

MOVING POINTS IN PALLIATIVE CARE 22ND ANNUAL CONFERENCE  
**Self Care & Compassion In Healthcare**  
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## Can we learn compassion?

Professor Phil Larkin

Compassion is an integral concept for the delivery of palliative and end-of-life care. It is expressed by society as a measure by which our clinical care is judged and where it fails it leads to public and professional criticism. However, compassion is often misunderstood and perceived only as an innate expression of self and so about personal approaches to care, rather than a skill which can be nurtured and developed. In this lecture, the value of compassion to palliative and end-of-life care will be discussed with a specific focus on compassion as an action-orientated approach to the suffering of another. It will be argued that constructing compassion in this way makes it possible to identify what aspects of this complex phenomenon can be learnt and how that can transform both professional practice and the experience of care.



Professor Philip J Larkin PhD, M.Sc, B.Sc ( Hons), RN RCN, RHV, RNT has worked in Palliative Care in Ireland since 1992. He is currently Chair and Professor of Clinical Nursing (Palliative Care) and Associate Dean, Taught Graduate Studies, UCD School of Nursing & Midwifery and Health Systems & Our Lady's Hospice and Care Services in Dublin.

Philip is President of the European Association of Palliative Care (EAPC) since 2015; he was Vice-President 2003-2007 and Chair of All Ireland Institute of Hospice and Palliative Care (AIHPC), 2013-2016. In recognition of his European and International work, Philip received the Lifetime Achievement Award from Macmillan Cancer Support and the International Journal of Palliative Nursing in 2007. Philip was a Fulbright Scholar to the Dana Farber Cancer Institute in 2014 where he undertook research into compassion in palliative care.

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