

## Palliative Approach to Care Newsletter Issue 6, March 2014

### Welcome to issue No. 6 of the Palliative Approach to Care Newsletter!

Welcome to the first newsletter for 2014! It's hard to believe it is March already and the education program for the year is well underway.

### An update on 2014 so far!

### National Rollout of the Palliative Approach Toolkit

Professor Liz Reymond, Metro South Palliative Care Queensland, and Chris McNally, Nurse Practitioner Metro South Palliative Care Collaborative Queensland, held a workshop at Truffleduck in Fyansford on the 4th February which was specifically designed for RACF managers, Registered or Enrolled Nurses and focused on practical, whole of facility strategies and resources to enhance the day to day palliative care of residents and their families.

Overall, the feedback from 58 participants was very enthusiastic and positive, and comments received on the evaluations expressed how the workshop increased the understanding of the palliative approach, the resources available (specifically the Palliative Approach Toolkit), and their role in implementation. Each attendee identified three areas of improvement needed in their facility and are currently working on implementing changes to current procedures.

### A Palliative Approach to Care workshop for personal care workers in residential and community aged care and disability services staff.

On the 12th February we held the fourth "A palliative approach to care" workshop for personal care workers and disability services staff. The workshop was well attended and participants enjoyed the opportunity to network and felt their needs were well met with the content delivered over the course of the day. These workshops are in big demand and another two are planned for Tuesday 3rd June at the McKellar Education and Training Centre and 22nd July at Corangamarah Aged Care Facility Colac.

### "Updating skills in a palliative approach" workshop March 19th

The Commonwealth Government funded 100 places and Geelong Hospice Association funded a further 20 places for the above workshop with presenters Professor Fran McInerney, Cathy Donoghue and Regina Kendall at Truffleduck, Fyansford. The funded places were snapped up very quickly and due to the great demand fee paying participants also registered for the event. The day went very well, and the main feedback received from attendees was that they felt empowered and more confident in caring for people with dementia. They also reported feeling more aware of the implications of caring for people with dementia and the importance of having the conversation with families that it is a terminal illness.

### Re-grouping of 2012/2013 Link Nurses

Invitations have been sent to all link nurses who participated in the link nurse program in 2012 and 2013 to attend half day workshops in Colac on 25th March and Geelong on 2nd April. This is a great opportunity for networking and discussing achievements and challenges faced in implementing a palliative approach and also to offer support and advice. We also have a very interesting presentation from Heather Cameron, Project Officer, Tele-health in Residential Aged Care, Barwon Health entitled "How Tele-health can change the future of healthcare in residential aged care". The first of these two workshops was held in Colac on the 25th March, with 12 link nurses in attendance. This was a very positive day with reports from link nurses that since attending the link nurse program there has been an increase in staff confidence in delivering a palliative approach, many benefits to being able to support colleagues and of a noticeable increase in the skills of staff having difficult conversations with residents and families. The re grouping of link nurses at the McKellar Centre will be held on Wednesday 2nd April.

### 2014 Link Nurse Program

Registrations are now open for the 2014 link nurse program. This is a two day program on a palliative approach, the key processes of a palliative approach and clinical care at end of life. Invitations are open to all aged care registered and enrolled nurses regardless of whether staff from your facility have attended in the past or not. A minimum of two nurses per facility is recommended, however the more the better.

The Link Nurse program is now in its third year and we have received great feedback from both link nurses and managers. I quote one such comment from Bambi Vagg Manager of Corangamarah Aged Care in Colac "our Palliative Care Link Nurses have become passionate advocates for our dying residents in Corangamarah and they are doing a great job. They are very valuable members of our team. Thanks for the opportunity for their education and for their ongoing support"

There are two programs to choose from: Colac on the 8th May and 19th June or Geelong on the 29th April and 15th May.

### Upcoming Education 2014 — Dates for your diary:

- 25th March** Re-grouping of 2012/2013 Link Nurses Colac.
- 2nd April** Re-grouping of 2012/2013 Link Nurses, Geelong.
- 29th April** Day 1 Link nurse workshop. Geelong
- 8th May** Day 1 Link Nurse workshop, Colac
- 15th May** Day 2 Link nurse workshop, Geelong.
- 3rd June** A palliative approach workshop for PCW's and Disability Services Staff
- 19th June** Day 2 Link Nurse workshop, Colac
- 22nd July** A palliative approach to care" workshop for PCW's and Disability Services Staff, Colac.

### 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 there is no cost to staff.

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

### 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 workplace will have previously attended the link nurse workshops prior to any facility specific education being provided).

Informal education sessions are also available for disability services staff on request.

### 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](http://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](http://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](mailto:lois.cyngler@alzheimers.org.au)

### Some evidence based guidelines you find useful:



Evidence based guidelines at e...



Key elements of a PA for peopl...

Website: [www.bswrpc.org.au](http://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.

<http://www.caresearch.com.au/caresearch/tabid/2266/Default.aspx> - this is link to register for caresearch newsletter

All enquiries related to this newsletter to:  
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