



Palliative Aged Care Link Nurse Newsletter Issue 5, December 2013

Welcome to issue No. 5 of the Palliative Aged Care Newsletter!

Well here we are nearing the end of another year. I'd like to take this opportunity to thank all managers, DON's, link nurses and personal care workers for your support and enthusiasm for the education sessions offered this year and to wish you all a lovely Christmas and all the best for 2014!

A quick update on 2013

In May this year approximately 60 more link nurses attended the workshops on a palliative Approach. A big thank you to all who attended, I look forward to meeting up with you again in April next year. This brings the total of link nurses who have attended workshops in the Barwon South Western Region to 235!

September saw the first of 3 workshops on a palliative approach specifically for personal care workers. So far we have had 90 PCW's attend these workshops which is fantastic, I am looking forward to further workshops in the new year.

Upcoming opportunities in 2014!

Due to popular demand Professor Fran McInerney is coming back to present at the workshop 'Updating skills in a Palliative Approach' at Truffleduck, Geelong on 19th March, 2014. Fran delivered a fantastic workshop on 24th June this year on 'A palliative approach to care for people living with dementia' and the feedback was fantastic so I'm very happy she will be back again in the new year!

Fran will be presenting a workshop titled 'Understanding dementia as a terminal illness and implications for care'. We also have another wonderful presenter Regina Kendall, Nurse Practitioner from Grampians Regional Palliative Care who will be presenting 'Communicating patient and families concerns and needs at end of life'. Please note places are limited at this workshop therefore if you'd like to attend please register asap.

National Rollout of the Palliative Approach Toolkit 4th February, 2014

This one day workshop is offered as part of the **National Rollout for a Palliative Approach Toolkit for Residential Aged Care Facilities Project**. This project is funded by the Australian Government Department of Social Services under the Encouraging Better Practice in Aged Care (EBPAC) Initiative and is specifically designed for **RACF Managers and Registered or Enrolled RACF Nurses** that focuses on practical, whole-of-facility strategies and resources to enhance the day-to-day palliative care of residents and their families.

I am hoping for a good response from managers plus a Div 1 or Div 2 to attend this workshop as apart from being a very informative day each facility can apply for a free palliative approach toolkit and have great opportunities to network with representatives from Barwon Medicare Local, In-Reach staff and others who work in palliative care.

Upcoming Education 2014 —Dates for your diary: please contact Myra for further information on any of the following education workshops.

<u>4th February</u>	National Rollout of the Palliative Approach Toolkit
<u>12th February</u>	Workshop 'A palliative approach to care for personal care workers' (registrations closed)
<u>19th March</u>	'Updating skills in a Palliative Approach'
<u>2nd April</u>	Re-grouping of 2012 and 2013 Link Nurses, Geelong.
<u>29th April</u>	Day one -Link nurse workshop. Geelong
<u>15th May</u>	Day two-Link nurse workshop, Geelong.
<u>3rd June</u>	A palliative approach workshop for PCW's
<u>Date TBA</u>	Re-grouping of LNs 2012/13, Colac
<u>Date TBA</u>	Days 1 & 2—Link Nurse workshops, Colac

Informal Education

A reminder that Myra is available to come to your facility and provide 1 hour informal education sessions on a palliative approach, end of life care, comfort and dignity, pain assessment and management, symptom management, Niki T34 syringe drivers, self care / grief, difficult conversations, palliative care case conferencing, advance care planning or any other education specific to a particular resident who may be deteriorating or in the terminal phase. (Please note it is expected that staff from your facility will have previously attended the link nurse workshops prior to any facility specific education being provided).

Program of Experience in the Palliative Approach (PEPA)

A reminder to those of you who would like to have some hands on experience and training in a palliative care environment that PEPA are currently offering placements. PEPA includes clinical workforce placements for RNs Div 1 and 2 of up to five days with a specialist palliative care service provider, backfill payments are provided to employers, and no cost to staff.

Visit <http://www.pepaeducation.com/health-professionals/aged-care-staff.aspx> for further information to apply.

All enquiries related to this newsletter to:
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Opportunities to up-skill online for free!

Palliative Care Online Training is funded by the Department of Social Services and is aimed at helping health professionals provide palliative care to aged persons in the community.

To register go to:

www.palliativecareonline.com.au

Interested in learning more about dementia?

The University of Tasmania's first Massive Open Online Course (MOOC), *Understanding Dementia*, is an 11-week online course that builds upon the latest in international research on dementia. It's **free** and anyone can register.

www.utas.edu.au/wicking/understanding-dementia

Other education opportunities

Alzheimer's Australia are offering Certificate IV in Dementia Practice, an accredited program in dementia care exclusive to Alzheimer's Australia 10341NAT Certificate IV in Dementia Practice

For more information contact Lois Cyngler (03) 9816 5793 or email lois.cyngler@alzheimers.org.au

Website: www.bswrpc.org.au

Reminder about the tab for link nurses to access articles of interest including: education opportunities, medication conversions, medication compatibilities, the palliative approach toolkit, and much more.

CareSearch has a new RAC Hub, dedicated solely to assist residential aged care staff in their delivery of palliative care. www.caresearch.com.au