

## FREE Allied Health Workshop

DATE: 27<sup>th</sup> November, 2009

VENUE: Brian Emmerson Room Princess Alexandra Hospital  
Level 4 Room 4L3A – Blue Lifts

TIME: 8.30am to 4.30pm

REGISTRATION CLOSES: 18<sup>th</sup> November, 2009

### PROGRAM OBJECTIVE

The aim of the PEPA Allied Health Workshop is to develop allied health professionals' understanding of the palliative approach and how this approach can be applied in practice.

Following the workshop, allied health practitioners should be able to:

- Describe how the principles of the palliative approach can be applied in practice
- Identify strategies for integrating a palliative approach into the care of people with life limiting illness and their caregivers
- Identify resources in their workplace and local community that will assist with providing quality palliative care to people with life limiting illness and their caregivers.

### PROGRAM OUTLINE

- The palliative approach: Caring for people with life limiting illness
- Palliative assessment and intervention for allied health professionals
- Managing common symptoms
- Psychosocial care for people with life limiting illness
- Supporting the spiritual needs of the patient and family
- Caring for yourself, the professional caregiver

Space is limited and reservations are required. This is a **free event** and lunch will be provided. Please register for this workshop using the “fax back” form attached.

#### For further information contact:

Kathy Laurent  
PEPA Program Manager (Qld)  
Centre for Palliative Care Research & Education  
Level 7, Block 7  
ROYAL BRISBANE & WOMEN'S HOSPITAL  
QLD 4029

**Phone:** 07 3636 6216

**Fax:** 07 3636 7942

**Email:** Kathryn\_Laurent@health.qld.gov.au

## Program Outline

Time	Topic	Learning Objectives
8:30 - 8:45 15 Minutes	Welcomes and introduction to the workshop	<ul style="list-style-type: none"> <li>Identify workshop objectives and planned activities</li> </ul>
8:45 – 9:35 50 minutes	The Palliative Approach: Caring for People with Life Limiting Illness	<ul style="list-style-type: none"> <li>Discuss the key concepts in the palliative approach</li> <li>Identify who can benefit from a palliative approach to care</li> <li>Describe the needs of people with life limiting illness and their family</li> <li>Discuss the role of the multidisciplinary team in providing a palliative approach</li> </ul>
9:35 – 10:40 65 minutes	Palliative Assessment and Intervention for Allied Health Professionals	<ul style="list-style-type: none"> <li>Discuss the relationship between palliative and rehabilitative approaches to care</li> <li>Review the complexities of the illness experience for people with life limiting illness</li> <li>Explore the importance of understanding an individual's goals</li> <li>Discuss the ongoing need for accurate assessment</li> <li>Appreciate the need for excellent communication skills in this setting</li> </ul>
10:40- 11:00	Morning Tea	
11:00 -11:25 25 minutes	Small Group Work - Case Study	<ul style="list-style-type: none"> <li>Develop a plan of care relevant to the case study</li> </ul>
11:25 – 12:40 75 minutes	Psychosocial Care for People with Life Limiting Illness	<ul style="list-style-type: none"> <li>Discuss psychosocial responses that a person with life limiting illness may experience</li> <li>Identify how allied health professionals can provide psychosocial support to people with life limiting illness</li> <li>Identify the resources that allied health professionals can access in their local area to provide psychosocial support to people with life limiting illness</li> <li>Describe common responses to grief and bereavement</li> </ul>
12:40– 1:25	Lunch	
1:25 – 2:25 60 minutes	Managing Common Symptoms in Palliative Care	<ul style="list-style-type: none"> <li>Describe the key principles for assessing and managing common symptoms for people with life limiting illness, including: <ul style="list-style-type: none"> <li>Pain</li> <li>Fatigue</li> <li>Breathlessness</li> <li>Anorexia</li> </ul> </li> </ul>
2:25– 3:15 50 Minutes	Supporting the Spiritual Needs of the Patient and Family	<ul style="list-style-type: none"> <li>Discuss various perspectives on spirituality and spiritual care</li> <li>Describe strategies that allied health professionals can use to respond to a person's spiritual needs</li> </ul>
3:15 - 3:35	Afternoon Tea	
3:35 – 4:15 40 Minutes	Caring for Yourself, the Professional Caregiver	<ul style="list-style-type: none"> <li>Identify how grief and loss can affect professional caregivers</li> <li>Review common stressors in palliative care</li> <li>Review strategies to manage the impact of working with people with life limiting illness</li> </ul>
4:15 – 4:30	Review of the day	<ul style="list-style-type: none"> <li>Review key learning points from the workshop</li> <li>Complete post-workshop evaluation</li> </ul>

# PEPA Allied Health Workshop: Providing a Palliative Approach to Care for People with Life Limiting Illness and their Families

## REGISTRATION FORM

I would like to register for the one-day Allied Health Workshop

**DATE:** 27<sup>th</sup> November, 2009  
**VENUE:** Brian Emmerson Room, Blue Lifts Level 4 Room 4L3A  
**TIME:** 8.15 am for an 8.30 start

(PLEASE PRINT CLEARLY)

Title: \_\_\_\_\_ First Name: \_\_\_\_\_ Surname: \_\_\_\_\_

Position: \_\_\_\_\_

Organisation: \_\_\_\_\_

Postal Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Do you require a special diet? If so, please name: \_\_\_\_\_

(Please note: This is an allied health workshop – we are sorry we cannot accept registrations from nurses or other non-allied health professionals)

**Please send this completed form to:**

Kathy Laurent  
PEPA Program Manager (Qld)  
**Fax:** 07 3636 7942  
**Email:** Kathryn\_Laurent@health.qld.gov.au

**Postal Address:**

Centre for Palliative Care Research and Education  
Block 7, Level 7  
ROYAL BRISBANE AND WOMEN'S HOSPITAL QLD 4029

**DEADLINE FOR SEMINAR REGISTRATION:** 18<sup>th</sup> November, 2009

Note: Numbers are limited and reservations are required