

# Across the Desk Hume Palliative Care Consultancy Team



3<sup>rd</sup> Edition March 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
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 <b>watch this space ...</b>	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](mailto:palliative@ovensandking.org.au).

Contact Sonia Strachan, Clinical Nurse Consultant at GV Hospice Care on 5822 0068 or email [soniaa@hospice.shepparton.net.au](mailto:soniaa@hospice.shepparton.net.au). GV Hospice website <http://hospice.shepparton.net.au>.

### 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](http://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/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
6 – 8 April	Death and Dying: An Interfaith Symposium	Ecumenical and Interfaith Commission
9 April	Marketing, Planning & Dynamic Event Training	Albury Wodonga Volunteer Resource Bureau and Volunteer ACT
12 April	Professional Boundary Setting	HACC
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.
23 April	Policies for Culturally Inclusive Service Delivery	Centre for Cultural Diversity in Ageing
29 April	Professional Boundary Setting	HACC
29 April	Understanding Cancer	Hume RICS and Cancer Council
30 April	Professional Boundary Setting	HACC
3 May	Professional Boundary Setting	HACC
3 – 6 May	10 <sup>th</sup> Global Conference International Federation on Ageing	International Federation on Ageing
4 May	Professional Boundary Setting	HACC
6 May	Professional Boundary Setting	HACC
6 May	Dealing with Loss & Grief	HACC
26 May	The Victorian Bushfires: Supporting those experiencing trauma and grief in the wake of the fires	Australian Centre for Grief and Bereavement
27 May	Dealing with Loss & Grief	HACC
28 May	Dealing with Loss & Grief	HACC
3 June	Assessment & Care Planning Training	HACC
17 & 18 June	Aged Care at the Crossroads	Aged & Community Care Victoria

25 June	Food with a Difference: Culturally Appropriate Meals in Aged Care	Centre for Cultural Diversity in Ageing
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## News Across the Region

### Implementing a health promoting palliative care (HPPC) approach in your organisation

Actions	Examples
By articulating a HPPC approach in the organisation's values, objectives, policies and procedures.	Policies that include, among others, a statement like: eg "To build community capacity around death and dying through effective collaboration, diverse partnerships within and beyond the health sector, and community education."
By including HPPC in strategic goals and directions	Strategic plans that include statements like: eg "As an organisation, we aim to improve wellbeing and reduce the burdens associated with progressive terminal illness, death and bereavement by considering not only the individual context or factors, but also the context of broad public policies, environmental influences, group and family influences, and the community context."
By linking HPPC to quality improvements	Some organisations have found that community development activities address some elements of their accreditation requirements: eg holding a performance of Four Funerals in One Day for staff and the general public.
By acknowledging Health Promotion as a part of core business - perhaps HP portfolio, and resource allocation	eg one organisation's health promotion committee incorporates health promoting palliative strategies as part of its mental health and well being priority.
By supporting skill development for staff and volunteers	Some organisations have run workshops on: <ul style="list-style-type: none"> <li>• Health promoting palliative care concepts</li> <li>• Advance Care Planning</li> <li>• Taking Control – Powers of Attorney</li> <li>• How to Care, What to Say</li> <li>• Palliative Approaches to Care</li> <li>• Understanding Spirituality</li> </ul>
Through the development of community education programmes	Some organisations have held: <ul style="list-style-type: none"> <li>• Café conversations on death, dying, loss and care issues</li> <li>• Community programmes on financial and legal issues, funeral options, loss and grief</li> <li>• Dying to Know Expo community forum</li> </ul>
Through consumer representation in advisory and decision making processes	eg one aged care organisation involves such a group who help ensure information and services offered are accessible to the general community.
By using skills and knowledge in palliative care to influence public policy	eg PCV is advocating for the 'social role' of the palliative care volunteer into the inaugural federal government's 'National Volunteer Strategy' eg some palliative care volunteers and staff are involved in research projects that help form part of the evidence base. eg some palliative care staff submit abstracts to conferences.
By strengthening community action around end of life issues	eg organisations have formed partnerships with other agencies to run community events such as the Remembering Trees and Community Christmas Trees of Remembrance, Four Funerals in One Day. eg one organisation has supported the development of community based bereavement groups.

## Gwen's Swansong!!

On 25 March Gwen Vearing organised an education day on Health Promoting Palliative Care for the Lower Hume Palliative Care Volunteers. The day included a farewell lunch to Gwen and Brian (former palliative care volunteer) who have left us for the greener pastures (oh sorry bluer waters!) of the South Coast of New South Wales. Gwen has been a coordinator of palliative care volunteers for Lower Hume Palliative Care since 2001. In recent years, Gwen also combined this with the family care worker role so she was kept very busy – working with families and supporting Lower Hume's team of volunteers.

***Gwen's contribution to palliative care in this region will be sorely missed!***



Barbara Young, Gwen Vearing and Marissa Clarkson

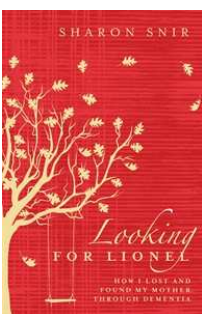


Barbara and Marissa presenting Health Promoting Palliative Care



Barb and Marissa "in character" serenading Gwen!

## This Month's Book Release



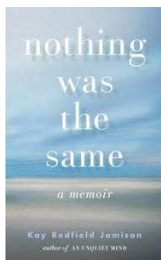
### ***Looking for Lionel – Sharon Snir*** ***How I lost and found my mother through dementia***

*"Looking for Lionel* is a personal story. It is a story of how dementia crept into my family unannounced and left us struggling to hold onto a life that appeared to be slipping away from us like a balloon slipping out of a child's hand. It is a story of fear and courage, shame and pride, sorrow and joy. It is a story of paradox, where the least capable person in our family was, for a time, calling all the shots. It is a story of how our lives changed in ways we never could have imagined".

*Looking for Lionel* is a warm, insightful memoir about how dementia entered Sharon Snir's family and left them struggling with fear and sorrow. As Sharon shares her inspirational story, she invites you into her world of laughter and tears. Written for family and friends of those with the disease, it helps readers regain their courage and find the joys of relating in the here and now.

Available from Allen & Unwin at <http://www.allenandunwin.com/default.aspx?page=94&book=9781741759518>. RRP \$29.99.

## Last Month's Book Release



### Nothing was the same: A Memoir – Kay Redfield Jamison

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>.

## Website of the Month

**Respite Hume Website – [www.respitehume.org.au](http://www.respitehume.org.au)**



## ANNOUNCEMENT

### Respite Hume Website is now live.

<http://www.respitehume.org.au/>.



#### Exciting new Respite Internet website for the Hume region

The website aims to enhance online information resources which provide accurate, current information about the full range of respite services that support families, carers and people with a disability in Victoria.

Disability Services Division (DSD), in partnership with regions, will lead the project to develop and implement a set of minimum requirements for the operation of central and regional online respite information services.

As part of its overall commitment to Disability Services in the 2008-09 state budget, the Government allocated \$500,000 (\$1 million over two years) to enhance online respite information services and to support access to and coordination of respite services.

The website will strengthen capacity to provide high quality respite information to people within their local community through regional Disability Service Providers.



#### Who is it for?

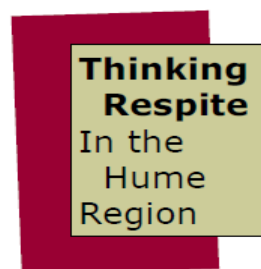
This site is for members of the general public, Carers and families, Case Managers, Service Providers, Health workers and any one who has a respite need



#### Why use the site

- Opportunity to Showcase your services, Advertise and promote the good work that you do and provide information on your services
- Efficient and effective access to respite options for all ages- for planned, in home, facility based, day program and recreation and leisure activities
- Provide information to the wider community and other users
- Access up to date information, reports, news, upcoming events and forums / Conferences
- Easy access to respite options
- Provide relevant resources
- Linking services -
- Access to Emergency respite options and Find Respite vacancies
- Find - Referral agencies, Package availability, Funding and resources, Respite finder

Contact Cindy Osmotherly  
Email [respiteplanner@unitingcaregnet.org.au](mailto:respiteplanner@unitingcaregnet.org.au)



## Other interesting news ...

### Australian Centre for Grief and Bereavement

#### Victorian Bereavement Services Directory

The Australian Centre for Grief and Bereavement website has added an online Bereavement Services Directory available throughout Victoria. Over time this may be extended to provide a national directory of bereavement services. To view the directory follow this link [http://www.grief.org.au/grief\\_and\\_bereavement\\_support/victorian\\_bereavement\\_support](http://www.grief.org.au/grief_and_bereavement_support/victorian_bereavement_support).

#### ACG&B 2010 Education Calendar

To view the 2010 education calendar [http://www.grief.org.au/education/programs/education\\_program](http://www.grief.org.au/education/programs/education_program).

### Carers Victoria

#### 2010 Education and Training

The new 2010 Education and Training brochure "*Just for Carers*" has been released. The workshops included aim to support family carers by providing information, knowledge and skills specifically designed to assist in the caring role. The workshops have been divided into 4 themed areas. From each of these areas you can pick and mix - choosing single or multiple sessions.

The 4 areas are:

- **Lasting the Distance.** These sessions are designed to allow you to reflect on your caring experience and to explore strategies to support your wellbeing. There are 5 workshops to choose from in this area.
- **Having Your Say.** These sessions look at the many communication challenges that arise when caring. Workshops range from the basics of communication and assertiveness through to advanced skills for more complex situations. There are 4 workshops to choose from in this area.
- **Naming the Changes.** These sessions focus on the emotional aspects of the different stages of the caring journey including change, loss and living through difficult times. There are 5 workshops to choose from in this area.
- **Planning Ahead.** A range of workshops to help you be prepared for various aspects of the caring role by planning for the future. There are 5 workshops to choose from in this area.

Some Education Programs must be completed as a whole unit. Both single workshops and education programs can be tailored to cater for the diverse needs of carers and caring situations. Workshops and programs are offered free of charge to carers and carer support groups across Victoria.

#### How do I book?

A minimum of 4 weeks notice is usually required. However for workshop bookings during peak periods, such as Carers Week (3rd week in October) please book well in advance.

For further information please contact the Education and Training administration team on 9396 9500 or email [education@carersvictoria.org.au](mailto:education@carersvictoria.org.au).

### Caresearch

#### Harmony Day

Australia is home to over 20 million people and one in four of Australia's population was born overseas. English is the only language spoken at home in 78% of households but nearly three million people speak another language. The three most common languages (other than English) are Italian, Greek and Cantonese. To recognise Harmony Day on March 21 CareSearch has developed DVDS in these three languages.

The DVDs in Greek, Italian and Cantonese focus on the following palliative care issues:

1. About Palliative Care
2. Living with Illness
3. How to Care

4. At the end
5. Bereavement, Grief and Loss
6. Groups with specific needs
7. Finding out more

To view more information regarding the DVDs follow this link

<http://www.caresearch.com.au/caresearch/AboutCareSearch/ProjectResources/tabid/161/Default.aspx>.

To view more information on Harmony Day follow this link <http://www.harmony.gov.au/harmony-day/>.

### New Pages on Caresearch

Bereavement and Grief - two new pages have been released in the Clinical Practice section that provide an overview of the evidence around bereavement, grief and complex grief. Grief, especially in the early stages, often causes disruption and disturbance of everyday life. However, grief can be expressed by people very differently.

- Bereavement and grief -  
<http://www.caresearch.com.au/caresearch/ClinicalPractice/PsychologicalSocialSpiritual/BereavementandGrief/tabid/1345/Default.aspx>.
- Complex grief -  
<http://www.caresearch.com.au/caresearch/ClinicalPractice/PsychologicalSocialSpiritual/BereavementandGrief/ComplexGrief/tabid/1346/Default.aspx>.

### CareSearch Review Collection

Eight reviews were added to the CareSearch Review Collection in February 2010. They included:

- Adams E, Boulton M, Watson E. The information needs of partners and family members of cancer patients: a systematic literature review. *Patient Educ Couns*. 2009 Nov;77(2):179-86  
This review assessed the information needs of partners and/or family members of adult cancer patients. Thirty-two papers were included in the review. Eleven categories of information need were identified. There was a predominant focus on breast or prostate cancer, leaving a knowledge gap in relation to other cancers. The concept of 'information need' was generally poorly developed and theorised in the papers.
- Lehto RH, Stein KF. Death anxiety: an analysis of an evolving concept. *Res Theory Nurs Pract*. 2009;23(1):23-41  
This article reviewed the literature on death anxiety published between 1980 and 2007. The analysis involved defining attributes, antecedents, and consequences of death anxiety as a concept. Findings for the clusters were: attributes (emotion, cognitive, experiential, developmental, sociocultural shaping, and source of motivation), antecedents (stressful environments and the experience of unpredictable circumstances, diagnosis of a life-threatening illness or the experience of a life-threatening event, and experiences with death and dying), and consequences (adaptive and maladaptive presentations).
- Shaheen PE, Walsh D, Lasheen W, Davis MP, Lagman RL. Opioid equianalgesic tables: are they all equally dangerous? *J Pain Symptom Manage*. 2009 Sep;38(3):409-17.  
The aim of this study was to demonstrate variations in equianalgesic ratios, as quoted in equianalgesic tables and various educational materials widely available to practicing physicians. The authors found inconsistent and variable equianalgesic ratios recommended for both opioid rotation and conversion. They concluded that equianalgesic tables should only serve as a general guideline to estimate equivalent opioid doses. Clinical judgment should be used and individual patient characteristics considered when applying any table.
- Gan T, Wu Z, Tian L, Wang Y. Chinese herbal medicines for induction of remission in advanced or late gastric cancer. *Cochrane Database Syst Rev*. 2010 Jan 20;(1):CD005096.  
This review aimed to assess the effectiveness of Chinese medicinal herbs in the short term remission of advanced or late gastric cancer. Fifty-five qualified trials with 5261 advanced or late gastric cancer patients were identified. Most studies were of low quality and did not use the same intervention or outcomes. The authors concluded that

there was not appropriate evidence for effectiveness of Chinese medicinal herbs in improving the quality of life or rate of remission, alleviating the toxic and side effects caused by the chemotherapy, or reducing short-term mortality.

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

### Research News - Channel 7 Children's Research Foundation Grants

Applications are now open for Channel 7 Children's Research Foundation Grants into serious conditions that affect children. Grants of \$75,000 will be awarded for research to be undertaken in 2011. Early Career Grants of up to \$35,000 per annum to scientists applying for the first time as Chief Investigator are also considered. Applications close on 29 April 2010. For further information go to [http://www.crf.org.au/grant\\_entitlements.shtml](http://www.crf.org.au/grant_entitlements.shtml).

### CNIN February 2010

The CareSearch Nurses Information Newsletter for February 2010 is now available.

The February issue looks at:

- Clinical Uses: Complementary Therapies
- Evidence Based Practice: Consumer involvement in health research
- CareSearch Page Profile: CareSearch Training Modules

To view the February 2010 edition of CNIN go to

[http://www.caresearch.com.au/Caresearch/Portals/0/Documents/PROFESSIONAL-GROUPS/Nurses/CNIN\\_newsletterFeb2010.pdf](http://www.caresearch.com.au/Caresearch/Portals/0/Documents/PROFESSIONAL-GROUPS/Nurses/CNIN_newsletterFeb2010.pdf).

### PCA Position statement

Palliative Care Australia has released a new position statement on *quality and safety in end-of-life care*. To view the position statement go to

<http://www.palliativecare.org.au/Portals/46/Policy/PCA%20position%20statement%209-12-9%20-%20quality.pdf>.

### A good death

Four Corners, a program on the ABC, Australia's public broadcaster, recently highlighted the contribution of palliative care in a show looking at the stories of four Australians as they come to the end of their lives, and the people who cared for them in the program *A Good Death*. Follow this link for further information and a video of the story

<http://www.abc.net.au/4corners/content/2010/s2810506.htm>.

### 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 March edition of the Caresearch newsletter can be viewed by following this link

<http://www.caresearch.com.au/Caresearch/Portals/0/Documents/ABOUT-CARESEARCH/News/@CareSearch2010Marchweb.pdf>.

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

### Department of Health

#### Nursing in Victoria – Update on Verification of Death

Following the review of the Coroners Act 1985, DHS (now Department of Health) developed a Guidance Note to facilitate registered nurses and paramedics verifying death and clarify the situation in relation to this process.

Extensive consultation has occurred and key stakeholders gave support to the introduction of a Guidance Note and are supportive of Division 1 and 3 Registered Nurses and Paramedics credentialed by Ambulance Victoria, in addition to registered medical practitioners, verifying that a person has died.

The introduction of the Guidance Note does not impact upon the legal requirement for a registered medical practitioner to certify death (a MCCD) under section 37 of the Births, Deaths & Marriages Registration Act 1996 or the reporting requirements under the Coroners Act 2008.

Now that the Coroners Act 2008 has commenced, the Guidance Note and FAQs have been updated. The updates include definitions for the terms 'reportable death' and 'reviewable death'. To view the updates and for more information please follow this link  
<http://www.health.vic.gov.au/nursing/verification-of-death-by-nurses-and-paramedics>.

### **Palliative Care Australia**

The March edition of the PCA e-Bulletin has recently been released. Here are some of the interesting articles included:

- ✓ Dying Well – tell us what you think
- ✓ National Palliative Care Strategy
- ✓ NSAP Standards
- ✓ Resignation of PCA CEO
- ✓ National Network for Managers of Volunteers
- ✓ Clinical Practice Guidelines Portal
- ✓ Support Grants for Cancer
- ✓ Launch of WPCA website

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

### **Palliative Care Victoria**

#### **ANZSPM – Anxiety and Depression in End of Life Care**

The Australian and New Zealand Society of Palliative Medicine invites medical practitioners to attend one of 5 forums on anxiety and depression in end of life care.

This session will cover psychological and pharmacological treatments of anxiety, assessment of mood disorder, the differential diagnosis of depressed mood and conservation-withdrawal syndrome, treatment options for depression 'near the end of life' and managing requests for physician assisted suicide in patients with depressive illness.

The program in each city will begin at 6:15pm with a light meal, followed by a presentation by a guest speaker and case study discussion.

Melbourne: 17 May 2010

Professor Brian Kelly at PeterMac Lecture Theatre, Peter MacCallum Cancer Centre, St Andrews Place, East Melbourne

For more information or to register:

ANZSPM website: [www.anzspm.org.au](http://www.anzspm.org.au) or email Karen Cooper: [karen@anzspm.org.au](mailto:karen@anzspm.org.au).

#### **Aged & Community Care Victoria State Awards for Excellence 2010**

ACCV is pleased to announce the 2010 ACCV State Awards for Excellence. The State Awards promote and recognise excellence across all fields of the aged care industry. The Awards celebrate significant contributions to the quality of life of older people, people with disabilities and/or their carers.

These State Awards also link to the existing Aged & Community Services Australia (ACSA) National Awards, with State Award winners progressing to nomination for the National Awards in their relevant categories.

By acknowledging outstanding performance and best practice, the State Awards also work to increase public confidence and community involvement in our aged and community care industry.

There are six State Awards categories:

- ORGANISATION AWARD: Proudly sponsored by ACCV  
Recognising a provider organisation who demonstrates leadership, innovation and excellence.
- EMPLOYEE AWARD: Proudly sponsored by Health Super  
Recognising the dedication and contribution of an individual employee in the delivery of services to older people and people with a disability.
- TRAINEE AWARD: Proudly sponsored by Hesta Super Fund  
Celebrating the outstanding achievements of an employee who is studying and working towards a qualification in the aged care sector.

- **VOLUNTEER AWARD:** Proudly sponsored by Health Super  
Recognising an individual who exemplifies the tireless generosity of volunteers.
- **MEDIA AWARD:** Proudly sponsored by ACCV  
Recognising an individual or organisation whose efforts result in the positive portrayal of older people and/or aged and community care services to the broader community.
- **INDUSTRY SUPPORTER AWARD:** Proudly sponsored by ACCV  
Acknowledging a corporate sector organisation who demonstrates excellence in the development of products, services or other support to the aged care industry.

We strongly encourage all members to be involved in these State Awards and to nominate worthy recipients. Nominations are currently open and will close on Friday 23 April 2010. Please take the opportunity to celebrate the achievements of our aged care industry. This event is an annual opportunity for high achievers within aged care to have their performance recognised by their peers.

The ACCV State Awards will be presented at the ACCV State Congress Dinner to be held on Thursday 17 June 2010. Information to attend the ACCV State Congress and Awards presentation will be provided to ACCV members in coming weeks.

Nomination forms will be sent to all facilities. To download a Nomination Form, visit: <http://www.accv.com.au/ConferencesEvents/ACCVStateAwardsforExcellence2010.aspx>.

For further information, contact ACCV Communications Coordinator Melina Walton on (03) 9805 9400 or email [melinaw@accv.com.au](mailto:melinaw@accv.com.au).

### Next Issue – Any Contributions?

The next issue of Across the Desk will be distributed in the week ending 30 April 2010. If you have any articles that you would like to contribute, please forward them to Christine at [petersoc@ovensandking.org.au](mailto:petersoc@ovensandking.org.au) by 27 April 2010.

### Thought for the Month

*The surest cure for loneliness, the quickest way to happiness,  
is found in this, a simple creed: Go serve someone in greater need.*

*William Arthur Ward*

## Appendix A: Education Galore

### 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](mailto:ecum@cam.org.au).

### Marketing, Planning & Dynamic Event Training – Albury Wodonga Volunteer Resource Bureau and Volunteer ACT



**Date:** 9 April 2010

**Venue:** The Embers Room, Blazing Stump Comfort Inn,  
Anzac Parade Bandiana, Victoria

**Cost:** \$35.00



Volunteering ACT

VRB with Volunteer ACT are proud to bring the following training to Albury Wodonga. This training is heavily subsidised by FAHCISA.

The morning workshop is a planning session to help you to develop a promotional strategy for your organisation. The afternoon session will work through all the steps to make the most of all local resources to stage a top quality event. Building on the morning workshop, this session really nails the complete approach to successful event planning.

For further information please contact Lindee Clarke at the Albury Wodonga Volunteer Resource Bureau - [lindee@vrb.com.au](mailto:lindee@vrb.com.au).

### Professional Boundary Setting - HACC

**Dates:** 12 April (Yea)  
29 April (Nathalia)  
30 April (Yarrowonga)  
3 May (Wodonga)  
4 May (Euroa)  
6 May (Nagambi)

**Time:** 1.00pm – 4.00pm

**Cost:** \$22 (HACC staff) \$135 (non-HACC staff) person/program

Content covers:

- Professional boundaries for service efficiency and OH&S
- Concepts of professional boundaries
- Difficulties in setting up boundaries
- Strategies in tackling these difficulties

Contact your organisation's HACC training person or your manager to register. The program is open to all HACC staff in the Hume Region. Places limited to 25 people. For further information contact Sue Chen at [hacctraining@riac.org.au](mailto:hacctraining@riac.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](http://www.questforlife.com.au), email [info@questforlife.com.au](mailto: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](http://www.internationalacp2010.com).

### Policies for Culturally Inclusive Service Delivery – Centre for Cultural Diversity in Ageing

**Date:** 23 April 2010  
**Time:** 9.30am – 3.00pm  
**Venue:** The University of Melbourne – Hawthorn Campus  
**Cost:** \$132.00

**Target Audience:** Board members, CEO's, proprietors of aged care services, service managers and policy officers.

#### Description:

This seminar will assist aged care providers to develop policies designed to meet the needs of clients from culturally and linguistically diverse backgrounds. It will cover:

- Framework for developing culturally inclusive policies
- Policy development, implementation and continuous improvement
- Examples of cultural diversity policies
- Useful resources
- Practical workshop

For further information please visit <http://www.culturaldiversity.com.au/Default.aspx?tabid=226>.

### Short Course in Psycho-Oncology – University of Melbourne and St. Vincents Health

**Dates:** 22 & 23 April 2010 (1<sup>st</sup> intake)  
7 & 8 October 2010 (2<sup>nd</sup> intake)  
**Time:** 8.30am to 5.00pm  
**Venue:** University College, Parkville, Victoria  
**Cost:** \$700 + GST per person

Understanding psychotherapeutic approaches for managing and supporting patients with cancer and their families is a critical skill for medical and allied health professionals.

Over two days a team of specialists led by Dr Dianne Clifton, the Medical Director of Psychosocial Cancer Care at St Vincent's Health Melbourne, will deliver a hands-on and interactive program where participants will discuss different models of psychotherapy for

patients with cancer at all points on the cancer continuum and participate in practical demonstrations of therapeutic interactions and role play with trained actors.

This course should not be missed by qualified and experienced psychologists, psychiatrists, counsellors and social workers who want to learn and develop psychotherapeutic approaches for cancer patients that can be applied in a clinical setting.

To register your place, please complete the registration form by following this link [http://www.mccp.unimelb.edu.au/\\_data/assets/pdf\\_file/0005/280337/Registration\\_Form.pdf](http://www.mccp.unimelb.edu.au/_data/assets/pdf_file/0005/280337/Registration_Form.pdf) with the date you are interested in and feel free to pass this information onto any colleagues you also think may be interested in attending.

Please note however, that places on this course are strictly limited and will be allocated on a first come, first served basis.

Further information about the program and speakers is available from the psycho-oncology web-site - [http://www.mccp.unimelb.edu.au/courses/professional-development/psycho-oncology/\\_nocache](http://www.mccp.unimelb.edu.au/courses/professional-development/psycho-oncology/_nocache) where the course brochure can be accessed. You may also contact course manager Renae Louis by email at [r.louis@mccp.unimelb.edu.au](mailto:r.louis@mccp.unimelb.edu.au) or on 03 9810 3158 if you have any questions or require further information.

To view the course brochure follow this link [http://www.mccp.unimelb.edu.au/\\_data/assets/pdf\\_file/0020/280334/Psycho-Oncology\\_Brochure\\_2010-Final.pdf](http://www.mccp.unimelb.edu.au/_data/assets/pdf_file/0020/280334/Psycho-Oncology_Brochure_2010-Final.pdf).

### Understanding Cancer – Hume RICS and Cancer Council



**Date:** 29 April 2010  
**Time:** 9.15am – 2.45pm  
**Venue:** “Willows” 11B McFarland Road, Wodonga

*Have you or someone you know been diagnosed with cancer?*

Cancer Council and Hume RICS are inviting patients, carers, family and friends to attend an “understanding cancer” day, which offers practical information and discussion about many of the issues people experience after a diagnosis of cancer.

For further information please phone Vanessa Sariman at Border East Hume Cancer Network on (02) 6057 5200.

### Dealing with Loss & Grief – HACC

**Dates:** 6 May (Seymour)  
27 May (Nathalia)  
28 May (Cobram)  
**Time:** 12.00pm – 3.00pm  
**Cost:** \$22 (HACC) \$150 (non-HACC staff) person

#### Program Outcome:

Grief is the personal response to any loss. A loss in any circumstances affects the whole person. It changes how we feel physically and emotionally. It affects our energy level and our activities. In a work environment, when loss and grief is being experienced, the recovery process creates temporary disturbance of work relation dynamics. This half day program covers:

- Grief tasks and stages
- How grief and loss affect an individual
- How to be of assistance to staff who are experiencing loss
- How to care for yourself while dealing with grief

Contact your organisation’s HACC training person or your manager to register. The program is open to all HACC staff in the Hume Region. Maximum intake is restricted to 25 people. For further information contact Sue Chen at [hacctraining@riac.org.au](mailto:hacctraining@riac.org.au).

### 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](http://www.grief.org.au/education/programs/education_program).

## **Assessment & Care Planning Training - HACC**

**Date:** 3 June 2010  
**Time:** 9.00am – 5.00pm  
**Venue:** Benalla  
**Cost:** \$22.00 (HACC) \$330 (non-HACC staff) per person/program

Content covers:

Context of community care

- Responding to client needs while supporting independence
- HACC Active Service Model
- Balancing duty of care against client rights to decision-making

Framework for understanding client need

- Introduction and practical applications of WHO international classification of functioning, disability and health
- How this framework helps goal setting and care planning practice

Enhancing practice related to person centre care

- Participants to review current practice and consider opportunities for improvement at client, provider and organisational level

Developing care plans

- From problems to action plans

The role of communication in goal setting and care planning

- Reviewing interviewing skills

Revisit your goal setting and care planning practice

- What are the next steps

All HACC service assessment staff are encouraged to receive this training.

Contact your organisation's HACC training person or your manager to register. The program is open to all HACC staff in the Hume Region. For further information contact Sue Chen at [hacctraining@riac.org.au](mailto:hacctraining@riac.org.au).

## **Aged Care at the Crossroads – Aged & Community Care Victoria**

**Date:** 17 & 18 June 2010  
**Venue:** Melbourne Park Function Centre  
**Cost:** Varies (see full registration flyer for details)  
**Features:** Kevin Larkins (former CEO Palliative Care Victoria) "*Issues and practice in advanced care planning*"  
Alan Hopgood (playwright and actor) in "*Four Funerals in One Day*"

This program has been developed with keynote speakers addressing critical topics such as:

- Intersections between aged acute and primary care
- Aged care industry reform issues
- Drivers of change in aged care
- Innovation in aged care financing

The Congress will feature a Trade Exhibition which will highlight over 40 commercial entities servicing the aged and community care sector. We encourage all delegates to take this opportunity to view the latest in industry trends and advances demonstrated in this comprehensive industry display.

For a full flyer and registration information, please visit the ACCV website by following this link  
<http://www.accv.com.au/>.

**Food with a Difference: Culturally Appropriate Meals in Aged Care – Centre for Cultural Diversity in Ageing**

**Date:** 25 June 2010

**Time:** 9.30am – 3.00pm

**Venue:** The University of Melbourne – Hawthorn Campus

**Target Audience:** Service managers and chefs/cooks

**Description:**

This seminar will explore the issue of providing culturally appropriate food in both the community care and residential settings. It will cover:

- The role of food in promoting the wellbeing of CALD older people
- Traditional and religious observances around food
- Models for delivering culturally appropriate food
- Menus and other useful resources
- Practical workshop

For more information please visit <http://www.culturaldiversity.com.au/Default.aspx?tabid=226>.