



FROM THE WEBSITE

Supporting carers

Anyone, at anytime, can find themselves responsible for the wellbeing of a partner, family member or friend at the end of their life. Most Australians who are terminally ill spend the majority of the last year of their lives in their home - this would not be possible without the contribution of carers. New resources to help health professionals to understand and support those caring for palliative care patients at home were released to mark National Carers Week 2010 (17-23 October 2010). The following new pages are now available in the Clinical Practice section:

- > [Carers and Families](#)
- > [Carers](#)
- > [Perspectives on Family Carers](#)
- > [Supporting Carers](#)
- > [Resources For and About Carers](#)

Two new PubMed Searches have also been prepared:

- > [Supporting carers](#)
- > [Carer interventions](#)

CareSearch Review Collection

There are now over 1000 reviews included in the CareSearch Review Collection. Twenty one systematic reviews were added to the CareSearch Review Collection in October 2010 including:

- > Funk L, Stajduhar K, Toye C, Aoun S, Grande G, Todd C. [Part 2: Home-based family caregiving at the end of life: a comprehensive review of published qualitative research \(1998-2008\)](#). *Palliat Med*. 2010 Sep;24(6):594-607.
105 articles were included in this review that looked at: the caregiving experience and contextual features; supporting family caregivers at end of life; caregiving roles and decision-making; and rewards, meaning and coping. The authors noted a lack of definitional clarity; a reliance on interview methods and descriptive, thematic analyses, and a relative lack of diversity of patient condition.
- > Stajduhar K, Funk L, Toye C, Grande G, Aoun S, Todd C. [Part 1: Home-based family caregiving at the end of life: a comprehensive review of published quantitative research \(1998-2008\)](#). *Palliat Med*. 2010 Sep;24(6):573-93.

109 articles were included in the review. The authors noted that robust evidence regarding causal relationships between predictor variables and carer outcomes was lacking and that clear definitions of 'family caregiving', 'end of life', and 'needs' are required as well as greater application and testing of theoretical and conceptual explanations.

- > Parsons C, Hughes CM, Passmore AP, Lapane KL. [Withholding, discontinuing and withdrawing medications in dementia patients at the end of life: a neglected problem in the disadvantaged dying?](#) *Drugs Aging*. 2010 Jun 1;27(6):435-49.
The authors noted there was limited, and sometimes contradictory, evidence available in the literature to guide evidence-based discontinuation of drugs such as acetylcholinesterase inhibitors, antipsychotic agents, HMG-CoA reductase inhibitors (statins), antibacterials, antihypertensives, antihyperglycaemic drugs and anticoagulants.
- > Tamayo-Velázquez MI, Simón-Lorda P, Villegas-Portero R, Higuera-Callejón C, García-Gutiérrez JF, Martínez-Pecino F, Barrio-Cantalejo IM. [Interventions to promote the use of advance directives: an overview of systematic reviews](#). *Patient Educ Couns*. 2010 Jul;80(1):10-20.
The purpose of this review was To identify, appraise and synthesise the results of systematic reviews of the literature (SRLs) that examines the effectiveness of interventions to increase advance directive (AD) completion rate. The authors concluded that the most effective method of increasing the use of ADs is the combination of informative material and repeated conversations over clinical visits. The use of passive informative material in isolation does not significantly increase AD completion rates.
- > White C, Hardy J. [What do palliative care patients and their relatives think about research in palliative care?-a systematic review](#). *Support Care Cancer*. 2010 Aug;18(8):905-11.
The authors noted that research to date in the palliative care setting has suggested that patients are interested in participating in research and may actually benefit from doing so.

Revised Pages

The following pages in the Clinical Practice section have been revised to incorporate new systematic review evidence:

- > [Suffering](#)
- > [Existential Distress](#)
- > [Dignity Conserving Care](#)

October 2010 nurses[HUB]news

The October edition of the nurses[HUB]news is now available and the focus for October was heart failure. As well as the [monthly newsletter](#), it has new sheets on:

- > [Clinical Uses: Cardiac Failure](#)
- > [Discussion starter: Heart Failure](#)
- > [EBP: Developing a heart failure filter](#)

New Research Studies

If you have a study you would like to share with the palliative care community please download the [Research Studies proforma](#) and email the completed form to caresearch@flinders.edu.au. If you have a study listed in the Research Studies Register, please forward updated details to the CareSearch Project team if the study has been completed.



WHAT'S NEW IN THE PALLIATIVE CARE COMMUNITY?

Australian Guidelines for the Prevention and Control of Infection in Healthcare (2010)

The National Health and Medical Research Council has released [Australian Guidelines for the Prevention and Control of Infection in Healthcare \(2010\)](#). The Guidelines support the Australian Commission on Safety and Quality in Healthcare's work in preventing healthcare associated infections.

THE NATIONAL HEALTH AND MEDICAL RESEARCH COUNCIL HAS RELEASED AUSTRALIAN GUIDELINES FOR THE PREVENTION AND CONTROL OF INFECTION IN HEALTHCARE (2010).

NBOCC Guide on palliative care conversations

The National Breast and Ovarian Cancer Council has developed a guide - [Finding the words - starting a conversation when your cancer has progressed](#) - to help women with secondary breast or ovarian cancer talk about how palliative care might help them, to live as well as possible when the cancer has spread.

World Hospice Day report

The report - [Sharing the care - World Hospice and Palliative Care Day 2010](#) - produced by the Worldwide Palliative Care Alliance highlights how building partnerships and sharing the care can improve the quality of life for even the most vulnerable and marginalised people living with a life-limiting illness.

Depression Annual Evidence Update 2010

The [NHS Evidence Depression Annual Evidence Update](#) brings together evidence-based guidelines, systematic reviews, evidence summaries, care pathways and service development literature.

Consumer Directed Respite Care

The first contract for the [Consumer Directed Respite Care Initiative](#) has been let by the Australian Government. This initiative allows carers to select respite services of their choice.

Breast Cancer Annual Evidence Update

The sixth [2010 Annual Evidence Update on Breast Cancer](#) by NHS Evidence is now available. It includes systematic reviews and other guidance that has been published since October 2009.

CONFERENCES

Details of a number of conferences to be held in 2011 are now available in the website. They include:

Conference: [2nd International Conference of Public Health and Palliative Care](#)

Date: January 16-17 2011

Location: Dhakka, Bagladesh

Conference: [11th National Rural Health Conference](#)

Date: March 13-16 2011

Location: Perth, Western Australia

Conference: [Heart Foundation National Conference 2011](#)

Date: March 17-19 2011

Location: Melbourne, Victoria

Conference: [6th WIP World Pain Congress](#)

Date: April 29-May 1 2011

Location: Seoul, South Korea

Conference: [Spiritual Care Australia National Conference](#)

Date: May 1-6 2011

Location: Perth, Western Australia

PROMOTIONAL MATERIALS

Many services and organisations are making use of the CareSearch promotional materials and have ordered factsheets or brochures for staff, patients and for their families. Materials can also be ordered for education and training activities.

There is now a new [fact sheet](#) for residential aged care facilities available to order.

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.

If you are faxing promotional orders to us, please make sure you use our new fax number.

> Facsimile: (08) 7221 8238

December Newsletter

The next newsletter will be circulated on the first Monday 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.



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