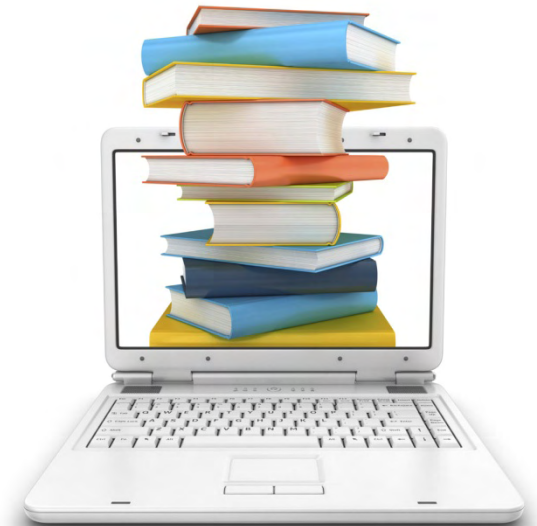


# Information and evidence to support palliative care nursing practice: Introducing the CareSearch Nurses Hub

Jennifer Tieman  
CareSearch Director

# Role of Knowledge in Health

- Health workers as knowledge workers
- Constructs of knowledge
  - Data-information-knowledge
  - Individual-service-system
  - Evidence based medicine
- Role of ICT systems

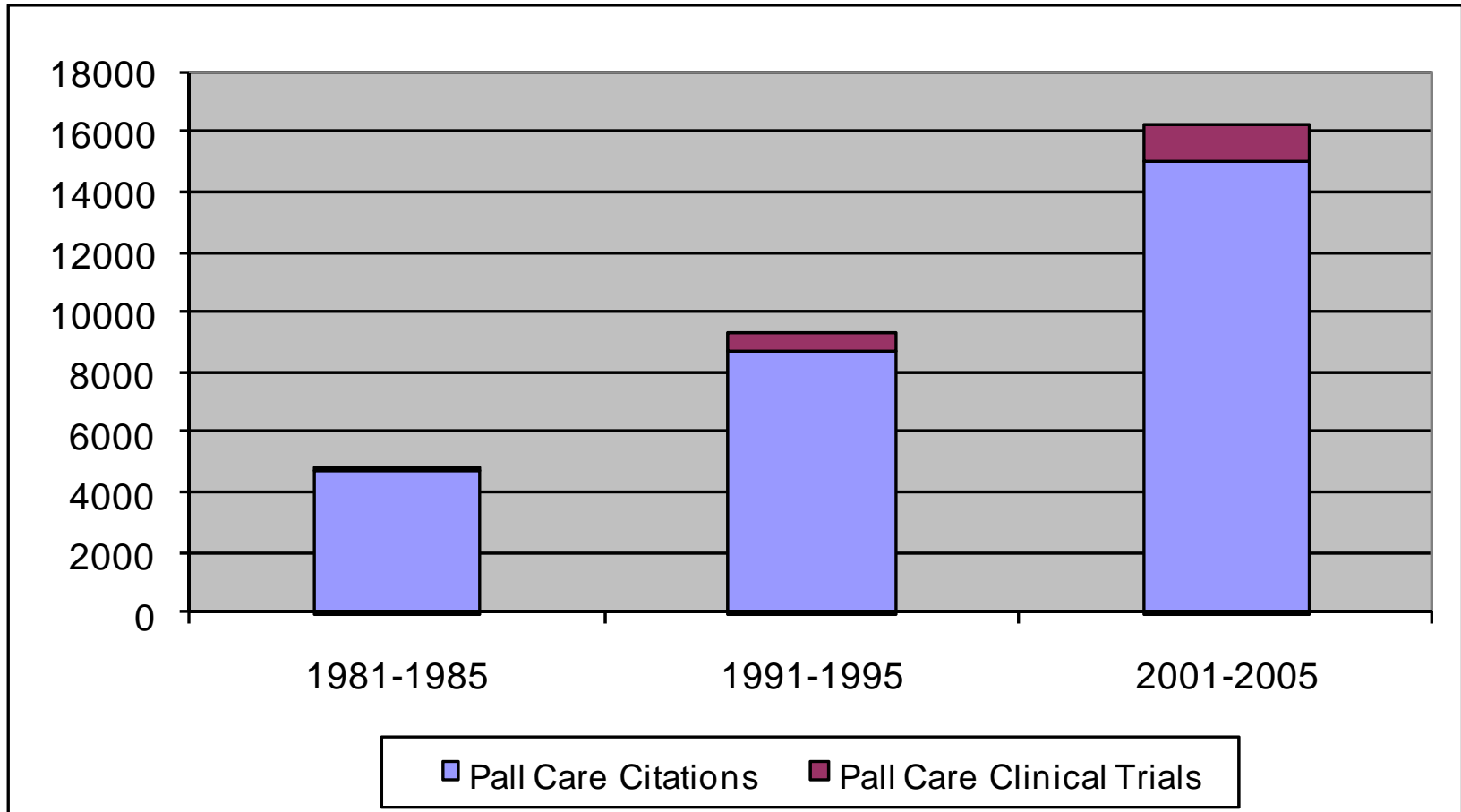


# Palliative Care as a Complex Care Area

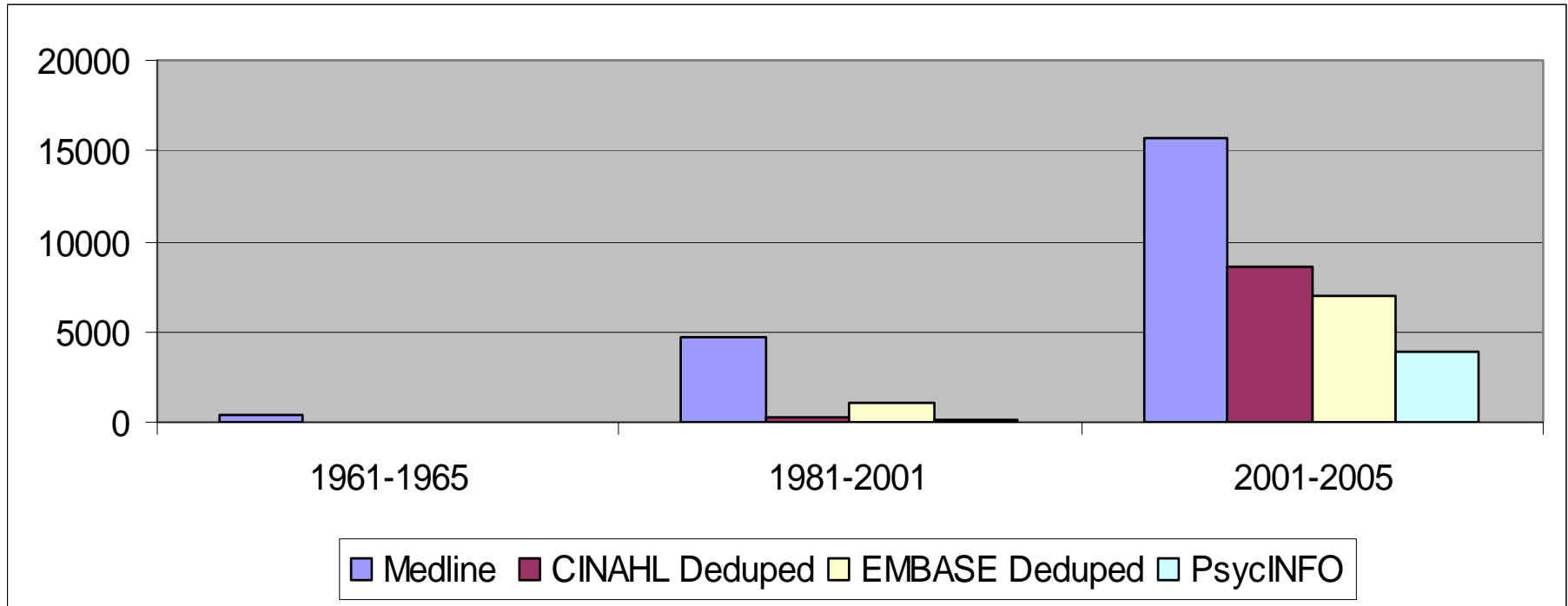
- Sociodemographics: Ageing, chronic disease
- Referral based, multidisciplinary, comorbidity
- Care provided in many settings, different health professionals,
- Patient and family as unit of care; family carer
- Cure not the goal: Different emphases

# Research Evidence and Palliative Care

- **Diffuse**
  - Many sources of literature and evidence
  - Different ways of describing
  - Multiple relevant topics
- **Assessing evidence**
  - Generalisability across diseases, populations, settings?
  - Significance/relevance to clinical practice
- **Emerging, dynamic, rapidly expanding**
  - Can be hard to find
  - Soon may be hard to manage



# Growth in palliative care literature



## Sources of palliative care literature

# Barriers to Nurses using Evidence

- Nurses research values, skills and awareness
  - E.g. Not aware of research, not comfortable evaluating research, unwilling to change
- Setting barriers and limitations
  - E.g. Not enough time, no authority,
- Qualities of the research
  - E.g. Studies conflicting, Methodological inadequacies
- Presentation and accessibility of the research
  - E.g. Not in one place, not readable,

# Barriers to Nurses using Computers

- Barriers
  - Too many work demands
  - Not enough computers,
  - lack of IT support
  - lack of IT knowledge
- Other issues
  - 16 of the 20 barriers correlated with age
  - Nursing work and computer use seen as separate activities

# Palliative Care Nurses and Online

- Using Online

*94% of specialist nurses, 71% of registered nurses*

- Views and Attitudes

- Online is important

*Only way to obtain up to date, at your fingertips, current best practice.*

- No work access, internet access banned

*QLD HEALTH Do not have enough computers*

*The problem we have is that very few have access to internet in NSW Public Health System*

- Skills/Confidence Issues

*My skills are improving...Not all health professionals are confident with computers or internet*

- Not the only way

*Great to have information online but also very necessary to attend conferences inservices etc*

- Time

*Usually don't have the time to access when at work- hard copy easier to access*



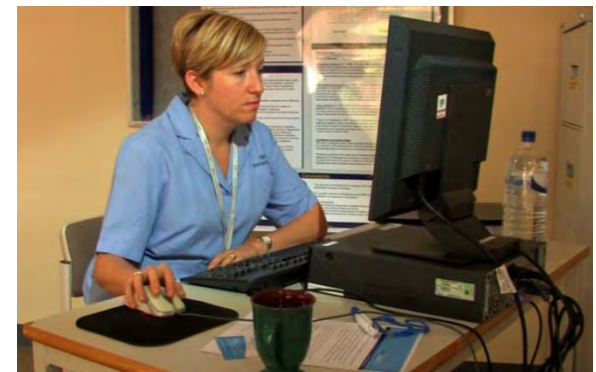
# Palliative Care Nurses and Evidence

## 2008 CareSearch Feedback Survey

- 89% of nurses use online resources
- 91% organisation supportive of using new evidence

## BUT

- 59% workload did not allow them to keep up to date
- 38% difficulty searching for new evidence

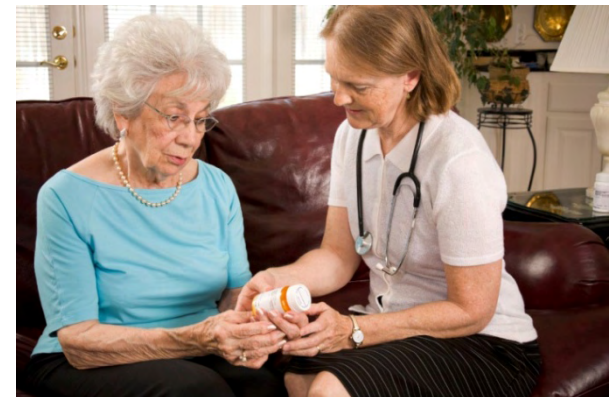


# CareSearch and Nurses

- Project aims:
  - *provide a one stop shop of information and practical resources that serves the needs of all providing palliative care or affected by palliative care*
- Professional Groups: Nurses page
- CareSearch Review Collection: Nurses
- CNIN

# Nursing roles in palliative care

- Different settings
  - Specialist services, Other Clinical specialist services, Acute hospital, RACFs, Community, Rural and remote
- Different roles
  - Generalist (RN, EN), Clinical specialist, Nurse practitioner
- Multidisciplinary team



# Information and Evidence Needs

- Palliative care
  - E.g. end of life care, palliative sedation
- Setting or disease specific
  - E.g. pain assessment and dementia, medication storage at home
- Nursing specific
  - E.g. wound care, nursing competency standards



# Creating a Nurses Hub

- Needs analysis
  - Feedback surveys
  - Conference feedback
- Discussions with PCNA
- Literature Review
- Dedicated page author
- Nurses Hub Working Group
- Nurses Hub architecture
- Page Layout



## Content and Quality Processes

- Concept and framework endorsed by National Advisory Group
- Page comment by working nurses
- Formal page review (PCNA Executive)
- User testing
- Feedback and evaluation planned



## Introducing the Nurses Hub

- New CareSearch Resource
- Pages written for nurses, reviewed by nurses
- For all nurses not just nurses in specialist palliative care services
- Built on evidence
- Making evidence active



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## About the Nurses Hub

- 9 sections
- 70 pages
- Resources
  - General
  - Websites
  - Books
  - Journals
- More pages will be added over time

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  - End of Life Care
  - Working With Families

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CareSearch Evidence

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## What you'll see on the page

- Overview
- Free full text article
- Links to resources
  - Tools
  - Guidelines
- Related CareSearch pages
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**Self Care**

Nurses are not always very good at looking after themselves. It isn't easy to factor self care strategies into busy work or social lives despite it being something that most nurses know they should include.

Many areas of nursing can be stressful, none more so than Oncology and Palliative Care. The emotive nature of working closely with patients and families at one of the most difficult times of their lives can be challenging. While rewarding and satisfying for much of the time, it can be overwhelming and difficult to face at others.

If stress builds up without an outlet nurses can face the possibility of burnout. Nurses need to be aware of the impact of their work on their wellbeing and utilise personal and organisational support mechanisms to prevent burnout. In addition, building self care into daily routines can help to avoid the build up of stress and avoid burning out.



**PubMed Search**  
[Professional Burnout](#)

**Review Collection**  
[Professional and Service Issues](#)

**Clinical Practice**  
[Self Care](#)

**Resources**

- > The Cancer Learning website has resources on [life / work balance](#)
- > The Mid North Coast Division of General Practice has a booklet on [self care for health professionals](#)
- > The Palliative Care Australia Conference 'Together 2009' presentations includes one on [Workplace Stressors for Palliative Care Nurses in Victoria](#)

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**Aged Care**

Many nurses work in settings where they are caring for older people. This may be in specialist palliative care facilities, in hospitals, aged care facilities or in other community settings. Those working with older people would consider much of their work to be in the area of palliative care.



**Review Collection**  
[Older People](#)

**PubMed Topic Search**  
[Aged](#)

**Clinical Practice**  
[Older People](#)

Information is also available on:

- [Residential Aged Care Facilities](#)
- [Dementia Care](#)

**Resources**

CareSearch has information on relevant projects within the National Palliative Care Program. Many of these projects have information and resources that may be of interest.

- > [Australian Palliative Care in Aged Care Project \(APRAC\)](#)
- > [Community Palliative Aged Care Project \(COMPAC\)](#)
- > Implementation of a [comprehensive evidence based palliative approach in Residential Aged Care](#) (CEBPARAC)
- > The [Caring Communities program](#) had projects relating to Aged care and to Aged care Facilities
- > The Local Palliative Care Grants program Round 3 had projects relating to [Care Planning](#), some of which are in Aged care

Other resources include

## Desired outcomes

- Easier to find relevant palliative nursing information
- Developing confidence with evidence and online
- Having resources that can be used and shared
- Encouraging nursing participation and feedback

# Staying in Touch

- Nurses[HUB]news
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- Nurses News
  - What's new for nurses
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Nurses News

Stay in touch with what's new in the hub, the nursing community and the CareSearch website. Sign up for the nurses [HUB]news.

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News items from the community and from CareSearch
- > [nurses\[HUB\]news](#)  
Newsletter for nurses from August 2010
- > [CNIN \(CareSearch Nurses Information Newsletter\)](#)  
Newsletter for nurses until July 2010
- > [Nurses Views](#)  
Short DVDs of nurses discussing nursing issues



**What's New...**  
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# Making the nurses[HUB] better

- Tell us
  - What's missing
  - How it can work better in practice
  - What else would support nurses
- Let us know
  - What you seen or found that's useful
  - What's happening/news

# Acknowledgements

- Deb Rawlings
- Nurses Hub Working Group
- CNIN Advisory Group
- PCNA Executive
- National Advisory Group
- User Testing Group

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