Palliative End of Life Care in Prisons ECHO Network

Curriculum Setting Session

17 October 2022

www.hospiceuk.org
Network Recording Declaration

During this ECHO session discussions will be recorded so that people who cannot attend will be able to benefit at another time. Filming is regarded as ‘personal data’ under the Data Protection Act 2018 General Data Protection Regulations (GDPR), under that law we need you to be aware that:

• This Data will be stored with password protection on the internet.
• This Data will be available for as long as your network continues to meet and will then be taken down from the internet and either stored securely at the Superhub or deleted.

Your ongoing participation in this ECHO session is assumed to imply your agreement to the use of your data in this way.

If you are NOT willing for your data to be used in this way, please LEAVE the session at this point.
<table>
<thead>
<tr>
<th>Time</th>
<th>Item</th>
<th>Presenters</th>
</tr>
</thead>
<tbody>
<tr>
<td>14:00</td>
<td><strong>Introductions</strong></td>
<td>ECHO Hub Team</td>
</tr>
<tr>
<td>14:10</td>
<td><strong>Overview of Project ECHO</strong></td>
<td>Ruth Gray, Clinical Lead in Prison Dentistry Clinical Lead in Quality Improvement for South Eastern Health and Social Care Trust</td>
</tr>
<tr>
<td>14:30</td>
<td><strong>Curriculum Setting</strong></td>
<td>All</td>
</tr>
<tr>
<td>16:30</td>
<td><strong>Close</strong></td>
<td>Ruth Gray, Clinical Lead in Prison Dentistry Clinical Lead in Quality Improvement for South Eastern Health and Social Care Trust</td>
</tr>
</tbody>
</table>
Overview of Project ECHO

Ruth Gray
Clinical Lead in Prison Dentistry
Clinical Lead in Quality Improvement for South Eastern Health and Social Care Trust
ECHO™ – Extension of Community Healthcare Outcomes

Not for profit international movement to improve knowledge and care by gathering a community of practice together on line, for learning and support, with the goal of improving decision-making by collaborative problem solving.

Principles of the ECHO Model

A
Amplification - Use Technology to leverage scarce resources

B
Share Best practices to reduce disparity.

C
Case-based learning to master complexity

D
Web-based Database to Monitor Outcomes

When all the principles are applied, a learning community in which All Teach and All Learn comes together
The Opportunity of ECHO networks
6 C’s

1. Convening: creating spaces where people want to come together to learn and share

2. Combining: ensuring sufficient diversity without losing focus and creating bridges between different worlds

3. Capability-building: championing change methods and process and helping people translate their ideas into practical actions that add value

4. Coaching: providing support and mentoring to help guide and steer change leaders and ideas

5. Co-ordinating and connecting: enabling networking and links inside the community and beyond to external partners

6. Community-building: creating a supportive peer group and a context which enables co-operation and sharing
# How does ECHO differ from a webinar?

## Webinar
- Online meeting/presentation
- Unidirectional flow of information
- Single expert providing opinion
- Predetermined curriculum & schedule set by lead
- Usually one-and-done, or time-limited/specific

## ECHO
- A movement with an ethos & methodology
- Multidirectional flow of knowledge: encourages learning loops where *everyone is a teacher, everyone is a learner*
- Based on real-time experiences
- Curriculum, schedule & frequency determined guided by learners
- Builds a ‘Community of Practice’ and a safe space to learn and share
**The Role of Project ECHO in Creating Adaptive Spaces to Support Mental Health and Wellbeing in N. Ireland Prisons**

Ruth Gray, Chris Jenkins, Helen McNally, Tracey McTernaghan, Max Watson

**Aim:** To Evaluate the Impact and Potential of an Inter-Organisational Community of Practice in a Prison Setting.

**Evaluation Methodology**
- The Prisons Healthcare Network was evaluated using a Mixed-Methods and Pragmatic Approach.
- Involved interviews with Network Leads and Participants
- Inductive Thematic Analysis (Braun and Clarke 2006)

**Self-Harm Framework**
Following the ECHO Sessions an inter-organisational workgroup focused on the learning discussion and innovation.

**Collaboration**
- Share Best Practice
- Collaborative Problem Solving
- Co-design of Pathways
- Understanding Complexity
- Link with 2 Care Experts

**Connection**
- Understanding of Roles
- Recognition of Commonality
- Space for Tension in Organisational Approaches
- Enabling Reflective Listening
- Connecting Across Prison Sites

**Impact on Staff**
- Camaraderie
- Visible Transparent Leadership
- Time for Reflection
- Building in Confidence
- Tacit Knowledge Exchange

**Change in Practice**
- Cultural Shift to Focus on Lived Experience
- Partnership Approach to Training
- Introduction of Safety Planning
- Development of Self-Harm Matrix
- Support for SPAR EVO

**Creating Space for Inter-Organisational Understanding can Lead to Changes in Practice that Influence a Whole Prison Approach to Providing Better Care.**
The Fundamentals of ECHO Ethos & Methodology

1. All Teach All Learn
2. Community of Practice
3. Spoke and Hub
4. Trained Facilitation
5. Adult learning-loops.
6. A safe space to learn and share
7. Dedicated IT support
8. Dedicated Administration support
Web-Based Library of Resources for Network

Participants register to join and then have access to a resource centre after each session held. This includes recorded presentations and slides.
Evaluation

THE Bereavement Collaboration ECHO Network

Background: Following a highly successful focused ECHO for bereavement service managers during the pandemic, this ECHO was created to improve knowledge and service practice for those working in bereavement from a range of backgrounds.

Network: ECHO

- 7 ECHO sessions
- 25 average participants
- 13 education & case presentations

Key Evaluation Findings

- 78% agreed participation increased their knowledge of service initiative across other services/teams.
- 78% knew how to share their learning with all members of their team or service.
- "Good to hear of other service initiatives and the tool used. Great to think about how to help develop and make organisational service." 
- "Begin discussion with the team on the importance and appropriateness of assessment tools to support work with bereaved people.
- 100% would participate in this network again.
- 84% agreed participation helped to feel more supported in role.
- 75% implemented learning gained into practice.
- 49% agreed case study learning made the focus for discussion an impactful way of learning.
- 95% would recommend placed ECHO as a useful learning tool to others.
- 100% found the topics covered were relevant to their role.
- 95% found the quality of the ECHO sessions as high or very high.

What was most useful?

- "Great to be able to hear about practice happening across the country and give idea, but also consider what services we offer."
- "Learning something useful at every session from guest speakers, learning members from candid about obstacles they are facing."
- "It is so useful to hear what other hospices are doing and has helped me to problem solve and think differently about certain issues."
- "Meeting all the wonderful practice that is taking place and networking/sharing practice and ideas."

www.hospiceuk.org
Palliative End of Life Care in Prisons
Rationale for the Network

Leads

• Maggie Bolger, Specialist Adviser (Specialist Care) - Older Prisoners & Operations - Transforming Delivery in Prisons, Ministry of Justice.

• Maria O’Neill, Clinical Nurse Specialist in Palliative Care for Health and Justice System.

• Dr Annelise Matthews, Consultant in Palliative Medicine and Specialist in Prison Palliative Care.
YOUR Objectives

Joining Breakout Rooms...
Breakout Room 1
It may take a few moments.

6 Minutes

What is important to you?

What do you want to achieve by attending this ECHO network?
YOUR Objectives

Join at: vevox.app
ID: 121-539-302

www.hospiceuk.org
YOUR Objectives

• Please list your THREE key hopes that you would like to achieve through attending this ECHO network.
ECHO Day & Time

Website: Vevox.app

ID: 121-539-302

- Frequency – every 6 weeks?
- 90 – 120 minutes?
- Day of Week?
- Time of Day?
- Next session date 29 November (PM)
Curriculum Topic Setting

What are the 3 key topics that you would like on YOUR curriculum?

Joining Breakout Rooms...

Breakout Room 1
It may take a few moments.

15 Minutes
Curriculum Topic Setting

Join at: vevox.app
ID: 121-539-302

www.hospiceuk.org
Palliative End of Life Care in Prisons

<table>
<thead>
<tr>
<th>Date &amp; Time</th>
<th>Curriculum/Education Topic</th>
<th>Educator</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

www.hospiceuk.org
Case Discussions…Why?

• Learn most from the real and from the specific

• Peer to Peer learning most effective

• What participants in ECHOs across the world say is the most practically useful part of virtual sharing and support
What Next?

Create Palliative End of Life Care in Prisons ECHO Programme;

- Your Curriculum topics

- Evaluation proposal for how you will assess how well you achieve your objectives.

- Circulate to you all within a week and confirm within 10 days.

www.hospiceuk.org
Next Session:
29th November (PM)
REMINDER

• Register before you go to receive Certificate of Attendance
• GDPR
• Changing meeting IDs - Keeps everyone safe
• Keeping Cameras on in meetings

THANK YOU