

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 <www.cpcre.com>.

A priority setting activity was undertaken to identify the focus of CPCRE guideline development projects for 2007. Guidelines for the management of dyspnoea are currently being developed.

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, Charles Darwin University, and Curtin University with funding from the Australian Government Department of Health and Ageing through the National Palliative Care Program).

The consortium has commenced promoting uptake of the curriculum resources in all health courses across the country. During 2007, coordinators for 80 undergraduate courses in the health professions will be invited to participate in the project. The project team recently visited all universities in Western Australia to facilitate the inclusion of learning resources into courses in medicine, nursing, pharmacy, and occupational therapy.

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

CPCRE has been contracted to offer further placements and workshops over the period from 2007-2010. A further 140 PEPA placements will be offered during this time. Additional placements for Indigenous Health Workers will also be offered. Kathryn Laurent has been appointed as the PEPA Manager for Queensland.

GP Education Program

The seven projects for the Queensland Health GP Education Program awarded for 2006-2007 are near completion. These projects address issues including: knowledge and skill through specialist led seminars and workshops; strengthening partnerships between GPs and specialist services; improving accessibility to educational resources via an online program with a mentoring component and a video demonstrating insertion of a subcutaneous catheter; and building networks of local GPs interested in developing palliative care services in their district. CPCRE and Canossa Private Hospital are hosting a GP workshop at Canossa on 30th June.

CARESOURCES and the Queensland Palliative Care Education Calendar

The 2007 Education Calendar was distributed in February 2007 and is available from the CPCRE website. CARESOURCES, the Queensland Palliative Care Education Directory can be accessed on <www.cpcre.com>.

Allied Health Education

The first workshop was held on March 26th 2007 in Rockhampton, and was attended by approximately 30 allied health professionals from Central Queensland areas. Further workshops are planned for August 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 offered a structured education program to four nurses to develop skills in palliative care nursing. CPCRE is continuing to work in partnership with Karuna and RBWH staff to develop a strategy for making the program accessible to a wider group of nurses.

Palliative Care Update

CPCRE Annual Research Conference

The 2007 Annual CPCRE Research Conference was held on May 25th 2007. The keynote speaker was Professor Afaf Girgis from the Centre for Health Research and Psycho-oncology at the University of Newcastle. Professor David Currow and Professor Janet Hardy also presented on developments in the Palliative Care Clinical Trials Collaborative. Reports on several of the papers are included in this edition of the newsletter.

CPCRE ACTIVITY REPORT

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 centre palliative care

For further details of specific projects, publications, reports and conference presentations please visit <www.cpcre.com>.

Palliative Care Clinical Studies Collaborative (PaCCSC)

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. The audit is currently nearing completion. It is expected that the first trials will commence later this year.

Palliative Care Outcomes Collaborative (PCOC)

The northern zone of PCOC (Queensland and Northern NSW) is currently working with 34 service providers. Currently the northern zone of PCOC has service providers joined from all Queensland Health area health services, a wide geographical spread including metropolitan, regional, and rural & remote providers as well as private, public and non-government organisations. The first PCOC report for lead agencies has been released.

Establishing and facilitating partnerships

Queensland Palliative Care Research Network

A schedule of meetings for 2007 is presented on the CPCRE website. The network met in February to discuss preparation for the work of the Palliative Care Clinical Studies Collaborative.

Palliative Care Clinical Networks.

CPCRE is represented on Area Health Service Palliative Care Networks, and is actively supporting activities of the networks. CPCRE is also represented on the steering committee established to investigate the development of a State-wide Palliative Care Clinical Network. CPCRE

staff provide secretarial and some project support to the steering committee.

Hospital to Home Palliation for Advanced Heart Failure Project (TPCH Lead Organisation/RBWH)

CPCRE is a key member of the group leading a project funded by the Commonwealth Local Palliative Care Grants Scheme. A team led by Dr Deborah Prior (CPCRE) has recently received additional funding from the Queensland Nursing Council to undertake a qualitative investigation into the experiences of people with heart failure.

Identifying trends in palliative care service delivery and their implications for Queensland

Graseby Syringe Driver Working Party

CPCRE has taken a role in organising a working party of clinicians and technicians to consider alternatives to the Graseby syringe driver, in response to some preliminary reports that such devices may not continue to be available for purchase in Australia.

The working party will meet for the first time in mid-July, and is drawn from a wide cross section of the palliative care community. CPCRE's role is primarily to assist this group in its consideration of alternatives to the Graseby syringe driver with a view to the group making recommendations on alternative options should these be required.

It is anticipated that the working party will also be a conduit for information on this matter between Palliative Care Australia and the Queensland palliative care community.

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, Indigenous Programs Advisory Group, Cancer Council of Queensland
- Member, Heart Failure Hospital to Home Palliative Care Working Group.

Clinical Research Program Leader:

- Member, Cancer Council Queensland Medical and Scientific Committee
- Member, Palliative Care Medications Working Group

PALLIATIVE PROFILE: THE ROMA PALLIATIVE CARE SERVICE

The palliative care service within Roma forms part of the newly aligned South West Health Service District of Queensland Health. In addition it covers the smaller towns and facilities of Injune, Surat, Mitchell, St George, Dirranbandi, Mungindi, Wallumbilla and Yuleba.

The service consists of a 0.5 FTE Coordinator, presently a Clinical Nurse also working as a 0.5 FTE Community Health Nurse. The coordination role is non-clinical with a focus on assisting coordination of government and non-government providers with their provision of palliative care services. The Coordinator provides current information and resources to build the capacity of service providers and carers to deliver quality care to patients in the setting they choose during the palliative phase of their illness.

The Coordinator is able to travel throughout the district to meet patients, families, carers and professionals providing their care. Of course the patient, family and carers are integral to planning care and support. The service is an integral part of the Community Health team based in Roma and St George, and works closely with other health professionals e.g. Acute Care Nurses, Occupational Therapists, Physiotherapists and GPs to monitor the care needs of patients in the community and as required in the acute setting.

The Coordinator attends ward rounds regularly (in the Community Nurse role) at Roma Hospital, promoting continuity of care for both palliative and non-palliative patients discharged into the community. A benefit of this is the nurse works collaboratively with consulting doctors on ward rounds, and can discuss any patient issues and link hospital doctors with doctors at larger facilities for advice if warranted.

A challenge of the rural location is that while many visiting specialists fly in and out, including an Oncologist/Physician who visits Roma 2-3 times per month, it is difficult for the clinical team to have on hand a palliative care specialist, and not all patient care issues will arise on the day of the visit.

The rural location limits access to appropriate technology and education, while lack of staff for backfilling creates difficulties in releasing staff to attend educational opportunities. Even so, we have been able to support many District staff to attend education opportunities such as Mt Olivet courses, Oncology Nurses Group workshops, the CPCRE Annual Research Conference, and the national palliative care conference.

In recent years palliative care rooms in each hospital have been refurbished to provide a non-clinical atmosphere, and specialised palliative care equipment has been purchased. With the palliative care role presently combined with the Community Health Nurse role, the continuum of care is much improved for palliative patients returning home, and the role of coordinator personally very rewarding.

PALLIATIVE CARE RESEARCH

Maha N, Shaw A. 2007. Academic doctors' views of complementary and alternative medicine (CAM) and its role within the NHS. BMC Complementary and Alternative Medicine 7:17

In the context of increasing use of CAM, an exploratory qualitative study of UK doctors' views of CAM was conducted. Purposeful sampling was used to target doctors, primarily working in general practice, with a range of views on CAM.

Eight general practitioners and a homoeopathic doctor working in a hospital setting were interviewed.

The study showed a range of views of CAM, with various underlying rationales. Doctors identified value in unpacking the term 'complementary and alternative medicine' to distinguish modalities that may be effective from others that are not, or modalities that may be acceptable to doctors (or patients) from those that are not. The researchers concluded that elements of some CAM approaches may be able to be applied more widely within mainstream NHS practice, to enhance patients' overall quality of care.

Ott M, Norris R, Bauer-Wu S. 2006. Mindfulness meditation for oncology patients: a discussion and critical review. Integr Cancer Ther 5(2): 98-108

This article provides an overview and critical evaluation of research on the clinical applicability of mindfulness meditation in oncology. Most studies had been done with breast and prostate cancer patients. Consistent benefits were found in cancer outpatients, such as reduction of stress symptoms, improved psychological functioning, and enhanced coping and well-being.

The authors suggest that more research in the area is needed, with different cancer diagnoses and treatment settings, using rigorous methods and randomised, controlled designs, and expanding the outcomes to include health care use, physiological, quality of life, and health-related outcomes.

Finally, the authors conclude that while the use of mind-body interventions such as mindfulness meditation is relatively new, it is gaining credibility, and research to date indicates significant benefits for the well-being of persons living with cancer.

FORTHCOMING EVENTS

Queensland

4,11,18 & 25 July

Oncological Emergencies
Oncology Nurses Group – Gold Coast
Cancer Council Queensland
Contact: 07 5591 1500

18 & 19 July

Palliative Care for the Older Person
RSL Care – Parkinson
Contact: 07 3251 6862

23 July – 2 November

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

25-27 July

Principles and Practice
RSL Care – Regional Centre
Contact: 07 3251 6862

26-27 July

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

27 July

Exploring Dimensions of Grief Within Disability
Australian Centre for Grief & Bereavement
Contact: 1800 642 066

7 August

Serious Situations in Palliative Care
Spiritus Care Services – Centre for Excellence
Contact: 07 3421 1514

14 August

Early Intervention and Crisis Support after Sudden and Unexpected Death
Australian Centre for Grief & Bereavement
Contact: 1800 642 066

16 August

PCQ Supper Seminar
Accumulated Loss in Later Life
Contact: 07 3633 0096

21 August

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

22-24 August

Principles and Practice of Palliative Care for the EN
Mt Olivet Hospital
Contact: 07 3240 1165

5 September

Sexuality – Education Session
Oncology Nurses Group – Gold Coast
Cancer Council Queensland
Contact: 07 5591 1500

7 September

Carers' Health and Wellbeing
Carers Queensland – Cairns
Contact: 07 4031 0163

11 September

Stress Management for Palliative Care Staff
Mt Olivet Hospital
Contact: 07 3240 1165

8-9 November

Cancer Council Queensland
30th Anniversary Oncology Nurses Group Conference

National

2-4 August

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

28 - 30 August

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

International

27-29 September

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

6 October

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

See the CPCRE web site <www.cpcrc.com> for the 2007 Education Calendar and for details of other events later in the year or notified recently.

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

Applications have opened for the 2007-2008 round of Queensland Health grants for GP palliative care education. Contact your local Division of General Practice for further information, or see the CPCRE website - go to Education>Education for Qld GPs. Applications close 30th July.

CENTRE LINE

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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.

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