

PEPA

**Program of Experience
in the Palliative Approach**

*Funded by the Australian
Government Department
of Health and Ageing*

NEWSLETTER AUTUMN 2010

THE NATIONAL
PALLIATIVE CARE
PROGRAM

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The Program of Experience in the Palliative Approach (PEPA) provides an opportunity for primary health care providers to develop skills in the palliative approach by undertaking a workforce placement with a palliative care specialist service (host site) within a metropolitan or larger service. It has three components:

- Supervised clinical placement
- Integration of learning into the participant's practice
- Post-placement support

Please access the PEPA webpage for details: <http://www.pepaeducation.com/>

The Program of Experience in the Palliative Approach is an initiative of the Australian Government Department of Health and Ageing's National Palliative Care Program.

In the 2007–2010 phase of the PEPA program, funding from the Australian Government Department of Health and Ageing (DoHA) is available to support 950 clinical placements and 204 workshops across all Australian states and territories.

National Office Update

The first quarter of 2010 has been an eventful time at the PEPA National Office. We kicked off with our annual PEPA Managers and Aboriginal Project Officers workshop in early February. This workshop focused on shaping and refining PEPA such that it can continue to build capacity of the national primary healthcare workforce in the future and meet the needs of our communities. The day's agenda covered everything from our overarching goals and underpinning educational principles through



Annual PEPA Managers Meeting, Brisbane. From left: Kathy Laurent (QLD), Vinesh Oommen (National PEPA), Peta Jackson (SA), Cindy Paardekooper (NT), Tom Goff (DoHA), Natasha Myers (National PEPA), John Carson (NT), Kathy Parr (WA), Ellen Sheridan (VIC), Annette Cole (ACT), Janeen Foffani (NSW), Angela Bresnehan (TAS), Deborah Prior (National PEPA), Janet Taylor (SA), Patsy Yates (National PEPA), Cherie Waight (VIC) and David Wellman (National PEPA).

to strategies and guidelines for implementation. Ideas and recommendations from the day will inform any proposal for future funding. The annual workshop coincided with the PCC4U Third National Palliative Care Education Conference, Building our Workforce. This was a great opportunity to present, network and learn from others in the sector.

Another exciting development is the recent release of three new resources for the Aboriginal and Torres Strait Islander component of PEPA. Resources include a Learning Guide for Aboriginal Health Worker participants, Mentor's Guidelines for host site mentors, and Communication Guidelines to provide guidance for individuals and organisations involved in the implementation and evaluation of PEPA and to enable them to work within local cultural practices and protocols.

PEPA: Tracking Achievements

A total of 282 clinical placements were completed between July to December 2009. Participants attending the clinical placements came from various discipline groups. Table 1 presents the total number of

participants in each discipline for the period July to December 2009. Table 2 shows the total number of participants from each state/territory.

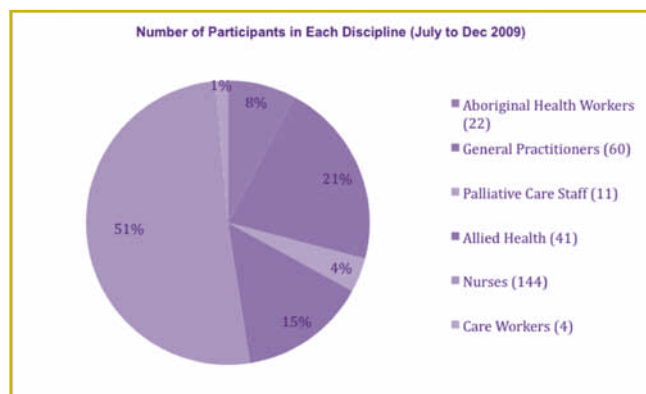


Table 1: Total number of participants in each discipline (n=282) from July to Dec 2009

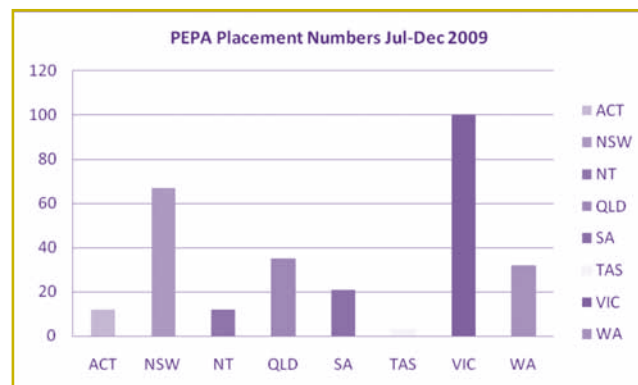


Table 2: Total number of participants in each state/territory (n=282) from July to Dec 2009

PEPA: Making a Difference

Evaluation responses between July to December 2009 show that PEPA continues to support participants in enhancing their skills and knowledge. Some of the responses from participants following their placement include:

- Set up GP management plan organising registrar teaching.
- Discussed pain management options with my colleague using guidelines provided by Peter Mac [Cancer Centre] for terminally ill patients with chronic pain issues.

- Informal discussions on experiences with colleagues at work and also with registrars using case specific examples. Actively encouraging registrars to participate in the program and discussing my experience at formal talks, presentations and newsletter articles.
- Presenting at our area dietetics meetings; preparing life limiting illness specific resources to educate patients to manage symptoms.

FEATURE ARTICLES:

Palliative Care Victoria Podcasts

In Victoria PEPA post placement support funding has been used to develop a series of podcasts about different aspects of palliative care. Podcasts are a wonderfully effective learning tool for past PEPA participants and other people with an interest in palliative care as they are available to everyone who has internet access.

Viewing the Palliative Care Victoria podcasts is easy!

1. Go to the Palliative Care Victoria website (<http://www.pallcarevic.asn.au/-pepa/podcasts>)
2. Select a podcast and press the bottom left play button of the podcast player to start watching.
3. Use the other buttons to pause, change the volume, scan the podcast and watch the podcast full screen.

The podcast topics are wide-ranging and issues covered so far include:

- The Role of the Specialist Team

- Anorexia/Cachexia Syndrome in Advanced Cancer
- Breakthrough pain or periodic pain
- Communication
- Diagnosing Dying
- Motor Neurone Disease and palliative care
- Back to basics: starting and using morphine
- Management of nausea in end stage disease
- Preparing families for an imminent death
- Including children when a family member is dying
- Palliative care communications at end of life.

We are keen to continue to expand the range of podcast topics available, so if you have any feedback on the podcasts or suggestions for future topics please email Palliative Care Victoria on info@pallcarevic.asn.au.

Ellen Sheridan
PEPA Manager, Victoria

Self Care and Wellbeing for the Health Professional

Stress is a normal part of life and stressors appear in our everyday personal and working life. How we cope with stress depends on a number of variables including how we have experienced and coped with stress previously, how often we experience it, how often it recurs, how many situations we are dealing with at one time, the period between stressors, how we physically respond to stress, the degree of control we have over it, the seriousness of the issue causing the stress and the extent of our support networks^{1,2,3}. Long term stress can impact on our emotions, the way our bodies function, our thoughts, our behaviours and even how we view the world. It can also affect how we interact with others^{2,3}. In health care, stress may be from the relationship we have with our patient or client or may be organisation related such as pressure on staff due to limited resources, funding restrictions, personality conflicts, and the demands and expectations of management⁴.

Maintaining a healthy lifestyle is an essential component of stress management. Strategies to optimise physical health include good nutrition, adequate sleep and rest, regular exercise, avoid self-medication, take time out to do something you enjoy, and do something for yourself alone rather than caring for others continually³,^{4,5}. Strategies for optimising emotional health are very personal but could include talking to someone you can trust, learning to accept what you cannot change, doing something for others that is not work related, taking one thing at a time, writing about it in a journal or diary, plan ahead, develop a hobby, and delegate responsibility or ask for help^{3,4,5}. To optimise spiritual health try meditation, yoga, tai-chi, practice your own beliefs (e.g., prayer and/or other religious rituals), and participate in activities that enable you to connect with life^{3,4,5}.

Specific strategies for coping with stress in your workplace include^{3,4,5}:

1. Participate in professional support systems (e.g., clinical supervision, peer review, peer support networks) and affiliate with relevant professional bodies
2. Attend and involve yourself in activities such as case reviews, conferencing and remembrance ceremonies
3. If no such opportunities occur in your workplace, find like minded people to share experiences and debrief with
4. Utilise services that your workplace offers as support mechanisms such as employee assistance schemes
5. Plan regular breaks into your working day and regular leave from your job
6. Take a break from your role and do something else for a time (e.g., a temporary change such as a secondment opportunity).

1. Taylor, SE 1999, "Health Psychology" 4th ed., Singapore, McGraw-Hill.
2. Manktelow, J 2005, "Stress Tools: Calm, Clear Thoughts and Quiet Confidence" 2nd ed., London: Mind Tools.
3. Goldberger, L, Breznitz, S (Eds) 1993, *The Handbook of Stress*, New York: Free Press.
4. Juniper, B 2009, "Staff wellbeing: what works for your workforce", *Health Service Journal*, vol. 119, no. 6160, pp. 22-23.

5. Figley, CR (Eds) 1995, *Compassion Fatigue*. New York: Brunner/Mazel. As cited by Sally Murray, 2006 "Strategies to Support the Professional Caregiver" PEPA Allied Health Workshop Program.

Note: Additional references can be provided on request

CONTRIBUTED BY KATHY LAURENT, PEPA MANAGER QLD – for further information or the full reference list, contact Kathy Laurent.

EMPLOYER REFLECTION:

Katherine West Health Board (KWHB) had an Aboriginal Health Worker (AHW) In-service in the last week of November 2009 and our Health Workers (Rhonda Henry, Debra Jones and Betty Little) gave a presentation to other AHWs/staff on palliative care, what they learnt during their PEPA placements, how this experience has empowered them and gave them confidence as Aboriginal Health Workers to support and look after palliative care patients/family members in their own community.

They had obviously put a lot of preparation and thought into the presentation as it was very comprehensive. They as a collective had done paintings and each talked to the different sections through the presentation very passionately and confidently. Out of all the presentation during the In-service it will be one that I will always remember - I was so proud of them. The presentation led to other AHWs sharing their stories about looking after palliative care patients and family in the past and how they had to deal with the situation with minimal support and done the best they could at the time and the toll that it had taken on them personally and professionally. It was a very powerful discussion and brave on their behalf to openly share this in front of non aboriginal staff. Other AHWs that have not done the PEPA placements have now expressed an interest to this next year when time permits in their very busy schedules with balancing work and family.

Staff often go to training and as a manager at times think how useful it is and how can be applied back out in the community, PEPA training and placements is very worthwhile and is useful to our health



Aboriginal Health Workers Rhonda Henry, Deborah Jones and Betty Laurie from Timber Creek and Bulla communities deliver their 'PEPA Project Presentation' to staff at Katherine West Health Board.

professionals in a range of different areas at community level. For AHWs they do now have access to real professional support when they are dealing with palliative patients/family in their communities which are always very stressful and each time the challenges are unique – they are now not alone. The burden of chronic ill health seems to have increased over the last five years and this means palliative care patients in our communities will become more common, so for them having the option with real support for them and their family is now a real option.

The AHWs that have been to PEPA workshops and placements speak very highly of the professionalism and sensitivity of the PEPA staff. Generally it takes anywhere between 6 – 12 months before AHWs develop a trust relation with new non-aboriginal staff that come to work and live in their communities e.g. RANs. It is very unusual for aboriginal staff to develop trust and respect relationship with staff from external organizations in a very short time frame so well done PEPA staff for your special touch with our AHWs, especially Cindy who they talk very highly about.

Keep up the good work; you are making a difference to the people in remote communities, your support is appreciated.

Thank you,

David Lines

Community Development Manager, Katherine West Health Board

SECTOR NEWS:

National Palliative Care Strategy update: The Phase 2 consultation is coming to a close and the draft updated strategy will be available for comment early May. Stakeholders who have, or do, register on the following website will be advised by email when the document is available for review – <http://npcsu.communiogroup.com/>.

The National Palliative Care Program: The Australian Government provides support for people with a life-limiting illness through the National Palliative Care Program – <http://www.health.gov.au/palliativecare>.

CareSearch: The CareSearch palliative care knowledge network is an online resource consolidating evidence-based and quality information for various groups within the palliative care community – <http://www.caresearch.com.au>.

Palliative Care Australia: PCA works in collaboration with the Australian Government Department of Health and Ageing to implement the National Palliative Care Strategy and to raise awareness of palliative and end of life care, improve the understanding and availability of services across Australia, and encourage discussion to support improved knowledge networks – <http://www.palliativecare.org.au/>.

SPOTLIGHT ON A HOSTSITE:



St John of God Murdoch Community Hospice is situated within the tranquil grounds of St. John of God Hospital in Perth's southern suburb of Murdoch. The 20 bed facility is unique to Western Australia as the only freestanding purpose built hospice in the state.

The hospice was opened in 1998 after 3 years of planning and an 18 month community fundraising campaign. While it started out as an independent facility, in February 2006 the Murdoch Community Hospice joined St. John of God Health Care to become St. John of God Murdoch Community Hospice. Both organizations shared their philosophy and values, and the merger left the hospice better positioned to continue providing excellent care.

The hospice is a warm and friendly place where specialist palliative care is delivered by a highly skilled interdisciplinary team. The holistic approach to care acknowledges the physical, psychological, spiritual, emotional, social and cultural needs of patients and their families. About half of the patients die during their admission, while the others will go home with improved quality of life.

The hospice also runs a day centre, Footprints, which offers a range of complementary therapies from qualified professionals who offer their services as volunteers, as well as group work, meditation, guided imagery and information, amongst other things. The aim of the centre is to support both the patient and their carers as they live with their progressive disease.

The hospice has become widely known within the health sector as an expert provider of education and training and has supported PEPA since 2003 by offering placements to nurses, GPs, allied health professionals and Aboriginal Health Workers. During this round of funding 43 PEPA participants have been mentored by the hospice staff with excellent feedback from the participants and their employers. As one GP commented after his placement:

“Excellent placement experience. The team at SJOG Murdoch Community Hospice should be congratulated and encouraged to continue the great work they do.”

PEPA WA wishes to thank all the host sites for their ongoing support of the program.

Kathy Parr (PEPA Manager WA)

STATE NEWS

PEPA NT

John Carson

Heading toward the end of this PEPA phase it is timely to reflect on what we have achieved over the past 3 or so years. NT PEPA has delivered over 60 clinical placements across all disciplines, greatly exceeding the target of 43. This includes 26 Nurses, 5 G.P.'s, 12 Allied Health professionals and 19 Aboriginal Health Workers.

It has been encouraging to see the positive outcomes from both participants and employers in their post-placement feedback. Most report positive increases in confidence, knowledge and skill and many report how 'enlightened' they are after spending time with the specialist palliative care services in Darwin and Alice Springs. Many often state how impressed they are with the dedicated specialist palliative staff and the multi-disciplinary team approach – a great credit to our NT staff at Territory Palliative Care.

Of note are the parallel achievements we have gained in the NT in renal disease and the palliative approach. We chose to focus on chronic renal disease and the palliative approach in 2007-8. This resulted in several practitioners from NT Renal Dialysis services completing PEPA. Feedback includes: "I appreciated the time... this gave me an insight to the team work of palliative care", "The activities I have undertaken have had more impact on the renal ward", "I find staff more comfortable with the palliative model." Employers of renal staff have reported, "This is a good program and should be extended" and "This has resulted in a win-win for us all."

Discussion of death and dying can be difficult in many cultures and even mentioning palliative care can create apprehension in many people. In Aboriginal cultures, as many of us know, death and dying can be a frequent occurrence. The program "Palliative Care for Renal Clients in a Remote Setting" managed by Sue Stewart at Territory Palliative Care in Darwin addresses and demystifies some of these issues for those dealing with remote Indigenous clients. This program and PEPA have worked in tandem to allow PEPA participants to learn and explore different approaches to caring for their renal clients. Touching stories are available from Sue of the successful "return to country" and subsequent peaceful passing away of renal clients that have chosen this path. The renal sub-focus has also succeeded in producing a greater engagement between the two specialist services and stronger links between palliative services and renal services in the community.

Also, of particular note is The Community Outreach Program, which delivers remote palliative education to Aboriginal Health Workers. This component of PEPA commenced in 2008 and is delivered by Cindy Paardekooper. It has had remarkable success to date due to the culturally safe structure and appropriate facilitation. Previously only 3 Aboriginal Health Workers completed PEPA clinical placements at the Darwin host site (2003-2008) but since the commencement of this new program we have now had 13 Aboriginal Health Workers complete placements, with more on the waiting list. Most of these placements are a result of the 11 Community Outreach Program workshops that have been delivered. Workshops were delivered in remote and very remote places including Groote Eylandt, Nhulunbuy, Palumpa, Wadeye, Katherine, Alice Springs, Nguiu (Bathurst Island) and Tennant Creek. The workshops achieved a total attendance of 89 participants to date, of the specific target group (Aboriginal Health Workers and Indigenous Aged Care Workers) in remote areas. Anecdotal feedback from placement participants and employers comments indicate that there has been an increase in communication from Aboriginal Health Workers and Health Clinics in remote areas to Territory Palliative Care (TPC) services due

to the connections and relationships built whilst on a clinical placement (see Employer Reflection article for more details).

Of final note, this will be my last newsletter article for PEPA as I will be moving to a new role after this phase of PEPA. As a Policy Advisor in Acute Care I will have the palliative care portfolio so will still be engaged with people in the sector. Working on PEPA for this whole phase over the past 3 years has been a wonderful time, seeing the project through to completion. It's sad to leave PEPA, a job I've really enjoyed. However I look forward to continuing my association with everyone through my new role and contributing to improved palliative care for all Territorians.

PEPA ACT

Annette Cole

The current contract for PEPA is winding up and here in the ACT the PEPA Program has completed all of our placements after a final group attended Clare Holland House (CHH) during February. These two placements came from the Aged Care sector and both were a credit to their organisations; showing initiative, dedication and compassion for the aged and the organisations with whom they work. It has been a highlight and a privilege to work with so many dedicated and enthusiastic health professionals from so many sectors of primary health. There are still many more health care professionals showing interest in learning more about A Palliative Approach to Care – which would/will keep future PEPA programs in business for quite some time.

In February we started the workshop schedule for 2010 with our general 'Palliative Approach' workshop – the bread and butter of the workshop program here in the ACT. This workshop will be run again on the 11th of May. In March we are running 'Spirituality in Holistic Care' as a post-placement support workshop for previous placements. We will also open this workshop up to staff from the ACT Palliative Care Service. The facilitator for this workshop is Mary Waterford. Mary co-ordinates Pastoral Care at CHH and has a wealth of experience in teaching Clinical Pastoral Education to pastoral care workers and students at The Canberra Hospital. This workshop will encompass personal insights into one's own spirituality, and case studies that will help to flesh out the practical application of being present to another's spiritual journey and needs.

In the summer newsletter edition I highlighted the introduction of a new initiative in the ACT called 'Reverse PEPA'. Sue Turner has been employed to work on this initiative and planning is under way to trial it in a couple of facilities during the autumn months. Sue is also learning more about the PEPA Program as it currently runs in the ACT. This will be very helpful as Annette begins to focus her attention on the final report for the current contract of the national PEPA program.

A little about Sue... Sue has worked across CHH in the in-patient unit and Home Based Palliative Care since 2007. She has a community and acute care nursing background. Sue has a broad general knowledge and brings with her a variety of experience prior to becoming a nurse – which is her second career. Sue has an aptitude to get to the core of an issue quickly and to think laterally. She is passionate about palliative care, clinical nursing and education. Sue is looking forward to working with placements; as 'the' placement (in other facilities); and with the PEPA Program.

For enquiries about upcoming workshops in the ACT PEPA Program please contact Sue or myself on 02 62647338 or email us at PEPA@calvary-act.com.au

PEPA TAS

Angela Bresnehan

PEPA Tasmania commenced the year with eight supervised clinical placements scheduled to take place from January through to the end of April 2010. These placements will occur in host sites in the North West and South of the state. The majority of supervised clinical placement participants for this period are nurses working in Residential Aged Care Settings and in General Practice however we have also had one allied health professional from the West Coast take up a placement in February (see the placement reflection section of this newsletter).

Over the past few months the PEPA Tasmania Project Officer has worked closely with the Rural Palliative Care Project Officer from GP South in Southern Tasmania with the aim of maximising palliative care education opportunities for primary providers working on the East Coast. As a result of this collaboration, PEPA will be conducting workshops in Nubeena and Swansea during March to increase participant's knowledge, confidence and skills in providing a palliative approach in their own health care setting.

In December the palliative care service said farewell to Dr Paul Dunne who is retiring from his full time position as medical specialist. After a much needed break Paul will be returning to the service in March to work as a visiting medical officer on a sessional basis. Since PEPA commenced in Tasmania, Paul has supported the Program through mentoring participants, facilitating and presenting at workshops as well as contributing his knowledge and wisdom in planning education activities for our primary providers. PEPA Tasmania would like to take this opportunity to thank Paul for his support and contribution.

For further information on palliative care in Tasmania visit the new DHHS website at http://www.dhhs.tas.gov.au/palliative_care/welcome.

PEPA VIC

Ellen Sheridan

In the past few months general practitioners, nurses and allied health have completed their placements. Their feedback, obtained via the post placement questionnaires, is very helpful in reviewing the format/content of future placements. Recent comments include:

- *"Since completing PEPA I have been available to my colleagues as a resource for information regarding symptom management and interventions used in palliative care"* Nurse 2010
- *"I would like to be able to go back, just to consolidate what I saw the first time. Now I have a 'whole lot more' questions to ask. It was a great experience to see the way palliative care nursing is delivered"* Nurse 2010
- *"It was an excellent experience where I was able to participate in a variety of experiences across a range of multi-disciplinary areas and gained invaluable insight as to the benefits of a 'whole approach' to care",* Nurse 2010
- *"PEPA has made me more efficient in accessing services and appropriate care, and more confident in answering any questions patients may have"* GP 2010

We have two more PEPA workshops specifically designed for Aboriginal Health Workers and Aboriginal Hospital Liaison Officers scheduled (19/3/10 Melbourne and 26/3/10 Grampians region). Feedback from Aboriginal Health Workers who attended a recent PEPA workshop in Shepparton include:

- *"I learned that it is not only the person with the illness that needs to be taken care of"*
- *"Palliative care is not about the 'end of the line' but the essential care given to the end of the journey"*

PEPA continues to improve the knowledge and confidence in the palliative approach to care amongst Victoria's generalist health care practitioners. No doubt as practitioners become more familiar with the issues surrounding end-of-life care, their care for patients living with a terminal illness also improves.

PEPA SA

Janet Taylor and Peta Jackson

At the beginning of each New Year, it is valuable to reflect back on the achievements of PEPA in SA.

January 2007 – December 2009

- 82 primary health care practitioners have completed a clinical placement
- 23 workshops were delivered with 630 participants

Feedback from two clinical placements:

Two GP registrars in their post placement evaluation answered the following question, 'Will you recommend PEPA to your colleagues?'

"Yes. Enjoyable placement which increased my skills and knowledge of palliative care. The program was flexible enough to be tailored to my learning needs" and another "Yes, The placement gives an introduction to palliative care in the best possible way".

The first ever Disability sector workshop in a palliative approach was held on the 25th February. Thirty four attended from Disability SA, ASSIST, Minda Inc, RDNS Disability Services and Adelaide Hills Options Inc. Professionals attending were from allied health, nursing, a Chaplin and a clinical psychologist. Stimulating and informative presentations were received from the Southern Adelaide Palliative Service and Western Palliative Care Service. Grateful thanks to these speakers and to my organising committee for a momentous and thought provoking day.



Disability Workshop, February 2010

Comments post workshop: "Increased knowledge in contemporary trends and new approaches. Validated perceived knowledge. Raised challenging situations in disability and how to deal with them" and "I learned how to approach and discuss end-of-life issues as well as an understanding of legal documents and processes".

A cultural awareness in a palliative approach workshop was held in February attended by 24 participants: 15 from specialist palliative services and 9 from Aboriginal Health and Community Services. Two elders were present who contributed stories and a deeper awareness of respectful care for Aboriginal people.

Upcoming events:

Two Aboriginal Health Workers workshops	April 2010
Post Placement Support Mentoring Workshop	16 April 2010

Many thanks to our host sites, mentors, rural palliative care services, acute, aged care and community facilities and GP divisions for all your support and ongoing marketing of PEPA in South Australia.

PEPA WA

Kathy Parr

Following a short Christmas break PEPA WA is back on full throttle as we enter the final 6 months of this round of funding for the program. At this stage the future is unclear but we remain hopeful that the Department of Health & Ageing will offer further funding for this very successful National program to continue and grow.

Interest in the program continues to grow in WA with a waiting list currently in place for nursing placements. Only a few placements for Allied Health professionals are available but there is still availability for GPs who wish to improve their knowledge and skills in the palliative approach.

The next few months will also be busy with 8 PEPA workshops organised in the metropolitan area and regional centres. A workshop on understanding Intrathecal and the Liverpool Care Pathway has been offered to nurses and allied health professionals in Bunbury and Busselton. These sessions are repeated for GPs later on the same day in both centres. Geraldton also has 2 education sessions scheduled for March 18th on New Developments in Palliative Care. There will be another Allied Health 2 day workshop in March in the metropolitan area and the Masterclass for Palliative Care Medical Specialists and GPs with an interest in Palliative Care will be held in May. The guest speaker this year for this event in Professor Peter Ravenscroft. Peter is a palliative medicine and pain management specialist who holds concurrent positions as the Foundation Professor of Palliative Care, University of Newcastle and Senior Staff Specialist in Pain Management at John Hunter Hospital, Newcastle, Australia. His interests have been in the teaching of palliative care, the pharmacology of agents used in palliative care and psychospiritual distress that is often seen in patients facing terminal illness.

In February the state and territory PEPA managers met in Brisbane with the national team for the final face to face meeting for this round of funding. The aim of the day was to plan future developments for PEPA should further funding be offered. Some great suggestions were put forward on the day looking at growing PEPA into an even more diverse program.

For further information about placements or workshops please contact Kathy Parr on 9382 9372 or kparr@cancerwa.asn.au or follow the link on the Cancer Council website: <http://www.cancerwa.asn.au/resources/2010-01-28-calendar.pdf>

PEPA NSW

Janeen Foffani

Welcome to 2010 – Christmas seems like such a long time ago and already the Hot Cross Buns are on the shelf in the Supermarket.

PEPA NSW continues to receive applications for supervised clinical placements and our last placement for this phase of PEPA will take place in May 2010.

The NSW Health Palliative Care Strategic Framework 2010-2013 has been released and it was good to see PEPA mentioned (4.3 Improving palliative care workforce capacity and training; page 18). The Strategic Framework will be used as a foundation by the Statewide Centre for the Improvement of Palliative Care (SCIP) and the NSW Palliative Care Service Development Officers to develop Area Health Service specific Palliative Care Plans. What a task!

Recent workshops in Young, Cootamundra and Goulburn were well attended by Health Professionals from across a number of disciplines. A second workshop was held in Grafton for Aboriginal Health Professionals this time focusing on bereavement and self care. It was great to see some familiar faces and good to meet some new ones too.

PEPA NSW was also involved with a workshop in Nowra for Aboriginal Health Professionals at the end of 2009. An identified outcome for this workshop was a greater understanding of the role of the Health Professionals providing palliative, respiratory (COPD) and renal care, and the role of the Aboriginal Health Professionals. It was certainly an interesting day which identified strengths and weaknesses in communication lines and challenges faced when dealing with end of life issues. The day also identified a 'pool' of knowledge within the room and plans are underway to hold a second day in Nowra to share this knowledge and build on the network.

Diane and I are madly finalising details for a number of post placement support education days across NSW and past participants will start to receive information regarding upcoming events soon.

UPCOMING PEPA NSW ACTIVITIES.

3 & 4 May – GP Twilight Education & Palliative Care Education Afternoon (GPs & All Health Professionals), Cobar

4 & 5 May - GP Twilight Education & Palliative Care Education Afternoon (GPs & All Health Professionals), Bourke

5 May – Palliative Care Education Day, Corowa (All Health Professionals)

5 & 6 May - GP Twilight Education & Palliative Care Education Afternoon (GPs & All Health Professionals), Walgett

6 & 7 May - GP Twilight Education & Palliative Care Education Afternoon (GPs & All Health Professionals), Lightning Ridge

17-18 May – Palliative Care Awareness Day & site visit, Dubbo (Aboriginal Health Professionals).

Across NSW

28 May – NSW Palliative Care Association. Professional Education Day & Awards night, Sydney

24-25 June – Sydney Institute of Palliative Medicine. Annual Palliative Care Symposium, Sydney

3-5 Nov – NSW Palliative Care Association Bi-annual Palliative Care Conference, Cessnock

More information regarding upcoming activities in NSW can be found on the PEPA NSW website: <http://www.sswahs.nsw.gov.au/sswahs/pepa/>



GP, Nurse Practitioner and Senior Nurses (community/hospital) evening at Cootamundra



Aboriginal Health Professionals, Palliative Care Awareness Day 18/2/10

PEPA QLD

Kathy Laurent

We are excited to announce that we are able to offer 8 additional places over and above our original targets (5 nurses, 1 GP, and 2 Allied Health). Successful participants will be contacted soon. Enquiries for PEPA placements are still welcome.

2010 has begun with a lot of activity. On the 1st February, the PEPA Manager travelled to Caloundra to present a session on PEPA to the staff orientation of the new Dove Palliative Care Unit at the Caloundra Hospital. As the unit will be involved in hosting PEPA participants, a short session on what PEPA expects from a host site mentor was also included. A similar session will be given at a Palliative Care Education Day at the Nambour Hospital on 25th February.

PEPA Managers from across the country met up in Brisbane on 10th February and a focused and lively discussion ensued regarding the future directions of PEPA. On the following days, we attended a Palliative Care Education Conference at QUT which incorporated some lengthy discussions on better preparing our workforce for working with palliative patients or clients.

The Allied Health workshop held at Royal Brisbane and Women's Hospital on 26th February was well attended by in excess of 40 people and again a waiting list had to be compiled as there were too many registrations. A further workshop will be held in May or June to cater for the overwhelming demand from allied health professionals.

A GP Update in Palliative Care workshop was also successfully held in Maroochydore on 13th March with the cooperation of some excellent speakers. Topics included on the day were:

- Breaking bad news
- Self-care for GPs
- Assessment & Management of Complicated Grieving: Practical tips for the GP
- Dealing with anxiety and stress in the palliative patient
- Advance Care Planning
- Terminal care and management in the last days of life
- Recognising depression in the terminally ill
- Legal issues in palliative care.

For further information about PEPA QLD please contact Kathy on 07 3636 6216 or visit our website <http://www.health.qld.gov.au/cpcrc/pepa.asp>



PEPA GP Update in Palliative Care in Maroochydore 13th March

For further information you can contact your local PEPA manager:

Australian Capital Territory:

Annette Cole
PEPA@calvary-act.com.au
Ph: 02 6273 0336 • Fax: 02 6273 0338

New South Wales:

Janeen Foffani
pepansw@email.cs.nsw.gov.au
Ph: 02 9515 6424 • Fax: 02 9515 7464

Northern Territory:

John Carson
John.Carson@nt.gov.au
Ph: 08 8922 7679 • Fax: 08 8922 6775

Queensland:

Kathryn Laurent
Kathryn_Laurent@health.qld.gov.au
Ph: 07 3636 6216 • Fax: 07 3636 7942

South Australia:

Janet Taylor
Janet.Taylor@health.sa.gov.au
Ph: 08 8226 6428 • Fax: 08 8226 6633

Victoria:

Ellen Sheridan
Ellen.Sheridan@dhs.vic.gov.au
Ph: 03 9096 5296 • Fax: 03 9096 9204

Western Australia:

Kathy Parr
PEPA@cancerwa.asn.au
Ph: 08 9382 9372 • Fax: 08 9381 8103

Tasmania:

Angela Bresnehan
Angela.Bresnehan@dhhs.tas.gov.au
Ph: 03 6220 2432 • Fax: 03 6224 2451

National Coordinator:

Natasha Myers
pepa@qut.edu.au
Ph: 07 3138 6121 • Fax: 07 3138 6030

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