

Distress Thermometer & Problem List Training Day

Conference Room, Level 1, Bristol Haematology & Oncology Centre

Timetable

The training day will start at 13:00 and will cover the following themes. Coffee, tea and biscuits will be provided. The training day will conclude by 16:00.

13.00-13.15	1. Introductions and contact details
13.15-13.30	2. What forms does cancer distress take and how can we capture it? Introducing the DT as a holistic tool.
13.30-13.45	3. Background to the research study <ul style="list-style-type: none">• Policy context• Clinical background
13.45-14.00	4. The Research Project – Will Hollingworth <ul style="list-style-type: none">• Overview of the DiTIT research study• What will be expected of you!
14.00-14.15	COFFEE and biscuits
14.15-15.15	5. Using the Distress Thermometer – video example of using the DT – Pauline Humphrey <ul style="list-style-type: none">• Practice with using the DT&PL with the Resource Directory
15.15-15.30	6. Two examples of dealing with difficult Emotions <ul style="list-style-type: none">• Anxiety• Depression /Suicidal feelings
15.30-15.45	7. Healthcare and Caring <ul style="list-style-type: none">• Key qualities of therapeutic relationships
15.45 – 16.00	8. Ongoing support and any final questions? END