

Grampian Palliative & End of Life Care Network Professional Conference

Wednesday 19th November 2025
The Aberdeen Altens Hotel



08:30	Registration & Refreshments	
09:00	Welcome & Introduction Julie-Anne Stuart & Elspeth Aspinall, Grampian Palliative and End of Life Care Network Clinical Leads	
09:10	National Strategy Launch Julie-Anne Stuart & Elspeth Aspinall, Grampian Palliative and End of Life Care Network Clinical Leads	
09:25	Renal Supportive Care Dr Kirsty Thorpe, Consultant in Palliative Medicine	
10:00	Case study: Living with Advanced Chronic Lung Disease Mr Joe Craggs, Physiotherapist, Pulmonary Rehabilitation Dr Katja Neuman, Psychologist, Respiratory Team Ms Lucy Stark, Specialist Physiotherapist, Oxygen Team Dr David Miller, Respiratory Consultant Ms Elaine Ryrie, Community Macmillan Nurse	
10:45	Networking & Refreshments	
11:15	Diabetes at End of Life Jacqui McGillivray, Senior Diabetes Specialist Nurse and Liz Hall, Diabetes Specialist Nurse	
12:00	Workshop Session 1	See following pages for details
12:45	Lunch - A three-course hot buffet lunch will be provided	
13:45	MND Matters - Advances in the Care of People Living with Motor Neuron Disease Susan Stewart, Senior Clinical Nurse Specialist for Motor Neuron Disease	
14:20	Workshop Session 2	See following pages for details
15:10	Clinical Snapshots: Insights from Advice Calls to Roxburghe House Dr Lucy Cogdell, Palliative Medicine Consultant	
15:50	Closing Remarks	

[CLICK HERE TO REGISTER](#)
[For enquiries contact gram.mcn@nhs.scot](mailto:gram.mcn@nhs.scot)

This meeting has been sponsored by the purchase of exhibition stand space by TBC None of the companies have had any involvement in the agenda, speaker selection or content. Please note that the exhibitors will be present with promotional stands.

2025 Grampian Palliative & End of Life Care Network Professional Conference Workshop Brochure

WORKSHOP A: KIND AND COURAGEOUS CONVERSATIONS AROUND FUTURE CARE PLANNING, DEATH AND DYING

Dr Elspeth Aspinall, Joint Strategic Lead for Grampian Palliative Care MCN, Katy Styles, Clinical Lead for Realistic Medicine, and Dr Stephen Friar, Critical Care Consultant

This workshop offers a taster session on Future Care Planning and it helps deliver Realistic Medicine. It will explore practical approaches to having kind and careful conversations about deterioration, death and dying—making it easier to do the right thing. Participants will leave with ideas and tools to support compassionate, person-centred conversations.

WORKSHOP B: PRACTICAL ADVICE ON SYRINGE PUMPS (PALLIATIVE CARE)

Nicki Bisset, Clinical Nurse Specialist

This interactive session will focus on how to set up, and run, a syringe pump. Those choosing to attend may not deal with syringe pumps on a regular basis and simply want a refresher along with an opportunity to practice. The session will close with a group discussion on how to problem solve common issues that can arise.

WORKSHOP C: ORAL CARE – BEST PRACTICE

Rebecca Jacobs and Shirley Beattie, Oral Health Team Leaders, Aberdeen Health Village

A healthy mouth is important for eating, speaking, socialising and for our physical and mental wellbeing. It is important that we are all equipped with the knowledge, information and confidence to care for the mouths of individuals in our care. In this workshop we will look at the wide range of oral health resources that can make an individuals mouth more comfortable during Palliative and End of life Care.

WORKSHOP D: EASE (END OF LIFE SKILLS AID FOR EVERYONE) IN GRAMPIAN

Kirsten Cassidy, EASE Facilitator

End of Life Skills Aid for Everyone (EASE) is a free course for members of the public in Scotland who want to be better equipped to help friends or family who are caring, dying or grieving. The workshop will give an overview of the course, progress of rollout in Grampian and plans for the future.

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WORKSHOP E: "HONEST CONVERSATIONS" – SHARING EXPERIENCES IN A SCHWARTZ ROUND

Dr Helen Moffat and Dr Vera Elders, Clinical Psychologists for Cancer and Palliative Care

This workshop will offer the opportunity to take part in a Schwartz Round, which have been running in the palliative team for the past 3 years with very positive feedback from those who attend.

Schwartz Rounds provide a structured, facilitated and emotionally contained space to support us as healthcare staff. Allowing us to come together as multi-professional group to discuss the emotional aspects of our work and support our capacity to deliver compassionate care, normalise strong emotions and reduce stress and isolation.

This Schwartz Round will start with two storytellers who will each share a personal work-based story for 5 minutes on the theme "Honest Conversations". The audience is then invited to share their emotional reflections and similar experiences. Participation is voluntary, although all are very much welcomed

WORKSHOP F: MANAGED PRESCRIBING / MANAGEMENT OF SYRINGE PUMP

Donna Ewan, Lead Clinical Nurse Specialist Palliative Care, Hospital Specialist Palliative Care Team

This workshop will focus on the practical aspects of prescribing syringe pumps. Attendees will be familiar with syringe pump prescribing and this workshop will aim to explore aspects of prescribing medicines administered via a syringe pump. It will include discussion around opiate choices, dose conversions, compatibilities and will hopefully allow the attendee to gain further knowledge and confidence when deciding to switch to a syringe pump. There will be opportunities for discussion and questions in relation to syringe pump prescribing.

WORKSHOP G: MESOTHELIOMA

Tracy Petrie, Mesothelioma UK CNS

This workshop will provide an overview of Mesothelioma in Scotland – what is it and what do we need to know?

WORKSHOP H: CHILDRENS SERVICES AND HOW COMMUNITY TEAMS CAN SUPPORT

Louise Esson, Diana Children's Nurse

This workshop will focus on the SOP covering children dying at home and how community teams can support.