

### Message from the President

As we move forward in the new year, Palliative Care Australia is encouraged by policy developments in the health sector.

The government is engaging in a health reform process which appears to be taking the unprecedented step of integrating palliative care into the "whole of health and aged care" agenda.

PCA is working to influence the realisation of this policy environment which would deliver tangible improvements in the delivery of quality care at the end of life for all.

Palliative Care Australia is also undertaking major projects this year which will further contribute to the realisation of quality care.

Standards matter in the delivery of quality care and PCA's National Standards Assessment Program has achieved a key milestone. The pilot phase of NSAP has concluded and the national roll-out will begin in March. Read more on this project inside.

The 10th Australian Palliative Care Conference will be held this year in conjunction with the 8th Asia Pacific Hospice Conference as palliative care in Australia seeks to create connections in the region for the provision of quality care. Registration is now open and I encourage people to register early to take advantage of early bird specials.

Finally, I would like to take this opportunity to wish you the best for a successful year as we work to realise quality care at the end of life for all.

**Margaret O'Connor OAM**  
President



### Foundation announces 2009 grants

The realisation of quality care at the end of life for all is one step closer with the announcement of the Palliative Care Foundation 2009 Grants.

The grants support education and research in palliative care by providing a contribution towards course costs for professionals undertaking further education and training.

The foundation awarded eleven grants this year for professionals working in nursing, social work, pastoral care, physiotherapy and medicine.

(cont. p.3)



Palliative Care Australia joins with the Australian community in expressing heartfelt sorrow for the victims of the Victorian bushfire disaster and extends its profound sympathy for the losses experienced by those who survived. As in palliative care, it is through adversity that communities come together to support each other. This is the spirit we see in the Australian community every day.

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Who is ...

#### Palliative Care Australia

Palliative Care Australia is the peak national organisation representing the interests and aspirations of all who share the ideal of quality care at the end of life for all.

Specialist palliative care providers have specialist knowledge, skills and expertise in the care of patients, their families, carers and communities, who are living with and dying from a terminal condition.

Quality care at the end of life is realised when strong networks exist between specialist palliative care providers, primary generalist, primary specialist and support care providers and the community - working together to meet the needs of all people.

**PCA vision** - quality care at the end of life for all.

# Palliative Care Australia Update

## National Standards Assessment Program (NSAP)

The 31-site NSAP pilot program has concluded. As pilot sites, services tested the self-assessment component of NSAP. Feedback received during the pilot and from the post-pilot workshop in Melbourne will be used to review the self-assessment and audit tools prior to the national roll-out of NSAP.

NSAP will be officially launched at Old Parliament House in Canberra on Wednesday 11 March 2009. National roll-out of NSAP will begin in early March.

All specialist palliative care services around Australia are invited to participate in NSAP. *The Standard*, the official newsletter of NSAP, will continue to provide information on the program, details on how to participate, and overview the requirements of, and benefits for, services who participate.

Further information is available by contacting the NSAP team at [nsap@palliativecare.org.au](mailto:nsap@palliativecare.org.au), or +61 2 6232 4433, or by registering to receive *The Standard* through [PCA Connect](#). Back copies of *The Standard* can be accessed on the PCA website.



## RACPAN newsletter

The next issue of the Residential Aged Care Palliative Approach Network (RACPAN) newsletter will be released in March 2009. If you would like to contribute an article or details of a new resource or conference, please contact Gillian on +61 2 6232 4433 or [gillian@palliativecare.org.au](mailto:gillian@palliativecare.org.au).

Currently, the RACPAN newsletter is only available electronically. To register to receive an electronic copy of the newsletter [click here](#) and follow the prompts. Copies of the newsletter are also available on PCA's [website](#).

## Online education – palliative care in aged care homes

PCA's new online education module, *Palliative Care in Aged Care Homes*, is designed to support general practitioners, practice nurses and general practice managers in the delivery of palliative care in aged care homes.

The module draws on evidence-based information from the National Health and Medical Research Council's *Guidelines for a Palliative Approach in Residential Aged Care*.

The module can be accessed through the Royal

Australian College of General Practitioners at [www.gplearning.com.au](http://www.gplearning.com.au) or the Australian College of Rural and Remote Medicine at [www.rrmeo.com](http://www.rrmeo.com). It is accredited with both colleges for CPD points.

## Journeys – palliative care for children and teenagers

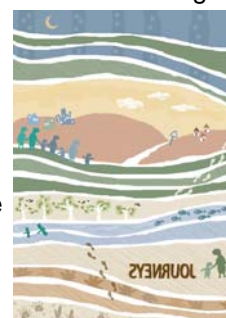
*Journeys*, published by PCA in 2005, is a resource for families, health and non-health care providers of children and adolescents with a terminal condition. A review process is currently underway to maintain the currency and effectiveness of this resource.

The review process is focusing on the following elements:

- access - electronic or hard copy
- purpose - families, education tool for staff, or personal information
- currency and usability - changes of content and setup for future editions.

To date, clinicians who accessed the resource during 2008 have been asked to complete a short survey, focusing on their experience with the resource and seeking suggestions for improvement.

If you would like to participate in the review process, please contact Andreas Molt at [andreas@palliativecare.org.au](mailto:andreas@palliativecare.org.au) or on +61 2 6232 4433.



## Expressions of interest

Palliative Care Australia is seeking expressions of interest from services and individuals who would like to be involved in media opportunities during National Palliative Care Week from 24-30 May 2009.

In the lead up to NPCW, PCA will be providing media outlets with an information package on palliative care to encourage the publication and broadcast of stories during National Palliative Care Week. Palliative Care Australia hopes to link media outlets with nearby palliative care services or individuals who can provide local stories and information.

Should you be interested in taking part in this initiative or would like further information, please contact:  
PCA Communications Manager  
t: +61 2 6232 4433  
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## PCA Policy and Advocacy

### Health reform

The interim report of the National Health and Hospitals Reform Commission (NHHRC), *A healthier future for all Australians*, was released on Monday 16 February 2009.

The report will be the subject of a PCA e-bulletin supplement.

### National Primary Health Care Strategy

The Hon Nicola Roxon MP, Minister for Health and Ageing, announced on 11 June 2008 that the Rudd Government will develop a National Primary Health Care Strategy to better tackle the health challenges of the 21st century.

The discussion paper, *Towards a National Primary Health Care Strategy*, is available at [www.health.gov.au/primaryhealthstrategy](http://www.health.gov.au/primaryhealthstrategy). The deadline for submissions is Friday 27 February 2009.

PCA will be making a submission, and encourages interested parties to consider doing so as well.

### PCA policy position statements

Five interim position statements have been endorsed by the PCA Executive Board and Council as final drafts for consideration and endorsement by PCA member organisations and for public comment.

The position statements, available on the PCA [website](#), are:

- Advance Care Planning
- Carers and End of Life
- Primary Health Care and End of Life
- Residential Aged Care and End of Life
- Voluntary Euthanasia and Physician-Assisted Suicide.

### International palliative care initiatives

Palliative care continues to develop internationally in response to the increased awareness of the impact this model of care can have on the suffering of people with an eventually fatal condition.

For many years, Australian health professionals have responded to requests for assistance from palliative care colleagues in the Asia Pacific region. Such assistance has taken many forms: teaching, providing educational materials, mentoring, hosting educational visits to Australia, arranging clinical placements here in Australia and sponsorship to conferences.

Such activities are capacity building and as such, are the first stage of development of palliative care in many countries. From such activities, local leaders emerge and are encouraged to persevere in their efforts to develop this new system of health care, often against considerable odds. These activities have been encouraged by Australasian Palliative Link International (APLI).

Palliative Care Australia wishes to reinforce these activities by means of advocacy to government and other agencies for palliative care to be included in Australia's international aid programs.

PCA is engaging AusAID and the international area of the Department of Health and Ageing, and will be convening a meeting of interested people in the near future to plan our strategies.

If you have any questions or comments on the PCA policy process, contact National Policy Director, Bruce Shaw, at [bruce@palliativecare.org.au](mailto:bruce@palliativecare.org.au).

## Foundation announces 2009 grants

(from p.1)

The recipients are:

**Regina Kendall** (nursing) Master of Advanced Nursing (Practitioner) - Melbourne University

**Kristin Westman** (social work/counsellor) Graduate Certificate in Loss, Grief and Trauma Counselling - Flinders University

**Edite Tang** (physiotherapy) Graduate Diploma in Palliative Care (Aged Care) – Flinders University

**Maria Heaton** (nursing) Graduate Certificate in Paediatric Palliative Care – Flinders University

**Gareth Griffiths** (nursing) Graduate Diploma in Health Promoting Palliative Care – La Trobe University

**Christine Hofmeyer** (nursing) Master of Bioethics – Monash University

**Christine Symington** (nursing) Master of Nursing (Nurse Practitioner) University of Newcastle

**Amanda Robertson** (nursing) Master of Nursing (Nurse Practitioner) - Flinders University

**Ruth Bowen** (medicine) Clinical Diploma in Palliative Medicine - Royal Australian College of Physicians

**Jane Groom** (pastoral care) Specialist Certificate in Palliative Care - Melbourne University

**Susie Vojkovic** (nursing) Master of Palliative Care - Edith Cowan University.

The timeline for the 2010 Grants Program will be announced in March 2009. Please consult <http://foundation.palliativecare.org.au/> for further information or email [grants@palliativecare.org.au](mailto:grants@palliativecare.org.au).

## News from Palliative Care Nurses Australia

The National Committee of PCNA recently met face-to-face in Canberra for the first time since the successful biennial conference in Adelaide last year. At this meeting, the committee reviewed and revised its strategic plan for the next two years.

There are some important and exciting days ahead for PCNA Inc., which will flow from PCNA's vision for 'excellence in palliative care nursing for our community through leadership, representation and professional support'.

For more information about PCNA, see [www.pcna.org.au](http://www.pcna.org.au).

# News in brief

## Minister's Awards for Excellence in Aged Care

The Minister for Ageing, Justine Elliot, has called for nominations for the *2009 Minister's Awards for Excellence in Aged Care*.

The awards aim to recognise the nurses, personal carers, allied health professionals and service providers who deliver aged and community care in Australia.

Awards are given to organisations and individuals in several categories.

Organisation awards:

- innovation in staff recruitment and retention
- excellence in training and staff development
- innovation in information technology.

Individual awards:

- leadership and achievement
- achievement in service provision in a regional, rural or remote area.

Nominations close on 27 February 2009 and winners will be announced in June 2009. Nomination kits are available at [www.health.gov.au/agedcareawards](http://www.health.gov.au/agedcareawards) or +61 2 6289 3925.

## New Chief Executive for Royal Australian College of Physicians

Dr Jennifer Alexander has been appointed Chief Executive Officer of the Royal Australian College of Physicians.

Dr Alexander previously served as CEO of the Australian Institute of Management (ACT and NSW), Medical Director and Deputy CEO of St. Vincent's Hospital Sydney, and CEO of Westmead Hospital and Community Health Services.

Dr Alexander is a registered medical practitioner with degrees in health planning and commerce and experience in the health industry in medical administration, management development and leadership.

Dr Alexander will take up her position in April and is looking to progress medical workforce policy and the treatment of chronic illness.

## Churchill Fellowship for health promotion

Molly Carlile will travel to the United States, the United Kingdom and Ireland under a Churchill Fellowship to study palliative care health promotion activities using the arts.

The project, 'Using the arts to support community "death discussions"', aims to identify successful

strategies for encouraging communities to discuss issues of death, grief and loss through performance, visual and creative arts.

Ms Carlile is Manager of the North and West Metropolitan Region Palliative Care Consortium. She has previously written *Jelly Bean's Secret*, co-written *Four Funerals in One Day* with playwright Alan Hoggood, and pod cast *Death Seasons*.

The Winston Churchill Memorial Trust awarded 120 Churchill Fellowships in 2008, 'rewarding Australians striving for excellence'.

## Australia Day Honours for palliative care

Palliative Care Australia would like to congratulate Marion Peters AM and Fay Newell OAM on their Australia Day Honours.

Marion Peters from Wentworth Falls in New South Wales, was awarded the Member of the Order of Australia for "service to palliative care nursing through the adoption and promotion of advancements in pain and symptom management, through professional associations, and to the community.

Fay Newell, from Broken Hill, was awarded the Medal of the Order of Australia for "service to the community of Broken Hill as a nursing sister, mentor to nurses and allied health professionals, palliative care volunteer and historian.

## AGSM Alumni Community Leader Scholarship

The Australian School of Business at the University of New South Wales has recently announced its inaugural AGSM Alumni Community Leader Scholarship award.

The scholarship was established to encourage individuals who have demonstrated commitment to working for disadvantaged communities to undertake the AGSM Executive Master of Business Management program at the Australian School of Business.

The inaugural award for 2009 was received by Laurel Draffen, manager of the Good Practice Unit at the NSW Federation of Housing Associations.

PCA CEO Donna Daniell is a member of the AGSM Alumni and would be happy to speak with anyone interested in applying for this award.

For further information on the scholarship, contact Alumni and Community Partnerships at [asbalumni@business.unsw.edu.au](mailto:asbalumni@business.unsw.edu.au).

# PCA member organisation updates

## ACT Palliative Care Society

The ACT Palliative Care Society has established the *Margaret Corden Scholarship* to promote, assist and encourage individuals to further their skills and knowledge in areas relevant to palliative care.

The scholarship, open to applicants who live or work in the ACT, has been established with a bequest from Margaret Corden OAM, a former volunteer with the Society and the home-based palliative care program.

The scholarship will be awarded annually for an amount up to \$5,000. For more information, please contact Maggie Bloxwich on +61 2 6273 9606 or at [maggie@pallcareact.org.au](mailto:maggie@pallcareact.org.au).

## ANZSPM

The Australian and New Zealand Society of Palliative Medicine will be holding a series of educational forums for medical practitioners interested in palliative medicine. The forums will be held during April and May in cities around Australia.

The forums will include a presentation, 'Confusion and consciousness at the end of life' and a case study discussion on pain and symptom management.

The forums will be accredited by the Royal Australian College of General Practitioners for continuing professional development.

For more information or to register, see [www.anzspm.org.au](http://www.anzspm.org.au) or contact Karen Cooper at [karen@anzspm.org.au](mailto:karen@anzspm.org.au).

## Palliative Care Council of South Australia

Applications for the 2009 Diana Rudd Fellowship are now open for nurses who work in South Australia in palliative care.

The Diana Rudd Fellowship honours the memory of palliative care nurse and Barossa Valley Palliative Care Coordinator, Diana Rudd, by providing a fellowship grant of up to \$7,500 for the recipient to pursue Diana's passions of palliative care, travel, and continuing education and professional development.

Recipients travel overseas to further their knowledge

and skills in the area of palliative care, and importantly, to undertake a "real" travel experience.

Expressions of interest close on 27 February 2009. For more information on the fellowship, contact the Palliative Care Council of South Australia on +61 8 8291 4137 or [www.pallcare.asn.au/scholarship.php](http://www.pallcare.asn.au/scholarship.php).

## Palliative Care Queensland

Palliative Care Queensland has launched the first stage of its revised website at [www.palliativecareqld.org.au](http://www.palliativecareqld.org.au). Over time, PCQ will be adding to the functionality of this site with features including: online payment options for members, a section for charitable donations, resource ordering, multimedia downloads, calendar of educational events, and an ongoing member and consumer blog.

PCQ's new website includes the new "brand" which is based on the PCA brand, but with the distinctly Queensland maroon and gold colours. This strategic initiative will strengthen the image of PCQ and palliative care in Queensland, and promote the strategic benefits of association with PCA.

In late March 2009, PCQ will launch its new DVD education resource "Understanding Palliative Care". Two versions will be made available: a Queensland-specific version, and a generic version that can be used outside Queensland to promote palliative care. PCQ has received a \$15,000 grant from Cancer Council Queensland to assist in the development and production of this resource.

## Palliative Care WA

The Palliative Care WA newsletter *Palliative Care Matters* contains information on recent developments at PCWA and the new WA Government's plans for palliative care.

Palliative Care WA Inc has also revised and updated its website with a new look and feel - visit [www.palliativecarewa.asn.au](http://www.palliativecarewa.asn.au).

If you would like additional copies of *Palliative Care Matters*, please contact Will Hallahan at [whallahan@cancerwa.asn.au](mailto:whallahan@cancerwa.asn.au) or 1300 551 704.

## International news

The International Children's Palliative Care Network (ICPCN) is undertaking a survey to gather information on training available around the world in the field of paediatric palliative care.

The ICPN will use this information to create a reference database. ICPN is requesting providers of paediatric palliative care complete a short [survey](#). Information on ICPN is available at [www.icpcn.org.uk](http://www.icpcn.org.uk).

## New resources for cancer support groups

Cancer Australia has released new resources to help people with cancer establish and maintain support groups.

The resources, *Cancer support groups: A guide to setting up peer facilitated supports*, and *Cancer support groups: Skills resource for peer facilitators*, are available at [www.canceraustralia.gov.au](http://www.canceraustralia.gov.au).

## Conferences & Events

### 8<sup>th</sup> Annual Kaleidoscope Conference

*Rhetoric and Realities: Reflecting on Contemporary Palliative Care*

27-28 May 2009, Dublin, Ireland

w: [www.stfrancishospice.ie/education/kaleidoscope.htm](http://www.stfrancishospice.ie/education/kaleidoscope.htm)

e: Donna Reddy [dreddy@sfh.ie](mailto:dreddy@sfh.ie).

### Centre for Palliative Care Research and Education

#### 8<sup>th</sup> Annual Research Conference

*Palliative Care in the Community*

5 June 2009, Brisbane

[www.health.qld.gov.au/cpcrc](http://www.health.qld.gov.au/cpcrc)

t: +61 7 3636 1449

### 2009 National MND Conference

23 June 2009, Sydney

w: [www.mnd.asn.au](http://www.mnd.asn.au)

### The General Practice and Primary Health Care Research Conference

15-17 July 2009, Melbourne

Call for abstracts now open

<http://www.phcris.org.au/conference/2009/index.php>

### RACGP Conference: GP09

*A doctor for all seasons*

1-4 October 2009, Perth

w: <http://www.gpconference.com.au/>

### Royal Australasian College of Physicians Annual Scientific Meeting

4-6 November 2009, Auckland, New Zealand

w: [www.workz4u.co.nz/events](http://www.workz4u.co.nz/events)

e: Lynda Booth [lynda.booth@workz4u.co.nz](mailto:lynda.booth@workz4u.co.nz).

## Updates on CareSearch

### New PubMed searches

"Dysphagia" and "quality of life" have been added to the more than 50 topic searches saved as URLs for PubMed searches relevant to palliative care.

### Research studies register

CareSearch is updating its Research Studies Register. This register provides a summary of current research work and encourages awareness and interaction between researchers.

### Review and evaluation activities

CareSearch is undertaking review and evaluation activities to more effectively tailor its resources. CareSearch is keen to receive feedback on current content and suggestions for improvement.

### CareSearch Nurses Information Newsletter

The CNIN contains clinical information which may be helpful for training or in-service workshops. The sheets provide a quick introduction to topics in evidence-based practice. These sheets can be found on the CNIN page at CareSearch.

To find out more on the above activities:

e: [caresearch@flinders.edu.au](mailto:caresearch@flinders.edu.au)

t: +61 8 8275 2817

w: [www.caresearch.com.au](http://www.caresearch.com.au).

## Together! 2009

**Cultural Connections for Quality Care  
at the End of Life**

Perth - 24-27 September 2009

### Registration is now open

Great early bird specials are available until 27 March 2009. There are also discounts available for group bookings.

### Bursaries available

The Conference Executive Committee has established a bursary scheme for delegates who need financial support to attend the conference.

Applications for the scheme close on 31 March 2009. For more information about the scheme, visit the conference website or email:

[bursary@palliativecare.org.au](mailto:bursary@palliativecare.org.au).

### Call for abstracts extended

Due to popular demand, the closing date for submission of abstracts has been extended to 20 February 2009. Abstracts are being accepted for project reports, research findings, workshops and posters.

More information about the call for abstracts can be found on the conference website.

### Headline speaker announced

Professor Rod MacCleod from Auckland, New Zealand, will be speaking on 'The Nature of Care'.

Professor MacCleod is Medical Director of Hibiscus Coast Hospice and is Honorary Clinical Professor in General Practice and Primary Health Care at the University of Auckland.

He is also Adjunct Professor in the Departments of General Practice and Medical and Surgical Sciences at University of Otago, Dunedin School of Medicine.

For all conference information and updates, go to [www.conlog.com.au/palliativecare2009](http://www.conlog.com.au/palliativecare2009)



## Together!

*Cultural connections for quality care at the end of life*

# Contact PCA

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## Acknowledgement

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## Have something for the e-bulletin?

PCA invites contributions from readers seeking to promote their activities in the palliative care sector. If you have information or ideas you would like to share, please contact the Communications Manager:

[pcainc@palliativecare.org.au](mailto:pcainc@palliativecare.org.au)  
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