



Barwon South Western Region  
Palliative Care

## *The Palliative Approach Newsletter* *March 2017 - Issue 18*

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

Apologies for being a tad late with getting this newsletter out to everyone. I'm sure you all understand, life seems to be getting busier or is it just that I'm getting older!

There's been a lot happening with education this year. We held a workshop on the Palliative Approach Toolkit in March at the McKellar Training and Education Centre. We had great attendance and very positive feedback from everyone. Unfortunately the same workshop was planned for Colac but it had to be cancelled due to a lack of interest. I will book another date soon and hopefully we will get a bit more interest.

In-services in Residential Aged Care have been in more demand this year which is fantastic. Some of you may be aware that I had to reschedule some in-services last year due to me having a dual role as Acting Consortium Manager and Palliative Aged Care Support. I found it quite challenging and so became quite absorbed in getting my head around the manager's role. This year I'm happy to say I'm feeling much more comfortable so if you would like an in-service please let me know.

We held a Cultural Centered Care Workshop specifically about Aboriginal people in March. Approximately 35 people attended which was fantastic. I also attended and found the education invaluable in helping me understand the history and culture of Aboriginal people. This knowledge is so important for healthcare professionals to enable us to provide patient centered care. I'm sure there will be more of these workshops in the next financial year.

Program of Experience in a Palliative Approach (PEPA) are funding a workshop on the 27<sup>th</sup> April for the Disability Sector on a Palliative Approach. We have five guest speakers throughout the day so I'm sure it will be a very interesting workshop. Anyone with an interest in a palliative approach for the disability sector is welcome to attend. You can register here [Register here](#)

Dr. Ian Grant, Palliative Care Consultant at Barwon Health is delivering two lectures in Camperdown in May and June and another two in the second half of the year. The first is on the 2<sup>nd</sup> May at the Killara Centre, Corangamite Shire Buildings, Camperdown. The lectures are free and anyone with an interest in palliative care is welcome. The title of the first lecture is 'Pain and Symptom Management'. If you'd like to attend please contact me direct – my contact details are at the bottom of this newsletter.

# *Education Opportunities and Resources*

## *The Better Health Channel*

The Department of Health & Human Services is pleased to advise that end of life and palliative care topics have been updated on Better Health Channel.

The Victorian State Governments Better Health Channel provides health and medical information to improve the health and wellbeing of people and the communities they live in.

Right click on the icon below to visit the Better Health Channel



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## *Aboriginal Stories About Approaching the End of Life*

The Shoalhaven Aboriginal Palliative Care Healthy Partnerships Committee, has created a booklet sensitively capturing the end of life stories from six Aboriginal patients and carers from the Shoalhaven region. The stories share information about palliative care services, planning for end of life and how talking with loved ones about their preferences helped with healing and decision-making. Right click on the image (below) to visit the ACI website and download the booklet.



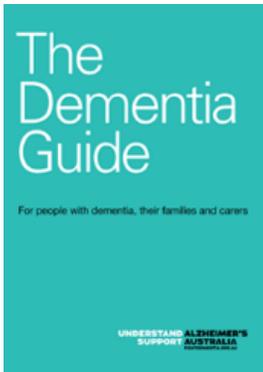
## *Religious and cultural components of ACP*

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](mailto: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](#).

### [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](http://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](http://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.

### [Hidden dementia grief](#)

Patrick Ussher [www.ehospice.com](http://www.ehospice.com)

Many of the losses particular to dementia are not yet recognised by society, according to Irish Hospice Foundation expert, Breffni McGuinness. He argues that people with dementia and their carers both suffer hidden, discounted or unrecognised grief.....

### [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](mailto: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](#)

## [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.**

*Best Wishes,*

*Myra McRae*

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