

## CPCRE ACTIVITY REPORT

### Developing and Promoting the use of Evidence-Based Resources

#### Practice Guidelines

CPCRE has published the following guidelines and information resources:

- The management of syringe drivers guidelines (with accompanying summary card and on line education package).
- Paediatric Loss and Grief Information Resources  
Copies of these resources are available from the CPCRE Website.
- A priority setting activity is underway to identify the focus of CPCRE guideline development projects for 2007.

### Promoting access to high quality palliative care education

#### Palliative Care Curriculum for Undergraduates (PCC4U)

(A joint initiative between Queensland University of Technology, CPCRE, Flinders University and Charles Darwin University; funding from the Department of Health and Ageing through the National Palliative Care Program).

The consortium has been appointed as the successful tenderer to undertake Phase 3 of the PCC4U project for the period from 2007-2010. This will involve promoting uptake of the curriculum resources in all health courses.

#### PEPA (Program of Experience in the Palliative Approach): (Funded by the Department of Health and Ageing through the National Palliative Care Program)

A total of 185 clinical placements have been facilitated in Queensland as part of the PEPA program. CPCRE has been contracted to offer further placements and workshops over the period from 2007-2010.

#### National Coordination Activities

A comprehensive national evaluation of the program has been completed, and the recommendations in this

report have been incorporated into planning for a revised program from 2007. This will include further support for post-placement activities and to host sites and mentors.

#### GP Education Program

Seven Divisions of General Practice have been awarded funds to undertake their project in 2006-2007 (see list of Divisions that received awards on page 1). The projects involve a range of approaches for building capacity of GPs to support the care needs of palliative care patients. Projects include developing supportive networks through specialist led seminars and workshops; strengthening partnerships between GPs and specialist services; providing forums for case conferencing and a journal club, building on existing on-line educational programs, developing a GP palliative care kit, and mentoring programs that foster collaborative relationship between GPs and specialist providers.

#### CARESOURCES and the Queensland Palliative Care Education Calendar

The 2007 Education Calendar will be distributed in January 2007 is available from the CPCRE website. CARESOURCES, the Queensland Palliative Care Education Directory can be accessed on <[www.cpcre.com](http://www.cpcre.com)>.

#### Allied Health Education

Further workshops are planned in the 2007 as part of the PEPA program. Please check the CPCRE Calendar and website for further information.

#### Karuna-RBWH-CPCRE Specialist Palliative Care Nursing Education Program

Karuna Hospice Services in collaboration with RBWH and CPCRE has offered a structured education program to four nurses to develop skills in palliative care nursing. The program is funded through the Local Palliative Care Grants program, and involves supported education, mentoring, and clinical experiences in patient and community settings. The program is nearing completion and discussions are underway to identify how to make the program accessible to a wider group of nurses.

#### CPCRE Annual Research Conference

The 2007 Annual CPCRE Research Conference is

## CPCRE ACTIVITY REPORT

scheduled for May 25th 2007. A call for abstracts and preliminary announcement of speakers will be made in early 2007.

### Undertaking research

#### CPCRE Research Programs

Research programs involving Centre staff address areas including:

- Health services delivery
- Symptom management and supportive care
- Professional practice development
- Person-centred palliative care

For further details of specific projects, publications, reports and conference presentations please visit <[www.cpcre.com](http://www.cpcre.com)>.

CPCRE staff have been awarded a NHMRC grant to commence in 2007 entitled: "Evaluation of Novel Methods for Evaluating Dyspnoea in Patients with Cancer of the Lung".

#### Palliative Care Clinical Studies Collaborative

The collaborative is a national initiative funded by the Australian Government Department of Health and Ageing, and led by a team from Flinders University. Professor Janet Hardy is chairperson for the Trials Subcommittee, and is working with partners in the collaborative to develop an audit in preparation for the implementation of a trials program.

### Establishing and facilitating partnerships

#### Queensland Palliative Care Research Network

A schedule of meetings for 2007 is presented on the CPCRE website. Key activities for 2007 will include preparation for the work of the Palliative Care Clinical Studies Collaborative.

#### Palliative Care Discussion Forum

CPCRE is represented on Area Health Service Palliative Care Networks, and is actively supporting activities of the networks.

### The Prince Charles Palliating Symptoms of Advanced Heart Failure Project

CPCRE is a key member of the group leading a project funded by the Commonwealth Local Palliative Care Grants Scheme.

### Identifying Trends in Palliative Care Service Delivery and their Implications for Queensland

#### Palliative Care Australia:

##### Quality and Standards Initiatives

CPCRE staff will continue to deliver workshops to promote awareness of the PCA standards.

##### Palliative Medications Working Group

CPCRE staff are members of the working group to raise awareness within the primary health care workforce of the PBS listings and to improve community access to and quality use of palliative care medicines. Opportunities to promote this work will be through planned programs as per the CPCRE education calendar.

#### CPCRE Staff Representative Activities

##### *Acting Director:*

- Member: Palliative Care Australia Standards and Quality Committee
- Member: Palliative Care Australia Executive Committee

##### *Director of Learning and Development:*

- Chairperson: Palliative Care Queensland Education Committee
- Member: Queensland Working Group for The Supporting Primary Care Providers in Palliative Care Project
- Member: Hospital to Home Heart Failure Palliative Care Working Group

##### *Clinical Research Program Leader:*

- Member: QCF Medical and Scientific Committee
- Member: Palliative Care Medications Working Group

## PALLIATIVE PROFILE: PALLIATIVE CARE INFORMATION SERVICE



*PCIS staff John-Paul Kristensen (Project Manager), Michael Perilli and Lorna Edrich*

The Palliative Care Information Service (PCIS) commenced operation in 2001. It is a Freecall 1800 telephone information and support service operating during business hours and available to all Queenslanders affected by life-limiting illness. The PCIS project is funded by Queensland Health and managed by Karuna Hospice Services in Windsor, Brisbane.

Since 2001, PCIS has undergone significant change, undertaking a number of strategic projects aimed at increasing the public's awareness of both its service, and of palliative care generally. An example of our successful projects is the development of the booklet, 'Palliative Care at Home'; (PCAH), designed to assist carers of palliative patients at home. The booklet has been disseminated to over 10,000 people throughout Queensland and PCIS continues to receive increasing numbers of calls from a range of people seeking access services, general information and support.

Another successful project has been the development of a database of General Practitioners who can be called upon at short notice to provide palliative medical support for the patient at home.

In analysing callers' inquiries PCIS identified a common frustration and added stress for patients not able to locate a GP or who do not have a local GP themselves. PCIS responded by compiling a list of GPs throughout Queensland, who have consented to provide support for palliative care patients who may not have a GP and wish to remain at home as their disease progresses.

In recent years, to avoid replication of clinical support which in most cases already exists, PCIS has tried to focus more on supporting callers with their emotional and spiritual needs. PCIS has sought to provide a safe and supportive environment for palliative clients to set goals, debrief and to discuss any issues relating to death and dying.

PCIS staff have extensive counseling and/or nursing experience. In addition PCIS has access to the Karuna Hospice specialist nursing team, and the specialist medical team at Mount Olivet Hospital to refer to when a caller requires particular support or information.

*Inquires to PCIS, or to order copies of the PCAH booklet or other PCIS resource material, please call 1800 772 273.  
John-Paul Kristensen, Project Manager.*

## PALLIATIVE CARE RESEARCH

**Abernethy, A. et. al. 2006. A pragmatic 2x2x2 factorial cluster randomized controlled trial of education outreach visiting and case conferencing in palliative care –methodology of the Palliative Care Trial. *Contemporary Clinical Trials*. 27. 83-100.**

The two broad aims of The Palliative Care Trial (PCT) conducted in South Australia, were to evaluate the effectiveness of educational outreach visiting in pain management, and case conferencing for palliative care patients. The sample group which comprised 461 patients and their GPs, were randomized to either: (1) GP education outreach visiting versus usual care (2) Structured patient and caregiver educational outreach versus usual care, or (3) a coordinated palliative care case conferencing model versus the usual standard model of palliative care in Adelaide. The article details the PCT methodology and provides a description of the 3 interventions. Preliminary findings included the synergic effect of case conferencing and educational outreach, the value of case-conferencing as a medium for fostering multidisciplinary input, that incorporates specialist palliative care insights, as well as highlighting the GP's role.

**De Simone, G. et. al. 2006 Atropine drops for drooling: a randomized controlled trial. *Palliative Medicine*. 20: 665-671.**

Although not a common symptom, drooling and/ or sialorrhoea is nonetheless a cause of distress and compromise to patients' quality of life. De Simone et. al sort to evaluate the effectiveness of sublingual atropine versus a placebo for the relief of drooling in patients with cancer of the upper digestive tract. This was a

double-blind cross-over study involving 22 patients that were randomly allocated to receive atropine or placebo for 48 hours, followed by a wash-out period of 48 hours, then the final cross-over phase of receiving the alternate intervention for another 48 hours. The study subjects used visual analogue scales (VAS) to rate the impact of interventions on sialorrhoea, choking and daily social activities. The study found no significant benefits of SL atropine compared to the placebo from the patient's perspective, but a non-significant trend towards the benefit of atropine in controlling sialorrhoea. It was conjectured that the unexpectedly high placebo effect could be related to the 48 hours wash-out period that may have been insufficient, and/or that sialorrhoea is not always the cause of drooling.

**Barnes, S. et. al. 2006 Prevalence of symptoms in a community-based sample of heart failure patients. *Journal of Pain and Symptom management*. 32(3): 208-215.**

The study used both quantitative and qualitative methods to explore the prevalence and burden of symptoms experienced by heart failure patients in the community. Over a period of 2 years the study population of 542 heart failure patients aged over 60, completed a 3 monthly intervals questionnaires relating to their health status, depression scales and functional ability. Findings included that breathless and fatigue was reported as most bothersome for 60% and 59% respectively, of study participants. There was significant association between frequency and burden of each symptom. Furthermore, qualitative interviews revealed other troublesome symptoms included chest pain, nausea, sleep disturbance and confusion. The high prevalence of symptom for heart failure patients' emphasises the need for comprehensive assessment that ensure timely and relevant symptom management.

## FORTHCOMING EVENTS

### Queensland

#### 5 & 12 February 2007

Palliative Care Short Course - 2 Days  
The Prince Charles Hospital  
Contact (07) 3139 4122

#### 17 February 2007

Second Hospice Conference  
Palliative Care, Living with Dying  
Ipswich Hospice Care  
Contact (07) 3812 0063

#### 14–15 February 2007 and 26 February–8 June 2007

Palliative Care for the Older Person  
(Distance Education), Australian Catholic  
University / RSL Care  
Contact (07) 3251 6862

#### 8 March 2007

Palliative Care; Patient, Family & Nurse  
Logan Hospital  
Contact (07) 3299 9173

#### 8–9 March 2007

Principles and Practice of Palliative Care  
for the AIN/PCA  
Mt Olivet Hospital  
Contact (07) 3240 1165

#### 17 March 2007

CPCRE Updates in Palliative Care for GPs  
Contact (07) 3636 1449

#### 27 March 2007

A Palliative Approach to Wound Management  
Mt Olivet Hospital  
Contact (07) 3240 1165

#### 28–30 March 2007

Principles and Practice of Palliative Care  
for the Registered Nurse  
Mt Olivet Hospital  
Contact (07) 3240 1165

#### 13 April 2007

Update in General Medicine for Palliative Care  
CPCRE - Brisbane  
Contact (07) 3636 1449

#### 25 May 2007

CPCRE Annual Research Conference  
CPCRE - RBWH  
Contact (07) 3636 1449

### National

#### 15 - 16 March 2007

Improving the Delivery of Palliative Care for  
Older People  
Stamford Sydney Airport  
Contact (02) 4963 5150 or  
change.champions@bigpond.com

#### 28 - 30 August 2007

9th Australian Palliative Care Conference  
Partners Across the Lifespan  
Melbourne Exhibition and Convention Centre  
Contact (03) 9681 6288 or  
www.iceaustralia.com/apcc2007

### International

#### 6–9 June 2007

10th Congress - European Association for  
Palliative Care, Budapest Hungary  
Contact www.eapcnet.org

#### 2–4 August 2007

CNSA Winter Congress  
Melbourne, Australia  
Contact www.cnsa.org.au

#### 27–29 September 2007

7th Asia Pacific Hospice Care Conference  
Nurturing Partnership in Hospice Care  
Hotel Philippine Plaza, Manila  
Contact www.aphc2007.com

#### 6 October 2007

World Hospice and Palliative Care Day  
Palliative Care Australia  
Contact (02) 6232 4433 or www.pallcare.org.au

## CPCRE RESOURCES AVAILABLE

The following Palliative Care resource booklets are available from CPCRE:

- Guidelines for Syringe Driver Management in Palliative Care
- When a Child Dies – A Guide to Working with Bereaved Parents after the Death of a Child from Illness.

Printing costs dictate that limited copies are available per request.

- Community resource booklet: 'Palliative Caring at Home – The Ultimate Gift of Love – A guide for carers who are caring for a terminally ill person at home' prepared by Palliative Care Information Service, available by contacting freecall: 1800 772 273 or <www.pcis.org.au>.

## STOP PRESS

Queensland University of Technology (QUT) has been awarded the contract to undertake the National Co-ordination and Project Management role for the Program of Experience (PEPA), for the period January 2007 to June 2010.

The contract awarded by the Department of Health and Ageing, Australian Commonwealth Government, will provide funding of \$7 million dollars (GST exclusive) to continue this very successful program.

CPCRE will continue to offer and manage the PEPA project for Queensland.

## CENTRE LINE

December 2006 Newsletter of the Centre for Palliative Care Research and Education Vol. 2 No. 4

### Acting Centre Director/Director of Research

Professor Patsy Yates Ph: (07) 3636 1449

### Director of Learning and Development

Deborah Prior, PhD Ph: (07) 3636 1337

### Clinical Research Program Leader

Professor Janet Hardy Ph: (07) 3636 1449

### Administrative Officer

Rosaleen Matters Ph: (07) 3636 1449

### Project Manager National Co-ordination / Evaluation - PEPA

Dee May Ph: (07) 3138 6121

### PEPA (QLD) Project Manager

Kathryn Laurent Ph: (07) 3636 6216

John Rosenberg Ph: (07) 3636 5251

### Research Officers

Appointment – Pending

### General Enquiries

Ph: (07) 3636 1449 Fax: (07) 3636 7942

Email: cpcr@health.qld.gov.au Website: www.cpcr.com

### Postal Address

Centre for Palliative Care  
Research and Education  
Royal Brisbane & Women's Hospital  
Post Office Herston QLD 4029

### Street Address

Block 7/Level 7  
Royal Brisbane & Women's Hospital  
Herston Road  
Herston QLD 4029

### The Centre

The Centre for Palliative Care Research and Education is an initiative of Queensland Health and is a collaboration of the Royal Brisbane and Women's Hospital and Health Service District, The Prince Charles Hospital and Health Service, Queensland University of Technology, Karuna Hospice Inc., and the Queensland Divisions of General Practice.

**Disclaimer:** The views or opinions expressed in any Centre Line articles or inserts are not necessarily those of Queensland Health or the Centre for Palliative Care Research and Education. While all precautions have been taken to ensure the quality of information provided, this information has been provided in good faith and, as such, the CPCRE cannot guarantee the accuracy or currency of the content displayed. Use of any Website and its information is at the risk of the individual user, and CPCRE shall not be responsible for any losses or damages that may result. Hypertext links to other sites do not mean that CPCRE endorses those sites or the materials contained on them.

