



Barwon South Western Region Palliative Care

The Palliative Approach Newsletter March 2016 - Issue 14

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 the year has got off to a great start with many facilities booking in-services. The calendar is full until the end of July however I have some available dates after then if anyone is interested in booking an in-service at their facility.

Dr. Caroline Murtagh has provided two lectures so far this year in Camperdown. The first one on the 28th January which went very well, a slightly less attendance noted perhaps related to school holidays.

The second lecture 'Cancer-what you need to know' was funded by the Program of Experience in a Palliative Approach (PEPA). This lecture was booked out very quickly with over fifty attendees and the feedback was excellent. Caroline presented on the most common cancers and their treatments and also on Palliative Care Emergencies.

Caroline's next lecture in Camperdown is on the May 25th which will be advertised very soon.

Education Opportunities and Resources

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

A one day workshop for Facility Managers and Clinical Care Coordinators/Senior Staff was held on the 24th March, 2016 in the McKellar Education and Training Centre. The aim of the workshop was to build awareness (or a refresher) of the Palliative Approach Toolkit and its many resources which assist RACF's in providing a palliative approach. We had twenty attendees and some great discussions around various policies and procedures in residential aged care facilities. I'd particularly like to thank Lisa Burza, Manager of TLC The Homestead Estate and her Clinical Care Manager Shirley Moore who both attended and kindly shared their experience and knowledge gained while successfully implementing the Palliative Approach Toolkit in their organisation. Hopefully more facilities will embrace this excellent resource as we continue to offer this training.

Every residential aged care facility in Australia has a copy of the palliative approach toolkit. It is also accessible on the following link:

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

[Palliative Approach Workshops for RNs, EENs and ENs](#)

This year we are running separate workshops on the Palliative Approach Toolkit and the Five Clinical Care Domains from the toolkit. The workshops coming up in April are now fully booked. The next 'Five Clinical Care Domain' workshops will be held in Colac on the 12th May and on the 28th July in Geelong.

[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. The next workshop will be held on June 9th and a flyer will be distributed in due course.

[Palliative Care Online Training](#)

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

[New Palliative Approach Toolkit Resources](#)

I am pleased to advise there is a series of new PA Toolkit resources for care-workers working in residential aged care is now available on the PA Toolkit website at www.caresearch.com.au/PAToolkit. These resources are also very useful for carers working in the disability sector.

[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.

[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

If you would like an informal in-service at your facility please email to book myra.mcrae@barwonhealth.org.au

Here are some suggestions for topics

- Assessment and management of Delirium
- Self-care including bereavement and grief
- Assessment and Management of Constipation
- Comfort and Dignity at End of Life
- Medications in Aged/Palliative Care including conversion tables and syringe driver compatibilities
- Nutrition, hydration and oral care at end of life
- Assessment and Management of Pain

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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