A Good Death is not an Oxymoron

Dr Lauren Miller-Lewis, CareSearch Research Associate

Good Death Good Life Expo, 2017
How would you define a good death?

To me, ‘a good death’ means …
‘A good death’ could have a different meaning for everyone
How would you define a good death?

To decide what a good death is for each of us, we need to:

• Have information on what to expect
• Be able to make decisions about what is most important to you
• Be able to express those wishes to your family and health carers
• Know how to make those plans for you and your loved ones
Why Access to Information Matters

• Information helps us to:
  • Understand our options
  • Feel more capable of making decisions
  • Reduce fear and uncertainty
• Information needs can change, so ongoing access to information is important
What is CareSearch?

• A free website designed to help those needing relevant and trustworthy information about palliative care.
• Suitable for anyone providing or needing palliative care:
  ➢ health professionals
  ➢ patients
  ➢ carers, families and friends
• Provides the best up-to-date research knowledge on palliative care.
• Offers online discussions about death and dying through a free online course, Dying2Learn.

www.caresearch.com.au
CareSearch: Translating Research into Practice

- Shorten the pathway to the latest and best quality research evidence in palliative care for health professionals.
- Summarise research findings into practical guidelines about providing the best care.
- Translate research findings into easy-to-understand language _jargon_.
- Information is quality-checked and has HonCode certification.
What is Palliative Care?

When an illness cannot be cured, the focus of care changes to maintaining the best **quality of life** possible while managing symptoms.

Palliative care is holistic and addresses:

- physical symptoms like pain
- emotional wellbeing
- cultural and spiritual needs
- social and family support
Does everyone need specialist palliative care to have a good death?

• Not always …
• Many GPs and community health teams provide palliative care in their daily work.
• Palliative Care Specialists can help deal with specific problems.
• Country areas have less access to specialists, but doctors can connect with specialists to gain guidance on how best to care.
If you would like some more information about CareSearch or about the free Dying2Learn online course, come see me.

CareSearch would like to thank the many people who contribute their time and expertise to the project, including members of the National Advisory Group and the Knowledge Network Management Group.

www.caresearch.com.au