

Regional Palliative Care NEWSLETTER

September 2017

Did you know that CPC covers 9,998 square kilometres assisting patients in 3 areas of Moyne Shire, Corangamite Shire and Warrnambool City Council?

We are seeing a steady increase in numbers throughout the year, with the average patients at any one time now in the 90's. Since our last newsletter, lots has been happening in CPC at SWH.

VOLUNTEERS:

We have undertaken 2 lots of palliative care volunteer training and expanded from just servicing Warrnambool and the surrounding area.

We have doubled our volunteer numbers from 38 to 75 this year and now able to provide coverage of volunteers to every patient in our area.

I have attached a poster which I presented at the National Palliative Care Conference next week in Adelaide and is focussed on Connecting with Community. The poster highlights the fantastic work our volunteers undertake out in the community and the hospital settings.

If you know of a patient who could benefit, please give us a call at the office.

Staffing within the CPC:

Heather has gone back to the Medical/Palliative Care Inpatient Unit at SWH and we are pleased to have Liddy join the team. Liddy will be covering the Terang, Mortlake, Lismore, Skipton and Warrnambool areas during this time.

Georgia King is expecting her second bub and will finish with CPC to have Maternity leave at the start of November. Watch this space.

Bernadette Wurlod has joined us in the Counsellor Role. Bernadette has extensive experience with previous employment at SJOG. Bernadette is able to see patients, carers and family members to support them not only in grief, but throughout the illness journey. Bernadette will visit the home if needed or clients can visit the CPC office, whatever they prefer.

Genevieve is relieving Andrea over school holidays while she has 2 weeks leave. Dr Caroline Murtagh will join us again over school holidays while Emma enjoys a break also.

Melissa has settled into her new Advance Care Planning Role and has workshops planned if you are interested in attending.

Melissa is also working through the new changes to the Medical Act which will come in effect in March 2018.

South West

Healthcare

South Western Regional Palliative Care Team

South West Healthcare

Ryot Street

Warrnambool Victoria 3280

Phone (03) 5564 4179 • communitypalliativecare@swh.net.au

Open Hours: 8:30am - 4:30pm Mon-Fri

Regional Palliative Care NEWSLETTER

Counselling Corner:

Is available to patients and their carers supporting them through the emotional journey of grief and loss. Or, referring them to other services when required.

Sometimes Counselling is resisted as it can conjure up feelings of fear, shame or thinking that we should be able to “get on” with our grief.

Counselling can assist us to move through painful emotions to a place of exploration about why we might feel the way we do and IN TIME the possibility to move to a new way of understanding the experiences.

Counselling cannot change the pathway towards death but it can guide ways of helping a person we love die with dignity and grace.

We live in a fast pace, quick fix world and Counselling can seem a slow means of reaching a solution.

Often the best outcomes need time and attention, allowing us to slow down, focus and get to the heart of the matter.

For further information contact Bernadette Wurlod 55644181

Upcoming Education:

SWH are hosting a General Cancer Study Day on Friday October 6, 2017. There are still places left, so contact Nursing Administration on 55631433 for details.

SWH are hosting a partners bereaved program for any person who has experienced the death of a partner. This 8 week program commencing Monday October 2 will be hosted by the CPC and Social Work and Counselling Teams. Any enquiries please contact 55644171.

Location, Location, Location is an upcoming 2 day conference hosted by Grampians Regional Palliative Care program. Being held early November at the Creswick resort, keep an eye out on their website for details.

Wellness and Life After Cancer is being held in conjunction with SWH and Epworth Health for patients who have completed treatment. It is to be held on September 22. Any queries please contact Sharna on 55644186.

Should you have any education needs that you would like a team member to come and undertake an in service on related to Palliative Care please do not hesitate to contact us here at the office and we can arrange.

