



Using CareSearch to Support Community Based Palliative Care

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The University acknowledges the Traditional Owners and Custodians of the lands on which its campuses are located, these are the Traditional Lands of the Arrernte, Dagoman, First Nations of the South East, First Peoples of the River Murray & Mallee region, Jawoyn, Kurna, Larrakia, Ngadjuri, Ngarrindjeri, Ramindjeri, Warumungu, Wardaman and Yolngu people. We honour their Elders past, present and emerging.





How can CareSearch support your practice?



CARESEARCH[®]
palliative care knowledge network

CareSearch is funded by the Australian Government Department of Health, Disability and Ageing
caresearch.com.au



Aim of presentation:

- Use **CareSearch** to support clinical decisions in community palliative care
- Quickly access **trusted**, evidence-based information
- Better **support patients and carers at home**



As a healthcare professional...

You need:

- Fast, reliable access to high-quality information
- Confidence in the information you access
- Shareable Resources for patients/carers

Reality:

- Information is widely dispersed
- Quality is variable
- Time is limited

👉 *Decisions are made under uncertainty*



Enter CareSearch...

CareSearch is a national, **evidence-based** palliative care resource funded by the Australian Government Department of Health, Disability and Ageing:

- **Designed for clinicians, patients, carers, and families**
- **Designed to support real-world clinical practice**
- **Includes resources for aged care (e.g. palliAGED)**

CARESEARCH®
palliative care knowledge network

Palliative Care Support for Patients, Carers, and Families

CareSearch provides trustworthy information about palliative care for patients, carers, and families as well as for health professionals



CareSearch is funded by the Australian Government Department of Health and Aged Care.
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CARESEARCH®
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CareSearch helps you to...

- **Quickly find reliable, evidence-based guidance** to support clinical decisions at the point of care
- **Access curated content and clinical evidence summaries** without needing to search multiple sources
- **Share trusted, plain-language information** with patients, families and carers to support care at home
- **Access and use** tools and resources designed for real-world practice, developed and reviewed by Australian health professionals



One place for reliable, practical information.

Your **one stop shop** for trustworthy, evidence-based information on palliative and end of life care.



Save time. Reduce uncertainty. Support better care.

5 things you can do today using CareSearch



Find quick, **evidence-based guidance** for symptom management



Access **clinical evidence summaries** to support decisions



Share **trusted information** with patients and carers



Order **free printed resources** for your practice



Use **ready-made materials** to support care at home

We've done (a lot of) the work for you...

Use Case # 1

Clinical Scenario

A patient is at home with:

- Increasing pain
- Complex medications
- Limited specialist support

You may need:

- Quick guidance
- Confidence in available information



What CareSearch Offers (Clinicians)

- Clinical evidence summaries (quick & practical)
- Symptom management guidance
- Medication and prescribing support
- Tools to support decision-making in practice

The screenshot shows the CareSearch website interface. At the top, there is a navigation bar with the CareSearch logo, a search bar, and social media links. Below the navigation bar, there is a main menu with options like 'Home', 'Community', 'Health Professionals', 'Evidence', 'About Us', and 'News'. The 'Evidence' menu is expanded, showing a list of categories: 'General Practitioner', 'Nurses', 'Allied Health', 'Aboriginal and Torres Strait Islander Care', 'Health Practitioner Education', 'Settings of Care', and 'After-hours contacts'. The 'Symptoms' category is selected, and a sidebar on the right lists various symptoms: 'Appetite', 'Bowels', 'Breathlessness', 'Delirium', 'Fatigue', 'Nausea and Vomiting', 'Pain', and 'Sleep'. The main content area displays the title 'Clinical evidence summaries' and a 'Purpose' section that states: 'In the following pages, we provide information found in systematic reviews. This information is available evidence relevant to palliative care professional and clinical practice topics. The content is reviewed by an advisory group of Australian health professionals to ensure its quality and relevance.'

Use Case # 2

Patient & Carer Scenario

A family asks:

‘What should we expect?’

‘How do we manage at home?’

‘Are we doing the right thing?’


You may need:

👉 *Clear, trusted information to **share***



What CareSearch Offers (Carers)

- Plain language resources
- What to expect at end of life
- Practical care guidance
- Shareable materials

 *Provides information that can support carers and reduce uncertainty*

Living with Life-limiting Illness

When you have a life-limiting illness there are things to consider. These can be for you or those close to you.

You may want to think about your quality of life, what is important now, whether you continue to work, and how things are likely to change. How you prepare yourself is important and you can receive support.



Changes over time: Changes may occur in all aspects of your life. This includes physical changes such as pain and other symptoms like tiredness or loss of appetite. You may also have to deal with changing feelings and emotions. You may feel overwhelmed.

Changes in your mobility or independence can be challenging but can be supported by health and allied health professionals.

Changes that may affect your quality of life include:

- Being uncomfortable or in pain
- Being unable to socialise or spend time with loved ones
- Loss of independence
- Feeling that you are a burden.

Certain changes can be expected and care planning can be useful in adapting to these.

It is useful to understand your illness and your prognosis. This is whether your disease can be cured or only stabilised for periods. You should also be told the goal of any treatment.

For example, whether it is to slow progress of your disease, to treat a symptom or to improve your ability to do the things you enjoy or need to do.

Emotional challenges: It is normal to have changing feelings and emotions. This is especially true if you or someone close are seriously ill or facing the end of life.

Sometimes the worry is so great that you may develop symptoms of anxiety. This can include feeling edgy or restless. You may have difficulty concentrating, feel tired, or have difficulty in falling or staying asleep.

If you feel sad, moody or low for a long period of time you may be experiencing depression.

It is natural for anyone facing a serious illness to feel depressed and need time to adjust. Talking to others about the adjustment may help. Your treating doctor or a psychologist may be able to help you understand your feelings and address any emotional problems.

Using CareSearch

Try this (60 seconds):

Go to caresearch.com.au

Search: “*pain management*”
(or another common term)

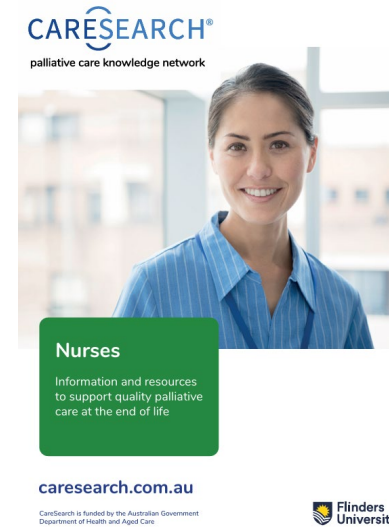
Open one result:

👉 *See how quickly you can
find something **useful***



Additional Points

- Resources in **multiple languages**
- Guidance on **what to expect at end of life**
- Carer support and **wellbeing resources**
- **Free printed materials you can order**




Bringing it Together...

CareSearch supports:

- **More confident clinical decision-making** through access to trusted, evidence-based information
- **Consistent, higher-quality care** across settings and providers
- **Better-informed patients and carers**, supporting care at home
- **More efficient use of time** by reducing the need to search across multiple sources



If you remember one thing:

 **CareSearch gives you trustworthy, practical, evidence-based resources you can use and share immediately**



Final thought...

Next time you need to:

- Check best practice
- Make a clinical decision
- Find reliable, evidence-based information quickly
- Support a patient, family member or carer

 Go to **[caresearch.com.au](https://www.caresearch.com.au)**





Thank you



[CareSearch.com.au](https://www.CareSearch.com.au)