



FROM THE WEBSITE

New Pages

Living Alone

By 2026 over 3.5 million Australians will be living alone and nearly a quarter of these will be older Australians (aged 75 years and over). As a result many people requiring palliative care may be living alone. Three new pages have been released that look at this issue for health professionals and for patients and families.

- > Clinical Practice
 - [Living Alone](#)
 - [Further Reading](#)
- > For Patients and Families
 - [Living Alone](#)

Research Connect

The [Research Connect](#) pages aim to help researchers, project managers and others using the Research Data Management System (RDMS) learn more about the system and stay in touch. There are pages for those who enter data and for Research Managers. The pages provide details on using the system. There are also forums where RDMS users, project managers and researchers can share information, raise issues and seek advice from their colleagues. These pages are available to all those registered to use the Research Data Management System.

Multicultural Resources

Australia is home to over 20 million people and one in four of Australia's population was born overseas. English is the only language spoken at home in 78% of households but nearly three million people speak another language. New resources to support those speaking a language other than English have been released. You can find [short videos](#) available in Greek, Italian and Cantonese. Also available is a [Webpage with links to resources in other languages](#).

Each of the seven consumer videos in English, Greek, Cantonese and Italian along with the video interviews with health professionals have been compiled into a CareSearch DVD. A copy of this DVD is being distributed to all specialist palliative care services and Divisions of General Practice. There are a limited number of additional copies that are available. If you would like a copy please email caresearch@flinders.edu.au before the end of April.

CNIN March 2010

The CareSearch Nurses Information Newsletter for [March 2010](#) is now available.

The March issue looks at:

- > [Clinical Uses: Supporting Multicultural clients](#)
- > [Evidence Based Practice: Validating tools for those from a different culture](#)
- > [CareSearch Page Profile: CareSearch Multilingual modules](#)

Previous newsletters and all the CNIN topic sheets can be found on the [CNIN page](#).

Evaluation activities

@CARESEARCH Survey

Thank you to the many people who have participated in one of the feedback surveys. Over 90 people have completed the @CARESEARCH newsletter survey providing us with helpful information on the content and format of the newsletter.

Staff from the Centre for Health Service Development are currently analysing the responses and preparing a report for the CareSearch project team.

CNIN

Thank you to the ninety five readers who completed the CNIN newsletter survey. All users registered to receive CNIN should also have received an invitation to have an interview about the content and role of the CareSearch Nurses Information Newsletter.

If you are interested in helping us by having an interview please contact either Dave Fildes (dfildes@uow.edu.au) or Peter Samsa (psamsa@uow.edu.au) or phone on (02) 4221 4411 to arrange a suitable time.

CareSearch Review Collection

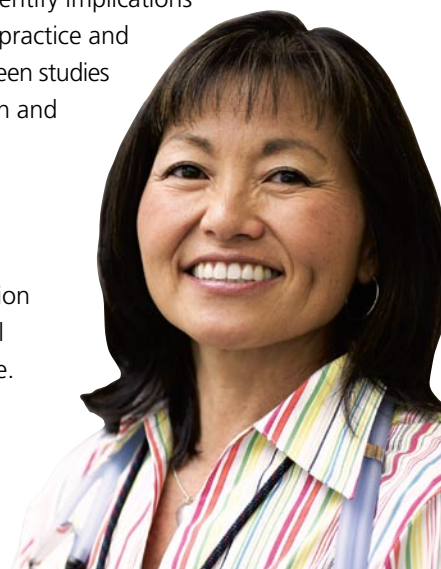
There were 53 systematic reviews added to the CareSearch Review Collection during March 2010.

- > Warren M. [Metastatic breast cancer recurrence: a literature review of themes and issues arising from diagnosis](#). *Int J Palliat Nurs*. 2009 May;15(5):222-5. This literature review examined the main issues affecting breast cancer patients with recurrent metastases, and identified key differences between this group and those diagnosed with other forms of breast cancer. The review comprises 10 papers which attempt to describe women's reactions to a diagnosis of recurrent metastatic breast cancer, although many do not focus solely on the experiences of this group of patients.

CHRONIC BREATHLESSNESS IS A MAJOR SYMPTOM FOR PATIENTS WITH COMPENSATED CHRONIC HEART FAILURE (CHF).

- > Johnson MJ, Oxberry SG, Cleland JG, Clark AL. [Measurement of breathlessness in clinical trials in patients with chronic heart failure: the need for a standardized approach: a systematic review](#). *Eur J Heart Fail*. 2010 Feb;12(2):137-47. Chronic breathlessness is a major symptom for patients with compensated chronic heart failure (CHF). However, despite breathlessness being an important and limiting problem for patients with CHF, the review found no consensus on which tool should be used for breathlessness severity, little methodological research to develop such a tool, and a lack of focus on breathlessness as a symptom.
- > McWilliams K, Keeley PW, Waterhouse ET. [Propofol for terminal sedation in palliative care: a systematic review](#). *J Palliat Med*. 2010 Jan;13(1):73-6. This review looked at the published evidence of the effectiveness of propofol for terminal sedation. Only four articles – all case series or case reports – were found with generally favorable reports of the use of propofol as sedation for intractable symptoms in the last days of life especially when one or more other drugs have failed.

- > Cherny NI, Abernethy AP, Strasser F, Sapir R, Currow D, Zafar SY. [Improving the methodologic and ethical validity of best supportive care studies in oncology: lessons from a systematic review](#). *J Clin Oncol*. 2009 Nov 10;27(32):5476-86. Epub 2009 Jun 29. The purpose of this review was to systematically review the best supportive care (BSC) literature and to evaluate ethical and methodologic validity issues. Forty-three published papers were identified that described 32 studies. There was a lack of rigor in BSC studies. Ad hoc SC and lack of standardization of SC delivery may be sources of systematic bias or error in BSC trials.
- > Duke S, Bennett H. [A narrative review of the published ethical debates in palliative care research and an assessment of their adequacy to inform research governance](#). *Palliat Med*. 2010 Mar;24(2):111-26. Epub 2009 Dec 4. The quality of research, and the resulting quality of evidence available to guide palliative care, is dependent on the ethical decisions underpinning its design, conduct and report. However an assessment of the quality and synthesis of the central debates had not been undertaken. Fifty-seven papers were reviewed. The debates addressed vulnerability, moral appropriateness, consent, gate-keeping and inclusion and research culture. There was little debate about the ethics of reporting of research and the ethics underpinning research leadership.
- > Reeve JL, Lloyd-Williams M, Dowrick C. [Revisiting depression in palliative care settings: the need to focus on clinical utility over validity](#). *Palliat Med*. 2008 Jun;22(4):383-91. This study looked at the literature on depression in palliative care patients to identify implications for development of clinical practice and individual patient care. Eighteen studies were identified in the search and included in this review. The authors concluded that risk factors may contribute to depression prevalence but through a complex interaction of factors making individual risk levels hard to determine.



WHAT'S NEW IN THE PALLIATIVE CARE COMMUNITY?

National Pain Summit

At the [National Pain Summit](#), held on Thursday March 11, 2010 at Parliament House in Canberra more than 130 organisations - representing Australia's leading authorities in pain medicine, other healthcare professionals, industry, funders and consumer groups - united to back the world's first [National Pain Strategy](#).

Acute Pain Management: Scientific Evidence Third Edition (2010)

The National Health and Medical Research Council has recently approved the [Third edition of Acute Pain Management: Scientific Evidence](#) developed by the Australian and New Zealand College of Anaesthetists (ANZCA). The aim of the document is to combine a review of the best available evidence for acute pain management with current clinical and expert practice.

Methylnaltrexone injection (Relistor)

The National Prescribing Service has provided information on [Methylnaltrexone injection \(Relistor\) for opioid-induced constipation in palliative care](#). Methylnaltrexone was listed on the Schedule of Pharmaceutical Benefits in March 2010.

National Health and Hospitals Network

Major structural reforms to Australia's health and hospital system are proposed in the Rudd's Government's [National Health and Hospitals Network document](#).

ANZSPM forums

Two [additional ANZSPM forums](#) looking at renal failure and a patient's pathway to palliative care have been arranged for 2010:

- > Brisbane 3 June 2010
- > Sydney 24 June 2010

Changes to the MBS primary care items

A series of [changes to the Medicare Benefits Schedule \(MBS\) Primary Care items](#) will take effect from 1 May 2010. The changes relate to item descriptors, after hours attendances, prolonged attendances, changes to health assessments and chronic disease management items and changes to multidisciplinary GP conferences. Some of these services improve coordination of multidisciplinary care for people with chronic (or terminal) conditions and complex care needs.

Report of the Review of Health Technology Assessment in Australia

A new [report reviewing Health Technology Assessment in Australia](#) recommends improvements to the way new health products, procedures and services are assessed for public funding, in line with international best practice

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

RESEARCH NEWS

ARC Linkage Projects

Applications for 2011 funding under the [Linkage Projects](#) scheme are open in the ARC online application system. The [Linkage Projects Funding Rules](#) for funding commencing in 2011 are now available. Closing date for submission of proposals is 17:00 (AEST), Wednesday 12 May 2010.

Australian Research Council Postgraduate Scholarship in Dignity Therapy

Western Australian Centre for Cancer and Palliative Care, Curtin University of Technology

Applications are invited for a [doctoral scholarship for research in palliative care in the area of Dignity Therapy for Motor Neurone Disease](#), leading to the degree of Doctor of Philosophy (PhD). Closing date: 12 April 2010.

NHMRC Program Grant scheme

The aim of the [Program Grants scheme](#) is to provide support for teams of high calibre researchers to pursue broad based, multi-disciplinary and collaborative research activities. Applications for funding to commence in 2012 are now open. Closing date 1 June 2010.



CONFERENCES

A wide range of conferences of interest to the palliative care community are being held in May 2010 including:

Conference: [Building the Future of Rural Health](#)

Date: May 5 2010

Location: Broome, Western Australia

Conference: [Australian and New Zealand Society for Geriatric Medicine ASM 2010](#)

Date: May 5-7 2010

Location: Brisbane, Queensland, Australia

Conference: [Australian Practice Nurses Association 2010 Conference](#)

Date: May 6-8 2010

Location: Gold Coast, Queensland, Australia

Conference: [PCQ Biennial Conference - Looking In Looking Out](#)

Date: May 21-22 2010

Location: Ipswich, Queensland, Australia

Conference: [WA State Palliative Care Conference](#)

Date: May 25 2010

Location: Mt Claremont, Perth, Western Australia

Conference: [National Medicines Symposium 2010](#)

Date: May 26-28 2010

Location: Melbourne, Victoria, Australia

Conference: [RCNA 2010 Nursing Summit](#)

Date: May 26-28 2010

Location: Canberra, ACT, Australia

This is just a small selection of the conferences held on CareSearch [Conference page](#).

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. 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.

May Newsletter

The next newsletter will be circulated on the first Wednesday in May. 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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