

### Welcome to the second newsletter!

Here is another update from the Southern Metropolitan Region Palliative Care Consortium RAC project! We are an alliance of palliative care service providers that aims to support improvements in the integration and coordination of palliative care services. In this project, we are working with Aged Care facilities in the region. This is our second update. Robyn Allan, RACF project worker, SMRPCC

### Guidelines for a Palliative Approach to Care

In 2004, the "Guidelines for A Palliative Approach" were developed to assist those working in Residential Aged Care to understand and provide a Palliative Approach to care for residents.

Still available, the Guidelines (revised in 2006 and to be reviewed again soon) remain the best evidence based resource for Aged Care Facilities. Since the release of the document the relevance and understanding of a Palliative Approach in Aged Care Settings has been widely acknowledged and continues to be reinforced through education and funding for initiatives to support implementation.

Elements of a Palliative Approach include Advance Care Planning and End-of-Life Pathways and an understanding of the three 'types' of Palliative Care:-

- Palliative Approach,
- Specialist Palliative Care
- End-of-Life Care

Skills and knowledge of all staff in providing a Palliative Approach are important as they are the primary providers of care for residents at the end of life.

#### Accessing the Guidelines

The Guidelines along with Education and Training Resources can be downloaded through the Palliative Care Australia website:

<http://www.palliativecare.org.au/Default.aspx?tabid=2117>

### Article of Interest

*End-of-life issues in caring for patients with dementia: The case for palliative care in management of terminal dementia*

The problem of end of life care for patients suffering from dementia does not get the attention and system support it requires. This article looks at these issues. Some guidelines on palliative management in cases of patients suffering from severe dementia exist; the evidence base for these guidelines though is relatively weak.

**AMERICAN JOURNAL OF HOSPICE & PALLIATIVE MEDICINE**  
Online article 10 June 2011

<http://ajh.sagepub.com/content/early/2011/06/03/1049909111410306.abstract>

### CEBPARAC

*Implementation of a comprehensive evidence based palliative approach in Residential Aged Care*

This Project was funded by the Australian Government Department of Health & Ageing and led by the University of Queensland/ Blue Care Research & Practice Development Centre.

The aim of this project was to implement and evaluate a comprehensive evidence based palliative approach in residential aged care. Using the existing Guidelines as a framework a Palliative Approach (PA) Toolkit was developed outlining a step by step approach for each RACF to implement the model. Several Aged Care Facilities across Australia trialled the toolkit and it is deemed transferable to any Residential Aged Care Setting.

The Project was completed in December 2010. More information about the project and the final report can be read on Caresearch.

<http://www.caresearch.com.au/caresearch/tabid/1237/Default.aspx>

We are exploring options for introducing the Toolkit to Aged Care Facilities in the southern Region as part of the Aged Care Project.

### Forums!

Forum dates have been set and flyers circulated. This is an opportunity for representatives from Aged Care Facilities to network and to inform the Project about the issues Aged Care Facilities have in implementing a palliative approach to ensure relevant and appropriate strategies are implemented that meet their needs.

We look forward to seeing you at one of the Forums!

### Palliative Care Victoria Aged Care Special Interest Group

#### Date and Venue

3 August 2011, 10.00am to 12.00pm @ Latrobe University City Campus

#### Chair

Palliative Care Victoria

#### Presentation

The results of the project "A Good Death in Residential Aged Care – optimising the use of medicines to manage symptoms in the end of life phase" presented by Diana Cooper, Project Officer, North East Valley Division of General Practice