



Barwon South Western Region
Palliative Care



The Palliative Approach Newsletter December 2016 - Issue 17

This newsletter is aimed at enhancing communication across residential and community aged care and disability services. 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 here we are again at the end of another busy year! This certainly has been the busiest year ever with lots of education and changes in the workplace. Heather Robinson, Consortium Manager for Barwon South West Region Palliative Care (my manager) retired in July and I have been acting in Heather's position since then and will continue through until June 2017.

The Program of Experience in a Palliative Approach (PEPA) have funded several workshops this first half of the financial year and will continue to do so in to the new year.

Palliative Approach Toolkit, Clinical Workshops and in-services on request will continue for RNs, EENs, ENs and PCW's and Disability Services staff in the new year.

I receive a lot of information regarding upcoming education opportunities and if they are relevant I like to include them in my newsletters for you. I like to think of my newsletters as 'a one stop education resource'.

Education Opportunities and Resources

Culture-Centered Care Workshop from Aboriginal and Torres Strait Islander People's Perspective: Geelong 7 March 2017

<https://register.eventarc.com/36036/geelong-7-mar-2017-culture-centred-care-workshop-from-aboriginal-and-torres-strait-islander-peoples-perspective>

This will be a very informative workshop to help us provide appropriate care to Aboriginal and Torres strait Islander People. It will provide a good understanding of the cultural differences and needs of these people from a palliative care perspective.

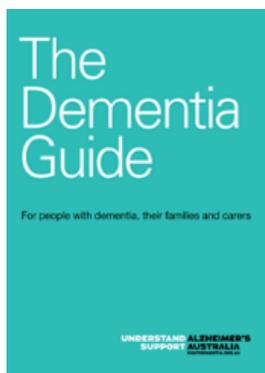
Religious and cultural components of ACP

A new website, *ACPTalk*, provides information and support for health professionals conducting advance care planning with people from different religious and cultural backgrounds. The 'search' function enables users to review background information and advice on advance care planning for a particular religion/faith or culture. Visit the website developed by Cabrini Health and funded by the Australian Government Department of Health [here](#).

Guidance on palliative care for people with dementia

The Irish Hospice Foundation has published new guidance documents to promote access to appropriate palliative care for people with dementia throughout their illness. Separate booklets cover: Facilitating discussion on future end-of-life care; Advance care planning; Loss and grief; Management of hydration and nutrition; Pain assessment and management; Ethical decision making; and Medication and dementia.

They can be downloaded [here](#).



The Dementia Guide now available

Alzheimer's Australia Victoria has released a comprehensive, free handbook and online guide that offers information and support options for anyone who has been impacted by dementia. The Guide includes a chapter on end of life issues including palliative care and grief and bereavement. You can access the online version and order free hard copies [here](#). There is also a link on that page that requires registration to receive a download link to print a copy.

Helping people to have those difficult conversations

Molly Carlile, SEPC (aka the Death Talker) and Caroline Mulcahy, Carers Victoria spoke with Patricia Karvelas, ABC Radio, on the individual experience of death and caring and how to encourage conversations around end of life. You can listen to the conversation on ABC RN Drive [here](#)

CareSearch

The [CareSearch](#) team have been funded by the Department of Health to develop an online evidence and knowledge base for palliative care in aged care. This project is called the PCACE (Palliative Care in Aged Care Evidence) Project and will provide evidence based guidance on the clinical areas and service issues covered in the Guidelines for a Palliative Approach in Residential Aged Care (APRAC) and the Guidelines for a Palliative Approach for Aged Care in the Community Setting (COMPAC). To keep the community informed on the progress of the project and highlight new and existing evidence in the sector, CareSearch are distributing a monthly newsletter, the 'PCACE Project News'.

I have attached a copy of the first edition because of your interests in palliative care and aged care. Should you wish to receive future newsletters you can sign up by visiting the [PCACE Project News subscription link](#). You can also email pcace.project@flinders.edu.au for more information about the project.

The Caresearch website also offers a comprehensive listing of online teaching resources in palliative care. Courses vary in relation to intended audience, content covered, accreditation and cost.

<https://www.caresearch.com.au/caresearch/tabid/3882/Default.aspx>

Pain in dementia and other neurological diseases

CareSearch has updated the information on pain in dementia in its Residential Aged Care Hub pages. The resource notes that chronic pain has a particular and complex effect on the emotional systems, with pain causing depression and depression causing pain. The new pages also contain information about pain in Parkinson's disease, stroke and Multiple Sclerosis together with links to current resources. You can access the updated pages [here](#).

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Being well while dying

Dr Ira Byock spoke recently about the surprising possibility of contentment and joy in dying and the implications for our understanding of full and healthy living. He notes that although suffering is undeniably part of illness and dying, with good palliative care many people retain a capacity for subjective well-being through to the end of their lives. You can listen to a podcast (60:00) of his talk [here](#).

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.

Dementia Training Study Centre

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.

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.

Decision Assist



Decision Assist have made available webinars conducted over the last couple of months relating to clinical issues in palliative approach for older people. You can access the topics below via their website [here](#):

- Undertreated pain - Effective pain management for people with dementia
- Communication at the end-of-life - Meeting the needs of the family
- Recognizing the deteriorating client - What to look for

Decision Assist Telephone Advisory Service for Palliative Care in Aged Care

The Australian Government funded the Specialist Palliative Care and Advance Care Planning Advisory Services (Decision Assist) Project.

A telephone based advice service has been established to enable delivery of advisory services to general practitioners and aged care staff in all areas of Australia, 24 hours / day, 7 days / week
1300 668 908.

This number will route calls to specialist palliative care or an advance care planning operator.

Callers will be referred to relevant existing resources within their local area (where these exist), or will be provided with the required advice where a service gap exists.

For more information, follow this link to the [Decision Assist](#) website

The Palliative Care Bridge

The Palliative Care Bridge delivers innovative educational videos and resources on palliative care by respected experts and specialists in their fields. Access to this site is free. Follow [this link](#)

Free Online Professional Education to Aged Care

- Understanding anxiety and depression

This module includes an introduction to anxiety and depression in older people, as well as information about treatment options and various health professionals. Follow this [link](#) to the site

Please don't hesitate to call or email if you have any questions or concerns in regards to palliative care for your residents.

Wishing you and yours a wonderful festive season!



Best Wishes,

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