

**E-learning:
Developing & Evaluating Complex
Interventions in Palliative and End of Life Care
(MORECare Statement)**



Bringing E-learning to Palliative Care
Cicely Saunders Institute



Course funded by the MRF
Alexander Fleming Award
& Atlantic Philanthropies



Based on NIHR/ MRC
Funded Research



King's College London
Approved



CPD Approved
9 External Cat 1
CPD Credits RCP UK

**“The course explains the best
methods of designing and
conducting research that
evaluates palliative and end-of-
life care services”**

* This course booklet can be downloaded from www.tinyurl.com/MORECareCourse

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“Learn from anywhere in the world at your own pace. This course is designed to fit around your work and personal life “

About us

The Cicely Saunders Institute at King's College London is a world leading centre for palliative care and rehabilitation research and an official collaborating centre of the World Health Organisation.

Dame Cicely Saunders, founder trustee of Cicely Saunders International, worked actively for the creation of a centre of excellence housing clinical care,

research, education including palliative care courses, information provision.

We champion the message of Dame Cicely Saunders 'you matter because you are you and you matter all the days of your life' and her method in putting people not their disease first, in providing total care, and in evidence-based practice, care and education.



Faculty

Prof Irene J Higginson: Professor of Palliative care, King's College London

Dr Catherine J Evans: Clinical Lecturer in Palliative Care, King's College London and Sussex Community NHS Trust

Dr Jonathan Koffman: Senior Lecturer, King's College London

Dr Nancy Preston: Senior Lecturer, Lancaster University

Dr Morag Farquhar: Senior Research Associate, University of Cambridge

Dr Marjolein Gysels: Senior Researcher, University of Amsterdam

Dr Fliss Murtagh: Reader and Consultant in Palliative Medicine, King's College London

Hamid Benalia: Research Associate, King's College London



“ Our teaching is based on our research, which influences clinical practice, and national and international policies for palliative care. “

Prof. Irene J Higginson

Course background

The provision of palliative and end-of-life care is often hampered by limited research to inform 'best' clinical practice. Research in this field is difficult to conduct with the involvement of individuals living with advanced disease and their families, and with no agreed common standards to guide research practice. The study MORECare - Methods of Research for Evaluating palliative and end-of-life care aimed to develop evidence-based guidance on the best methods for the design and conduct of research on palliative and end-of-life care to further knowledge in the field. MORECare built on the Medical Research Council guidance on the development and evaluation of complex interventions. We conducted systematic literature reviews, transparent expert consultations (TEC) involving consensus methods of nominal group, online voting, and stakeholder workshops to identify challenges and best practice in palliative and end-of-life care research.

We focused on 6 key areas for research on palliative and end-of-life care: 1) participation and recruitment; 2) ethical considerations; 3) statistical analysis for attrition and response shift; 4) integration of mixed methods; 5) complex outcomes; and 6) economic evaluation.

We synthesised all findings to develop a guidance statement – the MORECare Statement on the best methods to research palliative and end-of-life care. The statement provides a first step in setting common much needed standards for evaluative research in palliative and end-of-life care and can be used alongside existing statements for reporting studies. The statement is relevant to those undertaking research, trainee researchers, research funders, ethical committees and editors. The statement provides 36 best practice solutions for research evaluating services and treatments in palliative and common much needed to improve study quality and set the standard for future research.

Reference: Higginson, I. J., Evans, C. J., Grande, G., Preston, N., Morgan, M., McCrone, P., ... Todd, C. (2013). Evaluating complex interventions in End of Life Care: the MORECare Statement on good practice generated by a synthesis of transparent expert consultations and systematic reviews. *BMC Medicine*, 11, [111]. 10.1186/1741-7015-11-111

“We aimed to develop evidence-based guidance on the best methods for the design and conduct of research on palliative and end-of-life care “

Course outline and objectives

Target group: Postgraduate students, clinicians, researchers, ethical committees, editors and funders.

Objectives: The general objective of this course is to improve practice and current standards of developing and evaluating complex interventions. In particular, the course explains the best methods of designing and conducting research, which evaluates palliative and end-of-life care services and treatments using the MORECare Statement.

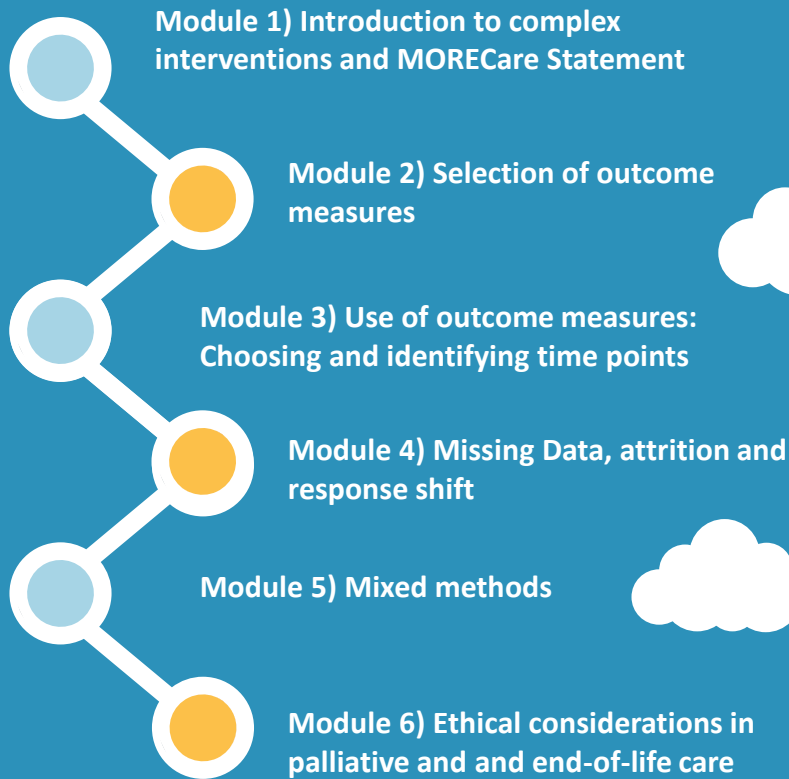
The course consists of six modules. These are framed around the MOREcare statement key areas with specific objectives for each module. (see p8).

Duration: The time required to complete the six modules course is estimated at seven to ten hours. This includes readings, presentations and assessments. You might need more or less time to complete this module depending on many factors (your reading speed, mastery of English, familiarity with the subject, etc.). However, this course will allow you to learn at your own pace.



“This course is aimed at professionals in palliative and end-of-life care comprising students, clinicians, researchers, ethical committees, editors and funders”

Overview of the e-learning modules



“The course consists of six modules which are framed around the MORECare Statement key areas”

Overview of the modules

Module 1) Introduction to complex interventions and MORECare Statement

Module 1 aims to introduce you to complex interventions and the MORECare Statement. Content covers basic definitions, description of Medical Research Council Guidance (MRC) (2000; 2008) and challenges of evaluating complex interventions in palliative and end-of-life care:

Learning objectives:

- ✓ To understand what is a complex intervention
- ✓ To appreciate the challenges of developing and evaluating complex interventions
- ✓ To understand and apply the Medical Research Council (MRC) framework
- ✓ To understand and use the MORECare statement when developing and evaluating complex services and treatments in palliative and end-of-life care

Module 2) Selection of outcome measures

Module 2 is designed to develop your understanding of how to choose an outcome measure using the MORECare Statement. It will cover basic definitions (outcome, types of scales and outcome measures, etc.) additionally exploring more advanced concepts (psychometric and clinimetric properties).

Learning objectives:

- ✓ To identify some outcome measures that are commonly used in palliative and end-of-life care
- ✓ To differentiate the main type of scales (visual analogue scale, numerical rating scale, verbal rating scale, Likert scale, faces scale)
- ✓ To understand key psychometric and clinimetric properties of outcome measures in order to inform choice of outcome measure
- ✓ To understand the MORECare statement recommendations pertaining to choosing an outcome measure



Module 3) Use of outcome measures: Choosing and identifying time points

Module 3 is designed to develop your knowledge of optimal data collection points for collecting data to measure the benefit of an intervention, treatment or new service.

Learning objectives:

- ✓ What are data collection time points?
- ✓ Why are these time points important?
- ✓ What are the challenges in establishing optimal time points?
- ✓ What are the characteristics of 'good' time points?
- ✓ The MORECare recommendations on how to establish time points

Module 4) Missing data, attrition and response shift

This module is designed to develop knowledge of missing data, attrition and response shift in palliative and end-of-life care research.

Learning objectives:

- ✓ To understand the need to report types and amount of missing data with details of imputation methods.



- ✓ To understand the importance of investigating the pattern of missing data in order to inform the imputation approach.
- ✓ To understand the need to apply taxonomy to define types of attrition.
- ✓ To further understanding of occurrence and rates of attrition in the palliative and end-of-life care context and the need to plan for it.
- ✓ To understand the need of a pre-specified statistical analysis plan in the study protocol.
- ✓ To understand response shift in palliative and end-of-life care

Module 5) Mixed methods

This module is designed to develop awareness around the use of mixed methods in palliative and end-of-life care research.

Learning objectives:

- ✓ To reflect on the usefulness of mixed methods in the development and evaluation of complex interventions
- ✓ To become aware of the challenges of mixing methods (such as in data collection, data integration, study costs and dissemination)
- ✓ To reflect on key aspects of study planning such as team working, skill mix and training, and respondent burden

Module 6) Ethical considerations in palliative and end-of-life care

Module 6 aims to develop your awareness of research ethics by looking at challenges and potential solutions when working with people with advanced disease.

Learning objectives:

- ✓ To understand the main ethical implications of research on palliative and end-of-life care
- ✓ To consider research participation for adults with advanced disease
- ✓ To understand the role and purpose of research ethics committees
- ✓ To explore processes of consent in research on palliative and end-of-life care
- ✓ To understand MORECare recommendations on ethical issues in palliative and end-of-life care



Course cost & registration

Cost: The course introductory price is £250 per person. We provide discounts for a group over 10. If you are at an organisation and interested in a license to run this course contact us (hamid.benalia@kcl.ac.uk).

Registration dates: You can register at anytime. The course operates on an ongoing enrollment basis. To register simply follow the link www.tinyurl.com/MORECareCourse

Start dates: As mentioned above the course run continuously. You will receive your login details within 8 days after your payment has cleared. You have 1 year to complete the course.

Payment: Use King's College London online check out to pay for your course (www.tinyurl.com/MORECareCourse). It is an easy and secure way to pay. All major credit cards are accepted. Once you have paid, you will receive an email confirmation.

Access: You will receive your login details within 8 days after cleared payment.



“Learn from anywhere in the world, at your own pace. This course is design to fit around your work and personal life “

Computer and online access requirements

Our e-learning course will run on most desktop and laptop computers. You will need speakers or headset. We recommend a screen resolution of 1024 x 768.

Recommended software requirements:

- ✓ Google Chrome (most up to date version): May run with other web browsers
 - ✓ Java script: must be enabled in the browser
 - ✓ Adobe Flash Player (most up to date version)
- (Ipads and similar tablets are not Flash player compatible so not usable for this e-Learning)**
- ✓ Adobe Reader: required for viewing PDF document.
 - ✓ Pop-up Blockers: authorise Pop-up from this site

NHS firewall/ Broadband limiter: Please contact your IT lead for your organisation if the eLearning course is partially or totally blocked by your NHS Trust/organisation. Blocking may occur because of limitations of broadband width and/or content is not recognized.



Acknowledgement

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MORECare was funded by the NIHR and managed by the MRC as part of the Methodology Research Programme (MRP) (number: G0802654/1). MORECare aimed to identify, appraise and synthesise 'best practice' methods to develop and evaluate palliative and end-of-life care, particularly focusing on complex service-delivery interventions and reconfigurations.

Principal investigator: Irene J Higginson.

Co-principal investigator: Chris Todd.

The members of MORECare are:

Co-investigators: Peter Fayers, Gunn Grande, Richard Harding, Matthew Hotopf, Penney Lewis, Paul McCrone, Scott Murray, Myfanwy Morgan;

Project advisory group: Massimo Costantini, Steve Dewar, John Ellershaw, Claire Henry, William Hollingworth, Philip Hurst, Tessa Ing, Karl Lorenz, Rajan Madhok, Jane Maher, Irene McGill, Elizabeth Murray, Ann Netten, Alicia O'Cathain, Sheila Payne, Roland Petchey, Wendy Prentice, Deborah Tanner and Celia A Taylor;

Researchers: Hamid Benalia, Catherine J Evans, Marjolein Gysels, Nancy J Preston and Vicky Short. Morag Farquhar was supported by a Macmillan Cancer Support Post-Doctoral Fellowship and Catherine Evans by an NIHR Clinical Lectureship. Irene J Higginson is an NIHR Senior Investigator.

MORECare publication list

MORECare statement:

Topic	Reference
36 best practice solutions to develop and evaluate complex interventions in palliative and EoLC	Higginson IJ, Evans CJ, Grande G, Preston N, Morgan M, McCrone P et al. Evaluating complex interventions in End of Life Care: the MORECare Statement on good practice generated by a synthesis of transparent expert consultations and systematic reviews. BMC Medicine. 2013 Apr 24;11. 111. Available from: 10.1186/1741-7015-11-111 (RIS) (Bibtex)

Systematic reviews underpinning MORECare statement:

Topic	Reference
Participation in EoLC research	Gysels MH, Evans C, Higginson IJ. Patient, caregiver, health professional and researcher views and experiences of participating in research at the end of life: a critical interpretive synthesis of the literature. BMC Medical Research Methodology. 2012 Aug 17;12:-. 123. Available from: 10.1186/1471-2288-12-123 (RIS) (Bibtex)
Best practice' to develop and evaluate palliative and EoLC services	Evans CJ, Harding R, Higginson IJ, on behalf of MORECare. 'Best practice' in developing and evaluating palliative and end-of-life care services: A meta-synthesis of research methods for the MORECare project. Palliative Medicine. 2013 Dec;27(10):885-898. Available from: 10.1177/0269216312467489 (RIS) (Bibtex)
What is the evidence that palliative care teams improve outcomes for cancer patients and their families?	Higginson IJ, Evans C. What Is the Evidence That Palliative Care Teams Improve Outcomes for Cancer Patients and Their Families? Cancer Journal. 2010 Sep;16(5):423 - 435. Available from: 10.1097/PPO.0b013e3181f684e5 (RIS) (Bibtex)

Transparent Expert Consultations underpinning MORECare Statement:

Topic	Reference
Managing missing data, attrition and response shift research	Preston NJ, Fayers P, Walters SJ, Pilling M, Grande GE, Short V et al. Recommendations for managing missing data, attrition and response shift in palliative and end-of-life care research: Part of the MORECare research method guidance on statistical issues. Palliative Medicine. 2013 Dec;27(10):899-907. Available from: 10.1177/0269216313486952 (RIS) (Bibtex)
Outcome measurement selection and use	Evans CJ, Benalia A, Preston NJ, Grande G, Gysels M, Short V et al. The Selection and Use of Outcome Measures in Palliative and End-of-Life Care Research: The MORECare International Consensus Workshop. Journal of Pain and Symptom Management. 2013 Dec;46(6):925-937. N/A. Available from: 10.1016/j.jpainsymman.2013.01.010 (RIS) (Bibtex)
Ethical issues	Gysels M, Evans CJ, Lewis P, Speck P, Benalia H, Preston NJ et al. MORECare research methods guidance development: Recommendations for ethical issues in palliative and end-of-life care research. Palliative Medicine. 2013 Dec;27(10):908-917. Available from: 10.1177/0269216313488018 (RIS) (Bibtex)
Mixed methods	Farquhar M, Preston N, Evans CJ, Grande G, Short V, Benalia A et al. Mixed Methods Research in the Development and Evaluation of Complex Interventions in Palliative and End-of-Life Care: Report on the MORECare Consensus Exercise. Journal of palliative medicine. 2013 Dec 10;16(12):1550-1560. N/A. Available from: 10.1089/jpm.2012.0572 (RIS) (Bibtex)

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