Future relevance The project evolves on an annual basis with a different activity inside. There is a potential for future collaborative developments but these will be dependent on funding. Post is currently funded by Macmillan Cancer Support.

P-39 ENABLING YOUNG PEOPLE TO EXPLORE THEIR UNDERSTANDING OF DEATH THROUGH DRAMA

Sarah Popplestone-Helm. *St Richard's Hospice, Worcester, UK.* Daniel Morgan

10.1136/bmjspcare-2016-001245.63

"Give sorrow words; the grief that does not speak knits up the o-
er wrought heart and bids it break." – William Shakespeare, Mac-
beth Act IV Scene III

The hospice received funding from the local Clinical Commis-
sioning Group to support schools in South Worcestershire. The
aim was to enable a more balanced and healthier view of death,
dying and bereavement within the school environment.

Using part of this grant the hospice worked in partnership
with a local senior school, to develop Year 11 pupils' knowledge
and understanding of death and bereavement through drama;
they planned to produce an assessed performance for their
GCSE.

Fifteen Year 11 pupils visited the hospice; they had a formal
talk on hospice work and met with a bereaved person and asked
questions regarding the family's experience. A comprehensive
tour of the building gave them insight into the work undertaken
and of the environment.

During the visit, they wrote down one word describing their
expectations. They were asked to repeat the exercise at the end
of the visit. It was clear that their expectations were different
from the reality of hospice work.

The final production included stories that the pupils had heard
whilst at the hospice, the wedding of a patient, the creation of a
memory box for a child, the importance of honesty and trust. All
of these themes were explored through drama in a sensitive and
informed way.

This has become an annual event. This year's cohort of drama
students will be considering the Hospice Care Week on 'Connect-
ing Care'. The potential for an increased understanding of death
within the younger generation is crucial to the demystifying of
hospice work. A more balanced and healthier view of death,
dying and bereavement is to be encouraged.

P-40 'MEMORY IS THE SCRIBE OF THE SOUL' (ARISTOTLE): PATIENT WELLBEING AND THE HOSPICE POET

Phil Isherwood. *Bolton Hospice, UK*

10.1136/bmjspcare-2016-001245.64

A hospice poet will present his distinctive approach to writing
poetry which has been developed over five years, writing poetry
based on conversations with, and the creative artwork of, hospice
patients. His creative PhD research at the University of Bolton
has established specific working methods as a writer, producing
over 200 poems, and identified particular qualities in poetry of
special value relating to transcendence, wonder and otherness.

Support for the approach will be presented with particular
reference to narrative identity and creativity, utilising the potential
of poetry to provide a creative work based on a patient's own life.
This will be argued as supportive to personal significance and iden-
tity, valuable to patient wellbeing and as memorial art and legacy.

Furthermore the poet, and the poetry produced, supports the
hospice principle of 'being with'. Particular aspects of creativity
and mystery will be highlighted as a way to access transcendence
– arguing value for such creative representation of a patient's life
at a time when a more simplistic presentation of meaning and
understanding may prove inadequate. Examples of poetry will be
used relating to personal narratives, to creative work by patients
and also work based on patient 'memory boxes'.

Further key issues will be raised regarding the role of the poet
and the case made for this approach to be fully accepted as psy-
cho-social support and integrated within the end-of-life care aims
regarding a 'good death'. The approach is especially appropriate
for volunteer and community partnerships to strengthen the crea-
tive and different side to hospice care and patient wellbeing.

P-41 EVALUATION OF AROMA STICKS FOR ANXIETY AS AN EXTENSION OF AROMATHERAPY TREATMENT

Sharon Penny. *Princess Alice Hospice, Esher, UK*

10.1136/bmjspcare-2016-001245.65

Background Anxiety is a common problem within palliative care
whether with a cancer diagnosis or other life- limiting disease.
We wanted to look at how patients could have autonomy to
relieve anxiety in a non-medical way. We were aware other hospi-
ces and hospitals were using aroma sticks with good effect (Dyer
et al., 2013).

Aim To explore the impact of aroma stick use on patients'
anxiety.

Method Patients were selected by the multi-disciplinary team.
Subject to consent, patients were asked to complete a question-
naire asking them about use of aroma sticks (whether they used
them, what they liked or disliked about them and what benefit
they may have felt). A visual analogue scale (0 = calm and 10 =
panic) explored patient anxiety level. Patients could choose a
preference from four blends of essential oils. The patient was
then instructed how to use the aroma stick when they were feel-
ing anxious at baseline. Then at seven and 14 days the patients
repeated the questionnaire and anxiety scale. We aimed for a
minimum of 10 patient completed questionnaires.

Results 26 patients took part, six were lost to follow up. Seven
key themes were highlighted the top three being; 71.4% felt
more relaxed; 57% felt stress levels reduced; and 50% felt mood
had improved and felt better able to cope. The ease of use and
the fact the aroma stick was small enough to keep on their person
was a contributing factor.

Conclusion Following the results of these findings, we are using
aroma sticks as an extension of our aromatherapy service across
our patient base for anxiety, nausea, and breathlessness. The most
important finding was the patient's autonomy to help them with
a non-medical intervention.