How will this project benefit staff, residents and families?

If residential aged care services have increased skills to provide comfort care for residents who are dying it may assist in:

- reducing the admission and/or transfer of residents to acute care facilities
- increasing the involvement of the resident and their family in the decision making about their care
- encouraging open and early discussion on death and dying
- facilitating advance care planning
- providing opportunities for improved control of pain and other symptoms, in a setting that is familiar to the resident



For more information contact:

cebparac Comprehensive Evidence Based Palliative Approach in Residential Aged Care

www.caresearch.com.au/caresearch/CEBPARAC.aspx

The Comprehensive Evidence Based Palliative Approach in Residential Aged Care project is funded by the Australian Government Department of Health and Ageing under the Encouraging Best Practice in Residential Aged Care (EBPRAC) program.

Information for health professionals

A comprehensive evidence-based palliative approach in residential aged-care



Improving the end-of-life care for residents and their families

cebparac

What is cebparac?

The Comprehensive Evidence Based Palliative Approach in Residential Aged Care **(cebparac)** project is funded by the Australian Government Department of Health and Ageing under the Encouraging Best Practice in Residential Aged Care (EBPRAC) program. The aim of this project is to improve the palliative care provided to residents in aged care facilities. This will be achieved by implementing a model of care based on the best available evidence. The aim of the project is to develop a tool kit and other resources that can be utilised in residential aged care facilities throughout Australia to benefit palliative care practices.

What evidence?

The evidence includes:

- Guidelines for a Palliative Approach in Residential Aged Care Facilities (Enhanced Version – May 2006) Australian Government Department of Health and Ageing
- Pain in Residential Aged Care Facilities (August 2005) Australian Pain Society
- Brisbane South Palliative Care Collaborative Residential Aged Care End of Life Care Pathway

What is the time-frame of the project?

cebparac is a two-year project running between January 2009 to December 2010.

Who is involved in this project?

The project is a collaboration between the University of Queensland/ Blue Care Research and Practice Development Centre, Southern Adelaide Palliative Services, Cancer Palliative Care Network (Western Australia), Brisbane South Palliative Care Collaborative, Queensland Health, Blue Care, Padman Health Care, Boandik Lodge and Brightwater.

There are nine residential aged care facilities involved in the cebparac project:

- Amaroo Aged Care Service (Blue Care)
- Iona Village (Blue Care)
- Redland Residential Care (Queensland Health)
- Moreton Bay Nursing Care Unit (Queensland Health)
- Miroma (Padman Health Care)
- Skyline (Padman Health Care)
- Boandik Lodge
- The Cove (Brightwater)
- The Oaks (Brightwater)



What is a palliative approach?

A palliative approach is a philosophy of care which aims to improve the quality of life for both individuals at the end-of-life and their families by reducing their suffering. The focus is on early identification, assessment and treatment of pain, physical, cultural, psychological, social and spiritual needs.

Model of care

The model focuses on six domains:

1. Advance care planning
2. Physical care
3. Advanced dementia
4. Psychological care
5. Family care
6. Terminal care

Each domain is linked to:

- The Aged Care Accreditation Standards
- Standards for Providing Quality Palliative Care for all Australians
- Aged Care Funding Instrument (ACFI)
- Assessment and management strategies
- Internal auditing or quality control
- Educational resources

Project staff will partner with link nurses and a project liaison at each of the participating aged care facilities to implement the model of care.