FROM THE WEBSITE

Page Updates

**Service Delivery Evidence Updates**
The following pages on Service Delivery Evidence have been updated in the Clinical Evidence section.

- Audit
- Models of Service Delivery
- Self-Care
- Clinician Stress and Burnout

**New PubMed Searches**
A new set of topic searches has been added. They enable one-click searching in the PubMed database. New topics include:

- Bereavement Paediatrics
- Perinatal
- Self-Care
- HIV/AIDS
- COPD
- Non-malignant
- Adolescent and Young Adult
- Ethics
- Mouth Care
- Spinal Cord Compression

You can check them out on the [Palliative Care PubMed Searches page](#).

**CareSearch Newsletters**
The [February 2016 edition](#) (240kb pdf) of the nurses[HUB]news is now available.

**New Project Staff**
Two new staff members have joined the CareSearch Project Team. Dr Sandra Bradley is assisting with evaluation activities and website content while Dr Lauren Miller-Lewis is assisting with the MOOC and the Aboriginal and Torres Strait Islander Hub development.

**Palliative Perspectives**

**GP Blog Series**
We have completed a series of blogs for GPs with three blogs dealing with common clinical concerns – opioid prescribing, breathlessness and finding useful resources. If you haven’t read these blogs they are quick to read and helpful.

- [5 tips for opioid prescribing in palliative patients](#)
  A guest blog post from Lead Palliative Care Pharmacist Paul Tait
- [Assessing and managing chronic breathlessness](#)
  A guest blog post from Professor of Palliative Care David Currow
- [Four easy steps to help GPs use the palliative care resources on CareSearch](#)
  A guest blog post from Dr Christine Sanderson, Staff Specialist, Neringah Community Palliative Care Service, NSW
CareSearch Project Updates

Many people are surprised at the range of resources available on CareSearch and the many different activities with which we are engaged. We are going to highlight some of these in the coming weeks. The first of these new blogs describes a new project delivering a MOOC on death, dying and palliative care.

- A Massive Open Online Course on death and dying
  A guest blog post from Deb Rawlings, Research Fellow (CareSearch) at Flinders University, South Australia

Please also continue to share this blog with your colleagues and friends on Twitter, LinkedIn, via email, or wherever you spend time online.

CareSearch Review Collection

Thirty six reviews were added to the CareSearch Review Collection in February. They included:

- Dalgaard KM, Bergenholtz H, Nielsen ME, Timm H. Early integration of palliative care in hospitals: A systematic review on methods, barriers, and outcome. Palliat Support Care. 2014 Dec;12(6):495-513. The purpose of this review to document methods for early identification (EI) of palliative trajectories in cancer, chronic heart failure (CHF), and chronic obstructive pulmonary disease (COPD) populations, and to identify preconditions for early integration of general PC in hospitals. The authors noted an urgent need to develop and evaluate methods based on the holistic assessment of symptoms or needs. Professional training and education are recommended to facilitate early implementation of PC.

- Walczak A, Butow PN, Bu S, Clayton JM. A systematic review of evidence for end-of-life communication interventions: Who do they target, how are they structured and do they work? Patient Educ Couns. 2016 Jan;99(1):3-16. Epub 2015 Aug 17. This review aimed to identify and synthesise evidence for interventions targeting end-of-life communication. While 45 studies were included there was substantial heterogeneity in study designs, settings and outcomes. While the studies provide useful insights, further RCTs and intervention studies could improve communication effectiveness.

- Michels CT, Boulton M, Adams A, Wee B, Peters M. Psychometric properties of carer-reported outcome measures in palliative care: A systematic review. Palliat Med. 2016 Jan;30(1):23-44. Epub 2015 Sep 25. 112 studies met the inclusion criteria using 38 carer measures for informal carers of patients with palliative care needs. Psychometric properties were reported in only 46% (n = 52) of the studies. Internal consistency was frequently reported with construct validity and reliability being less frequently reported. Only 4 of the measures with reported psychometric properties had been formally validated in informal carers in palliative care.

- van Beinum A, Hornby L, Ward R, Ramsay T, Dhanani S. Variations in the Operational Process of Withdrawal of Life-Sustaining Therapy. Crit Care Med. 2015 Oct;43(10):e450-7. This review of published literature identified patterns of withdrawal of life-sustaining therapy processes in adult ICUs. Definitions of withdrawal of life-sustaining therapy varied and focused on withdrawal of mechanical ventilation; two studies did not present operational definitions. All studies described different aspects of process of life-support therapy withdrawal and measured different time periods prior to death. The authors indicated that a more structured manner with standardized definitions and regular inclusion of measures of patient comfort and family satisfaction with care is needed.

- Best M, Aldridge L, Butow P, Olver I, Webster F. Conceptual analysis of suffering in cancer: a systematic review. Psychooncology. 2015 Sep;24(9):977-86. Epub 2015 Mar 9. This review explored suffering in the health literature in order to generate a conceptual basis for further research. One hundred twenty-eight studies were identified, which discussed definitions or conceptualisations of suffering. The authors concluded that suffering 'includes holistic suffering, which is multidimensional, oscillating, individual and difficult for individuals to express'.
CareSearch Grey Literature

This dataset includes abstracts of Australian ‘grey’ literature relevant to palliative care. They provide access to work in progress, areas of reflection and development, as well as work that may not be published in traditional avenues. The following three abstracts are thesis entries.

- Hammill, Kate
  *A national survey of occupational therapists working with people living with terminal illness: profile, role, context, professional reasoning and challenges*

- McGregor, Susan
  *The meaning parents attribute to toddler’s behaviours they identify as indicating innate spiritual connection: Implications for paediatric palliative care*

- Fox, Jenny
  *The transition to palliative care: A critical exploration in the context of metastatic melanoma*

To access these abstracts or other items from the CareSearch Grey Literature, enter the author’s name, the abstract title, or search terms that describe your interest.

WHATS NEW IN THE COMMUNITY?

Flinders University Palliative Care Alumni Needed for Survey

Dear colleague
My name is Deb Rawlings and I am a lecturer in Palliative and Supportive Services at Flinders University. I am conducting a survey of our alumni as part of a study: What is the impact of a postgraduate palliative care course on the professional lives of alumni and on their ability to change work practice? The survey should take no more than 10 minutes to complete and is completely voluntary. You will remain anonymous and no lecturer will know who has participated. This project has received ethics approval from Flinders University Social and Behavioural Ethics Committee (No 7154).

I would appreciate your taking the time to help us look at whether our courses are having an impact or the effect that students appreciate. You can contact me with any queries on (08) 7221 8215 or via email at deborah.rawlings@flinders.edu.au. You can access the survey and participant information sheet on the CareSearch website.

Thank you for your attention and assistance.

Yours sincerely

Deb Rawlings

National Palliative Care Week (NPCW) Theme

The theme for NPCW is living well with chronic illness. The theme addresses the need for people with advanced chronic illness to be able to access palliative care. The week runs from 22-28 May 2016. For more details go to Palliative Care Australia.

Health status and risk factors of Australians with disability 2007-08 and 2011-12

This report examines how health-related factors affect the health status of Australians with disability at the national population level. In 2011-12, half (51%) of people aged 15-64 with severe or profound disability reported poor or fair health, compared with 6% for those without disability. Half (50%) of people aged under 65 with severe or profound disability had mental health conditions, compared with 8% for those without disability.
ACAT transition to My Aged Care

Aged Care Assessment Teams (ACATs) commenced using My Aged Care to conduct comprehensive assessments and referrals for residential care, transition care and home care packages from 01 February 2016. Details on transition dates by state are available from the Department of Social Services website.

Allied health workforce 2014 (web report update)

Access to health care and community services is regarded as essential to quality of life, and therefore the nature, size, distribution and effectiveness of the health and community services workforce is the subject of much scrutiny by governments, the media and the community. This release of updated web pages displays dashboard-style summaries of the registered health workforce, and accompanying downloadable summary data tables, with 2014 data.

Palliative care in Australia 2015 - tranche 2

The second of two scheduled updates of the Palliative Care Services in Australia (PCSiA) online publication for 2015 is now available. This second update includes palliative care in general practice, palliative care outcomes, palliative care in residential aged care and palliative care workforce.

Views and Experiences of Allied Health Professionals about Palliative Care

Flinders University is conducting a study about Allied Health professionals’ views and experience of palliative care. Allied health professionals are invited to participate in a short online survey. Details on the research project and a link to the survey can be found below:

- Research Invitation Letter
- Allied Health Palliative Care Survey Information Sheet (56kb pdf)
- Link to the survey

SHORT COURSES

Short courses related to palliative care are detailed below. Short courses can be a good way to have an introduction to a topic or to develop a specific skill.

- **Dying and Renal Disease**
  March 17
  Adelaide, South Australia

- **Assessment and Management of Symptoms**
  April 5
  Perth, Western Australia

- **Introduction to Palliative Care - A short course for Registered Nurses (Div 1 & 2)** (662kb pdf)
  April 14 & 21 plus optional days
  Mitcham, Adelaide, South Australia

- **Palliative Approach for Allied Health Professionals**
  May 3
  Perth, Western Australia

- **Palliative Care Essentials**
  May 12
  Melbourne, Victoria
  learningcentre@banksia.com.au

- **Pain Assessment and Management in Palliative Care**
  July 13
  Melbourne, Victoria

- **Adult Palliative Care**
  July 13-15 & September 15-16
  Melbourne, Victoria
PROMOTIONAL MATERIALS

Many services and organisations are making use of the CareSearch promotional materials and have ordered factsheets or brochures for staff, patients and for their families. Materials can also be ordered for education and training activities. If you would like to order materials please visit our online order form or email caresearch@flinders.edu.au.

Don’t forget you can follow what is happening on Twitter or you can join us on CareSearch LinkedIn.

April 2016 Newsletter

The next newsletter will be circulated on the first Monday in April 2016. If you have any item you would like to have considered for inclusion please send details one week prior to the circulation date to caresearch@flinders.edu.au.