

# Rural Palliative Care Project

Newsletter

Vol. 1, No.4

October 2009

**The Rural Palliative Care Project** –The Southern Highlands Division of General Practice will manage this project with funding from the Department of Health and Ageing through the Australian General Practice Network. Our aim is to consider and develop processes which will assist in delivering high quality consistent care to palliative patients within the Wingecarribee Shire.

**Spirituality Workshop** at Satori Springs on Saturday, 13<sup>th</sup> June was a very special occasion for all who attended. Anna Chetan Bloemhard, from the Mid North Coast Division facilitated the day so well, there was ample of time for reflection and discussion. We were able to truly consider what it may be like to be at the end of our life and what are the most important considerations at this time.

Satori Springs is a beautiful place to be and so conducive to thoughtfulness.



Happy Faces from the Spirituality Workshop at Satori Springs  
Saturday, 13<sup>th</sup> June 2009

## **End of Life Care Pathway:**

Jane Mahony, Palliative Care CNC and Clinical Project Officer has completed the pilot of the pathway at the Southern Highlands Private Hospital and The Abbey Nursing Home in Mittagong. Jane has engaged with GPs, the hospital medical officers, managers, registered nurses and care staff to support the Care Pathway and provide education and guidance. The care pathway has been integrated into these facilities policy documentation while maintaining the integrity of pathway.

There have been recent meetings with the managers of all the other nursing homes and agreement to support the use of the care pathway for all palliative patients in their terminal phase.

## **Medical Management at End of Life - a CPD Evening for GPs**

This successful event was held on **Thursday, 17<sup>th</sup> September** 7.00pm for 7.30pm at Bowral Golf Club with 18GPs and 6 of the Phase 3 Medical students from the University of Wollongong attending. Dr. David Kardachi presented a challenging case for discussion and problem solving, expert input was provided by Dr. Lynne Kuwahata, David and the Clinical Nurse Consultants. It was rated as an excellent learning experience

**The Link Nurse Program** – this part of the project brings nurse representatives from the public and private hospitals, community health and private duty nursing agencies, residential aged care facilities and practice nurses together for education and discussion. The program aims are for these nurses to become the expert resource personnel within their organizations, to assist with the distribution of information to other staff including management and family carers. Jane Mahony, Clinical Nurse Consultant, and other expert speakers have been providing monthly education sessions.

**Dr. Frank Brennan**, Palliative Care Medical Specialist at Kogarah will be providing two identical education sessions for Aged Care Nurses on 21<sup>st</sup> October, 2009. The Link Nurses have been invited to join either these sessions. 9.00am – 11.30am or 1.00pm -3.00pm. Contact Margaret for details.

In Progress - a local Palliative Care Directory and strategies for input from family carers

GP Data collection for Feb 2010 will be in a format to provide CPD points for a clinical audit activity.



Home Hospice Annual Event 2009 – 27<sup>th</sup> and 28<sup>th</sup> November, 2009 in Sydney  
“ **Intimacy and Connection near End of Life**”

Keynote Speakers: Drs Sinead Donnelly and Frank Brennan

Contact: email [Rhonda@homehospice.com.au](mailto:Rhonda@homehospice.com.au)



Check the **Caresearch website** – the Palliative Care knowledge network [www.caresearch.com.au](http://www.caresearch.com.au) there is an updated GP Home Page among other excellent resources.

**PEPA** – Program of Education in the Palliative Approach clinical placement is being encouraged. This program will provide funding for replacement of staff.  
Email: [PEPA2NSW@email.cs.nsw.gov.au](mailto:PEPA2NSW@email.cs.nsw.gov.au)

**Contact:** Margaret Mogg, the RPCP Coordinator on 48 616084 or email [Margaret@shdivgp.com.au](mailto:Margaret@shdivgp.com.au) for any additional information about the Project.