A good death is not an oxymoron

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What is Palliative Care?

Palliative care is an approach that improves the quality of life of patients and their families facing the problem associated with life-threatening illness, through the prevention and relief of suffering by means of early identification and impeccable assessment and treatment of pain and other problems, physical, psychosocial and spiritual. (WHO 2017)

Palliative care is holistic and addresses:
- physical symptoms
- emotional wellbeing
- cultural and spiritual needs
- social and family support including bereavement

Does everyone need specialist palliative care to have a good death?

- Not always
- GPs and community health teams
- Palliative care specialists can help deal with specific problems
- Access to services differs in rural, regional, remote and metropolitan areas

What is a good death?

personal - could have a different meaning for everyone
understand - that death is coming and what to expect
control - over pain and other symptoms
maintain - dignity and feel respected
opportunity - to prepare for death, to say goodbye
resolve - regrets, damaged relationships
have a say - in care (where, what, who, how)
feel supported - the person and their “team”
Why access to information matters

Easy access to relevant, clear, trustworthy information can help us
• understand options
• feel informed and more confident
• make decisions
CareSearch

Death and dying will affect all of us. CareSearch provides trustworthy information about palliative care for patients, carers and families as well as for the health professionals providing their care. Just as trustworthy information can help patients and families understand what is happening and make decisions, research evidence helps clinicians provide the best possible care.
Information For

Palliative care information is important for patients and their families and for the health workforce who provide their care. These sections provide access to resources and literature relevant to the practice of palliative care for different professional groups and for patients, carers and families. They have been developed either in association with peak bodies, professional organisations and individuals from that area.
CareSearch: Translating Research into Practice

- A gateway to the latest and best quality research evidence in palliative care
- Summarises research findings into practical guidelines about providing the best care.
- Presents research findings in easy-to-understand language
- Information is quality-checked and has HonCode and healthdirect certification
Welcome to palliAGED

palliAGED makes it easy to find and use palliative care evidence and practice resources in aged care.

Older Australians, their families and friends are also welcome to use these trustworthy resources.
If we don’t talk about death, how can we determine our preferences, tell others our preferences or know the preferences of another person?

CareSearch MOOC Dying2Learn is encouraging the conversation.
If you would like some more information about CareSearch or palliAGED, you can talk to me at the CareSearch booth.

CareSearch would like to thank the many people who contribute their time and expertise to the project, including members of the Advisory Groups and Review Groups, and other contributors.

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