

Across the Desk Hume Palliative Care Consultancy Team



8th Edition September 2009

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Education and service delivery information for palliative care providers who share in the care across the region – specialist palliative care teams, primary care providers and people in the general community.

Hume education and training offerings in 2009 – The latest!

Legend:

HPCCT

GV Hospice

Date	Workshop	Presenter	Location
13 October	Coroner, Coffins & Community	Coroner's Office	Wangaratta
15 October	End of Life Care: from Oral to Subcutaneous	Sonia Strachan & Annette Cudmore	Seymour
21 October	Way 2 Go Workshop	Albury Wodonga Volunteer Resource Bureau	Benalla
16 November	Reflective Practice & Professional Boundaries	Robyn Millership	Benalla
17 November	Reflective Practice & Professional Boundaries	Robyn Millership	Wodonga

Hume Palliative Care Consultancy Team and GV Hospice are happy to discuss specific palliative care education requirements for your workplace. We are working together to provide palliative care education across the region.

Contact HPCCT at Ovens & King Community Health Service on 5723 2070 or email palliative@ovensandking.org.au.

Contact Sonia Strachan, Clinical Nurse Consultant at GV Hospice on 5822 0068 or email soniaa@hospice.shepparton.net.au.

Coroner, Coffins & Community

Date: 13 October 2009

Time: 12.30pm – 3.30pm

Venue: The Centre, Chisholm Street, Wangaratta

Cost: Gold coin donation

Everything you wanted to know about the coronial process, what happens at an inquest and all you need to know about death/funerals. A presenter from the Coroner's Office and a retired Funeral Director will be available to answer all your questions.

End of Life Care: from Oral to Subcutaneous

Date: 15 October 2009
Time: 9.00am – 3.00pm
Venue: Seymour
Cost: Free of charge

Goulburn Valley Hospice is inviting all RN Div 1 and RN Div 2 (Medication Endorsed) Nurses in the Seymour area to this FREE education seminar. This seminar is specifically designed for Registered Nurses Div 1 and Div 2 (Medication Endorsed) and covers the following medication specific topics:

- Medications at End Stage Care
- Pain Management: From Oral to Subcutaneous
- Drug Calculations
- Practical Applications of subcutaneous infusion devices
- Introduction to the Hume Region Online Subcutaneous Infusion Competency

Be quick and register your interest for this exciting one day education opportunity. Numbers are limited so please book early.

For further information please contact Sonia on soniaa@hospice.shepparton.net.au.

Way 2 Go Workshop

Date: 21 October 2009
Time: 10.00am – 12.30pm
Venue: The Centre, Chisholm Street, Wangaratta
Cost: \$99.00 per organisation (includes manual and updates, lunch provided)

The Way to Go Workshop package is valuable for organisations that are setting up a volunteer program or those that already have a program in place. It aims to guide organisations in best practice when working with volunteers, in keeping with the National Standards in Involving Volunteers. It has been designed to be of use to both small organisations with only a few volunteers to large organisations with many volunteers. This package can be aligned with the Strengthening Palliative Care Volunteer Standards.

The Way 2 Go manual steps you through three stages of a volunteer program:

Before volunteers are brought into the program:

- Development of the program
- Recruitment of volunteers
- Interviewing and selection of volunteers.

During the time volunteers are part of the program:

- induction and orientation of volunteers,
- Supervision, support and management of volunteers,
- Training of volunteers
- Maximising retention of volunteers.

After volunteers leave the program:

- Resignation and dismissal of volunteers
- Continuous improvement of volunteer programs

Reflective Practice & Professional Boundaries

Two sessions being offered

Benalla

Date: 16 November 2009
Time: 12.30pm – 4.30pm
Venue: Benalla Bowls Club, 25 Arundle Street, Benalla
Cost: \$33.00

Wodonga

Date: 17 November 2009
Time: 12.30pm – 4.30pm
Venue: Ante-Natal Room, Albury Wodonga Health, Wodonga Campus
Cost: \$33.00

Reflective practice assists practitioners to be reflective about their work, enabling ongoing development of purposeful and compassionate, evidence based interventions. This session will

also explore and define appropriate boundaries in the client/worker relationship and how to manage related issues of confidentiality, conflict of interest, self as practitioner, isolated workers and rural community service contexts.

Detailed flyers (outlining content and charges) and registration forms for education in 2009 will be circulated and made available at www.ovensandking.org.au as sessions are confirmed. Please follow the links to Palliative Care Education to view any updates.

Education Galore: Other education on offer

The table below is a summary of other current palliative care related education. More detailed information can be found in Appendix A on page 11 at the end of this newsletter.

Education being held in Hume region

Date	Title of Education	Provider
8 October	Supporting the Bereaved Child	Australian Centre for Grief and Bereavement
9 October	Strategies for Supporting Bereaved and Grieving Adults	Australian Centre for Grief and Bereavement
9 October	Out of the Darkness Business Lunch	Lifeline NSW
10 October	World Hospice and Palliative Care Day with Voices for Hospices	
14 October	Dementia Myths and Realities 14th Biennial Benalla Dementia Seminar	Alzheimer's Australia Vic.
14 October	Dealing with Challenging Behaviour	HACC, DHS
19 October	Pink Lady Event	Breast Cancer Network Australia
19 October	Working Towards Culturally Sensitive Service Provision Forum	Mercy Palliative Care
24 & 25 October	Not Just a Cleaning Lady Conference	HACC, DHS
27 & 28 October	Syringe Driver "Train the Trainer" Update NIKI T34	Grampians Regional Palliative Care Team
28 October	Self Care in Bereavement Work	Australian Centre for Grief and Bereavement
28 October	Meeting the Needs of People with Progressive Cancer	Cancer Council New South Wales
28 & 29 October	4th Healthcare Without Walls: Best Care in the Most Appropriate Place	Change Champions Pty. Ltd.
29 October	Running on Empty: Getting the support you need	LaTrobe University
5 November	Continuing Professional Development for Allied Health	Department of Health
5 November	Real Life Relationship Education and Training for Life	Women's Health Goulburn North East
6 November	Continuing Professional Development for Allied Health	Department of Health
10 November	Real Life Relationship Education and Training for Life	Women's Health Goulburn North East
11 November	Real Life Relationship Education and Training for Life	Women's Health Goulburn North East
25 November	Real Life Relationship Education and Training for Life	Women's Health Goulburn North East

News Across the Region

The Community Christmas Tree of Remembrance Regional Project



“Thank You”

We have had some wonderful responses to our request for supporters who will join with palliative care to provide this ritual as a gift to local communities. The offers of assistance have come from varied sources, such as health services, community health and the general community. Thank you so much to those people and organisations who have offered their assistance.

Here are some of the towns where the project has been embraced so far, is your town listed?

**Alexandra
Mansfield
Wangaratta**

**Benalla
Myrtleford
Wodonga**

**Chiltern
Shepparton
Yarrowonga**

In some cases, the library may not be the most appropriate location for the Christmas tree. We would welcome any alternate suggestions you may have for your area.

In the meantime, we are still looking for more sponsorship and help “on the ground” so please contact us at palliative@ovensandking.org.au or phone Barbara or Christine on 5723 2070 if you are able to assist with this worthwhile project.

Health promoting palliative care

Strengthening Palliative Care through Health Promotion Bridging Project July 2009- June 2010

The project is continuing thanks to funding from the Department of Human Resources.

Our consultancy team is thrilled to be able to continue working with the project as we embrace a health promoting approach to palliative care. We aim to create a community better able to support themselves and each other alongside the care provided by professional carers.

Palliative care is everyone’s business. Perhaps your health service, organisation or community group would like to find out about how you can be partners in providing the supportive care that people in our local communities need?

Our service can assist you with:

- education and training options
- palliative care consultancy options
- access to health promotion posters
- access to one of our small community grants to support a palliative care health promotion activity

Call us on 5723 2070 for further information.

Loss and Grief Community Program - Ovens & King Community Health Service



Ovens & King Community Health Service are offering a 6 week loss and grief community program on Tuesday mornings from 10.30am – 12.00pm. The program will commence on 20 October and end on 24 November 2009.

This program is for anyone within the community who has had someone close to them die. The program will include education and discussions about new ideas for understanding loss and grief, the promotion of self care and messages for healthy grieving. Bereavement counsellor Penny Vine will be a guest speaker at one of the sessions.

To book a place, please contact Ovens & King Community Health Service on 5723 2000 and ask for the intake worker.

For further information you can contact Marissa on 5723 2071 or Brooke 5723 2036.

Palliative Care celebrates 10 years



Northeast Health Wangaratta Palliative Care celebrated their 10th Anniversary on the 10th of July at Murdoch House. The night was celebrated by past and present staff and volunteers of Palliative Care and associated services.

Sue Salau (Policy Officer and Health Promoting Palliative Care Project Manager, Palliative Care Victoria) and Jean Farrington were the guest speakers on the night.

Sue and Jean were pioneers of the Palliative Care services to the Hume Region and reflected on the history of the service and changes that have occurred over time.

We all had a lovely night of reminiscing, laughter, reconnecting with past colleagues, looking at photos and memorabilia and enjoying good food and wine.
Denise Ritchens, Family Care Coordinator, Palliative Care



Current volunteer Florence Walker and Barb Young, Volunteer Consultant & Health Promotion Officer Palliative Care, Ovens and King Community Health Service



Past Manager of Palliative Care Jean Farrington, Glenice Smith past Coordinator of Volunteers and Doreen Archibald current volunteer



New Appointment - Victorian Rural Palliative Care Nurse Practitioner Project Officer

Hume Palliative Care takes great pleasure in announcing that Nikki Jenkins was the successful applicant for the Victorian Rural Palliative Care Nurse Practitioner (VRPCNP) Project Officer position, from a strong field.

Nikki RN brings to the position diverse experience in both palliative care and Project work. This is a short term, part time position with final Report due end of December 2009.

Nikki is located at Goulburn Valley Hospice and her contact details are:

(nikkijenkins@virtual.net.au)

Mobile 0427 831 292

WTM 58220068

We welcome Nikki to Hume Palliative Care

Catherine Hattersley
Hume Consortia Manager – Hume Palliative Care
Northeast Health Wangaratta

Invitation to attend a Memorial Service – Goulburn Valley SANDS, Compassionate Friends, Very Special Kids & SIDS

Have you or someone you know experienced a miscarriage, stillbirth or death of a baby or older child? Goulburn Valley SANDS, Compassionate Friends, Very Special Kids and SIDS invite you to attend a Memorial Service as follows:



*St. Mel's Church
Hamilton Street, Shepparton
On Sunday 18 October 2009
Commencing 3pm
Families - Children - Friends*

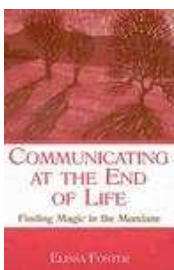
*All are welcome to join us for an opportunity to reflect
on the loss of our loved ones*

Refreshments to follow

All enquiries call Rosie on 5823 5479

Or Joan 5822 2059

This Month's Book Release



Communicating at the End of Life – Elissa Foster

This enlightening volume provides first-hand perspectives and ethnographic research on communication at the end of life, a topic that has gone largely understudied in communication literature. Author Elissa Foster's own experiences as a volunteer hospice caregiver form the basis of the book.

"Communicating at the End of Life" recounts the stories of Foster and six other volunteers and their communicative experiences with dying patients, using communication theory and research findings to identify insights on the relationships they form throughout the process. What unfolds is a scholarly examination of a subject that is significant to every individual at some point in the life process.

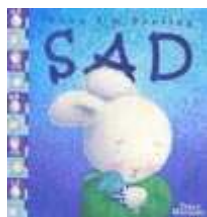
Organized chronologically to follow the course of Foster's involvement with hospice and the phases of the study, the book is set out as follows:

- Part 1 provides background and contextual information to help readers understand subsequent stories about communication between volunteers and patients.
- Part 2 of the volume emphasizes the adjustments required by the volunteers as they entered the world of hospice and the worlds of the patients.
- Part 3 underscores the importance of improvisation and finding balance within the role of volunteer - in particular how to be fully present for patients as well as their family members.
- The volume concludes with Part 4, which addresses how volunteers coped with the death of their patients and what they learned from the experience of volunteering.

"Communicating at the End of Life" is appropriate for scholars and advanced students studying personal relationships, health communication, gerontology, interpersonal communication, life span communication, and communication & ageing. Its unique content offers precious and meaningful insights on the communication processes at a critical point in the life process.

RRP \$69.95 available on www.fishpond.com.au for \$47.99.

Last Month's Book Release



When I'm Feeling Sad – Trace Moroney

Everyone feels sad sometimes. It's a quiet, lonely feeling. But it can often help to talk to someone about it.

For further information, please follow this link -

<http://www.bookworm.com.au/Book/When-Im-Feeling-Sad-9781741245042.aspx>.

RRP \$12.95.

Other interesting news ...

Caresearch News

Caresearch Nurses Information Newsletter

The latest issue includes:

- Clinical Uses: Care of a patient with existential distress
- Evidence Based Practice: Understanding grey literature
- CareSearch Page Profile: Searching the web

To view the latest CNIN please follow this link

<http://www.caresearch.com.au/Caresearch/LinkClick.aspx?fileticket=uO9RZpYR7jk%3d&tabid=884>.

Caresearch Review Collection

Below is a selection of the 12 reviews added to the CareSearch Review Collection in August 2009:

- Quaghebeur T, Dierckx de Casterlé B, Gastmans C. Nursing and euthanasia: a review of argument-based ethics literature. *Nurs Ethics*. 2009 Jul; 16(4):466-86.
This article gives an overview of the nursing ethics arguments on euthanasia in general, and on nurses' involvement in euthanasia in particular, through an argument-based literature review.
- Naaman SC, Radwan K, Fergusson D, Johnson S. Status of psychological trials in breast cancer patients: a report of three meta-analyses. *Psychiatry*. 2009 Spring; 72(1):50-69.
This systematic review reports the results of three meta-analyses addressing the clinical efficacy of psychological interventions in breast cancer patients for three outcome variables: anxiety, depression and quality of life. The findings suggest that patients with advanced breast disease appear to benefit more from longer term interventions which emphasize support.
- Pasman HR, Brandt HE, Deliens L, Francke AL. Quality indicators for palliative care: a systematic review. *J Pain Symptom Manage*. 2009 Jul;38(1):145-156.
This systematic review examined published quality indicators to determine whether these quality indicators cover all domains of palliative care, to describe the different types of quality indicators, and to determine the methodological characteristics of the quality indicators. Sixteen publications described 8 sets of quality indicators with over 140 indicators with variable methodological detail.
- Ryan T. End-of-life care for people with dementia: a thematic review of familial involvement, practices and beliefs. *Int J Disabil Hum Dev*. 2009 Jan-Mar; 8(1):15-20.
Eleven studies were included in this review looking at the experience of family caregivers in relation to key decisions about end-of-life care. The findings draw attention to the importance of communication between all involved in care at the end of life for people with dementia.

Information on all the systematic reviews in this collection can be found at

<http://www.caresearch.com.au/caresearch/FindingEvidence/CareSearchReviewCollection/tabid/501/Default.aspx>.

What's New in the Palliative Care Community

Pallipedia

The International Association for Hospice and Palliative Care (IAHPC) has launched Pallipedia, a free online palliative care dictionary being built by the international community, under the auspices of IAHPC. It provides definitions published in peer reviewed journals, reference publications, or resulting from sound consensus based processes. For more information follow this link <http://pallipedia.org>.

Education and training for rural and remote allied health professionals

A new website provides education resources and interactive training modules for Allied Health Professionals moving to, working in or contemplating taking up, practice in remote and rural Australia. The Project was undertaken by Services for Australian Rural and Remote Allied Health Inc (SARRAH). For further information follow this link <http://sarrahtraining.sutekh.telligence.net.au/site/index.cfm>.

Update of the National Palliative Care Strategy

The Department of Health and Ageing has advertised for capable and experienced individuals or organisations to manage the process of updating the National Palliative Care Strategy. For more information follow this link <http://www.health.gov.au/internet/main/publishing.nsf/Content/palliativecare-pubs-npcstrat.htm>.

Changes to PBS August 2009

Hypromellose oral gel is being added to the Palliative Care section for palliative care patients where dry mouth is a symptom. The listing is intended to provide a more viscous version of currently listed Aquae® (carmellose sodium) mouth spray and so provide a longer duration of relief. For more information follow this link <http://www.pbs.gov.au/html/healthpro/search/results?term=5421H>.

Human Rights Watch report: Please do not make us suffer any more

Human Rights Watch has released a report, Please do not make us suffer any more, on factors and issues associated with access to pain medications globally. To see a copy of the report follow this link <http://www.hrw.org/en/reports/2009/03/02/please-do-not-make-us-suffer-any-more>.

Cancer pain fact sheets

The International Association for the Study of Pain (IASP) has released some new cancer pain fact sheets as part of the Global Year against cancer pain. There are now fourteen fact sheets available looking at many of the factors associated with managing cancer pain. To view the sheets follow this link http://www.iasp-pain.org/AM/Template.cfm?Section=Fact_Sheets1&Template=/CM/HTMLDisplay.cfm&ContentID=7198.

Conferences in 2009, 2010 and 2011

Please follow this link to the conferences page – <http://www.caresearch.com.au/caresearch/Education/Conferences/tabid/74/Default.aspx>.

To view the September edition of the Caresearch newsletter please follow this link <http://www.caresearch.com.au/Caresearch/LinkClick.aspx?fileticket=IkbuBANoO2Y%3d&tabid=309>.
To access the Caresearch website just follow <http://www.caresearch.com.au>.

Palliative Care Australia News

Quality use of medicines and end-of-life care

The National Prescribing Service and PCA will launch our joint report Achieving Quality use of Medicines in the Community for Palliative and end-of-life care at the PCA conference in Perth at the end of September. Palliative Care Australia and the NPS will be disseminating two media releases nationally in the lead up to the launch.

The report will also be considered by the next meeting of the government's Palliative Care Medicines Working Group in October.

Dementia – the major disease of this century

Alzheimer's Australia has released a new report predicting the number of Australians with dementia will quadruple to more than 1.1 million by 2050. Dementia is a fatal disease and as yet there is no cure.

'Within our lifetime, neurodegenerative diseases, and in particular dementia, will overtake disorders such as cardiovascular disease and cancer as the major threats to Australian health and quality of life', said Lynne Pezullo, author of the report and Access Economics Director.

'If current trends continue through to 2060, spending on dementia will outstrip that of any other health condition, reaching \$83 billion and representing around 11 percent of all health and aged care expenditure.'

The report includes projections showing that reducing the number of Australians who are physically inactive by 20 percent would result in 6 percent fewer cases of dementia in 2050. Numbers would be reduced a further 6 percent by maintaining current trends in improvements in management of high blood pressure. The report finds a significant number of dementia cases might be prevented through lifestyle and health interventions.

The full report can be found at www.alzheimers.org.au.

Healthy ageing

A national approach to aged care will be strengthened by the establishment of the Royal College of Nursing Australia - Health and Wellbeing in Ageing Faculty. Chief Executive Officer, Debra Cerasa said, 'we want to change the perception that Australia's elderly population is sick and diminished. Healthy ageing can be a really positive process if it's underpinned by good health and lifestyle principles and preventative measures'.

The faculty will focus on promotion, development and research in the aged care sector and will be launched on 3 September at the college's conference.

More information is available at www.rcna.org.au.

EoL – Towards quality care at the end of life

Is access to quality palliative and end-of-life care equitable for all Australians?

Equity is the focus of the soon to be released Spring edition of EoL – Towards quality care at the end of life.

Whilst comprehensive research on this issue is scarce, we do know people dying with cancer are significantly more likely to access specialist palliative care services than those dying with non-malignant conditions.

Furthermore, to be Aboriginal, from a culturally or linguistically diverse background, elderly, living in a rural or remote area, or from a socio-economically disadvantaged background reduce one's chance of receiving improved quality of life through the principles and practice of palliative care.

As such, it can be concluded a significant proportion of people who require access to specialist palliative and end of life care do not receive it. This potentially results in unnecessary pain and suffering at the end of life which has implications not only for the patient, but also their families, carers and communities.

This edition examines the causes of inequitable access in five key areas: income, location, social or cultural background, age, and diagnosis or prognosis. Contributors from across the health sector have identified some of the reasons people do not receive access to needsbased care at the end of life, and propose strategies to guide policy debate to deliver on the promise of quality care at the end of life for all.

Contributors include: John Glover, Sue Hanson, Professor Ken Hillman, Dr Jenny May, Stephen Connor, Deborah Prior, Demos Krouskos, Dr Jenny Hynson, Laurann Yen, Robert Wells, Carol Birks, Victor McConvey, Norman Marshall.

EoL will be launched at Together! 2009. It will be available for download from the PCA website by following this link <http://www.palliativecare.org.au/Default.aspx?tabid=1951>.

Please follow this link to view the PCA e-bulletin September edition
<http://www.palliativecare.org.au/Portals/46/E-Bulletin/PCA%20e-bulletin%20-%20September%202009.pdf>.

Next Issue – Any Contributions?

The next issue of Across the Desk will be distributed in the week ending 6 November 2009. If you have any articles that you would like to contribute, please forward them to Christine at petersoc@ovensandking.org.au by 28 October 2009.

Thought for the Month

“As you begin to pay attention to your own stories and what they say about you, you will enter into the exciting process of becoming, as you should be, the author of your own life, the creator of your own possibilities.”

Mandy Aftel

Appendix A: Education Galore

Supporting the Bereaved Child – Australian Centre for Grief and Bereavement

Date: Thursday 8 October 2009
Time: 7.00pm – 9.30pm
Venue: Wyndhamere Motel – Best Western, 65 Wyndham Street, Shepparton
Cost: \$25.00 (member) \$30.00 (non-member)

Registration closes 25 September 2009.

For more information please download the program at www.grief.org.au.

Strategies for Supporting Bereaved and Grieving Adults – Australian Centre for Grief and Bereavement

Date: Friday 9 October 2009
Time: 9.30am – 4.30pm
Venue: Wyndhamere Motel – Best Western, 65 Wyndham Street, Shepparton
Cost: \$160.00 (member) \$200.00 (non-member)

Registration closes 25 September 2009.

For more information please download the program at www.grief.org.au.

“Out of the Darkness” Business Lunch with John Brogden – Lifeline NSW

Date: 9 October 2009
Time: 12.30pm – 1.30pm
Venue: The Commercial Club, Albury
Cost: \$25.00 per person (lunch and tea/coffee included)

John Brogden is Patron of Lifeline NSW. John is a passionate and charismatic speaker and an outstanding advocate for mental health. John believes men are very good at hiding what is really going on, but from his own experience community perceptions about mental health issues are changing. With honesty and bravery John tells of his very public journey of success, failure and redemption – from the highs of political leadership as the youngest ever person to lead the NSW Opposition, through the lows of a suicide attempt and depression and now to his current position as the CEO of Australia’s Investment and Financial Services Association.

All proceeds support your local Lifeline Centre.

To book your place please call (02) 6021 1077 or email Ivanegm@bigpond.net.au by 5 October 2009.

World Hospice and Palliative Care Day with Voices for Hospices -

Date: 10 October 2009

Share your message or story about hospice and palliative care for World Hospice and Palliative Care Day and Voices for Hospices. One inspirational story or message will be chosen from those submitted on the World Day website and will be read out at activities around the world as the unifying factor for World Hospice and Palliative Care Day. To share your message about hospice and palliative care or register your event, visit <http://www.worldday.org>.

Dementia Myths & Realities 14th Biennial Benalla Dementia Seminar – Alzheimer’s Australia Vic.

Date: Wednesday 14 October 2009
Time: 9.30am – 3.30pm
Venue: Benalla Performing Arts Centre, 57 Samaria Road, Benalla

Speakers:

- Professor Edmond Chiu AM – Professorial Fellow, Academic Unit for Psychiatry of Old Age, University of Melbourne; St. George’s Hospital, Kew.
- Tom Valenta – Author and former journalist; public relations consultant; carer for his wife Marie and author of “Remember me Mrs. V?”.

- Frank Zeinstra – Community Mental Health Nurse, Aged Psychiatry Service, North East Health.
- Jill Linklater – Policy and Advocacy Alzheimer's Australia Vic.
- Elizabeth Fenwick – Chair, Consumer Reference Group Alzheimer's Australia Vic.

For further information and a registration form, please contact Diana Czwarno on (03) 9815 7800 or email dczwarno@alzvic.asn.au.

Dealing with Challenging Behaviour – HACC Training

Date: 14 October 2009

Time: 2.00pm – 5.00pm

Venue: Wangaratta Rural City Council

- Understanding of why challenging behaviours may occur, assist with developing strategies for managing such behaviours.
- Advise participants strategies to keep themselves safe during work.
- Develop skills in dealing with situations where clients may become aggressive.

For more information contact Sue Chen, phone: 03 5822 1944, email: hacctraining@riac.org.au.

Pink Lady Event – Breast Cancer Network Australia, Delatite Community Health Service, GV Health, Benalla Cancer Friendship Group and the McGrath Foundation

Date: Monday 19 October 2009

Time: 5.30pm – 7.00pm

Venue: Community Care, 45 Coster Street Benalla

One in 11 Australian women will develop breast cancer at some time. Although it occurs in younger women, it's most common in women over the age of 50. In Victoria, around 3,000 women are diagnosed each year.

Breast Cancer Network Australia (BCNA) is the peak national organisation for Australians personally affected by breast cancer. BCNA works to ensure that Australians diagnosed with breast cancer and their families receive the very best information, treatment, care and support possible, no matter who they are or where they live.

BCNA are represented by the Pink Lady silhouette, which depicts their focus; the women diagnosed with breast cancer. Pink Lady events around the country help to raise awareness of the supports available to women affected by breast cancer.

We are holding a Pink Lady event in Benalla on Monday 19 October, between 5.30-7.00pm, at Community Care, 45 Coster St. This event is proudly supported by Delatite Community Health Service, GV Health, BCNA, the Benalla Cancer Friendship Group and the McGrath Foundation. It will feature an inspiring guest speaker who has taken on breast cancer and walking the Kokoda track. You will also have the opportunity to meet Benalla's new McGrath Breast Care Nurse, and plant a Pink Lady silhouette to celebrate a woman in your life who has had breast cancer. Light refreshments will be available, and plenty of support and conversation.

To RSVP for this event, please call Benalla Community Health on 5761 2200 before 14 October.

Working Towards Culturally Sensitive Service Provision Forum, an opportunity for feedback and dialogue - Mercy Palliative Care

Date: Monday 19 October 2009

Time: 10.00am – 12.00pm

Venue: Mercy Palliative Care, 3 Devonshire Road, Sunshine

Overview

Mercy Palliative Care invites you to a forum with local service providers. This is an opportunity to provide feedback on access and provision of palliative care with people from our local CALD communities. We would like to hear how we may improve our service delivery with clients from CALD backgrounds.

Target Group

This forum is specifically designed for workers, coordinators, and/or managers in the field who have direct contact with clients from CALD backgrounds, or who are involved in the implementation of programs and/or initiatives that impact upon the experiences of clients from CALD backgrounds.

Format

There will be some initial presentations on palliative care and the services that Mercy Palliative Care provides, followed by small group discussions on service delivery issues. A light lunch will be provided after the forum.

Please RSVP by 9 October to Alex Loh, Multicultural & Diversity Worker, Mercy Palliative Care, aloh@mercy.com.au or phone (03) 9364 9777.

Not Just a Cleaning Lady Conference – HACC Training Program, Department of Human Services

Date: Saturday 24 October– Sunday 25 October 2009

Time: 9.00am

Venue: Lake Hume Resort, Albury

Cost: \$44.00 (food and accommodation will be covered by the HACC Training Program (food: Friday dinner – till Sunday afternoon tea) (accommodation: Friday night and Saturday night)

Places are limited to 100 (there are nearly 600 community care workers in the region). Be early to secure a place.

This is the very first conference organised by the HACC Training Program in the Hume region. The conference covers 'home and community care' from three angles: the service, the profession, and the workers. Central to these aspects are practicality of the active service model, job satisfaction in community care, and self-care for workers. Registration open to HACC funded community care workers only.

For more information and a registration form, please contact Sue Chen, HACC Regional Training Coordinator, Regional Information & Advocacy Council tel: 03 5822 1944; email: hacctraining@riac.org.au.

Syringe Driver “Train the Trainer” Update REM NIKI T34 – Grampians Regional Palliative Care Team

Date: 27 October 2009 and 28 October 2009

Time: 12.00pm – 5.30pm Horsham and 9.00am – 2.30pm Ararat

Venue: Grains Innovation Park, Natimuk Road Horsham (27 Oct) and Pyrenees House, EGHS, Girdlestone Street Ararat (28 Oct)

Cost: \$70.00 (lunch, tea and coffee provided)

This study day is relevant for all previous trainers and for anyone interested in becoming a trainer for their organisation. Each trainer will be provided with an education package to support their role. Trainers are expected to return to their facility and educate staff on the use of the NIKI T34 (maximum of 1-2 trainers per workplace). This study day is relevant for Division 1 and Division 2 Medication Endorsed nurses.

For further information please contact Kate Cozens on 5320 3553 (Wednesdays) or katec@bhs.org.au.

Self Care in Bereavement Work – Australian Centre for Grief and Bereavement

Date: Wednesday 28 October 2009

Venue: Australian Centre for Grief and Bereavement, Level One, McCulloch House, Monash Medical Centre, 246 Clayton Road, Clayton

Time: 9.30am – 4.30pm

Cost: \$200.00 (ACGB member \$160.00) includes morning tea, lunch and afternoon tea

Presenter: Paulina Sculli, Social Worker, Diploma Gestalt Therapy, Member AASW

Registration closes 14 October 2009.

This seminar will introduce participants to a contemporary understanding of professional ethics and self care in bereavement work and the way in which compassion fatigue can affect individuals both personally, in their daily life and professionally, in their work with clients.

Designed for professionals including welfare officers, guidance officers, counsellors, psychologists, social workers, pastoral care workers, chaplains and clergy and those working with people who are experiencing grief.

For further information go to www.grief.org.au. To register contact freecall 1800 642 066 or email info@grief.org.au.

Meeting the Needs of People with Progressive Cancer: Palliative Care Needs Assessment Guidelines and Needs Assessment Tool – Cancer Council of New South Wales

Date: Thursday 28 October 2009

Time: 1.00pm – 4.00pm

Venue: Cancer Council Victoria, 1 Rathdowne Street, Carlton

Accreditation: RACGP Category 2 Activity (2 points per hour, total 6 points, Activity ID: 745903); ACRRM for 3 PDP Core Points; 3 RCNA Continuing Nurse Education (CNE) points



Supporting a needs based model of palliative care has become an important focus, so that people receive care according to their needs, independent of diagnosis or prognosis.

The Australian Government Department of Health and Ageing has funded a national team headed by Professor Afaf Girgis, to develop and evaluate Palliative Care Needs Assessment Guidelines and a Needs Assessment Tool to facilitate needs based delivery of palliative care.

Part of this work is to provide education and training for health professionals in implementing the Guidelines and Tool in their own clinical settings.

Session Objectives

- Increase understanding of the palliative care approach and barriers that may hinder its delivery.
- Assess the areas and levels of need presented by simulated patients with advanced cancer and their caregivers, by applying the Needs Assessment Tool: Progressive Disease-Cancer (NAT:PD-C).
- Be better equipped to communicate and support the needs of people with advanced cancer and their family.

For further information please contact Ms Amy Waller at the Centre for Health Research & Psycho-oncology on ph: (02) 4913 8609 or email amy.waller@newcastle.edu.au. A summary version of the Guidelines and the NAT:PD-C are both available at <http://www.newcastle.edu.au/research-centre/cherp/professional-resources>.

4th Healthcare Without Walls: Best Care in the Most Appropriate Place – Change Champions Pty. Ltd.

Date: Thursday 28 & Friday 29 October 2009

Venue: Amora Jamison Sydney, Jamison Street, Sydney

Advance notification call for abstracts.

Change Champions invites participation in its toolkit seminar, **Hospital Avoidance? Care Closer to Home? The 4th Healthcare Without Walls: Best Care, Most Appropriate Place** by submitting an abstract to present at the seminar.

Seminar Aims:

- Highlight successful strategies for ensuring that quality patient care is delivered in the most appropriate setting.
- Showcase models of service delivery/care that have resulted in hospital avoidance, reduced hospital admissions and/or care closer to home.
- Highlight strategies for improving the patient journey and the patient experience as they relate to hospital avoidance/reduced hospital admissions and/or care closer to home initiatives.

Audience:

Health and related professions, managers and those with an interest in innovations in health care service delivery and a commitment to ensuring that quality patient care is delivered in the most appropriate setting.

Suggested Topic Areas:

Submissions are invited for abstracts that showcase innovations that deliver quality patient care in the most appropriate setting (but not limited to):

- Access/Demand Management
- Aged Care, Chronic Disease, Immediate Care, Preventive Care, Subacute Care and Rehabilitation
- Care in the Community/Outreach Services
- Case Management
- Clinical Redesign
- Connected Care/eHealth
- Contact/Call Centres
- GP Plus
- Health Independence/Self Management
- Home Based Care
- Skill Mix
- Hospital Avoidance
- Integrated Care
- Medical Assessment Units/Rapid Assessment Units/Short Stay Units
- Multidisciplinary Teams (inc effective communication between teams)
- Out of Hospital Strategies
- Out of Hours Care
- Patient Safety and Quality
- Patient Journey/Patient Experience
- Transitional Care
- Single Points of Entry
- Workforce/New Models of Care

For further information please phone 02 4963 5150 or email change.champions@bigpond.com.

Running on Empty: Getting the support you need – LaTrobe University

Date: Thursday 29 October
Time: 1.00pm – 5.30pm
Venue: Institute of Advanced Study Bundoora Campus
Cost: \$50.00

This experiential workshop, organised by the Division of Allied Health, LaTrobe University will examine the roles that compassion fatigue, burnout and compassion satisfaction play in clinical practice. Participants at this workshop will:

- Gain an understanding of the constructs of compassion fatigue, burnout, and compassion satisfaction, as they relate to the process of vicarious traumatisation of those working in a “helping” profession.
- Explore their own responses when communicating with clients, and in particular, identify possible “blocking techniques” (such as the use of a “Silencing Response”) that they may engage in as avoidant behaviour, so as to avoid listening to, and engaging with, potentially distressing material.
- Undertake an audit of the dimensions of their professional and private lives by identifying their balance in the components of emotional, physical, psychological, spiritual, and workplace/professional health.
- Develop both personal and/or team strategies that may assist in managing these potential stressors.

For further information, please contact Kerri Finlayson at k.finlayson@latrobe.edu.au. RSVP by Friday 16 October 2009.

Continuing Professional Development for Allied Health – Department of Health

Date: 5 November 2009
Venue: Goulburn Valley Health Library, Computer Room, Graham Street, Shepparton
Time: 9.00am – 3.30pm
Cost: Free of charge
Presenter: Associate Professor Adrian Schoo, Director Workforce Development, Deputy Director and Head of the Department Workforce Program for Greater Green Triangle University Department of Rural Health

This education comprises five different sessions as follows:

- Supporting Self Management: Common Models and Approaches
Time: 9.00am – 10.15am

- Searching Electronic Databases for Evidence Based Information
Time: 10.30am – 11.30am
- Appraising Evidence Obtained from the Literature
Time: 11.30am – 12.30pm
- Use of Valid and Reliable Outcome Measures in Clinical Practice
Time: 1.30pm – 2.45pm
- Searching Electronic Databases (advanced)
Time: 2.45pm – 3.30pm

For further information contact Jodie Nolan on ph: 02 6059 5673 or email jodie.nolan@dhs.vic.gov.au. To register online go to www.cpdforalliedhealth.org.

Real Life Relationship Education and Training for Life – Women’s Health Goulburn North East

Date: 5 November (Wodonga), 10 November (Wangaratta), 11 November (Shepparton), 25 November (Seymour)
Venues: Wodonga, Wangaratta, Shepparton and Seymour (exact venues to be advised)
Time: 9.00am – 1.00pm (lunch will be provided following the training)
Cost: \$20.00 (includes morning tea and lunch)
Facilitator: Claire Zara – Women’s Health Goulburn North East

What is Real Life Training?

Real Life is a violence prevention program which:

- Explores beliefs, values and attitudes about relationships
- Increases knowledge and skills to develop healthy relationships
- Develops understandings about the role of gender and power in relationships
- Helps link young people with local services and support

Real Life forges vital links between young people and youth support organisations, domestic violence agencies, police and community health services.

Real Life endeavors to skill people in developing healthy relationships and to seek support when relationships are unhealthy.

RSVP to Jan Armstrong on 0407 727 721 or (03) 5720-2201 by Friday 23rd October 2009

Continuing Professional Development for Allied Health – Department of Health

Date: Friday 6 November 2009
Time: 9.15am – 5.00pm
Venue: Department of Education and Early Childhood Development, Arundel Street, Benalla
Cost: Free of charge
Presenter: Associate Professor Adrian Schoo, Director Workforce Development, Deputy Director and Head of the Department Workforce Program for Greater Green Triangle University Department of Rural Health

This education comprises four different sessions as follows:

- Stress and Time Management
Time: 9.15am – 10.15am
- Teamwork and Organisational Development
Time: 10.30am – 12.45pm
- Motivational Interviewing in Chronic Disease Management
Time: 1.30pm – 3.30pm
- Population Health in Victoria: health inequalities
Time: 3.45pm – 5.00pm

For further information contact Jodie Nolan on ph: 02 6055 7717 or email jodie.nolan@dhs.vic.gov.au. To register online go to www.cpdforalliedhealth.org.