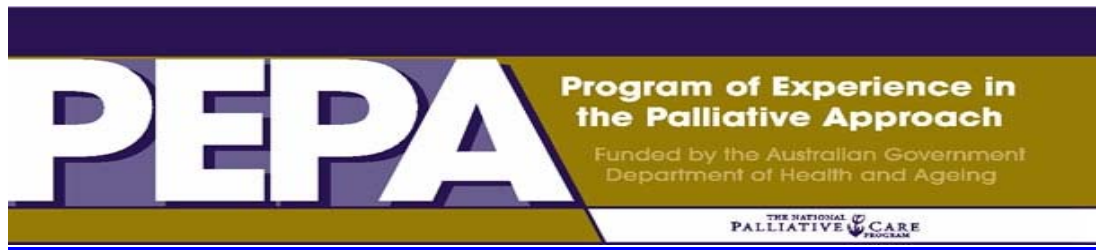


PEPA Report Queensland

July – December 2007



QUEENSLAND (July-December 2007 Report)

Introduction

The overall aim of the Program of Experience in the Palliative Approach (PEPA) is to improve the quality, availability and access to palliative care for people who are dying, and their families, by improving the skills and expertise of health practitioners, enhancing collaboration and increasing professional exposure to, and experience in palliative care. The principal PEPA learning activities include facilitated clinical placements in specialist palliative care services, structured workshops, and other tailored educational activities developed for specific populations including Aboriginal and Torres Strait Islander groups.

Evaluation Methods

Placements:

The impact of PEPA placements is assessed through pre and post placement survey questionnaires. Participants are assessed before and three months after their placement. Employers of participants and Managers of services who host participants are also surveyed after their placement.

Workshops:

Participants attending the PEPA workshops are surveyed immediately before and after the workshop.

EVALUATION RESULTS

Profile of participants

In this reporting period QLD conducted two workshops attended by a total of 68 participants. Participants in the workshop were from various disciplines. Participants' disciplines have been categorised into the following groups as shown in Table 1.

Table 1: Discipline

| Discipline | |
|------------------------|----|
| n=62 | |
| Physiotherapist | 14 |
| Speech Therapist | 6 |
| Occupational Therapist | 15 |
| Social Worker | 15 |
| Dietician | 3 |
| Pastoral Carer | 7 |
| Psychologist | 1 |
| Other Profession | 1 |

The ethnic background of participants in the Allied Health Workshops is presented in Table 2.

Table 2: Ethnic Group

| Ethnic Group | |
|------------------------|----|
| n=37 | |
| Australian | 28 |
| Australian Aboriginal | 3 |
| Torres Strait Islander | 1 |
| European | 1 |
| Other | 4 |

EVALUATION OUTCOMES

Impact on knowledge, attitudes and practice

Participants completed a survey questionnaire immediately before and after the workshop. The following table presents the distribution of responses given by the participants.

Participants' self rating of their knowledge was assessed using a scale ranging from 1=Very Limited Knowledge to 5=Very Extensive Knowledge as shown in Table 3.

Table 3: Knowledge

| | n | Mean | Standard Deviation | VLK % | LK % | MK % | EK % | VEK % |
|---|----|------|--------------------|-------|------|------|------|-------|
| Knowledge* | | | | | | | | |
| How do you rate your knowledge of the palliative approach to care | | | | | | | | |
| Pre-workshop | 62 | 2.59 | 0.81 | 11.3 | 27.4 | 51.6 | 9.7 | 0 |
| Post-workshop | 58 | 3.70 | 0.59 | 0 | 0 | 36.2 | 56.9 | 6.9 |

(*Scale 1=Very Limited Knowledge, 2=Limited Knowledge, 3=Moderate Knowledge, 4=Extensive Knowledge and 5=Very Extensive Knowledge).

Participants' perception of their role in caring for people with a life limiting illness was assessed on a 5-point Likert ranging from 1=Strongly Disagree to 5=Strongly Agree as shown in Table 4.

Table 4: Role

| | n | Mean | Standard Deviation | SD % | D % | U % | A % | SA % |
|---|----|------|--------------------|------|------|------|------|------|
| Role* | | | | | | | | |
| I understand my role in the care of people with life limiting-illness | | | | | | | | |
| Pre-workshop | 62 | 3.43 | 0.86 | 1.6 | 11.3 | 37.1 | 41.9 | 8.1 |
| Post-workshop | 58 | 4.18 | 0.63 | 0 | 1.7 | 6.9 | 62.1 | 29.3 |

(*Scale 1=Strongly Disagree, 2= Disagree, 3=Uncertain, 4=Agree, and 5= Strongly Agree).

Participants confidence in caring for people with a life-limiting illness was assessed on a scale ranging from 1=Not at all confident - 5=Completely confident as shown in Table 5.

Table 5: Confidence

| | n | Mean | Standard Deviation | NC % | SC % | MC % | VC % | CC % |
|--|----|------|--------------------|------|------|------|------|------|
| Confidence* | | | | | | | | |
| Identifying the needs of people who have a life-limiting illness in my care. | | | | | | | | |
| Pre-workshop | 62 | 2.85 | 0.82 | 3.2 | 30.6 | 45.2 | 19.4 | 1.6 |
| Post-workshop | 57 | 3.78 | 0.67 | 0 | 1.8 | 29.8 | 56.1 | 12.3 |
| Identifying the interventions required by the people who have a life-limiting illness in my care. | | | | | | | | |
| Pre-workshop | 62 | 2.59 | 0.877 | 9.7 | 37.1 | 37.1 | 16.1 | 0 |
| Post-workshop | 57 | 3.70 | 0.65 | 0 | 1.8 | 35.1 | 54.4 | 8.8 |
| Discussing end of life issues with people with a life-limiting illness and their families. | | | | | | | | |
| Pre-placement | 62 | 2.45 | 1.15 | 24.2 | 30.6 | 25.8 | 14.5 | 4.8 |
| Post-workshop | 57 | 3.59 | 0.86 | 0 | 8.8 | 38.6 | 36.8 | 15.8 |
| Implementing the interventions required for people who have a life-limiting illness. | | | | | | | | |
| Pre-placement | 62 | 2.67 | 0.95 | 9.7 | 33.9 | 38.7 | 14.5 | 3.2 |
| Post-workshop | 57 | 3.77 | 0.75 | 0 | 0 | 42.1 | 38.6 | 19.3 |
| Assessing the ongoing needs of people who have a life-limiting illness in my care. | | | | | | | | |
| Pre-placement | 61 | 2.72 | 0.93 | 11.5 | 24.6 | 45.9 | 16.4 | 1.6 |
| Post-workshop | 57 | 3.85 | 0.74 | 0 | 0 | 34.5 | 43.1 | 20.7 |
| Identifying personal coping strategies to effectively manage personal issues associated with caring for people who have a life-limiting illness. | | | | | | | | |
| Pre-workshop | 62 | 2.48 | 0.98 | 16.1 | 37.1 | 30.6 | 14.5 | 1.6 |
| Post-workshop | 57 | 3.73 | 0.74 | 0 | 3.5 | 33.3 | 49.1 | 14 |

(*Scale 1=Not at all confident, 2=Somewhat confident, 3=Moderately confident, 4=Very confident, 5=Completely confident).

Quality of workshops

After the workshops, participants were asked to rate the helpfulness of each of the workshop sessions. This was measured on a scale ranging from 1=Not at all helpful to 5=definitely helpful as shown in Table 6.

Table 6: Workshop sessions

| Sessions* | n | NH % | SH % | N % | VH % | DH % |
|--|----|------|------|------|------|------|
| Orientation to the palliative approach* | | | | | | |
| Post-workshop | 58 | 0 | 3.4 | 19 | 55.2 | 22.4 |
| Palliative assessment and intervention* | | | | | | |
| Post-workshop | 58 | 0 | 1.7 | 17.2 | 56.9 | 24.1 |
| Responding to physical symptoms* | | | | | | |
| Post-workshop | 58 | 0 | 1.7 | 13.8 | 46.6 | 37.9 |
| Responding to psychosocial needs* | | | | | | |
| Post-workshop | 58 | 0 | 0 | 6.9 | 53.4 | 39.7 |
| Supporting the patient's and family's spiritual needs* | | | | | | |
| Post-workshop | 58 | 0 | 0 | 12.1 | 48.3 | 37.9 |
| Caring for yourself- the professional caregiver* | | | | | | |
| Post-workshop | 58 | 0 | 0 | 12.1 | 51.7 | 27.6 |

(*Scale 1=Not at all helpful; 2=somewhat helpful; 3=Neutral; 4=very helpful; 5=definitely helpful).

Participants were asked to rate the quality and appropriateness of the workshop on a scale ranging from 1=Too Basic to 3=Too Complex as shown in Table 7.

Table 7: Level of workshop

| Level of Workshop* | |
|---|------|
| Based on your previous knowledge and experience, do you think the level of the workshop was | |
| | n=58 |
| Too Basic | 3 |
| Appropriate | 55 |
| Too Complex | 0 |

(*Scale 1=Too basic, 2= Appropriate, 3= Too Complex)

After the workshop, participants were asked to respond to open-ended questions about their perceptions of the workshop. The responses are themed as shown in Table 8.

Table 8: Participants' perceptions of the workshop

| Item | No. of responses | Response |
|--|------------------|---|
| What did you like about the workshop? | 12 | Palliative care workshop was excellent and enhanced my knowledge. |
| | 9 | Speakers were informative and knowledgeable. |
| | 8 | A variety of topics in palliative care were covered. |
| | 11 | The workshop was interactive. |
| | 12 | Provided good opportunity to network and develop links with other health professionals. |
| | 6 | Resources provided at the workshop were good. |
| What did you not like about the workshop? | 3 | The room was very cold and freezing. |
| | 17 | Food quality was poor and food was not sufficient. |
| | 1 | Some sessions were rushed. |
| List the main things that you learned from the workshop | 5 | Symptom management. |
| | 3 | Increased knowledge of interventions. |
| | 9 | Better understanding of physical and emotional aspects of palliative care. |
| | 3 | Increased knowledge on communication skills. |
| | 2 | Pharmacological management. |
| | 3 | Importance of spirituality. |
| | | Holistic approach to care. |
| | 3 | Importance of team work. |