

## Education Session 6 June 2022

This training covered the differences between palliative and end of life care and went through the Five Priorities of Care for the Dying Person; Recognising Dying, Communication, Involvement, Support, Plan and Do.

Key learning points included:

- The importance of acknowledging that someone is likely to be in their last year of life to enable them to make decisions and plan accordingly
- What typically happens when someone is in the dying phase – physical and other changes to be aware of
- Different types of Advance Care Planning – from medical and legal documents to bucket lists!
- The importance of language and using the “D” words – death, dying, deceased and dead

Many thanks to all who attended – great to have such a well engaged group with so many relevant observations and questions!

### Further reading:

- [Listen: How to Find the Words for Tender Conversations by Kathryn Mannix | Goodreads](#)
- [With the End in Mind: Dying, Death, and Wisdom in an Age of Denial by Kathryn Mannix | Goodreads](#)
- [Talk CPR - Discuss DNACPR - Talk CPR](#)

### Further watching:

- Deborah James “We tired absolutely everything”: [BBC Radio 5 live - You, Me and the Big C: Deborah James' Last Dance | Facebook](#)
- Kathryn Mannix “Dying isn’t as bad as you think it is”: <https://www.youtube.com/watch?v=CruBRZh8quc>
- BBC breakfast interview with Kathryn Mannix: [https://www.youtube.com/watch?v=vJeRw1Wki\\_c](https://www.youtube.com/watch?v=vJeRw1Wki_c)
- Taste for Pleasure: [https://www.youtube.com/watch?v=79MCXj\\_0Is](https://www.youtube.com/watch?v=79MCXj_0Is)

### Worth a follow on Twitter:

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Slides from the session are on the microsite.