

Delving into CareSearch and palliAGED

Evidence when and how you
need it.

Nurses and Evidence



CareSearch & palliAGED



CareSearch supports you with evidence:



- Across the life course
- Across the system and care settings



- Across formal and informal care roles



palliAGED supports you with evidence:

- Across aged care sector
- Across formal care roles
- Across settings

CareSearch & palliAGED

Combining the power of CareSearch and palliAGED when caring for older people

An example – *New staff member has asked about pregabalin.....*

CareSearch & palliAGED



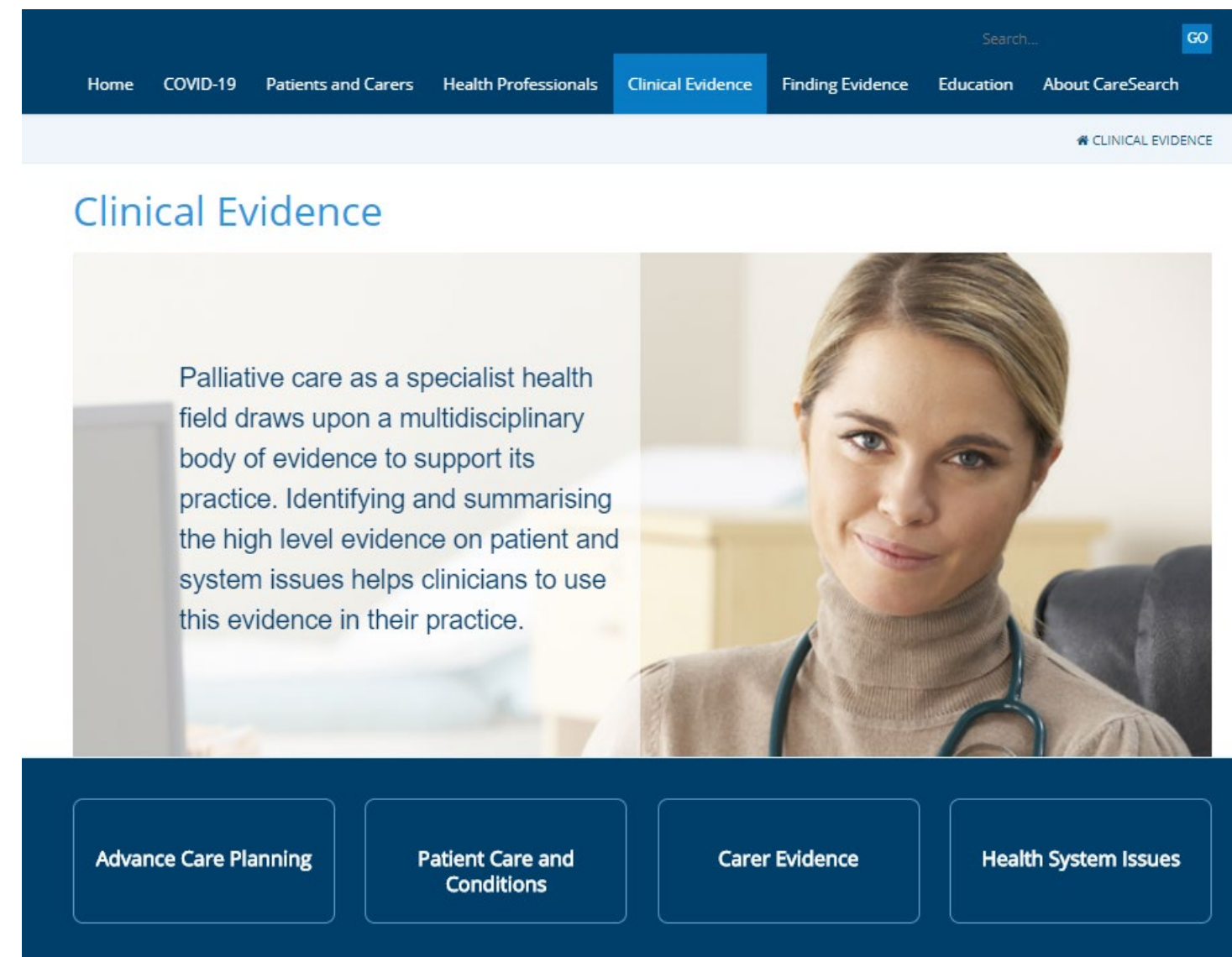
Evidence Based Practice

- **CareSearch clinical evidence for clinical questions:** up to date synthesis of evidence for a range of clinical symptoms in palliative care practice.

19 topics from **A**dvanced dementia to **P**ain and **S**uffering

Covering:

- Definition
- Prevalence
- Assessment
- Treatment
- References



Evidence Based Practice

- **CareSearch clinical evidence for clinical questions:** up to date synthesis of evidence for a range of clinical symptoms in palliative care practice.

Pain Pages

Covering:

- Barriers to Pain Management
- Pain Assessment
- Opioid Analgesics
- Non-Opioid Analgesics
- Non Pharmacological approaches
- Radiation and Interventional Pain Management

The screenshot shows the CareSearch Clinical Evidence website. The navigation bar includes Home, COVID-19, Patients and Carers, Health Professionals, Clinical Evidence (selected), Finding Evidence, Education, and About CareSearch. A search bar is located in the top right corner. Below the navigation bar, a breadcrumb trail reads: CLINICAL EVIDENCE > PATIENT CARE AND CONDITIONS > PAIN > NON-OPIOID ANALGESICS. The main content area is titled 'Non-opioid analgesics' and includes a quote icon. Underneath is the 'Evidence Summary' section, which contains text about multimodal pain management and the use of non-opioid analgesics. A sidebar on the left lists various clinical conditions, with 'Non-opioid analgesics' highlighted in blue. Other items in the sidebar include Advance Care Planning, Patient Care and Conditions, Advanced Dementia, Appetite Problems, Anxiety, Bereavement and Grief, Care of the Dying Person, Complementary Therapies, Constipation, Delirium, Depression, Fatigue, Heart Failure, Nausea, Pain, Barriers to Pain Management, Pain Assessment, Opioid Analgesics, Non-Pharmacological Approaches, and Radiation and Interventional Pain.

Evidence Based Practice

- **palliAGED Evidence and Practice together:** an up to date synthesis of evidence for a range of care and organisational issues in palliative care for older people.

38 topics from **A**dvanced care planning to **C**ase Conferences and **W**orkforce

Including:

- Evidence synthesis
- Evidence summary
- Improving practice pages



Evidence Based Practice

You might send a new staff member to the Practice Centre Pain page

The screenshot shows the palliAGED website interface. At the top, there is a navigation bar with links for Home, Australian Context, Evidence Centre, Practice Centre (highlighted), For the Community, and About palliAGED. A search icon is also present. Below the navigation bar, there is a breadcrumb trail: Practice Centre > Symptoms and Medicines > Pain.

The main content area is divided into three columns:

- Left Column (Sidebar):** A list of topics under 'Symptoms and Medicines', including Anxiety, Dyspnoea, Nausea and Vomiting, Pain (highlighted), Respiratory Secretions, Terminal Restlessness, Dysphagia, Off-Label Prescribing, Opioids: Switching Between Formulations, and Subcutaneous Medicine Administration. Below this are sections for Practice Resources, For GPs, palliAGED Apps, and Information and Resources.
- Middle Column:**
 - Pain:** Section header.
 - Principles:** Text stating 'Pain is commonly observed in the terminal phase of a palliative illness when it is usually expressed as agitation.' and a link to 'Opioids: Switching Between Formulations'.
 - Prescribing Guidance:** Text mentioning the 'palliAGEDgp smartphone application' and a link to 'When your patient is dying (pain)'.
 - Tasmanian Adult Palliative Care Formulary:** A list of medications: Fentanyl - Injection, Hydromorphone hydrochloride, Morphine hydrochloride, Morphine sulfate, Morphine tartrate, and Oxycodone hydrochloride.
 - Therapeutic Guidelines: Palliative Care (subscription required):** A link to 'Last days of life: pain management (V4, page 372)'.
 - Useful information:** Section header.
- Right Column:**
 - Medicines Management in the Terminal Phase:** A list of topics: Dysphagia, Off-Label Prescribing, Opioids: Switching Between Formulations, and Subcutaneous Medicine Administration.
 - Tips for careworkers and nurses:** Two boxes with images and the palliAGED logo. The first is 'Tips for Careworkers: Pain Management' and the second is 'Tips for Nurses: Pain Management'.

Evidence Based Practice

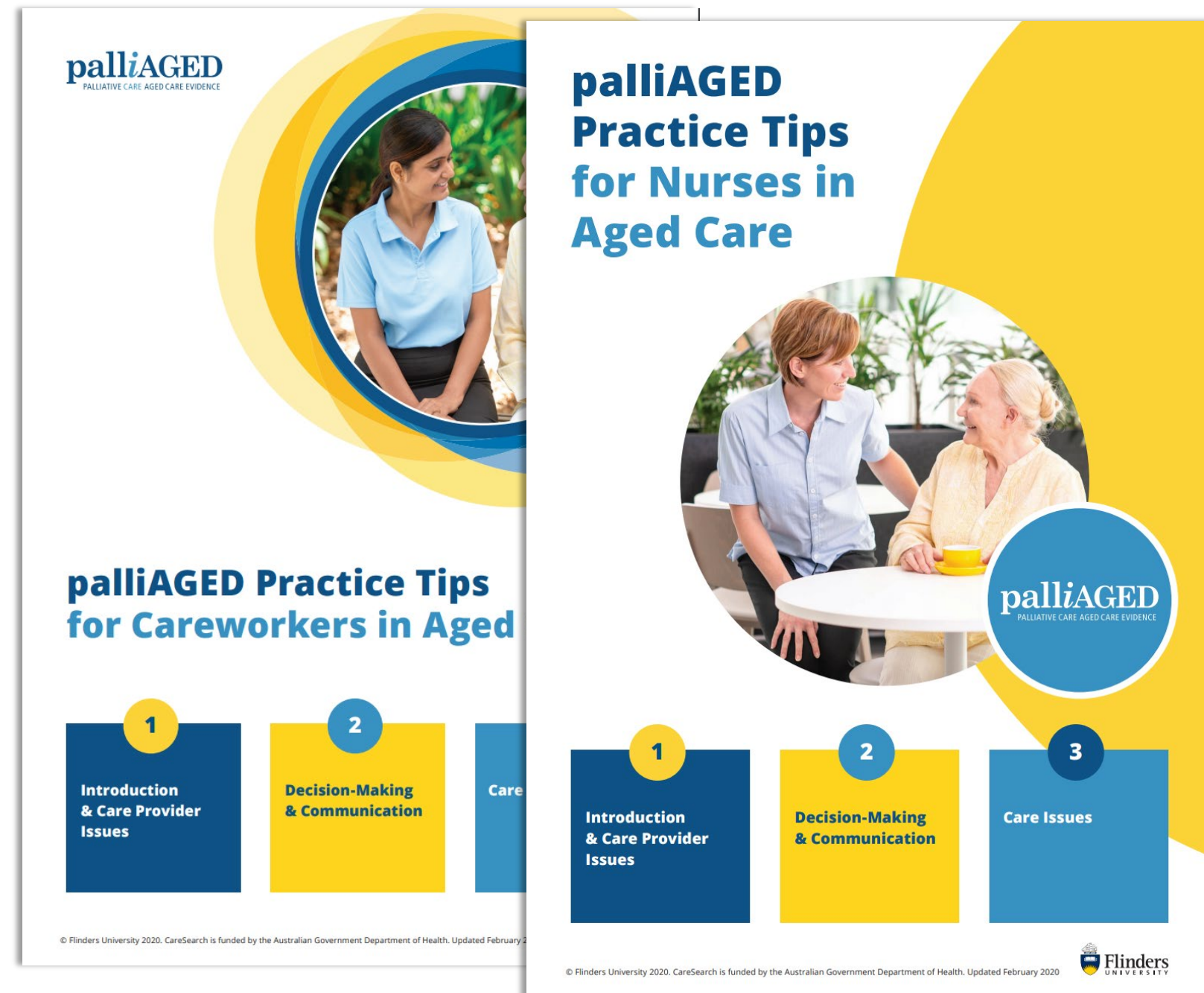
- Practical support across the team

The screenshot displays the CareSearch website interface. At the top, a navigation menu includes Home, COVID-19, Patients and Carers, Health Professionals, Clinical Evidence, Finding Evidence, Education, and About CareSearch. Below the navigation, there are three main content areas:

- GPs:** A section titled "GPs" with a background image of a smiling female doctor. The text reads: "The GP Section reflects the reality of palliative care for GPs. As well as providing prescribing and symptom management advice, the GP Section specifically addresses challenging topics such as psychosocial complexity and refractory symptoms, as well as clinical decision-making for the deteriorating patient, emergencies, and planning for a home death." Below this is a "COVID-19 Information for:" section with a "Health Professionals" filter. A grid of buttons includes Patient Assessment, Planning Care, Symptoms, Clinical, The Dying Patient, Bereavement, Practice Management, and Professo.
- Nurses:** A section titled "Nurses" with a background image of a smiling female nurse. The text reads: "All nurses at some stage will encounter people at the end of their life whether they work in hospitals, in aged care or in palliative care. So, all nurses need some palliative care knowledge and skills." Below this is a grid of buttons: Clinical, Areas of Practice, Research, Education, Policy, Quality, Standards, and Nurses Providing Palliative Care.
- Allied Health:** A section titled "Allied Health" with a background image of a smiling female allied health professional. The text reads: "Supporting allied health professionals to provide compassionate, evidence-based end-of-life care for their clients is an important part of ensuring that all Australians can have the best quality of life until death." Below this is a grid of buttons: Allied Health and Palliative Care, Getting Started with CareSearch Resources, Clinical Considerations, Interdisciplinary Teams, Professional Development, Evidence, Quality, Research, Working with Patients, Carers and Families, and Clinical and Education Resources.

Evidence Based Practice

- **palliAGED** Practice Tips for Careworkers and nurses new to palliative care
- 37 topics reflecting individual scopes of practice
- Companion series of free forms for your practice including Case conferences and self-care



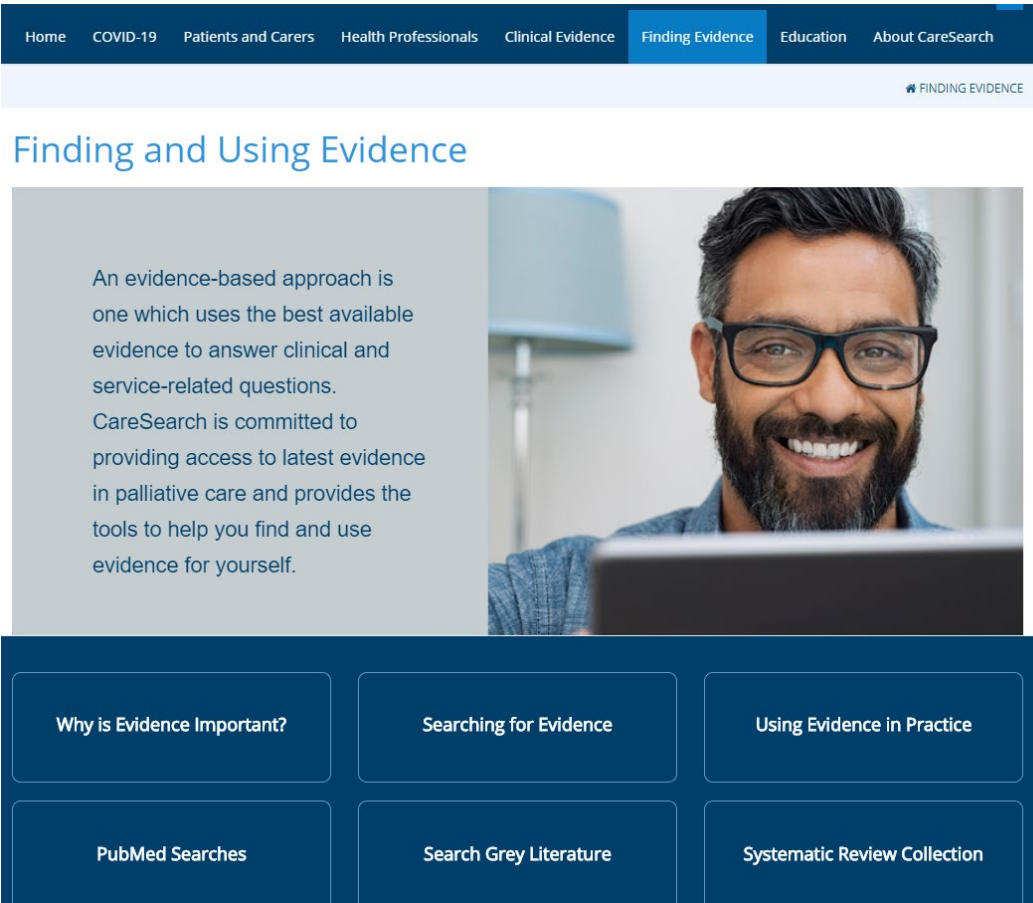
Evidence in Education



New to evidence?

Providing an evidence-based approach to clinical care requires the health professional to be able to understand the relationships between research and strength of evidence. CareSearch helps you to understand:

- [What is Evidence?](#)
- [Appraising Evidence](#)
- [Applying Evidence](#)
- [Knowledge Translation](#)
- [About Evidence](#)



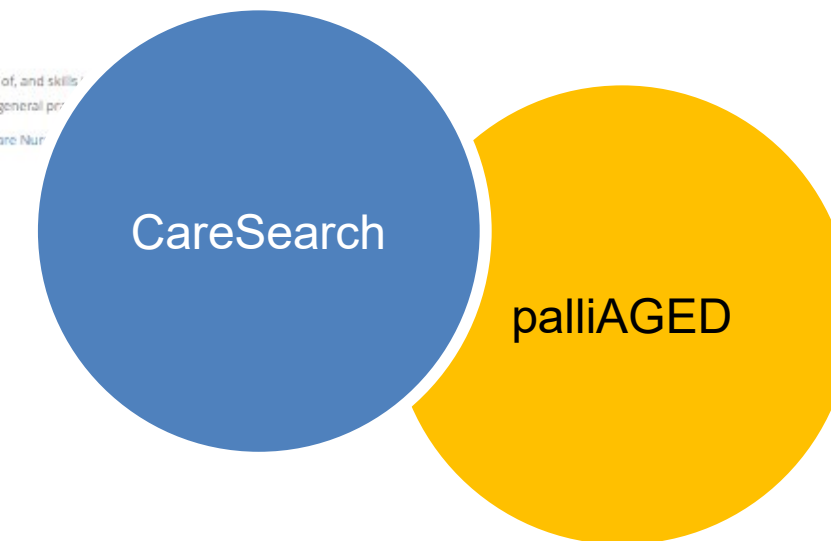
The screenshot shows the CareSearch website interface. At the top is a navigation menu with links: Home, COVID-19, Patients and Carers, Health Professionals, Clinical Evidence, Finding Evidence (highlighted), Education, and About CareSearch. Below the menu is a sub-header 'Finding and Using Evidence'. The main content area features a text block on the left and a photo of a smiling man with glasses on the right. The text reads: 'An evidence-based approach is one which uses the best available evidence to answer clinical and service-related questions. CareSearch is committed to providing access to latest evidence in palliative care and provides the tools to help you find and use evidence for yourself.' Below this is a grid of six buttons: 'Why is Evidence Important?', 'Searching for Evidence', 'Using Evidence in Practice', 'PubMed Searches', 'Search Grey Literature', and 'Systematic Review Collection'.

Education for yourself & others

Evidence informed education at all levels of training

- Access Online Training options
- Formal qualification
- List of conferences
- Resources for Managers and Educators

The screenshot shows the CareSearch website interface. The main heading is "The Advance Project for Nurses". Below this, there is a "Topic" section with the text "Palliative care in general practice" and an "Access Course" button. The "Content" section lists learning objectives: "Identifying palliative care and Advance Care Planning needs. Concepts covered in this course include: > Learning to initiate palliative care and ACP in general practice in a routine and sensitive way; > Learning how nurse facilitated screening of patients and their carers will support general practices to more efficiently address patients' and carers' needs; and > Developing skills to use the Advance Project screening and assessment tools." Other sections include "Depth" (Intermediate / Advanced), "Target Audience" (General Practice Nurses), "Authors" (The Advance Project), "Comments" (The Advance Project offers a range of learning options for general practice nurses to develop their knowledge of, and skills' using, screening tools to support the provision of palliative care and advance care planning (ACP) in everyday general pr... The online training activity for General Practice Nurses has been endorsed by the Australian Primary Health Care Nur Association (APNA) according to approved quality standards criteria.), "Registration Required" (Yes), "Payment Required" (No), "Student Support" (Yes), "Certificate" (Yes), "Country of Origin" (Australia), and "Web Address" (https://www.theadvanceproject.com.au/tabid/5218/Default.aspx). The footer includes "Credits", "Terms & Conditions", and "CareSearch is funded by the Australian Department of Health".



Evidence based policy



Evidence Based Policy

- **Need to find evidence to inform Quality Improvement or policy development?**
- CareSearch [SR collection](#) takes you directly to publications that have already done the work of bringing together related studies in palliative care
- CareSearch [PubMed filters](#) for palliative care help you to identify the very latest and most relevant literature as it is published
- CareSearch [grey literature database](#) makes it easy to access unpublished findings, program evaluation and quality improvement reports, industry insights, and policy documents.

Evidence Based Policy

- Evidence to inform QI or policy development

CARESEARCH
palliative care knowledge network

Home COVID-19 Patients and Carers Health Professionals Clinical Evidence Finding Evidence Education About CareSearch

CLINICAL EVIDENCE > PATIENT CARE AND CONDITIONS > COMPLEMENTARY THERAPIES

Complementary Therapies

Key Messages

- Complementary therapies are widely used in the Australian community, with nearly 50 per cent of Australians using them and are often adopted by palliative care patients. [1]
- Many specialist palliative care services now offer complementary therapies - most often mind-body and 'touch therapies' - as part of their supportive care for patients and their carers. Guidelines are available to help develop good clinical practice for this aspect of patient care (see below).
- Clinicians are often not informed or aware that their patients are using complementary therapies. It is important to actively seek this information, in order to explore patients' expectations and to minimise the risk of drug interactions or adverse effects.
- Patients should be counselled about reliable information sources and advised to seek out appropriately trained complementary therapists. Professional organisations for specific complementary therapies have lists of accredited practitioners.
- The National Center for Complementary and Alternative Medicine (NCCAM) provide up to date information regarding complementary therapies, as does Cancer Council Australia.
- Herbal therapies and supplements can be associated with drug interactions or other risks. Up to date online information is available from the Memorial Sloan Kettering's Integrative Medicine Department website About Herbs which can help health care providers advise patients about potential positive and negative effects of these treatments.

Evidence Summary

Definition

Complementary therapies are defined by the US National Center for Complementary and Integrative Health (NCCIH) as 'a group of diverse medical and health care systems, practices, and products that are not generally considered to be part of conventional medicine. In a palliative care context they are described as evidence based, supportive adjuncts to palliative care used to control or ease symptoms, enhance physical, mental and spiritual well-being, and optimize quality of life for patients and families. [2] When non-mainstream or non-conventional practices are used in place of mainstream medicine then this is called 'alternative medicine'. When the complementary practices are used alongside traditional medicine then this is called 'complementary'.

- Clearly laid out and easy to cite
- Connected to prespecified searches for the very latest research

palliAGED
PALLIATIVE CARE AGED CARE EVIDENCE

Home Australian Context Evidence Centre Practice Centre For the Community About palliAGED

Evidence Centre > Evidence Summaries > Advocacy

Advocacy

Key Messages

- Advocacy aims to support and promote a person's rights and interests. A person may advocate for himself or for herself or an advocate may undertake this. [1]
- Much of the literature on advocacy comes from the disability sector as there is very little in relation to aged care or palliative care. [1]
- A national framework for a more clear definition and delivery of advocacy services in all aged care settings, may be warranted to offer more consistency in practice and relationship with consumer-directed care. [1]
- The core aim of aged care advocacy is to support those who are vulnerable or 'hard to reach' or who have complex needs. Funding will need to recognise the resources required to serve these groups satisfactorily. [1]
- Education and information sessions on consumer rights can often result in consumers seeking advocacy assistance. [1]

Background

Advocacy in all its forms seeks to ensure that people, particularly those who are vulnerable, are able to have their voice heard on issues that are important to them, have their rights defended and protected, and have their views and wishes genuinely considered when decisions are being made about their lives. Advocacy is a process of supporting and enabling people to express their opinions and concerns, to access information and services, to defend and promote their rights and responsibilities, and to explore choices and options. [1,2]

A recent review into aged care advocacy services in Australia (2015), noted that variations exist in interpretations of the

CareSearch [PubMed filters](#) for palliative care help you to identify the very latest and most relevant literature as it is published

CARESEARCH® palliative care knowledge network

Home COVID-19 Patients and Carers Health Professionals Clinical Evidence **Finding Evidence** Education About CareSearch

Search... GO

FINDING EVIDENCE > PUBMED SEARCHES > CREATE YOUR OWN PUBMED SEARCH

- > Why is Evidence Important?
- > Searching for Evidence
- > Using Evidence in Practice
- > PubMed Searches
 - > **Create Your Own PubMed Search**
 - > Information About CareSearch PubMed Searches
 - > Technical Notes
 - > Palliative Care Filter Effectiveness Study
 - > Lung Cancer Search Filters
 - > Heart Failure PubMed Searches
 - > Economic Searches
 - > Residential Aged Care (RAC) Searches
- > Grey Literature

Create Your Own PubMed Search

If your topic of interest is not available as a Palliative Care PubMed Search, use the instructions provided to create your own search. Your specific topic search (eg. hiccups) can then be combined with the CareSearch palliative care filter to limit the search results to the palliative care context.

Follow the instructions below to create your own search.

Example

Let's use the example of 'hiccups' in the palliative care context.

Instructions

- Step 1: Click on this link: [Run the palliative care filter in PubMed now](#)
- Step 2: Click on the Advanced link below the search box
- Step 3: Type your topic search, ie. hiccups, into the top box and press the Search button
- Step 4: Click on the Advanced link again
- Step 5: Your searches are now listed in the 'History and Search Details' box
- Step 6: Click on three dots (...) in the 'Actions' column of your chosen searches to add the search terms to the builder.
- Step 7: You can choose whether they are connected by AND, OR, NOT. To find literature with both these topics use 'AND'. Now press the Search button.

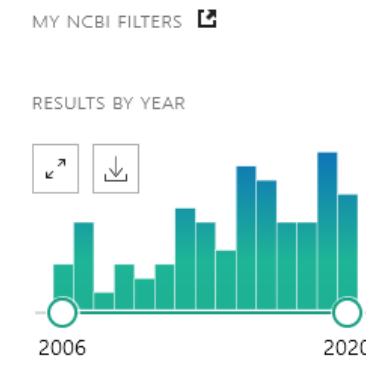
NIH National Library of Medicine National Center for Biotechnology Information

PubMed.gov

83[is] OR 0030-2228[is]) NOT Medline[sb]) AND English[la]) AND (pregabalin) X Search

Advanced Create alert Create RSS User Guide

Save Email Send to Sorted by: Best match Display options



- TEXT AVAILABILITY
- Abstract
 - Free full text
 - Full text
- ARTICLE ATTRIBUTE
- Associated data
- ARTICLE TYPE
- Books and Documents
 - Clinical Trial
 - Meta-Analysis
 - Randomized Controlled Trial

- Updates in palliative care - overview and recent advancements in the pharmacological management of cancer pain.**
1 Wood H, Dickman A, Star A, Boland JW. Clin Med (Lond). 2018 Feb;18(1):17-22. doi: 10.7861/clinmedicine.18-1-17. PMID: 29436434 [Free PMC article](#). [Review](#).
Share Newer drugs such as tapentadol are considered in this update. Amitriptyline, duloxetine, gabapentin and **pregabalin**, and the guidance for their use are reviewed in the coanalgesics (adjuvants) section....
- Management of pain in end-stage renal disease patients: Short review.**
2 Raina R, Krishnappa V, Gupta M. Hemodial Int. 2018 Jul;22(3):290-296. doi: 10.1111/hdi.12622. Epub 2017 Dec 11. PMID: 29227577 [Review](#).
Share Pain management in end stage renal disease (ESRD) patients is a complex and challenging task to accomplish, and effective pain and symptom control improves quality of **life**. Pain is prevalent in more than 50% of hemodialysis patients and up to 75% of these patients are trea ...
- Additive Duloxetine for Cancer-Related Neuropathic Pain Nonresponsive or Intolerant to Opioid-Pregabalin Therapy: A Randomized Controlled Trial (JORTC-PAL08).**
3 Matsuoka H, Iwase S, Miyaji T, Kawaguchi T, Ariyoshi K, Oyamada S, Satomi E, Ishiki H, Hasuo H, Sakuma H, Tokoro A, Shinomiya T, Otani H, Ohtake Y, Tsukuura H, Matsumoto Y, Hasegawa Y, Kataoka Y, Otsuka M, Sakai K, Matsuda Y, Morita T, Koyama A, Yamaguchi T. **J Pain Symptom Manage**. 2019 Oct;58(4):645-653. doi: 10.1016/j.jpainsymman.2019.06.020. Epub 2019 Jun 26. PMID: 31254640 [Free article](#). [Clinical Trial](#).

CareSearch & palliAGED



Sharing and conducting research

Are you keen to share or become involved in research? CareSearch makes both easy:

- CareSearch [Research Studies Register](#) and [list of Conference Abstracts](#) in the grey literature database help you to find out what others are researching.
- CareSearch's list of [Latest Australian Research](#) in palliative care is updated on a weekly basis to keep you up to date with local research output.
- CareSearch [Journal Club Basics](#), a quick guide on how to share your findings and gain insight from others with experience or interest.
- Hear from others outside of your circle by reading the Palliative Perspectives [blogs](#).

CareSearch & palliAGED

- 24/7 support for evidence at all levels





Thank you

Keep up to date by subscribing to the monthly CareSearch
and palliAGED newsletters