



FROM THE WEBSITE

New materials for World Hospice Day and National Carers Week

Two special releases were made during October. One was to celebrate World Hospice Day and the new resources profiled were:

- > **Speaking Out:** Multi media snippets of health professionals involved in palliative care (social workers, volunteers, aged care nurses, rural nurse)
- > **GP PubMed Topic Search** and **Prognosis PubMed Topic Search:** One click and palliative care relevant literature on these topics is available
- > **Getting the most out of CareSearch:** Skill based modules to help search for and find the best evidence using CareSearch resources
- > **Acronyms and Abbreviations:** Acronyms and abbreviations can be confusing. Find out what these initials mean.

New resources were released to recognise National Carers Week as well. These resources were:

- > **End of Life Brochure Series**
Earlier this year CareSearch launched new pages for patients and families requiring palliative care. These seven new brochures look at some of the specific issues from the For Patients and Families section.
 - **Why information matters**
 - **Communication**
 - **Living with a terminal illness**
 - **How to care**
 - **Groups with specific needs**
 - **At the end**
 - **Bereavement, grief and loss**
- > **CareSearch DVDs**
A new set of short DVDs introduce some of the important issues that need to be thought about at the end of life.
- > **Print resources**
This new webpage brings together all the helpful materials for patients and carers that can be printed making it easy to download, save or print off information to share.

CareSearch Grey Literature database

If you made an oral presentation or had a poster at the Palliative Care conference, we would love to include the abstract in the CareSearch Grey Literature database. This means that others in the community who are searching for information will be able to find out about your work. To have your work included, complete the [permission slip](#) and return it to us at caresearch@flinders.edu.au. If you include an electronic version of your poster along with your [permission slip](#) we will be able to make the poster available through the website as well.

The [CareSearch Grey Literature database](#) provides a wonderful resource for clinicians and researchers who have particular interests in Australian palliative care activity.

Research Studies Register

Two new studies have been added to the Research Studies Register

- > **A Phenomenological Exploration of the Lived Experience of Malignant Wounds from the Perspective of Patients, Caregivers and Nursing Staff**
Susan Alexander
- > **Application of a clinical typology for terminal restlessness**
Chris Sanderson

Researchers and students undertaking research work as part of their study program are invited to complete a form to submit details to the [Research Studies Register](#). Sharing details of your study with others in the community can assist in raising awareness of work in progress and assist in building an understanding of significant issues in palliative care.

CNIN October 2009

The [CareSearch Nurses Information Newsletter for October 2009](#) is now available. This issue includes:

- > **Clinical Uses: Uses: Services and resources to support a carer**
- > **Evidence Based Practice: Carers, family carers and caregivers: What's in a name?**
- > **CareSearch Page Profile: Celebrating Carers Week**

CareSearch Review Collection

Sixteen new reviews were added to the [CareSearch Review Collection](#) in October 2009. They included:

O'Callaghan C. [Objectivist and constructivist music therapy research in oncology and palliative care: an overview and reflection](#) Music and Medicine 2009 Jul;1(1):41-60

This review examines objectivist and constructivist music therapy research in oncology and palliative care since 1983. The author concluded that both approaches have merit in being able to offer conceptually generalisable findings.

Hatziandreu E, Archontakis F, Daly A. [The potential cost savings of greater use of home- and hospice- based end of life care in England](#). RAND Technical Report 2008 pp116.

This study reviewed the existing literature on palliative and end of life care. These findings were used to develop a Markov model to estimate current costs to the NHS of end of life care for cancer and organ failure (heart and respiratory) patients and, to measure cost implications of various scenarios of expanding home/ community end of life services.

Cipriani A, Furukawa TA, Salanti G, Geddes JR, Higgins JP, Churchill R, Watanabe N, Nakagawa A, Omori IM, McGuire H, Tansella M, Barbui C. [Comparative efficacy and acceptability of 12 new-generation antidepressants: a multiple-treatments meta-analysis](#). Lancet. 2009 Feb 28;373(9665):746-58. 117 randomised controlled trials (25 928 participants) from 1991 up to Nov 30, 2007, which compared a number of antidepressants at therapeutic dose range for the acute treatment of unipolar major depression in adults were reviewed. Clinically important differences exist between commonly prescribed antidepressants for both efficacy and acceptability in favour of escitalopram and sertraline.

Shahid S, Thompson SC. [An overview of cancer and beliefs about the disease in Indigenous people of Australia, Canada, New Zealand and the US](#). Aust N Z J Public Health. 2009 Apr;33(2):109-18.

This review looked at issues around cancer for the Indigenous populations of Australia, Canada, New Zealand and the US. One and nineteen articles were included examining variations in the epidemiology, Indigenous peoples' perceptions about cancer and potential effects on care-seeking behaviour.

Nausheen B, Gidron Y, Peveler R, Moss-Morris R. [Social support and cancer progression: a systematic review](#). J Psychosom Res. 2009 Nov;67(5):403-15. The present review systematically organizes and examines empirical studies on from 1970 to 2008 looking at the significance of social support in cancer progression. Twenty-six studies met the inclusion criteria. The literature on this topic was found to be heterogeneous with regard to conceptualization and assessment of the construct of social support. The authors noted that methodologically sound studies supported the role of social support in breast cancer progression but not in other cancers.

RESEARCH NEWS

International Primary Palliative Care Research Group

The [International Primary Palliative Care Research Group](#) has developed a website that promotes research work in palliative primary care and encourages linkage between researchers in this area.

Harmonisation of Multi-centre Ethical Review (HoMER) Stakeholder Meetings

The NHMRC is planning a series of stakeholder briefings in each capital city on the [Harmonisation of Multi-centre Ethical Review \(HoMER\) Processes](#). Meetings are scheduled for late November/early December and outline the national certification scheme for single ethical review and the responsibilities of stakeholders in the national approach. Those interested in attending need to register. Further details are available at the NHMRC website



WHAT'S NEW IN THE PALLIATIVE CARE COMMUNITY?

Transition to palliative and end of life care: Discussion Paper

The NHMRC has released a discussion document, [Public Consultation: Ethical issues involved in the transition to palliation and end of life care for people with chronic conditions](#) which explores key ethical questions that arise when an individual's health care needs change from treatment and management of a chronic condition to palliative and other treatments in what will be the final phase of life: the transition phase. Comments on this paper and the issues it discusses are invited. Submissions close at 5pm AEST on Friday, 8 January 2010

PCA's Annual General Meeting

[Palliative Care Australia's Annual General Meeting](#) will be held on Tuesday 17 November at 9.00am at PCA House, 37 Geils Court, Deakin ACT. The position of President Elect will be elected at this meeting. Nominations are to be submitted on the PCA nomination form and original signed copies are to be received by PCA no later than 5.00pm, Tuesday 10 November.

... THE EVIDENCE SUGGESTS THAT CARERS IN OUTER REGIONAL AND REMOTE AUSTRALIA FACE GREATER CHALLENGES THAN THOSE LIVING IN MAJOR CITIES AND INNER REGIONAL AREAS.

eviQ Cancer Treatments Online

[eviQ Cancer Treatments Online](#), a single repository of standardised, current, evidence based, peer reviewed information about clinical cancer treatments, is now available. It has resources for primary health care, nurses and oncologists

Pathways through aged care services: a first look

A report from the Australian Institute of Health and Welfare, [Pathways through aged care services: a first look](#), outlines older people's use of seven government-funded aged care programs, from initial program assessment to death. It found that people vary considerably in what care programs they use and when, following assessment.

The Tyranny of Distance? Carers in regional and remote areas of Australia

A new report, [The Tyranny of Distance? Carers in regional and remote areas of Australia](#), provides a detailed examination of family carers in regional and remote areas of Australia. Commissioned by Carers Australia. The evidence suggests that carers in outer regional and remote Australia face greater challenges than those living in major cities and inner regional areas. At the same time, some parts of remote and very remote areas have high rates of carers per head of the population and a large proportion of these carers are Indigenous.

You can find out more about what is happening in the palliative care community by checking ["What's New in the community"](#) page.

Dementia Community Support Grants - Round Three

Organisations are invited to apply for funding for projects in [Dementia Community Support Grants - Round Three](#) that will:

- > raise awareness about dementia in the community
- > support people with dementia, and their families and carers
- > encourage innovation and improve services for people with dementia, and their families and carers.

Closing date is 2:00pm on 3 December 2009

Breast cancer in Australia: an overview, 2009

More women are being diagnosed with breast cancer than ever before, but death rates continue to fall, according to a [new report](#) by the Australian Institute of Health and Welfare (AIHW) and National Breast and Ovarian Cancer Centre (NBOCC). The report also showed that survival rates are lower for Indigenous women and they are less likely to be diagnosed with the disease.

Speaker presentations from PCA Conference

Powerpoint presentations from speakers at [Together! Cultural connections for quality care at the end of life](#) are now available in a PDF format for download from the PCA website.



CONFERENCES

Conference: [COSA 2009](#)

Date: November 17-19 2009

Location: Gold Coast, Queensland, Australia

Conference: [Aboriginal & Torres Strait Islander Health Care 2009](#)

Date: November 25-26 2009

Location: Sydney, New South Wales, Australia

Conference: [6th Health Services & Policy Research Conference 2009](#)

Date: November 25-27 2009

Location: Brisbane, Queensland

Conference: [42nd National Conference of the Australian Association of Gerontology](#)

Date: November 25-27 2009

Location: Canberra, ACT

Conference: [Third National Palliative Care Education Conference](#)

Date: February 11-12 2010

Location: Brisbane, Queensland, Australia

This is just a small selection of the conferences held on CareSearch. Details on these and other conferences in 2009, 2010 and 2011 can be found on the [Conferences page](#).

PROMOTIONAL MATERIALS

Many new resources have been produced and released this month. You can use these resources in many different ways

- > Put patient and family brochures in any information you give out to families
- > Suggest families may like to watch the DVDs
- > Include a copy of the GP sheet with information you send to the GP
- > Provide new staff with a CareSearch brochure and the Getting the most out of CareSearch sheets

We'd also be interested in hearing from health professionals about what other help sheets or information sheets would be useful in services and in daily practice.

You can view all the [CareSearch promotional resources](#) on the website and download an order form.

All enquiries regarding our promotional materials can be directed to Natasha Schembri via email at natasha.schembri@flinders.edu.au

December Newsletter

The next newsletter will be circulated on the first Wednesday in December. If you have any item you would like to have considered for inclusion please send details one week prior to the circulation date to natasha.schembri@flinders.edu.au



CARESEARCH[®]
palliative care knowledge network

Telephone (08) 8275 2817

Facsimile (08) 8275 1343

Email caresearch@flinders.edu.au

Website www.caresearch.com.au