



Barwon South Western Region  
Palliative Care

## *The Palliative Approach Newsletter* *September 2017 - Issue 20*

Welcome to Issue number 20 of the Palliative Approach Newsletter.

This newsletter is aimed at enhancing communication across residential and community aged care and disability services. Each quarter we provide information on upcoming education opportunities for professional development. I welcome your input to the newsletter, so if you would like to contribute please email me at [myra.mcrae@barwonhealth.org.au](mailto:myra.mcrae@barwonhealth.org.au)

### *Education Opportunities and Resources*

A new upcoming half day workshop entitled “**Palliative Care Case Conferences**” specifically for staff working in Residential Aged Care and Disability Services will be held on Friday the 13<sup>th</sup> October at the McKellar Centre. This workshop will assist staff in conducting case conferences (family meetings) with residents/clients/ carers/families when there are changes to a resident or client’s medical condition or functionality. Resources from the Palliative Approach Toolkit will be provided and opportunities to practice having difficult conversations. Please see [here](#) for registration details.

On the 10<sup>th</sup> November there will be a half day workshop on “**Palliative Care Conversations**” held in the McKellar Education and Training Centre, North Geelong. This workshop is relevant to anyone working in aged care or disability services and will provide attendees with support in having difficult conversations. A flyer will be forwarded to all aged and disability services contacts in due course.

### *Dying to Talk*

‘**Dying to Talk**’ is an online resource developed as part of a collaboration between the Congress of Aboriginal and Torres Strait Islander Nurses and Midwives (CATSINaM) and Palliative Care Australia (PCA). It has been designed to assist nurses and their patients discuss end of life – a special time in Aboriginal and Torres Strait Islander culture.

<http://dyingtotalk.org.au/>

### *Regional Education*

“End of Life Care, Spinal Cord Compression and Ethical Considerations in Palliative Care” is the topic for Dr. Ian Grants lecture in Camperdown on the 27<sup>th</sup> of October, 2017. Dr. Grant is a Medical Specialist in Palliative Care at Barwon Health and has a wealth of knowledge and expertise to share. This lecture is sponsored by Menarini Australia and therefore we are able to offer this lecture free to all attendees.

Please see further details and how to register [here](#)

## [A Palliative Approach to Dementia Care](#)

Podcast from Palliative Care Victoria

Professor Jenny Abbey proposes that an optimal approach to caring for people with dementia must be based on acceptance that dementia is a terminal illness. In this podcast she highlights the importance of discussing how people with dementia wished to be cared for during the terminal stages of their illness with them and their families while they still able to make informed decisions.

<http://www.pallcarevic.asn.au/library-media/a-palliative-approach-to-dementia-care/>

## [Alzheimer's Australia](#)

### **Help Sheets provide advice about dementia**

Alzheimer's Australia has developed help sheets on many topics related to dementia. Two of these explain the changes in communication that occur as a result of dementia and useful approaches to communicating with people living with dementia. The Help Sheets are available to download from Alzheimer's Australia website [here](#)

Free Dementia Education Workshops  
Suitable for staff providing support for people living with dementia in various care settings  
Alzheimer's Australia, 155 Oak Street, Parkville

[Monday 2 October 9.30am – 1.30pm](#)

[Monday 9 October 1.30pm – 5.30pm](#)

[Tuesday 10 October 9.30am – 1.30pm](#)

[Tuesday 24 October 9.30am – 1.30pm](#)

## [Australian Centre for Grief and Bereavement](#)

Effective intervention in bereavement - Workshop  
Monday 20 November 2017, 9.30am – 4.30pm  
Cliftons, Level 1, 440 Collins Street, Melbourne  
Presenter: Dr. Phyllis Kosminsky \$330  
Further information or to register [ACGB website](#)

## [Ready for Community Palliative Care web resource](#)

The department of Health and Human Services, Palliative Care Program are pleased to announce that the “**Ready for Community Palliative Care**” web resource have been published.

This resource is intended to support acute hospital staff in their discharge planning with patients who are in the last twelve months of life. Patients may be stable, deteriorating, unstable or actively dying.

The aim is to make discharge safe and secure for patients, families and carers, whether it is to the person's home, residential aged care or disability service.

<https://www2.health.vic.gov.au/hospitals-and-health-services/patient-care/end-of-life-care/palliative-care/ready-for-community>

### [palliAGED](#)

palliAGED was launched on 25 May 2017 by the Minister of Ageing, the Hon Ken Wyatt, AM.

The palliAGED site supports nurses and care workers in residential aged care or community care, GPs and general practice nurses, allied health professionals and support staff with evidence, tools, guidance and practice resources about palliative care for older Australians. There is also information and resources for older people and their families.

palliAGED also offer a range of apps to provide nurses and GPs with easy and convenient access to information to help them care for people approaching the end of their life.

<https://www.palliaged.com.au/tabid/4351/Default.aspx>

### [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.

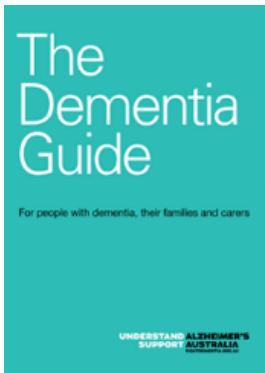


### [Religious and cultural components of ACP](#)

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 <http://www.decisionassist.org.au/>

- 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.

## Advance Care Planning learning modules

Two new modules are being added to the current range.

Five: Advance care planning in the primary care setting

Six: Advance care planning and dementia

You can access these modules from either the [Decision Assist](#) or [Advance Care Planning](#) websites

## 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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*Barwon South Western Region Palliative Care*

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