Woodlands Hospice hosts a weekly Joint Pain and Palliative Care clinic in collaboration with Aintree University Hospital and The Walton Centre. The service would qualify as a tertiary service as described by the Faculty of Pain Medicine’s framework for cancer pain management (2019). The Walton Centre offers a range of interventions and is one of only three centres in Britain offering percutaneous cervical cordotomy and patients frequently attend from a distance for this procedure.

This audit was borne of a concern that we were unable to help some patients due to their short prognosis and lack of fitness for procedures or because they had died prior to assessment. It is a prospective audit of all referrals to the service and the outcome of the referrals over a six month period.

Out of 43 referrals, seven patients died or were too unwell to attend for assessment within days of the referral being received. Most patients who were able to attend were offered an appointment between one and four weeks from the referral. A further seven patients were assessed by phone as unsuitable for intervention due to short prognosis, poor performance status or their pain being too diffuse to be helped by an intervention and were spared a fruitless journey to clinic.

This audit highlights that referrals often come too late for the service to be of benefit and we must investigate the reasons for this, whether it be a lack of awareness of availability of procedures or reluctance on the part of patients to consider interventions. We plan to survey our local referrers and provide education about procedures and develop a pain MDT in the first instance and repeat the audit once these measures are in place in order to maximise the number of patients who may benefit from the service.

Background Falls cost the NHS approximately £1.5 billion per year. Up to one in three over the age of 65 fall each year (Age UK, 2010). Increasing ageing population will continue to exacerbate this. It has been predicted (Chartered Society of Physiotherapy, 2015) that local investment to physiotherapy services could lead to 1283 fewer falls which can lead to approximately £2,121,757 cost savings for the locality. Collaborative working enabled two members of staff to be trained as Otago instructors. Otago, founded in New Zealand is an evidenced based programme looking at strength and balance exercises, which has shown to significantly reduce the risks of falls and injuries (Thomas, Mackintosh, Halbert, 2010).

Aims To deliver a 12-week Otago course for people with long term life limiting conditions, reduce the risk of falls, provide interactive exercises for balance and strengthening and gain peer support and improvements to mental health and well-being in the process.

Method A comprehensive supervised once a week programme plus home exercise programme was set up following the Otago principles. The patients received an informative theoretical session on falls prevention. Standardised objective measures including the timed up and go, sit to stand in 30 seconds, unsupported stand and tandem stand were taken before and after the 12 week course. Qualitative feedback was also gained through the local views on care questionnaire.

Results Ten patients were recruited and eight completed. Two patients had to stop the course due to various other commitments. 50% patients improved their sit to stands. 100% improved in the timed up and go. Tandem stand and unsupported stand was achieved by 100%. The subjective feedback was all very positive.

Conclusion The Otago course had a positive impact on patients over 12 weeks. This will likely lead to a reduction in any falls and subsequent costs on healthcare provision and increase in quality of life.
Conclusions Our approach has demonstrated a significant reduction in the number of falls without impacting on patients’ independence. Quality of life and increased confidence in patients and staff is marked. We have seen a culture change within our team, where all falls and near miss falls are treated with the same importance.

Background Creating individualised playlists for people living with a dementia has positive benefits including the reduction of behavioural and psychological symptoms (Bowell & Bamford, 2018; Abrah, Rimland, Trotta, Dell’Aquila et al., 2017). Playlist for Life is a charity which is committed to making such playlists easily accessible for all and believes that music which is meaningful can help people with dementia to reconnect with those important to them. As hospices across the UK have been urged to build skills needed to support people with dementia (Hospice UK, 2015) we decided to implement Playlist for Life within our inpatient unit as a creative way of offering support to patients and their families.

Aims
- To enhance person-centred care offered to people with a dementia and their families;
- To use personalised playlists as a therapeutic tool to enrich connections between patients, families and staff.

Methods A practice development approach using collaboration, inclusion and participation (Manley, Parlour & Yalden, 2013) was used throughout including:
- A dementia/cognitive impairment multi-professional group to oversee the project;
- Working with Playlist for Life to support the development of our project;
- Working with non-clinical departments to secure funding (Tulip Charitable Trust and J. Murray Napier Fund) and equipment;
- Reflections on practice with the Hospice Practice Development Facilitator and clinical staff;
- Written reflective accounts of all episodes of practice;
- 1:1 and small group sessions with clinical staff.

Results Although our initial aim was to work with people with a dementia, we have also worked with people with other forms of cognitive impairment and with no cognitive impairment. Using Playlist for Life has:
- Enabled life story telling and reminiscing;
- Supported the management of breathlessness and anxiety;
- Increased sense of wellbeing;
- Supported advance care planning;
- Been a legacy for family members.

Our next steps are to:
- Continue to establish an evidence base in a hospice setting through further evaluation
- Establish referral criteria.

Conclusion Individualised music playlists are an effective therapeutic tool in a hospice setting.