



What are the key benefits?

- Improved delivery of high quality patient care aligned to patient choices
- More dying in preferred place – more home deaths, fewer hospital deaths
- Improved cost effectiveness by reducing hospital admissions and bed days
- Improved identification, co-ordination and earlier planning of care
- More patients with advance care planning discussions
- Workload- practice teams working ‘smarter’, making life easier and more satisfying.
- Increased staff confidence and team-working with evidence of progress made

Use of GSF Going for Gold helps you monitor and attain:

- At least 27 DH Quality Markers and all current Quality Indicators for end of life care
- Local and national targets for reducing admission and enabling home death
- Contributes to GPs’ Revalidation, audits, PDR, KSF, appraisals etc
- First step towards GSF Quality Recognition/accreditation

What does the Going for Gold Training Programme include?

- A free Introductory Session to raise awareness
- DVD, practice workbook, GSF Good Practice Guide, action plans + other resources
- Support from the National GSF Team to PCTs and local facilitators
- The After Death Analysis (ADA) audit before and after the training with feedback.
- Symptom management guidance books

Additional workshop “GSF in a Day”

Popular summary overview of GSF in Primary Care using excerpts from new training programme

Helpful for practice leads at launch of training programme - very Interactive + successful

Contact team for details

Examples of best practice – what can be achieved

GSF practices in many areas doubled the home death rates and halved hospital deaths, leading to considerable NHS cost savings. Over 1000 care homes on the GSF Care Homes Training Programme offer advance care planning discussions to all residents, they find it improves staff confidence and GP collaboration and can halve hospital deaths and admissions, leading to more dying in the care home and greater satisfaction to relatives and staff.

For more information contact
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GSF Primary Care New Quality Improvement Training Programme ‘Going for Gold’

“We’ve made great progress using GSF - but we’re not there yet!”
GP West Mids

“Every organisation involved in providing end of life care will be expected to adopt a co-ordination process, such as the GSF”
Department of Health End of Life Care Strategy 2008

Information for those interested in improving the effectiveness of GSF for Primary Care Teams in their area

The Gold Standards Framework (GSF) for Primary care is a systematic approach to improving the quality and organisation of care for all people nearing the end of life. Although most practices in the UK have adopted the basic principles of GSF to Foundation Level, most are not using it to its full potential to help deliver best possible patient care for all people nearing the end of their life. As we face radical demographic changes, there has never been a more important time to improve the primary care provision of end of life care for all patients.



The NEW Going for Gold GSF Training Programme will help you do this!

“GSF in Primary Care has become part of the fabric of improving end of life care in this country, and has already made a real difference for thousands of patients and their families. But there is still a way to go, and I welcome this new drive towards greater and deeper use of GSF, and renewed efforts towards excellence in the Going for Gold programme”
Prof Mike Richards National Director for Cancer and End of Life Care, Department of Health, England

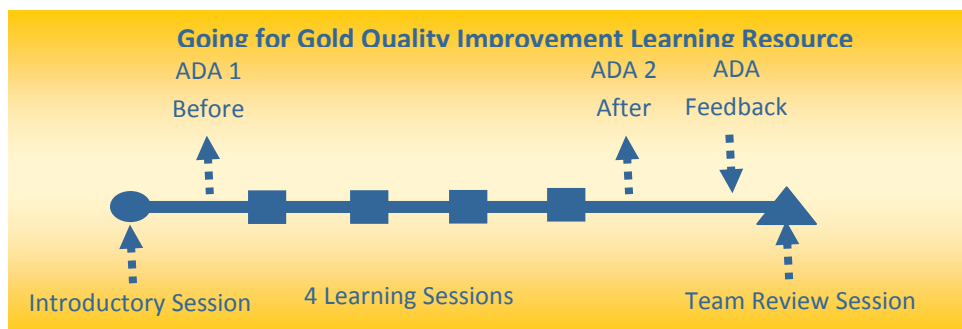
NEW GSF Primary Care Quality Improvement Training Programme

'Going for Gold'

Next Stage GSF. Building on 10 years of widespread use of GSF in primary care, mainstreamed into national policy and the Quality Outcomes Framework, there was a need to refresh and update GSF, to seek ways to enable primary care to best meet the challenge of the future. A full systematic review was undertaken, affirming the considerable success of GSF but highlighting specific gaps in consistency of use, effectiveness, equity for non-cancer patients and quality of care. In response 'Next Stage GSF' was launched in June 2009, with this new training programme leading to quality recognition/accreditation plus updated tools, resources and other new developments.



The new 'Going for Gold' GSF Training Programme is designed to give a new impetus to delivering high quality end of life care in primary care. It helps you attain local policy targets, DH End of Life Care Quality Markers, in line with the national strategies of the DH, the RCGP, RCN and Transforming Community Services. It encourages cross boundary working, linked to GSF programmes in care homes, hospitals and other areas. **Effective use of GSF enables more to live and die where they choose, and reduce hospital stays, and providing considerable value for money and cost effectiveness to the NHS.**



Step by step progress leading to excellence.

- This comprehensive step by step training programme supports best use of GSF and greater confidence in provision of care.
- Using ADA audit, reflection and action planning, this can lead to quality care for all those in the final year of life especially the frail elderly, with long-term conditions
- It includes a special **Focus on Nurses**, supported by RCN and in line with Transforming Community Services, encouraging the special role of nurses
- This is supported as best practice by RCGP and RCN.

The GSF Primary Care Training Programme: What do the sessions cover?

There are 3 learning outcomes for each session, linked to the Quality Markers, with practical illustrations and exercises to help self reflection and action planning.

Introductory Session	Awareness Raising	<ul style="list-style-type: none"> ▪ Reflect on your team's care for all dying patients ▪ Assess areas of strength and weakness ▪ Build on good practice to improve further
Session 1	Identify	<ul style="list-style-type: none"> ▪ Identifying the right patients for register ▪ Identifying the stage with needs based coding ▪ Coordinate care through effective team work
Session 2	Assess	<ul style="list-style-type: none"> ▪ Assess patients' clinical needs ▪ Assess patients' personal needs- advance care planning ▪ Assess patients' carers needs
Session 3	Plan Cross Boundary Care	<ul style="list-style-type: none"> ▪ Plan continuity of care out of hours ▪ Plan to avoid crises and hospital admissions ▪ Plan care in care homes and other settings
Session 4	Plan Care in final days	<ul style="list-style-type: none"> ▪ Plan anticipatory medication and equipment ▪ Plan care in final days e.g. using care pathway ▪ Plan support for carers and in bereavement
Team Review Session	Embed	<ul style="list-style-type: none"> ▪ Embedding and sustaining improvements made ▪ Continuous quality improvement ▪ Quality recognition and accreditation for your practice

What is required from practice teams?

- Nominate key person to run the session. Invite others e.g. your local facilitator, CNS etc
- Audit 10 patient deaths before and after the training using the online ADA audit tool
- Watch 4 one hour sessions at multi-disciplinary team meetings over 6 months
- Repeat ADA audit, receive feedback, and then follow by review meeting.
- Create and review action plans to address practice needs and demonstrate change
- Progress towards Quality Recognition/Accreditation

"The College is pleased to support GSF, as a major component of the new RCGP End of Life Care Strategy. It is clear that end of life care should be part of the core business of general practice, and GSF provides a standard against which we can measure our practice and a means to further improve it."

Prof Nigel Mathers, Chair CIRC, RCGP

"The RCN fully supports this renewed effort and determination to ensure that the GSF is implemented across the country. Nurses play a significant part in the care of people who are at the end of their life – regardless of the setting in which care is being provided – and we welcome the opportunity to contribute towards achieving a universal gold standard for all."

Lynn Young, RCN Primary Care, RCN College of Nursing