



From the Website

Sleeping Problems

Sleeping problems (insomnia and poor quality sleep) are common in palliative care patients, and often have a significant impact on quality of life. A new set of pages has been made available in the Clinical Practice section dealing with sleep.

<http://www.caresearch.com.au/caresearch/ClinicalPractice/Physical/SleepingProblems/tabid/212/Default.aspx>

Professional Groups

Many different disciplines and professional groups contribute to palliative care individually and as part of multidisciplinary care teams. Three new pages for dietitians, pharmacists and music therapists have been added. These pages provide access to resources and literature relevant to the practice of palliative care for different individual professional groups.

<http://www.caresearch.com.au/caresearch/ProfessionalGroups/tabid/55/Default.aspx>

There is a large amount of content within the CareSearch website. Several summaries have been produced that provide information on the most relevant resources within the website for a particular group involved in palliative care. These summaries are available for GPs, pharmacists and volunteers.

<http://www.caresearch.com.au/caresearch/AboutCareSearch/ProjectResources/PromotionalResources/ResourceSummaries/tabid/887/Default.aspx>

CareSearch Review Collection

Citations for over twenty systematic reviews were added to the CareSearch Review Collection in October. Some of the newly identified reviews are:

> Good P, Cavenagh J, Mather M, Ravenscroft P. **Medically assisted nutrition for palliative care in adult patients.** Cochrane Database Syst Rev. 2008 Oct 8;(4):CD006274. *Authors' conclusions:* There are insufficient good quality trials to make any recommendations for practice with regard to the use of medically assisted nutrition in palliative care patients.

- > Linton JM, Feudtner C. **What accounts for differences or disparities in pediatric palliative and end-of-life care? A systematic review focusing on possible multilevel mechanisms.** Pediatrics. 2008 Sep;122(3):574-82. *Authors' conclusions:* Differences and disparities in paediatric palliative and end-of-life care can be understood as arising from various mechanisms that interact across different levels of human organization.
- > Raymond CB, Wazny LD. **Sodium thiosulfate, bisphosphonates, and cinacalcet for treatment of calciphylaxis.** Am J Health Syst Pharm. 2008 Aug 1; 65(15):1419-29. *Authors' conclusions:* Evidence for the treatment of calciphylaxis with pharmacotherapeutic interventions is limited to case reports. Further research is necessary to fully describe the optimal use of sodium thiosulfate, bisphosphonates, and cinacalcet for the treatment of calciphylaxis.
- > Currier JM, Neimeyer RA, Berman JS. **The effectiveness of psychotherapeutic interventions for bereaved persons: a comprehensive quantitative review.** Psychol Bull. 2008 Sep;134(5):648-61. *Authors' conclusions:* This meta-analysis summarizes results from 61 controlled studies to offer a more comprehensive integration of this literature. Overall, analyses showed that interventions had a small effect at posttreatment but no statistically significant benefit at follow-up. Interventions that exclusively targeted grievers displaying marked difficulties adapting to loss had more marked outcomes.
- > Leonard M, Agar M, Mason C, Lawlor P. **Delirium issues in palliative care settings.** J Psychosom Res. 2008 Sep;65(3):289-98. *Authors' conclusions:* Delirium occurs commonly in the context of palliative care where it is likely to cause heightened distress for patients, carers, and families alike, and make interpretation of pain and other symptoms extremely difficult. There is a profound dearth of rigorous studies on delirium in this setting.

<http://www.caresearch.com.au/caresearch/FindingEvidence/CareSearchReviewCollection/tabid/501/Default.aspx>

WHAT'S NEW IN THE PALLIATIVE CARE COMMUNITY?

Learning Modules for GPs delivering palliative care in Aged Care Homes

The Royal Australian College of General Practitioners (RACGP) has launched a new online learning module to support general practitioners, practice nurses and general practice managers in the delivery of palliative care in aged care homes. These activities have been developed by Palliative Care Australia, with funding from the Australian Government Department of Health and Ageing. The activities are now available through the RACGP's online education portal gplearning at www.gplearning.com.au and Category 2 QA&CPD points are available to GPs who complete the training.

Healthtalkonline

Healthtalkonline provides narratives of other people's experiences of health and illness. This information is based on qualitative research into patient experiences led by experts at the University of Oxford. It includes a set of interviews about the experiences of living with dying and how bereavement affects many people.

Carers Australia website updated

Carers provide unpaid care and support to family members and friends who have a disability, mental illness, chronic condition, terminal illness or who are frail. Carers Australia has redeveloped its website. Visitors can customise their pages according to the state in which they live and the condition of the person for whom they are caring.

New initiative to strengthen the role of community pharmacy in palliative care

The Pharmacy Guild of Australia, with the support of Palliative Care Australia, will strengthen the role that pharmacists can play in the palliative care of patients with terminal conditions, through the funding of a new research strategy.

2009 Compassionate Employer Recognition Program Australia

The Compassionate Friends Victoria Inc & The Rotary Club of Geelong Central have announced the 2009 Compassionate Employer Recognition Program to be presented in March 2009. They are inviting members of the public to nominate an employer for recognition as a 2009 "Compassionate Employer".

International Charter of Rights for children with life limiting and life threatening illnesses

The International Children's Palliative Care Network (ICPCN) has published a Charter of Rights for children with life-limiting or life threatening conditions, which they wish to see accepted and ratified by governments and health departments around the world.

You can find out more about what is happening in the palliative care community by checking "What's New" at:

<http://www.caresearch.com.au/caresearch/AboutCareSearch/News/WhatsNewintheCommunity/tabid/167/Default.aspx>

CARESEARCH NURSES INFORMATION NEWSLETTER

We have introduced a newsletter specifically for nurses working in palliative care. It is called CNIN: CareSearch-Nurses Information Newsletter. The newsletter will include ideas on how to use CareSearch to help with day to day clinical and practice issues. It will also provide information about evidence, research and practice in palliative care.

<http://www.caresearch.com.au/caresearch/ProfessionalGroups/Nurses/CNIN/tabid/884/Default.aspx>

ONLINE SURVEY

Users of CareSearch are invited to provide feedback on the website by completing the online survey. The survey helps us determine satisfaction with the website and identify issues and needs.

[Please take our survey now.](#)



CONFERENCES

Conference: Spiritual Connectedness
Date: November 28 2008
Location: Sunshine Coast

Conference: 1st International Conference on Public Health & Palliative Care
Date: January 16-17 2009
Location: Calicut, Kerala, India

Conference: 11th National Breast Care Nurses Conference
Date: February 11-13 2009
Location: Melbourne, Victoria, Australia

Conference: 2009 ASCO Annual Meeting
Date: May 29- June 2 2009
Location: Orlando, Florida, USA

This is just a small selection of the 2009 conferences listed on CareSearch. Details on these and other conferences in 2008, 2009 and 2010 can be found on the Conferences page.

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

RESEARCH NEWS

Successful NHMRC Grants Applications commencing in 2009

Six hundred and eighty-eight National Health and Medical Research Council (NHMRC) grants have been awarded to universities and research institutions across the country.

Major Grant Announcements for funding commencing 2009

Over \$363 million for research has been announced as part of the National Competitive Grants Program (NCGP). 1103 research projects have been awarded funding as part of the latest Australian Research Council (ARC) funding round.

PROMOTIONAL MATERIALS

We have a variety of information pieces available for the palliative care community. A bookmark has now been printed and can be ordered. It is a handy size to give to patients and members of the community.

You can view these resources on the website and download an order form. <http://www.caresearch.com.au/caresearch/AboutCareSearch/ProjectResources/PromotionalResources/tabid/433/Default.aspx>

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 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