

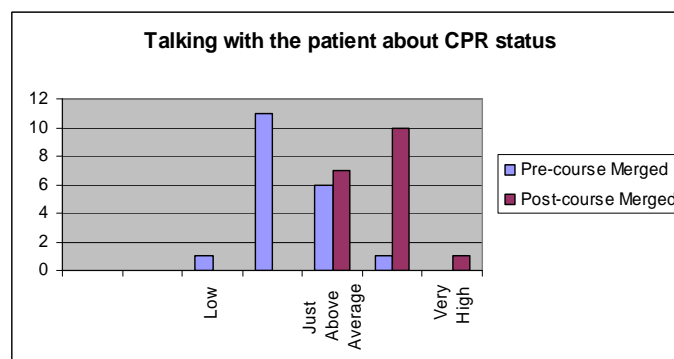
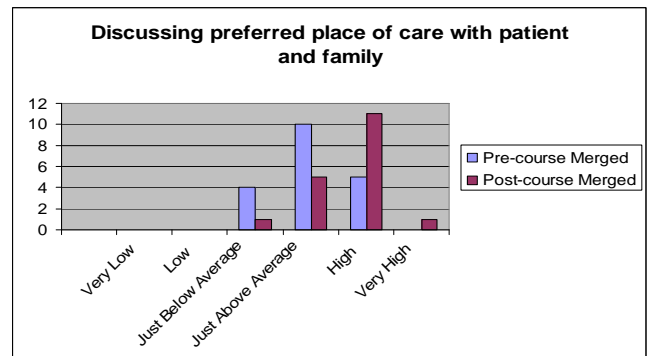
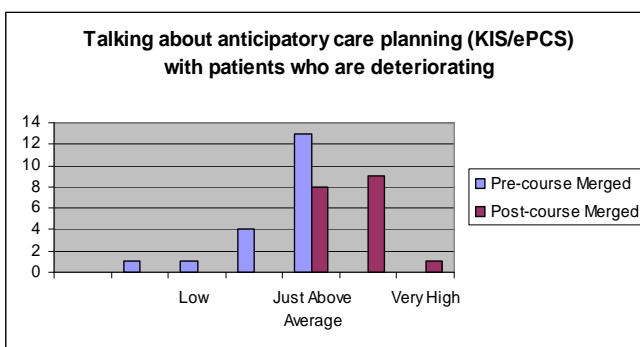
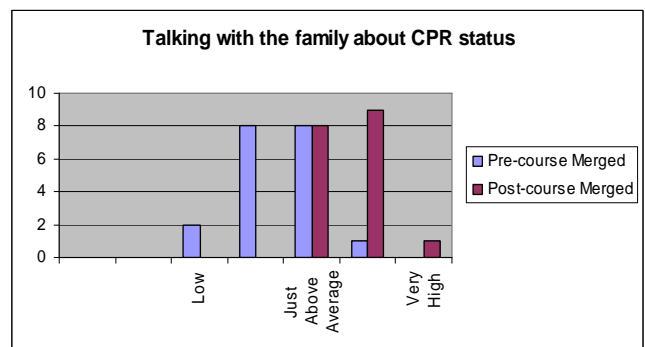
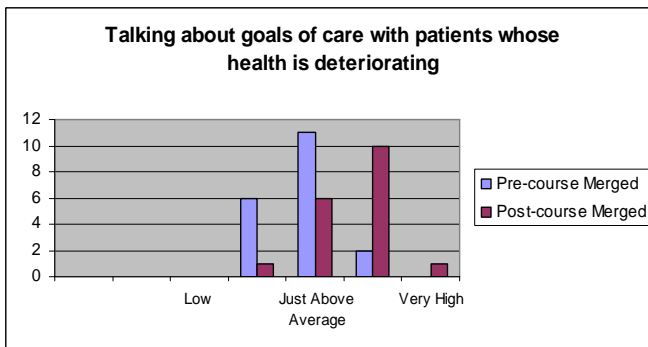
Discussing goals of care, DNACPR, and other end-of-life topics

Following a successful interactive workshop for senior GPs in 2013, Macmillan Cancer Support sponsored two similar workshops in Edinburgh in May and August 2014.

19 participants attended one of two advanced communication workshops. The GPs agreed an agenda at the start of the workshop based on relevant situations from their own practice. These included:

- Discussions about CPR and end of life with patients who have heart failure or COPD
- Starting discussions with frail elderly patients who want to wait and see not plan ahead
- Talking with patients/ families with unrealistic expectations about likely prognosis and who do not want to talk about stopping treatments or CPR
- Patient discharged with DNACPR form and patient/ family now wants it removed
- Patient and family requesting CPR when it will not work
- Family conflict about goals of care; handling strong emotions – anger, denial, distress

Participants completed online evaluations before and after their workshop



Comments from the participating GPs

'I think the workshop was at a very high level which meant all those involved, even those who were very skilled improved.'

'The focus on role play simulation gave me a very real idea of how to manage situations like those. It also made me realise how much I have got to learn, but that improvement is possible with practice and awareness of how I communicate.'

'Having to actively role play was really helpful. Observing others and receiving the feedback myself was challenging but very helpful.'

'Excellent course I would recommend to others. Role play was helpful and it was an encouraging and non intimidating atmosphere.'

'I particularly liked that the scenarios are based on people's real experiences'

'It was valuable to be with other GPs on the course as we shared a common understanding and approach to the challenges of palliative care.'

'It's reassuring to know we all struggle with the same things, and it's nice to pick up tips and techniques from others; but role playing the patient really gives a completely new take on difficult discussions where you realise that - while conversations are difficult from the doctor's perspective - the skills we all use have a powerful impact on the patient, to a degree I hadn't appreciated.'

'I think it's important to emphasize that not all interactions around these difficult topics will be positive and that it is possible to 'try out' different techniques in day to day work to help improve technique.'