can affect almost any part of the body, on the inside or the outside.

There are three main types of sarcoma: soft tissue sarcoma, bone sarcoma and gastrointestinal stromal tumours (GIST).

Sarcomas make up 15% of all childhood cancers (0-14 years) and 11% of all cancer diagnoses in teenagers and young people (15-24 years)

July 3rd National Bereaved Parents Day 2024

National Bereaved Parents Day will take place on Wednesday the 3rd July to raise awareness for all parents who have lost a child of any age, and from any circumstance. The day aims to bring together anyone affected by the death of a child to show bereaved parents that they are not alone.

This year's theme is "Love Lives On"

July 7th Thank You Day 2024

'Thank you' - These are two words that have the power to transform our health, happiness, performance, and success. Research tells us grateful people are happier and more likely to maintain good friendships. It reduces stress, improves our sleep, and floods our bodies with endorphins that energize us.

Gratitude and appreciation are also essential for a healthy work environment. In fact, the number one reason why people leave their jobs is that they don't feel appreciated. A simple thank you and a show of appreciation can make all the difference.

Please utilise the Thank You Board in the dining room to say 'thank you' or 'well done' to your colleagues.

July 1st – July 7th Create Week 2024

Creativity is a human need and everyone should have access to the life-enhancing power of the creative arts. Create Week is a week-long celebration of creativity and its importance for the wellbeing of individuals, organisations and society as a whole.



FOCUS OF THE MONTH

Pain



Pain is an unpleasant sensory and emotional experience. No two people feel pain the same way, even if the reasons for their pain are alike. Pain is a highly personal experience and a person's report of their own pain is the best measure. Pain can feel mild or severe. Pain can include pricking, tingling, stinging, burning, shooting, aching, or electric sensations.

In July 2020, The International Association for the Study of Pain (IASP) revised the definition of Pain as follows:

- An unpleasant sensory and emotional experience associated with, or resembling that associated with, actual or potential tissue damage," and is expanded upon by the addition of six key notes -
- Pain is always a personal experience that is influenced to varying degrees by biological, psychological, and social factors.
- Pain and nociception are different phenomena. Pain cannot be inferred solely from activity in sensory neurons.
- Through their life experiences, individuals learn the concept of pain.
- A person's report of an experience as pain should be respected.
- Although pain usually serves an adaptive role, it may have adverse effects on function and social and psychological well-being.
- Verbal description is only one of several behaviours to express pain; inability to communicate does not negate the possibility that a person experiences pain

There are different types of pain and understanding what pain a person is experiencing will help professionals to manage. Furthermore, it will help to guide prescriber's to medicate effectively with targeted analgesics.

Chronic Pain

Pain that is frequently felt and lasts over 6 months. Children who experience chronic pain may accept higher pain scores without requesting intervention.

Acute Pain

Pain that lasts for minute(s), hours, a few days or months.

Neuropathic Pain

Pain due to nerve damage and other parts of the nervous system. It is usually described as stabbing, burning, shooting or sharp pain. It can also affect sensitivity to touch and cause someone to experience difficulty feeling hot or cold sensations.

Nociceptive Pain

Pain due to damage of the body tissues. It is often described as throbbing, sharp or achy. Simple analgesics and opioid are often used to treat nociceptive pain.

Background Pain

The symptom is there all/most of the time.

Breakthrough Pain

Is the symptom mostly controlled but 'breaks' through at times without the patient doing anything.

Dose and failure?

Does the symptom come back before the next dose of medication is due.

Incident Pain

The symptom occurs when the patient is doing something. e.g. moving

It is also important to use your assessment of the effectiveness of pain relief administered in order to identify these concepts and adjust symptom management plans accordingly.



The concept of total pain explains that pain is not just influenced by our physical experience, but by our social, psychological and spiritual experiences too. For example, think about when children fall over and cut their knees we can usually comfort them, but if they see blood and a big wound it is made so much worse or if another person was to react they would get scared.



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MEDICINE of the month Tramadol

Why is it used?

Tramadol hydrochloride is most commonly used for moderate to severe pain. This medication can be used for chronic or acute pain. It is a weak opioid with non-opioid analgesic actions.

* The WHO now advises there is insufficient evidence to make a recommendation use of weak opioids in children and recommends moving directly from non-opioids to low dose strong opioids for the management of moderate uncontrolled pain in children*

Dosage

By mouth, subcutaneous, intramuscular or slow intravenous injection:

- Child 4-11 years: 1mg/kg/dose every 6 hours. Maximum 50mg/dose. Increased if required to 1.5mg/kg/dose every 6 hours and then to 2mg/kg/dose every 6 hours. Maximum 100mg/dose
- 12 years and over: Initial dose of 50mg every 4-6 hours. Increase if necessary to a maximum of 400mg/day given in divided doses every 4-6 hours. Total daily dose can also be given as a continuous intravenous or subcutaneous infusion/24hours.



Side effects

Side effects include diarrhoea, retching, fatigue and paraesthesia. Risk of respiratory depression may be increased in children or young people who are obese or have conditions such as obstructive sleep apnoea or severe lung disease, or who are ultrarapid metabolizers of the drug. However, it causes less constipation and respiratory depression than the equivalent morphine dose.

References

- Association for Paediatric Palliative Medicine Formulary: 6th Edition 2024 (Tramadol) page 229-230.
- NICE(2024) BNFC. Tramadol Hydrochloride: <https://bnfc.nice.org.uk/drugs/tramadol-hydrochloride/>