### List of Resources in Your Palliative Approach (PA) Toolkit

The Residential Aged Care Palliative Approach (PA) Toolkit includes a set of resources designed to assist residential aged care facilities (RACFs) to implement a comprehensive, evidence-based palliative approach in caring for residents. Each resource in your PA Toolkit is briefly described below. For further information about the PA Toolkit visit: www.caresearch.com.au/PAToolkit

#### IMPLEMENTATION GUIDES

**Workplace Implementation Guide**
Sets out ten steps for implementing a facility-wide palliative approach in Australian RACFs, identifies key issues when undertaking each step, and includes templates/tools to assist in completing each step.

**Training Support Guide**
Provides detailed guidance on how to develop a whole of organisation staff education and training strategy to support the implementation of a palliative approach in Australian RACFs.

**Guidelines for a Palliative Approach in Residential Aged Care (Information Sheet)**
These evidence-based guidelines are intended to help practitioners in applying a palliative approach in residential aged care. A copy of the guidelines can be downloaded from the Australian Government Department of Health website at: http://www.health.gov.au/internet/main/publishing.nsf/Content/palliativecare-pubs-workf-guide.htm

**Guide to the Pharmacological Management of End of Life (Terminal) Symptoms in Residential Aged Care Residents**
Focuses on the pharmacological management of symptoms commonly experienced by residents in the terminal phase of life. Includes clinical and educational resources to support RACFs in developing policies and procedures to ensure timely access to appropriate medications to manage symptoms commonly experienced by dying residents.

**Therapeutic Guidelines: Palliative Care (Version 3)**
Provides evidence-based guidelines for symptom management and related clinical issues in the provision of palliative care.

#### LEARNING MODULES

**Module 1: Integrating a Palliative Approach**
Introduces key policies and strategies for implementing a palliative approach in residential aged care.

**Module 2: Key Processes**
Focuses on three key processes essential for implementing a palliative approach in residential aged care: advance care planning, palliative care case conferences, and use of an end of life care pathway.

**Module 3: Clinical Care**
Focuses on the assessment and management of five clinical care domains: pain, dyspnoea, nutrition and hydration, oral care, and delirium.

#### SELF-DIRECTED LEARNING GUIDES

**Self-Directed Learning Packages**
Use a range of self-directed learning activities to assist residential aged care staff in working through the content covered in the PA Toolkit Learning Modules. Three Self-Directed Learning Packages aimed at staff with different scopes of practice and levels of experience are included in the PA Toolkit: Nurse (Introduction), Nurse (Advanced) and Careworker.

#### CLINICAL PRACTICE GUIDES

**Guide to the Pharmacological Management of End of Life (Terminal) Symptoms in Residential Aged Care Residents**
Focuses on the pharmacological management of symptoms commonly experienced by residents in the terminal phase of life. Includes clinical and educational resources to support RACFs in developing policies and procedures to ensure timely access to appropriate medications to manage symptoms commonly experienced by dying residents.

**Therapeutic Guidelines: Palliative Care (Version 3)**
Provides evidence-based guidelines for symptom management and related clinical issues in the provision of palliative care.

#### EDUCATIONAL FLIPCHARTS

**Introduction to a Palliative Approach**
Provides introductory-level information about key concepts and issues in the delivery of high quality palliative care in residential aged care settings.

**Clinical Care Domains**
Provides introductory-level information about five clinical care domains: pain, dyspnoea, nutrition and hydration, oral care, and delirium.

#### EDUCATIONAL DVDs

**Suiting the Needs: A Palliative Approach in Residential Aged Care**
This 12 minute video uses a fictional scenario to demonstrate key principles related to the delivery of a palliative approach in residential aged care.

**All on the Same Page: Palliative Care Case Conferences in Residential Aged Care**
This 14 minute video uses a fictional scenario to demonstrate key principles in convening effective palliative care case conferences in residential aged care (including advance care planning).

**How to Use the Residential Aged Care End of Life Care Pathway (RAC EoLCP)**
A multimedia resource focusing on when and how to use the RAC EoLCP to support the high quality care of dying residents. This resource includes: (1) a 26 minute training video and companion learning guide, (2) a copy of the RAC EoLCP, and (3) a brochure about the RAC EoLCP suitable for relatives and friends.

#### OTHER FAMILY & STAFF SUPPORT BROCHURES

**Bereavement Support Booklet for Residential Aged Care Staff**

**Understanding the Dying Process** (brochure)

**Now What? Understanding Grief** (brochure)

**Invitation and Family Questionnaire: Palliative Care Case Conference PA Toolkit Forms CD**
(included on the ‘All on the Same Page’ DVD)