

Across the Desk Hume Palliative Care Consultancy Team



2nd Edition February 2010



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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 palliative care education and training offerings in 2010 – The latest!

Legend:

HPCCT

GV Hospice Care

Date	Workshop	Presenter	Audience	Location
25 March	Labyrinth	Helen Malcolm	Health professionals and carers	Benalla
27 April	Pharmacology	Grampians Regional Palliative Care	Div 1 and Div 2 Nurses	Wangaratta
13 & 14 May	'Who Cares...' 2 day Conference	Various speakers including international speaker from NZ.	Palliative care service providers	Shepparton
16 September	Creative Caring in our Community watch this space ...	Various	HPC Volunteers	Benalla

Hume Palliative Care Consultancy Team and GV Hospice Care 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 Care on 5822 0068 or email soniaa@hospice.shepparton.net.au. GV Hospice website <http://hospice.shepparton.net.au>.

Labyrinth Workshop

Date: Thursday 25 March 2010

Time: 5.00pm – 7.00pm

Venue: Benalla Senior Citizens & Community Hall, Fawkner Drive, Benalla

Cost: \$12.00 (tea and coffee provided)

Presenter: Helen Malcolm

The labyrinth can be used for stress management, as a walking meditation, for problem solving or reconciliation, or as a spiritual tool. Labyrinths are being increasingly installed around the world, especially in palliative care and cancer wards, hospitals and spiritual centres and allow us to slow down and centre ourselves.

Pharmacology Study Day

Date: Tuesday 27 April 2010
Time: 8.30am (registration) for 9.00am start – 4.00pm
Venue: “The Silks Room” Wangaratta Turf Racing Club, Racecourse Road Wangaratta
Cost: \$80.00 (morning tea and lunch provided)
Presenter: Regina Kendall and Kate Cozens, Grampians Regional Palliative Care

On completion of this study day, participants will be able to:

- Use problem solving skills in understanding the effects of drugs on body processes.
- Use appropriate problem solving abilities in understanding the therapeutic and adverse effects, contraindications and precautions for medications.
- Apply knowledge gained to determine conversion rates from oral administration to parenteral administration of drugs.
- Gain an understanding of medication competencies in the palliative care setting.

Registrations must be received by Friday 16 April 2010. 6 CNE points are available for this study day.

“Who Cares ...” a 2 day workshop

Date: Thursday 13 & Friday 14 May 2010
Venue: The Carrington, 505 Wyndham Street, Shepparton
Cost: Varies depending on chosen package – see full flyer for details
Presenters: * Professor Margaret O’Connor (President Palliative Care Australia)
* Judy Arpana (Consultant and Counsellor)
* Irene Nolan (Social Worker specialising in loss and grief)
* John Doyle (Psychologist)
* Liese Groot-Albert (Grief Therapist)
* Dr. Jennifer Phillip (Palliative Care Consultant, St. Vincent’s)
* Molly Carlile (Author, RN and Educator)

This is a two day conference for health care professionals and volunteers exploring ways to care for ourselves with the same dedication and compassion that we invest in others. Registration form is available on the website <http://www.ovensandking.org.au/home/topics-and-flyers.html>.

Detailed flyers (outlining content and charges) and registration forms for education in 2010 will be circulated and made available at www.ovensandking.org.au as sessions are confirmed. Please follow this link to directly access the Palliative Care Education page <http://www.ovensandking.org.au/home/o-k-palliative-care-education.html>.

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
11 March	MND – Our Community Responding	MND Victoria
11 March	Pain: Beyond the Summit!	The Centre for Palliative Care Education & Research
15 – 19 March	Quest for Life	The Quest for Life Foundation
16 March	Communication with Individuals and Families at the End of Life *Note - 2 sessions	Albury Wodonga Regional GP Network, Mercy Health Albury and Albury Wodonga Cancer Foundation
17 – 19 March	Inaugural Australasian Clinical Networks Conference	Victorian Department of Health
18 March	Interface Between Depression & Dementia / Non Pharmacological Approaches to Wandering & Intrusion	Aged Psychiatry Service & Dementia Behaviour Management Advisory Service

18 & 19 March	Melbourne CAREX 2010	Total Aged Services
25 March	8th Annual Health & Homelessness Forum "Diversity at Work"	Hume Region Homelessness Network and Gateway Community Health
26 March	Family Carers from Culturally and Linguistically Diverse Backgrounds: Implications for Service Providers	Centre for Cultural Diversity in Ageing
6 – 8 April	Death and Dying: An Interfaith Symposium	Ecumenical and Interfaith Commission
12 – 16 April	Healing Your Life	The Quest for Life Foundation
22 – 24 April	Inaugural International Advance Care Planning Conference	Austin Health in partnership with Arinex Pty. Ltd.
3 – 6 May	10 th Global Conference International Federation on Ageing	International Federation on Ageing
26 May	The Victorian Bushfires: Supporting those experiencing trauma and grief in the wake of the fires	Australian Centre for Grief and Bereavement
22 June	Preparing Case Notes	HACC DHS
13 July	Managing Difficult Situations	HACC DHS
5 August	Preparing Case Notes	HACC DHS
6 October	Preparing Case Notes	HACC DHS
21 & 22 October	Innovations – Updating Professional Practice in Palliative Care	Barwon Health Palliative Care Services
28 October	Managing Difficult Situations	HACC DHS

News Across the Region

Hume Palliative Care Loss & Grief Planning Day

Some of the wonderful Hume Palliative Care Loss & Grief Workers at the recent Hume Regional Planning Day.



(From back row top left) **Anne Watt**: Benalla, **Daniela Dell'aquila**: Wodonga, **Marissa Clarkson**: HPCCT Wangaratta
(front row left) **Denise Ritchens**: Wangaratta and **Gwen Vearing**: Lower Hume

Health promoting palliative care small community grant scheme

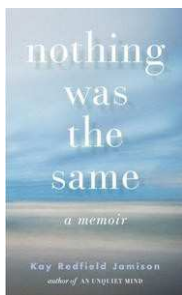
Congratulations to the four successful applicants so far this funding round!

When it comes to death, dying, grief and palliative care, health professionals, trained volunteers, family, friends, work colleagues and other community members all need to be partners in providing the care that people need. To support community groups and organisations run activities that help educate people about death, loss and end of life care issues, the current small community grant scheme (up to \$500) is still available until June 2010. Contact the HPCCT for an application form.

During the overall 3 year project period, small grants have funded:

- Creation of a scrapbook journaling the story of a bereavement walking group
- Luncheon/guest speaker for education on advance care planning at a community PAG group
- Celebration of community support for memoir writing program
- Community education sessions offering practical information and support for grief and loss
- Morning tea for How to Care What to Say education for community based Women's Wellness Group
- Loss and grief curriculum development at a school
- Creation of a reflective loss and grief memorial in a public park
- Production of booklet *Patches of Grief*
- Positive ageing community forum
- Café Conversation on death and dying in a local café
- Support for promotion of a new palliative care room at an aged care facility
- Support for establishment of community based bereavement support groups
- Palliative care volunteer capacity building day
- Production of *Postcards Palliative Care* for indigenous community members

This Month's Book Release



Nothing was the same: A Memoir – Kay Redfield Jamison

From the internationally acclaimed author of *An Unquiet Mind*, comes a haunting meditation on mortality, grief, and loss.

Perhaps no one but Kay Jamison - who combines the acute perceptions of a psychologist with writerly elegance and passion - could bring such a delicate touch to the subject of losing a spouse to cancer. In spare and at times strikingly lyrical prose, Jamison looks back at her relationship with her husband, Richard Wyatt, a renowned scientist who battled severe dyslexia to become one

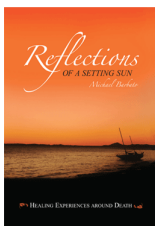
of the foremost experts on schizophrenia. And with characteristic honesty, she describes his slow surrender to cancer, her own struggle with overpowering grief, and her efforts to distinguish grief from depression.

But she also recalls the joy that Richard brought her during the nearly twenty years they had together. Wryly humorous anecdotes mingle with bittersweet memories of a relationship that was passionate and loving - if troubled on occasion by her manic depression - as Jamison reveals the ways in which Richard taught her to live fully through his courage and grace.

A penetrating study of grief viewed from deep inside the experience itself, *Nothing Was the Same* is also a deeply moving memoir by a superb writer.

RRP \$27.95 – <http://www.thebookabyss.com.au/inc/sdetail/22613>.

Last Month's Book Release



Reflections of a Setting Sun - Michael Barbato Griffin Press, Adelaide (2009)

In his new book, "Reflections of a Setting Sun", Michael Barbato brings light and practical wisdom to the somewhat elusive area of paranormal experiences around death. The subtitle, 'Healing Experiences around Death', is the very promise of this book. Barbato's twenty years of experience as a palliative care doctor and his research into deathbed visions inform his practical suggestions on how we can facilitate a healing environment, especially during the time when the dying person may seem to us to be unaware of their surroundings.

Available from www.caringforthedying.iinet.com.au.

Other interesting news ...

Australian Centre for Grief and Bereavement

ACG&B 2010 Education Calendar

To view the 2010 education calendar http://www.grief.org.au/education/programs/education_program.

Caresearch

CareSearch Review Collection

Seventeen reviews were added to the CareSearch Review Collection in December 2009 and sixteen were added in January 2010. They included:

- Tassinari D, Sartori S, Tamburini E, Scarpi E, Tombesi P, Santelmo C, Maltoni M. Transdermal fentanyl as a front-line approach to moderate-severe pain: a meta-analysis of randomized clinical trials. *J Palliat Care*. 2009 Autumn;25(3):172-80.
The safety of transdermal fentanyl (TF) in comparison with slow-release oral morphine (SROM) in moderate-severe pain was examined in this review. Five trials met the inclusion criteria. The authors concluded that TF and SROM seem to have a different side effects profile which could inform treatment choices.
- Chan R, Webster J. End-of-life care pathways for improving outcomes in caring for the dying. *Cochrane Database Syst Rev*. 2010 Jan 20;(1):CD008006.
This review aimed to assess the effects of end-of-life care pathways, compared with usual care (no pathway) or with care guided by another end-of-life care pathway across all healthcare settings however no studies met the criteria for inclusion. As a result the authors concluded that recommendations regarding the use of end-of-life pathways in caring for the dying cannot be made.
- Bradt J, Dileo C. Music therapy for end-of-life care. *Cochrane Database Syst Rev*. 2010 Jan 20;(1):CD007169.
Five studies were identified in this review of the effects of music therapy on psychological, physiological, and social responses in end-of-life care. There is insufficient evidence of high quality to support the effect of music therapy on quality of life of people in end-of-life care. No strong evidence was found for the effect of music therapy on pain or anxiety.
- Beaton R, Pagdin-Friesen W, Robertson C, Vigar C, Watson H, Harris SR. Effects of exercise intervention on persons with metastatic cancer: a systematic review. *Physiother Can*. 2009;61(3):141-53
This review examined the effects of exercise on persons with metastatic cancer. Eight studies were identified. All studies used physical and/or quality-of-life outcome measures. The findings suggest that exercise may be beneficial for persons with metastatic cancer.
- Agnew A, Manktelow R, Taylor B, Jones L. Bereavement needs assessment in specialist palliative care: a review of the literature. *Palliat Med*. 2010 Jan;24(1):46-59.
Identifying and assessing bereavement measurement tools for use within bereavement services and hospice settings is an area of interest and importance for palliative care. Ten measurement tools were included in the review. Issues with regard to generalisability, theoretical underpinnings, ability to distinguish normal and prolonged grief and evidence of validity and reliability were all discussed.
- Albers G, Ehteld MA, de Vet HC, Onwuteaka-Philipsen BD, van der Linden MH, Deliens L. Evaluation of quality-of-life measures for use in palliative care: a systematic review. *Palliat Med*. 2010 Jan;24(1):17-37.
This review examined the feasibility and quality of quality-of-life (QoL) measurement instruments used in palliative care. Twenty nine instruments were identified and evaluated. The authors concluded that most had not yet been adequately evaluated.

To view the full list of Caresearch reviews please follow this link <http://www.caresearch.com.au/caresearch/FindingEvidence/CareSearchReviewCollection/tabid/501/Default.aspx>.

Nurses Hub

Formal feedback from the 2007 and 2008 feedback surveys and informal feedback at the Palliative Care Nurses Australia (PCNA) conference suggest that nurses have a range of diverse information needs and knowledge challenges.

There is an opportunity to consolidate relevant evidence and resources for nurses and create a nurses hub. We are looking to develop a Nurses Hub that comprises webpages, resources and links to support all nurses caring for palliative patients in any setting of care. We would welcome feedback from nurses on what content, resources, tools and other information they would expect to find in this resource. We would also welcome suggestions as to quality resources for possible inclusion in this Hub. If you would like to find out more about the project or to make suggestions please email caresearch@flinders.edu.au.

CNIN December 2009

The CareSearch Nurses Information Newsletter for December 2009 is now available.

The December issue looks at:

- Clinical Uses: Six steps to information and evidence
- Evidence Based Practice: What's the link between multi site studies and sample size?
- CareSearch Page Profile: Using the Research Data Management System

To view the December edition of the newsletter please follow this link <http://www.caresearch.com.au/Caresearch/LinkClick.aspx?fileticket=yCKdyZGxrdo%3d&tabid=884>.

World Cancer Day

World Cancer Day occurred on 4 February this year. The World Health Organization supported the International Union Against Cancer to promote ways to ease the global burden of cancer by promoting this day. Preventing cancer and raising quality of life for cancer patients were recurring themes. To view the events that were planned visit http://www.who.int/mediacentre/events/annual/world_cancer_day/en/index.html.

Conferences in 2010 and 2011

Please follow this link for an up to date list of conferences –

<http://www.caresearch.com.au/caresearch/Education/Conferences/tabid/74/Default.aspx>.

The February edition of the Caresearch newsletter can be viewed by following this link

<http://www.caresearch.com.au/Caresearch/LinkClick.aspx?fileticket=j7eB%2bXwDKp0%3d&tabid=309>.

To access the Caresearch website follow <http://www.caresearch.com.au>.

Department of Human Services

The Department of Human Services – Concessions Unit have released the first edition of ***The Link***, including all of the most relevant information about the Concessions Unit.

In this publication you will find brief articles on the topics of:

- Low income Victorians and the GFC
- Bushfire preparedness
- Medical cooling concession
- Keeping up with energy bills
- Assistance with non-mains energy and water debt
- Water wise initiative
- Municipal rate rebate extension

You will also find the ***Concessions at a Glance*** document, providing a quick snapshot of the wide variety of concessions available through the Department of Human Services.

To view the full newsletter please follow this link http://www.dhs.vic.gov.au/data/assets/pdf_file/0020/403553/the-link-january-2010.pdf.

Palliative Care Australia

The February edition of the PCA e-Bulletin has recently been distributed. Some of the items featured this month include:

- ✓ Policy report – pain position statement

- ✓ Key issues for palliative care in 2010
- ✓ National Palliative Care Week
- ✓ Australia Day Honours
- ✓ Palliative Care Outcomes Collaboration (PCOC)
- ✓ Education Program in Cancer Care

To view the February edition of the PCA e-Bulletin please follow this link <http://www.palliativecare.org.au/Portals/46/E-Bulletin/PCA%20e-bulletin%20-%20February%202010.pdf>.

Palliative Care Victoria

Palliative Care in Aged Care Special Interest Group

Palliative Care Victoria Membership

An invitation to join PCV as an 'Associate Member' was extended to all working in the aged care sector and related peak bodies. Past minutes/powerpoints/all information from this SIG will soon be going up on the PCV website under Members Section/Special Interest Groups. A membership login is required for access.

For more information on benefits and to join up to become an Associate Member see <http://www.pallcarevic.asn.au/how-you-can-help>.

Any queries contact info@pallcarevic.asn.au or Maree ph (03) 9662 9644.

PCV Biennial Conference – Call for Abstracts

The 7th Biennial State Palliative Care Conference *Palliative Care – Extending the Reach* will be held on 22 & 23 July at the Jasper Hotel, Melbourne. This conference will explore the ways in which Palliative Care can extend its reach to better meet the requirements of a rapidly ageing and increasingly diverse population. Key areas of focus will be creating and maintaining effective partnerships, finding new ways of working to improve the quality of palliative care from clinical, psychological, social and spiritual perspectives and fostering resilience in the paid and unpaid palliative care workforce.

Please consider presenting – call for abstracts now open. Abstracts are due by 15 March 2010 and should be sent to bbrennan@pallcarevic.asn.au.

Update of the National Palliative Care Strategy: Register now and have your say

The National Palliative Care Strategy which was released in 2000 represented the combined commitments of the Commonwealth, State and Territory Governments, palliative care service providers and community-based organisations to the development and implementation of palliative care policies, strategies and services that are consistent across Australia. It is now timely for a revision of the Strategy.

Communio has been contracted by the Department of Health and Ageing (DoHA) to review the Strategy.

Contributions are sought from any interested individuals or groups through:

- participation in a survey (available now), and/or
- attendance at workshops to be held across Australia in March 2010.

To participate in the online survey follow this link <http://www.surveymonkey.com/s/PalliativeCareStrategyUpdate>. This survey will remain open until midnight 1 March 2010.

To register for a workshop click here: http://www.surveymonkey.com/s/Stakeholder_registration.

A project webpage located at <http://npcsu.comuniogroup.com/> provides further information including a framework for the Update of the National Palliative Care Strategy.

Should you have an queries in relation to this project Cathie O'Neill, the Project Lead, can be contacted on 02 6282 4160 for further information.

Postgraduate Palliative Care Scholarships

PCV would like to thank all of those who submitted an application for funding under the Post Graduate Palliative Care Scholarship Fund. This is the third round of postgraduate scholarship funding distribution.

The selection panel was impressed with both the quality of the applications and the broad range of study being undertaken in the field of palliative care and with the level of personal commitment to palliative care demonstrated.

The selection panel had a very difficult task in selecting the recipients of the funding and took into account a number of factors including the potential impact of the study being undertaken on future service delivery, while trying to keep a balance between regional and metropolitan services and a mix in terms of disciplines. Of the 35 scholarship applications received, 26 were awarded. All those who submitted an application have now been notified.

Victorian Palliative Care Satisfaction Survey (VPCSS) Project Announcement

Palliative Care Victoria and the Department of Health are pleased to formally announce the appointment of UltraFeedback Pty Ltd as the subcontractor engaged to conduct palliative care satisfaction surveys in Victoria.

UltraFeedback was selected after an extensive selection process from a number of excellent contenders for the project.

In particular UltraFeedback demonstrated:

- Extensive experience and expertise conducting the Victorian Patient Satisfaction Monitor in Public Funded Hospitals in Victoria, thus providing tried and tested processes, routines and documents;
- That they are well placed to utilise their experience to further improve the instruments and to streamline the survey process as well and maximise the efficient use of the results by service providers;
- Direct involvement in the project that developed the Victorian Palliative Care Survey Instrument (VPCSI);
- A clear communications strategy and approach including:
 - Face to face dialogue (most important)
 - Telephone
 - Email
 - 1800 number – for patients, carers, service providers, anyone with queries/interest in the surveys.
 - On-line website – surveys and results
 - Brochure for patients and carers
- That they will ensure the survey meets standards for the relevant bodies for standards and accreditation for service providers in palliative care.
- Particular experience providing clear and useful guidance to stimulate quality improvement at local and regional levels and to inform the state-wide strategy.
- The intended development of a surveying methodology which will enable all sizes of services to receive meaningful reports
- A clear and comprehensive risk analysis and management plan

PCV is confident that UltraFeedback will work closely with the PCV, DH, the project manager, the Palliative Care Survey Project (PCSP) Advisory Group and all stakeholders' through a highly consultative and collaborative approach, with empathy and respect for service providers, carers and clients throughout the duration of the project. Together with PCV and DH they will enable progressive improvement and development throughout the 5 year period to 2014.

"UltraFeedback's modus operandi is to collaborate, listen, and to be adaptable and flexible".

Tom Holman – Managing Director UltraFeedback

Project update

The PCSP is a Palliative Care Victoria initiative, funded by the Department of Health, Victoria, that aims to:

- Provide palliative care clients with a voice;
- Determine measures of client and carer satisfaction with palliative care services;
- Obtain client and carer feedback to drive quality improvement;
- Align how palliative care service providers gather client feedback;
- Provide palliative care service providers with quality improvement support;
- Identify and share best and/or better practice across the industry.

The project will formally commence with a series of Regional consultation workshop sessions conducted over the next few weeks. During this phase Ultrafeedback and the PCV project officer will consult with each consortium, as well as the service providers, in each region to:

- Provide an overview of the project;
- Present the proposed surveying process;
- Discuss the client data requirements from service providers for survey distribution to clients and/or carers;
- Identify and discuss any potential barriers and issues;
- Present an outline of survey reports, including proposed data analysis;
- Respond to any questions, issues or concerns.

Surveying is scheduled to commence 25 March 2010.

Farewell to Kevin Larkins

Kevin's inspirational leadership over the past 5 years was honoured and celebrated at his recent farewell. Jane Fischer, Margaret O'Connor, Jackie Kearney and Anne Oakley reflected on Kevin's great contributions including: the very positive relationship with the Department of Health, substantial funding increases for palliative care in Victoria, the development of partnerships to extend the reach of palliative care, and the excellent leadership development program – to name just a few. Kevin responded in his inimitable style, reflecting on the journey, the important contributions of others and the exciting opportunities ahead. While we didn't get to enjoy his dancing this time, he did tell a marvelous story about venturing forth to create visionary futures without fear.

I feel very excited and privileged to be taking up the baton from Kevin Larkins. Kevin is very inspiring and has achieved a huge amount for Palliative Care Victoria; so I am fortunate to benefit from his guidance and wisdom during our handover.

Learning will be a priority in the short term and I would welcome the opportunity to visit some palliative care services as I come to grips with the issues and opportunities that will feed into our strategic and operational plans.

I look forward to working with you all.

Odette Waanders
Chief Executive Officer
Palliative Care Victoria

To access the complete December 2009 newsletter follow this link
<http://www.pallcarevic.asn.au/uploadedFiles/1261353059219-3714.pdf>.

Next Issue – Any Contributions?

The next issue of Across the Desk will be distributed in the week ending 26 March 2010. If you have any articles that you would like to contribute, please forward them to Christine at petersoc@ovensandking.org.au by 23 March 2010.

Thought for the Month

Nickelback: If Today Was Your Last Day
Songwriter: Chad Kroeger

My best friend gave me the best advice
He said each day's a gift and not a given right
Leave no stone unturned, leave your fears behind
And try to take the path less traveled by
That first step you take is the longest stride

If today was your last day and tomorrow was too late
Could you say goodbye to yesterday?
Would you live each moment like your last
Leave old pictures in the past?
Donate every dime you had, if today was your last day?



What if, what if, if today was your last day?

Against the grain should be a way of life
What's worth the price is always worth the fight
Every second counts 'cause there's no second try
So live like you're never living twice
Don't take the free ride in your own life

If today was your last day and tomorrow was too late
Could you say goodbye to yesterday?
Would you live each moment like your last?
Leave old pictures in the past?
Donate every dime you had?

And would you call those friends you never see?
Reminisce old memories?
Would you forgive your enemies?
And would you find that one you're dreaming of?
Swear up and down to God above
That you'd finally fall in love if today was your last day?

If today was your last day
Would you make your mark by mending a broken heart?
You know it's never too late to shoot for the stars
Regardless of who you are

So do whatever it takes
'Cause you can't rewind a moment in this life
Let nothing stand in your way
'Cause the hands of time are never on your side

If today was your last day and tomorrow was too late
Could you say goodbye to yesterday?
Would you live each moment like your last?
Leave old pictures in the past?
Donate every dime you had?

And would you call those friends you never see?
Reminisce old memories?
Would you forgive your enemies?
And would you find that one you're dreaming of?
Swear up and down to God above
That you'd finally fall in love if today was your last day?

Appendix A: Education Galore

Motor Neurone Disease Our Community Responding – MND Victoria

Date: 11 March 2010
Time: 9.00am – 3.30pm
Venue: Country Comfort, Parkview Room, Wyndham Street Shepparton
Cost: \$50.00

This information day on MND is aimed at Health Professionals, with the focus being on general MND care information in the morning. The afternoon session will have a local focus on care of and dealing with the issues that arise for people living with MND in regional and rural and remote areas.

For further information please contact Eric Kelly, Regional Advior MND Victoria on ph: 03 5441 1970 or email ekelly@mnd.asn.au.

Pain: Beyond the Summit! – The Centre for Palliative Care Education & Research

Date: Thursday 11 March 2010
Time: 9.30am – 4.30pm
Venue: Medical Education Centre, 3rd Floor Healy Wing, St. Vincent's, Fitzroy
Cost: \$60.00 per person (includes morning tea, lunch, afternoon tea and resources)

Places are limited, so register early.

You are invited to an interactive workshop on pain management. The workshop will include:

- an exploration of current practices;
- a case study discussion with a Nurse Practitioner and a Palliative Care Physician;
- current evidence to guide practice;
- future challenges and opportunities.

To register please contact Marieta Carr on Marieta.carr@svhm.org.au or 03 9854 1644.

Quest for Life – The Quest for Life Foundation



Date: 15 – 19 March 2010
Venue: The Bundanoon Harmony Centre, Bundanoon NSW
Presenters: Petrea King, Bernadette Arena and Jane Ewins

The Quest for Life Foundation, founded by Petrea King, provides programs to address the challenges of cancer, grief, depression or other trauma and provides practical self-help strategies for increasing peace, healing and wellbeing. The *Quest for Life* program is an inspiring, practical, educational and experiential residential program for men and women living with cancer.

For further information on the program go to www.questforlife.com.au, email info@questforlife.com.au or phone 1300 941 488.

Communication with Individuals and Families at the End of Life – Mercy Health Albury, Albury Wodonga Regional GP Network and Albury Wodonga Cancer Foundation



Date: 16 March 2010
Time: 9.00am – 4.30pm
Venue: Mercy Health, 550 Poole Street, Albury
Presenter: Liese Groot-Alberts
Cost: Free of charge
Target Audience: Health professionals

Liese Groot-Alberts is a grief therapist in private practice, a lecturer, public speaker, clinical supervisor and team trainer. Liese will be speaking on communication with individuals and families at the end of life. This is the inaugural forum for the palliative care link network members. Our intention is to provide support and resource opportunities for health care workers who provide palliative care in rural settings.

For further information or to register please email SPitman@bordergp.org.au. Please register by 2 March 2010.

Communication with Individuals and Families at the End of Life – Mercy Health Albury, Albury Wodonga Regional GP Network and Albury Wodonga Cancer Foundation

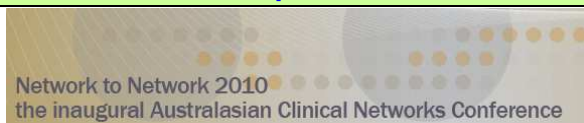


Date: 16 March 2010
Time: 6.30pm – 9.30pm
Venue: Commercial Club Albury
Presenter: Liese Groot-Alberts
Cost: Free of charge
Target Audience: Community members

Liese Groot-Alberts is a grief therapist in private practice, a lecturer, public speaker, clinical supervisor and team trainer. Liese will be speaking on communication with individuals and families at the end of life. This session is open to all community members. For further information please contact Mercy Health Palliative Care on (02) 6042 1402 or email SPitman@bordergp.org.au. Please register by 2 March 2010.

Inaugural Australasian Clinical Networks Conference – Victorian Department of Health

Date: 17 – 19 March 2010
Venue: Melbourne Cricket Ground
Cost: \$400 (approx) full details available shortly.



The first Australian Clinical Networks Conference is to be held in Melbourne in 2010. The conference will bring together Clinical Networks from across Australia and internationally to provide an opportunity to share and promote ideas on Clinical Networks. For further information please follow this link <http://www.health.vic.gov.au/networks2010/index.htm>.

2010 Regional Education Sessions: Interface Between Depression & Dementia and Non Pharmacological Approaches to Wandering & Intrusion

Date: Thursday 18 March 2010
Time: 1.00pm – 3.30pm
Venue: GOTAFE Auditorium, Docker Street, Wangaratta
Presenters: Dr. Patrick O'Brien and Melissa Kettle

For further information or to register please contact Gill Anderson on 03 5722 1784. Limited places available. Please register by 8 March 2010.

Melbourne CAREX 2010 – Total Aged Services

Date: 18 & 19 March 2010
Time: 9.30am – 4.00pm
Venue: Caulfield Racecourse Grandstand, Caulfield North
Cost: Free of charge (some fees apply for half day seminars)

Features a half day seminar (19 March) on palliative care titled "Talking with someone that cares" presented by Palliative Care Victoria and Melbourne Citymission Palliative Care Unit. This workshop seeks to identify and explore the key elements of good communication when working with a palliative client in an aged care residential facility. For full details of this workshop <http://www.totalagedservices.com.au/files/Palliative%20Care%20Seminar%20-%20MCX%202010.pdf>. For a registration form [http://www.totalagedservices.com.au/files/Seminar%20Registration%20Form\(2\).pdf](http://www.totalagedservices.com.au/files/Seminar%20Registration%20Form(2).pdf).

8th Annual Health & Homelessness Forum "Diversity at Work" – Hume Region Homelessness Network and Gateway Community Health

Date: 25 March 2010
Time: 9.15am – 3.00pm (registrations 8.30am)
Venue: Kerferd Room, Latrobe at Beechworth
Cost: Free of charge (includes lunch and morning/afternoon tea)
RSVP: no later than 18 March 2010

For the first time in Regional Victoria, Hume Region Homelessness Network and Gateway Community Health are hosting the 8th Annual Health and Homelessness Forum. For further information please contact Gateway Community Health at admin@gatewaycommunityhealth.org.au.

Family Carers from Culturally and Linguistically Diverse Backgrounds: Implications for Service Providers

Date: 26 March 2010
Time: 9.30am – 3.00pm
Venue: The University of Melbourne – Hawthorn Campus
Cost: \$132.00

This seminar will promote an understanding of needs of family carers or older people from culturally and linguistically diverse backgrounds. It will cover:

- Important considerations when working with carers from cultural and linguistic diverse backgrounds.
- What can we learn from family carers.
- Strategies in working effectively with carers from diverse backgrounds.
- Examples of good practice.
- Practical workshop.

Target audience includes case managers, care coordinators, carer and respite care support staff. For further information please follow this link <http://www.culturaldiversity.com.au/Default.aspx?tabid=226>.

Death and Dying: An Interfaith Symposium: – Ecumenical and Interfaith Commission

Date: 6 – 8 April 2010
Venue: Mercy Theatre, Australian Catholic University (St. Patrick Campus)
Cost: \$25.00 per day or \$60.00 for whole three days

Symposium aims:

The program will provide participants with knowledge and insight into how each religious tradition views the human person, understands the afterlife and finds hope rather than despair in the face of death. The meaning of the rites of passage as practiced by the different faith traditions will be presented. Legal, ethical and medical aspects of preparing for death will be explored from the different faith perspectives, with input from those involved directly with the dying and their families.

For further information go to <http://einews.blogspot.com/2010/02/advance-notice-death-and-dying.html>.

Expressions of interest and registration by email to the Ecumenical and Interfaith Commission ecum@cam.org.au.

Healing Your Life – The Quest for Life Foundation



Date: 12 – 16 April 2010
Venue: The Bundanoon Harmony Centre, Bundanoon, NSW
Presenters: Petrea King, Bernadette Arena and Margie Braunstein

The Quest for Life Foundation, founded by Petrea King, provides programs to address the challenges of cancer, grief, depression or other trauma and provides practical self-help strategies for increasing peace, healing and wellbeing.

The *Healing Your Life* program is a nurturing residential program for men and women living with trauma, depression, grief, loss or despair.

For further information on the program go to www.questforlife.com.au, email info@questforlife.com.au or phone 1300 941 488.

Inaugural International Advance Care Planning Conference – Respecting Patient Choices – Austin Health in partnership with Arinex Pty. Ltd.

Date: 22 – 24 April 2010
Venue: Melbourne Convention Centre
Cost: Varies (see website for further details)

Advance care planning is gaining increasing prominence in health care around the world as people recognize the importance of patient autonomy, and the right of patients to say what they want if they reach a point where they cannot communicate. There is also a growing emphasis on improving end-of-life care.

This conference will give you the opportunity to hear how advance care planning and better end-of-life care is working around the world, look at the impact of legislation, health policy and

guidelines and see what strategies are working and why. You will be able to witness excellent research, network with other like-minded health professionals, present your own work and participate in workshops.

For further information go to www.internationalacp2010.com.

10th Global Conference on Ageing – International Federation on Ageing



Date: 3 – 6 May 2010

Venue: Melbourne Convention & Exhibition Centre

For the full program and list of speakers etc. please follow this link to the conference site <http://www.ifa2010.org/default.asp>.

The Victorian Bushfires: Supporting those Experiencing Trauma and Grief in the Wake of the Fires – Australian Centre for Grief and Bereavement

Date: 26 May 2010

Venue: Wyndhamere Motel-Best Western, 65-67 Wyndham Street, Shepparton

Cost: \$180.00 (ACGB member) \$220.00 (non-member) morning tea, lunch and afternoon tea included

Professionals working in various healthcare settings, support services, educational institutions and other workplaces are likely to come across people who were left traumatised and grieving as the result of the Black Saturday bushfires. This workshop will explore the impact of a disaster such as Black Saturday. It will focus on common responses to trauma, both during the immediate recovery phase and long term.

For further information go to http://www.grief.org.au/education/programs/education_program.

Preparing Case Notes – Department of Human Services HACC Regional Training

Dates: 22 June – Seymour
5 August – Shepparton
6 October – Wodonga

Time: 9.30am – 5.00pm

This education is for assessment staff or anyone whose work requires keeping appropriate case notes. It is based on the belief that preparing and maintaining case notes is an essential part of care planning and delivery, guided by organisational and government departmental regulations and supported by a bank of service “technical terms”.

Contact your organisation’s HACC training person or your manager to register. The program is open to all HACC staff in the Hume Region.

Managing Difficult Situations – Department of Human Services HACC Regional Training

Dates: 13 July – Seymour
28 October – Wangaratta

Time: 9.30am – 5.00pm

This education is for managers/supervisors/case workers who at times find themselves in difficult situations involving clients or other service providers. The workshop aims to explore and work with the difficult situations arising in participant’s workplaces. It will provide a practical communication method, techniques and strategies to assist participants to develop satisfactory resolutions to difficult interactions.

Contact your organisation’s HACC training person or your manager to register. The program is open to all HACC staff in the Hume Region.

Innovations – Updating Professional Practice in Palliative Care Conference – Barwon Health Palliative Care Services

Date: 21 & 22 October 2010

Venue: Crowne Plaza, Torquay

Cost: \$180.00 (Early Bird available until 31 March 2010) \$230.00 after 31 March.
Optional dinner \$50.00

Topics include:

- Communicating with seriously ill patients – what’s the evidence?
- Decision-making at the end of life

- Patient-centred diabetes care at the end of life: guidelines to support health professionals
- The role of emotion in difficult conversations
- Healer heal thyself: selfcare for the healthcare professional

For further information or to receive a registration form, please contact Heather Cameron, Conference Organiser on 03 5279 2800 or heatherca@barwonhealth.org.au.