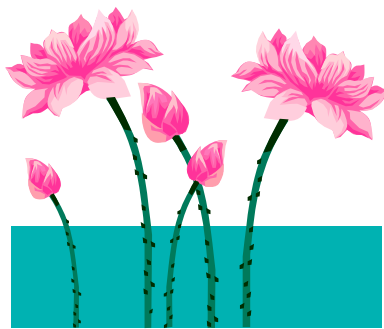




Southern Highlands Division of General Practice

Rural Palliative Care Project



Palliative Care Service Directory

February 2010

Introduction

This directory has been developed as part of the Rural Palliative Care Project and aims to provide GPs, other health professionals and family carers and friends with local resource information.

What is Palliative Care

Palliative Care Australia defines the central aim of palliative care “to achieve the best possible quality of life, for both the person who is dying and for their family (and friends)”.

Care is provided where possible in the environment of the person’s choice - National Palliative Care Strategy (2000)

World Health Organisation (2000) defines Palliative Care as “an approach to care that improves the quality of life of individuals and their families facing the problems associated with life threatening illness, through the prevention and relief of suffering, by means of early identification and impeccable assessment and treatment of pain and other physical, psychosocial and spiritual concerns”.

In Australia, approximately 130,000 people die each year. Many of these people die from terminal conditions such as cancer, system failure (heart, respiratory, liver or kidney failure) and neurological conditions, including dementia.

How to contact the Palliative Care Service

The person’s local general practitioner is often the first point of contact. GPs work closely with the local Community Health Nursing Service and the Palliative Care Nurse Consultant and the Visiting Palliative Care Medical Specialist.

Referrals can be made to the local Community Health Nursing Service by phoning -

Telephone: 1300 722 276
7 days a week 8.00am – 4.00pm

Palliative Care Services

The Palliative Care Service for the Wingecarribee Shire is based at Bowral Community Health Centre, Bendooley Street, Bowral.

- Care is provided by the Generalist Community Health for the area where the patient resides. The Community Health Nurse is provided with support and advice from the Palliative Care Clinical Nurse Consultant
- The Palliative Care Medical Specialist and Nurse Consultant discuss patient care with the person's GP and if appropriate will see patients in the private and public hospitals, in Residential Aged Care Facilities or in their own homes.
- Counselling, chaplaincy and volunteer services are also available to patients.

Generalist Community Nurses

Community Nurses provide the following palliative care:

- Home visits to provide -
 - Pain and symptom management and advice
 - liaison with GPs, other health care providers, advocacy and support
 - wound care
 - end of life care
- Organisation of allied health, counselling and bereavement care referrals
- Loan of equipment for home

The Palliative Care Clinical Nurse Consultant is available to provide advice to the community health nurses. They also provide consultancy to local hospitals and residential aged care facilities.

The community nurses and the CNCs maintain close contact with the palliative patient's general practitioner and if required, the Visiting Palliative Care Medical Specialist.

A range of other allied health services are available, if required –

Social Worker/Counselling
Physiotherapy
Speech Pathology
Dietetics
Occupational Therapy
Spiritual /Pastoral Care

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Bowral Hospital and Southern Highlands Private Hospital

Provide inpatient services, including referral to –

- Palliative Care Medical Specialist
- Palliative Care Clinical Nurse Consultants

Visiting Palliative Care Medical Specialists

These specialists operate out of the Camden Palliative Care Unit, which has an inpatient unit available to residents of the Wingecarribee Shire, on referral from general practitioners or hospital medical staff.

Palliative care is also provided in all the local residential aged care facilities.

Related Services

Southern Highlands Cancer Centre

Location: 2 Holmhale Street, Bowral NSW 2576 Phone: 4861 2177 Fax: 4861 4106

Contact: Medical Oncologist: A/Prof Stephen Della-Fiorentina
Radiation Oncologist: Dr. George Papadatos
Consultant Haematologists: Dr. Lindsay Dunlop

Other Support Services/Groups

The local health service employs part time Clinical Nurse Consultants in the areas of heart failure and chronic lung disease. These nurses can be contacted by referral to the Community Health Service.

Bereavement Support

Grief and loss, although painful, are a very normal part of being human. It is not uncommon to sometimes encounter difficulties. Bereavement support can be provided for the patient, to the family and others.

Bereavement support in our area is provided by the **Southern Highlands Bereavement Care Service** and includes:

- Individual support and counselling in the office or through home visits, if required
- Family support and counselling
- Access to written information about the impact of grief and bereavement
- Referral to other support services

Support groups and education sessions are also offered.

Contact: Bruce Schubert or Karen Mundell on 4862 1701 or email shbcs@dodo.com.au

Location: The Southern Highlands Bereavement Care Service offices are located in the grounds of Bowral Hospital in the Old Cottage Hospital Building.

Cost: There is a sliding scale of fees from \$20.00 - \$75.00 per session, according to the income level of the client. If necessary a reduced fee can be arranged where financial hardship exists.

Dementia Support Services are provided through the local Dementia Advisory Service.

Contact: Angela Lowman on 02 4869 5651 or the Dementia Helpline 1800 100 500

Website: www.alzheimers.org.au

Web Links

Care Search – palliative care knowledge network www.caresearch.com.au (excellent website)

Carers NSW – www.carersnsw.asn.au

Information, support and counselling 9.00am – 5.00pm

Freecall 1800 222 636

After hours call Lifeline 13 11 14

Emergency respite care assistance 1800 052 222

Commonwealth Carer Resource Centre 1800 242 636 freecall www.canceraustralia.gov.au

Lung Foundation www.lungfoundation.com.au

Motor Neurone Disease www.mndnsw.asn.au

Palliative Care Australia 02 6232 4433 www.pallcare.org.au

Palliative Care NSW www.palliativecarensw.org.au

Palliative Care brochures in different languages download from: www.pallcare.asn.au

Parkinson's Disease www.parkinsonsnsw.org.au

Stroke www.strokefoundation.com.au

Living Wills / Advance Care Directives www.respectingpatientchoices.org.au

Additional information for general practitioners is listed on the Southern Highlands Division of General Practice website

www.shdivgp.com.au under the Rural Palliative Care program area.