



## Barwon South Western Region Palliative Care

### *The Palliative Approach Newsletter* *October 2015 - Issue 12*

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](mailto:myra.mcrae@barwonhealth.org.au)

#### Link Nurse Program for RNs, EENs and ENs

Our two day workshops for RNs, EENs and ENs continue to be very successful. These workshops are booked out very quickly so if you would like to attend please email or call me as soon as possible. The next 2 day workshop in Geelong is on the 29<sup>th</sup> October and 19<sup>th</sup> November. There are still a few places available due to some cancellations but best to get in quick if you'd like to attend. In Colac we are holding the two day workshops on the 12<sup>th</sup> and 25<sup>th</sup> November and staff from all areas are welcome to attend this program too. We hold this in a very nice room in the Colac Area Health building so may be nice for a change of scenery for the day.

One day workshops for personal care workers in aged care and disability services also continue to be successful. These are a great opportunity for staff to network with staff from other facilities and share ideas for improvement. Everyone who attends values the group discussions and meeting new people working in the sector.

All our education is provided free of charge, Geelong workshops are catered for by Steampacket Foods, Geelong and if you haven't had the pleasure of tasting their fine food then you are in for a treat! We provide education on evidence based practice with lots of great resources to help you in your role which you can share with your colleagues.

#### Palliative Approach Toolkit

Please see the link below to the Palliative Approach Toolkit for Residential Aged Care Facilities. 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>

#### Upcoming Education and Resources

Dr. Caroline Murtagh has now held three out of four lectures on palliative care in Camperdown. The lectures have been very well supported by staff from across the Barwon South Western Region. Feedback has been extremely positive and those who have attended are excited and looking forward to the fourth lecture on the 28<sup>th</sup> January,

2016 in Camperdown. The title for the last lecture will be advised as soon as possible and the flyer will be widely distributed and also available on our website: [www.bswrpc.org.au](http://www.bswrpc.org.au)

### Dates for Upcoming Palliative Approach Education

- Geelong Palliative Approach 2 day workshop for RNs, EENs and ENs on the 29<sup>th</sup> October and 19<sup>th</sup> November - a few places still available.
- Colac Palliative Approach 2 day workshop for RNs, EENs, ENs on the 12<sup>th</sup> and 25<sup>th</sup> November.

### Palliative Care Online Training

Free online palliative care training is available; please follow this link [www.palliativecareonline.com.au](http://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](http://www.pcvlibrary.asn.au/display/pcv/Brochures). These brochures are great to have in your facility to help families cope throughout the palliative journey of their loved one and in bereavement.

### 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.

### September was Dementia Awareness Month

Some excellent online videos, lectures and courses are available for all levels of staff on dementia and its progressive nature. The lectures are free and available at [www.dtsc.com.au](http://www.dtsc.com.au)

### 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](http://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)

I had the pleasure to meet Anne Irwin recently at one of my workshops. Anne is a personal care assistant and lifestyle officer at Mercy Place Rice Village in Marshall. Anne has successfully completed her Associate Degree in the course and is looking forward to completing her Bachelor Degree in Dementia Care in 2016. Anne reported the course is "hard work but well worth the effort as it is enriching and empowering". Well done Anne, you are a credit to Mercy Place Rice Village!

### [New resource for Advanced Care Planning](#)

I mentioned this resource in my last newsletter and have decided to include it again in this newsletter as it is a fantastic website with lots of information on advance care planning by Dr. Charlie Corke. Please have a look and see what you think at [www.myvalues.org.au](http://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 will be 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](mailto:llanham@remsystems.com.au) Linda will provide education to your staff on the Niki T34 free of charge.

### [In-services at your RACF](#)

If you have attended one of our Palliative Approach Workshops you are eligible to request a one hour informal

education session at your facility free of charge. Please advise the topic related to palliative care / palliative approach and we can negotiate a suitable date and time. Here are some suggestions:

- Niki T34 Syringe Driver Training
- End of life Care
- Medications in aged care/palliative care including conversion tables and compatibilities for syringe drivers
- Pain assessment and management
- Nausea management
- Constipation assessment and management
- Delirium assessment and management
- Dyspnoea assessment and management
- Nutrition and hydration in the elderly
- Signs of deteriorating health and management
- Self-care for staff
- Advance Care Planning
- Palliative Care Case Conferencing
- End of Life Care Pathways

### 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>

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