



Barwon South Western Region
Palliative Care



The Palliative Approach Newsletter *December 2015 - Issue 13*

The Palliative Approach Newsletter is a newsletter aimed at enhancing communication across residential and community aged care and disability services that are relevant to all staff. Each quarter we provide an update on education that has been held and information on upcoming opportunities for professional development. I welcome your input to the newsletter, so if you would like to contribute please email myra.mcrae@barwonhealth.org.au

Well it's that time of year again, where has the time gone? I don't think I'm alone in thinking the year has flown.

It has been a very successful year all round. All workshops have been well attended by so many lovely and interesting people from residential aged care and disability services. Thank you to everyone who has supported the programs and to those who have attended. I am feeling very excited about moving in to 2016 with some new in-services to offer!

I particularly would like to thank those of you who shared some personal and inspiring stories during the workshops this year. We all learn from each other's experiences and this enhances the care we deliver to our residents and clients.

Education Opportunities and Resources

On the 28th January, 2016 Dr. Caroline Murtagh will present her fourth lecture in a series of four at the Killara Centre, Camperdown. The last lecture in this series is entitled 'End of Life Care'. There are still several places left so if you would like more information I have attached the flyer with this newsletter which also has registration details.

Palliative Approach Toolkit

The Palliative Approach Toolkit is a fantastic resource developed specifically for Residential Aged Care staff. It has many resources such as clinical symptom assessment and management including flow charts, medications used at end of life, audit tools, education resources for staff, dvd's, the three key process essential in delivering a palliative approach i.e. Advance Care Planning, Palliative Care Case Conferencing and End of Life Care Pathways and much more.

A copy of the 'toolkit' has been delivered to all residential aged care facilities in Australia to encourage a consistent approach to care for our residents. The Palliative Approach Toolkit website has been upgraded with access to the toolkit and many more resources. I hope you can take the time to have a look here:

<http://www.caresearch.com.au/caresearch/tabid/3629/Default.aspx>

Palliative Approach in Residential Care for facility managers and clinical care coordinators

A one day workshop for Facility Managers and Clinical Care Coordinators will be held on the 24th March, 2016 in the McKellar Education and Training Centre. The aim of this workshop is to build awareness of the Palliative Approach Toolkit and its many resources to assist in providing a palliative approach in residential aged care facilities. For those who are already aware of the Palliative Approach Toolkit this could be useful as a refresher or to share your experiences of it and network with others in residential aged care.

Palliative Approach Two Day Workshops for RNs, EENs and ENs

Due to the success of these two day workshops we will continue to run them throughout next year. Flyers will be forwarded to all facility managers in due course. Depending on response we may offer more workshops throughout the year.

Palliative Approach One day Workshops for Carers in Residential Aged Care and Disability Services.

A Palliative Approach for Carers in Residential Aged Care and Disability Services have been very well received to date and we will continue to offer them in to 2016. Flyers will be forwarded to all facility managers in due course.

ACFI SUPPORT - WHERE FUNDING IS NOT CLAIMED or SUPPORTABLE

In this 30 minute session participants will be provided with an over view of where valid funding opportunities are missed; why and where other claims cannot be supported.

Facilitator: Dr Richard Rosewarne, Richard is the co-author of ACFI and, on invitation, has provided an independent report on a new aged care and assessment model.

Objective:

At the completion of this session the nurse should be able to identify funding opportunities and better support funding claims.

Venue: Webinar (your computer!)

Date: Tuesday 15th December, 2015

Time: 1100 - 1130 AEDT

Fees: \$22 per person (incl. GST), headset \$15 (RRP \$20) necessary for 'live' session
\$220 per facility (for up to 15 staff)

Not able to access the 'live' session? Then listen to the recording at your convenience, within two (2) weeks of your registration.

Sorry, this will be a manual registration only, [click here for details.](#)

Other contact details Tel: 03 5940 2620 / email: info@ageconcern.com.au

Palliative Care Online Training

Free online palliative care training is available; please follow this link www.palliativecareonline.com.au for more information and enrolment.

PCV Brochures

A wide range of Palliative Care brochures are available from Palliative Care Australia. To download and print simply visit www.pcvlibrary.asn.au/display/pcv/Brochures. These brochures are great to have in your facility to hand out to families to help them understand their loved ones journey and what to expect in the dying phase.

CareSearch

CareSearch is a reliable and evidence based resource for palliative care information, and is freely accessible to everyone. There is a newsletter that is specifically for RAC produced by CareSearch. [Click here](#) to view the newsletter or you can register to receive it directly into your email box. In this newsletter there is a mention of a MOOC (Massive Open Online Course) that is currently being written on Death and Dying (similar to the UTAS MOOC on dementia). I will update you on its progress and availability ASAP.

Dementia Training Study Centre's

Dementia Training Study Centre's (DTSC) offer a number of dementia courses that are free and online. To view the course details [click here](#) and scroll half way down the page or you can register directly by [clicking here](#) and creating a log in.

Understanding Dementia MOOC (Massive Open Online Courses) run by the University of Tasmania

Dementia is a major health issue affecting a growing number of people worldwide. Its impact on individuals, communities, and society is profound. Alzheimer's Disease International predicts that, from 2010 to 2050, the total number of people with dementia requiring care will almost treble from 44 to 135 million worldwide.

A great opportunity to increase our knowledge of this life limiting disease is available online free of charge. Developed by the University of Tasmania, including the Wicking Dementia and Research Education Centre the online course provides participants with an increased knowledge of dementia, including its causes, symptoms and ways of responding to the needs of people living with the condition. The aim of this fully on-line course is to improve the quality of life of people living with dementia, their families and carers. Participants will learn about the brain, the diseases causing dementia and the person experiencing the condition, and have the opportunity to engage with a community of like-minded participants from across the globe.

Enrollments for this year are now closed however please check out the website for news of dates for next year and further information on the course. Several nurses and personal care workers have completed this course including myself and we can all highly recommend it www.mooc.utas.edu.au

If you have completed the Understanding Dementia MOOC and wish to gain a formal university qualification based upon your MOOC study (that is recognised by the academic community internationally), you may wish to enrol in the University of Tasmania's fully online and internationally available [Bachelor of Dementia Care](#).

The Bachelor of Dementia Care is Australia's first degree in dementia care. It is available to domestic or international students, from carers to health professionals and anyone with an interest in studying dementia. This course will develop your specialised knowledge in this field so that you can make a difference to the lives of people living with dementia.

This is a fully online course with no face to face or workplace assessment component. It can be studied full-time or part-time. It can be studied full-time or part-time, offering you a choice to exit with a:

- **Diploma** (8 units, completed over a maximum of 2 years)
- **Associate Degree** (16 units, completed over a maximum of 4 years)
- **Bachelor Degree** (24 units, completed over a maximum of 7 years)

Study without tuition fees for all units commenced in 2016. This offer is available for all Australian citizens and permanent residents studying the course in 2016. This means that if you study with us you won't incur tuition fees during 2016*.

Enrolments are now open! Applying online is easy, please go to apply.utas.edu.au. Semester 1 starts on 22 February 2016.

For further information, please go to the [Bachelor of Dementia Care webpage](#) - and if you have any questions, please email us at dementia.care@utas.edu.au (you can simply reply to this email), or phone 1800 982 600.

[New resource for Advanced Care Planning](#)

A fantastic website with lots of information on Advance Care Planning by Dr. Charlie Corke www.myvalues.org.au

[Niki T34 Syringe Driver/ Training](#)

REM Systems who supply the Niki T34 Syringe Drivers have a training DVD that can be purchased for \$10. I highly recommend the DVD to be utilized as a staff competency on a regular basis. It is easy to understand and has a trouble-shooting section which is very helpful. If you would like to purchase a Niki T34 Syringe Driver or order the DVD please contact Linda Lanham Senior Territory Manager, REM Systems on 0413 119 944 or email: llanham@remsystems.com.au Linda will also provide education on the Niki T34 free of charge.

[In-services at your RACF](#)

Each month between March and November 2016 I will be offering free one hour in-services at your facility on the topics listed below. If you would like to book an in-service for your staff/colleagues please contact me via phone or email (details at the bottom of this newsletter). Please note dates are limited therefore offered on a first come first served basis.

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| March | - Assessment and management of Delirium |
| April | - Self-care including bereavement and grief |
| May | - Assessment and Management of Constipation |
| June | - Comfort and Dignity at End of Life |
| July | - Medications in Aged/Palliative Care including conversion tables and syringe driver compatibilities |
| August | - Management of Nausea and Vomiting |
| September | - Nutrition, hydration and oral care at end of life |

- October - Assessment and Management of Pain
November - Recognizing deteriorating health and benefits of Palliative Care Case Conferencing

Secondary Consultation

There are plenty resources available to support you in your role so please call or email if you have any questions or concerns regards the care of your residents. Conversations can be in-confidence if you wish.

Decision Assist

A great resource to enhance the provision of palliative care and advance care planning services to the aged nationally, the Australian Government has funded the Specialist Palliative Care and Advance Care Planning Advisory Services (Decision Assist) Project.

Decision Assist have established an advisory service to general practitioners and aged care staff in all areas of Australia, 24 hours / day, 7 days / week via national **1300 668 908**. If you have any questions on either ACP or Palliative Care please call them or visit their website for more information.

<http://www.caresearch.com.au/caresearch/tabid/2583/Default.aspx>

Wishing you and yours a wonderful safe and happy festive season!



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