



Mid North Coast Rural Palliative Care Project – Link Nurse Education 2004

Palliative Care Education



Palliative Care

- National Palliative Care Strategy (2000-2006)
 - Rural Palliative Care Project
 - Guidelines for a palliative approach in RACF
- NSW Palliative Care Framework
 - Area Health Palliative Care Services Plan
- Palliative Care Australia
 - Standards
 - Policy & guidelines
 - Discussion documents

Palliative Care

WHO definition 2002

"Palliative Care is an approach which improves the **quality of life** of patients and **their families** facing **life-threatening illness**, through the **prevention** and **relief of suffering** by means of early identification and **impeccable** assessment and treatment of pain and other problems, physical, psychological and spiritual."

Traditional Palliative Care

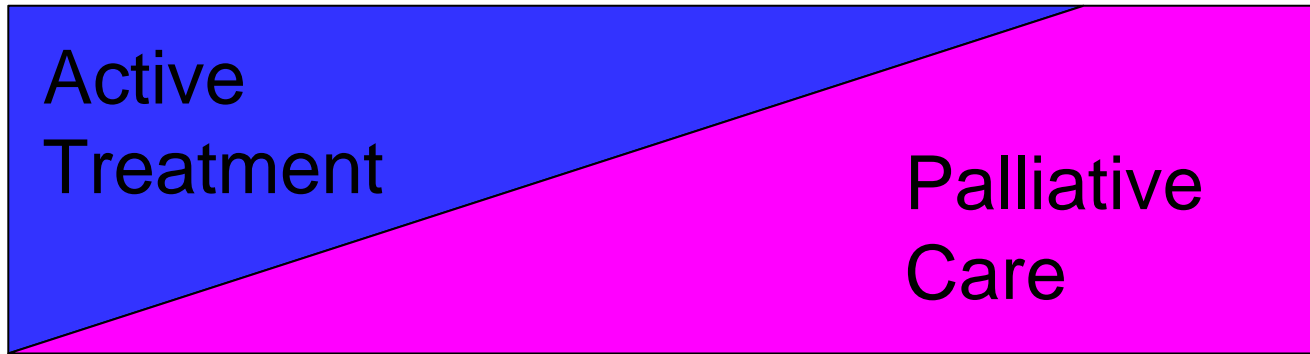


Diagnosis



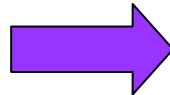
Death

Contemporary Palliative Care



- Goals of Care**
- Prolongation of survival
 - Optimization of function
 - Optimization of comfort

Diagnosis



Death

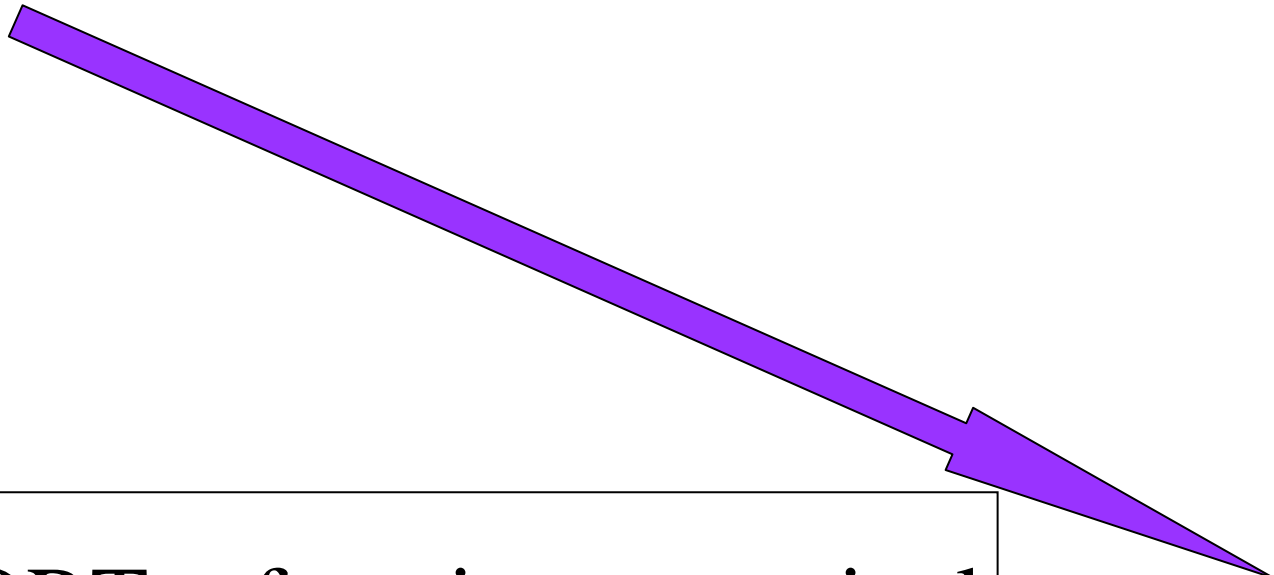
Models of Palliative Care – Changing Goals

Diagnosis

SURVIVAL > function > comfort

COMFORT > function > survival

Death



Focus on older people

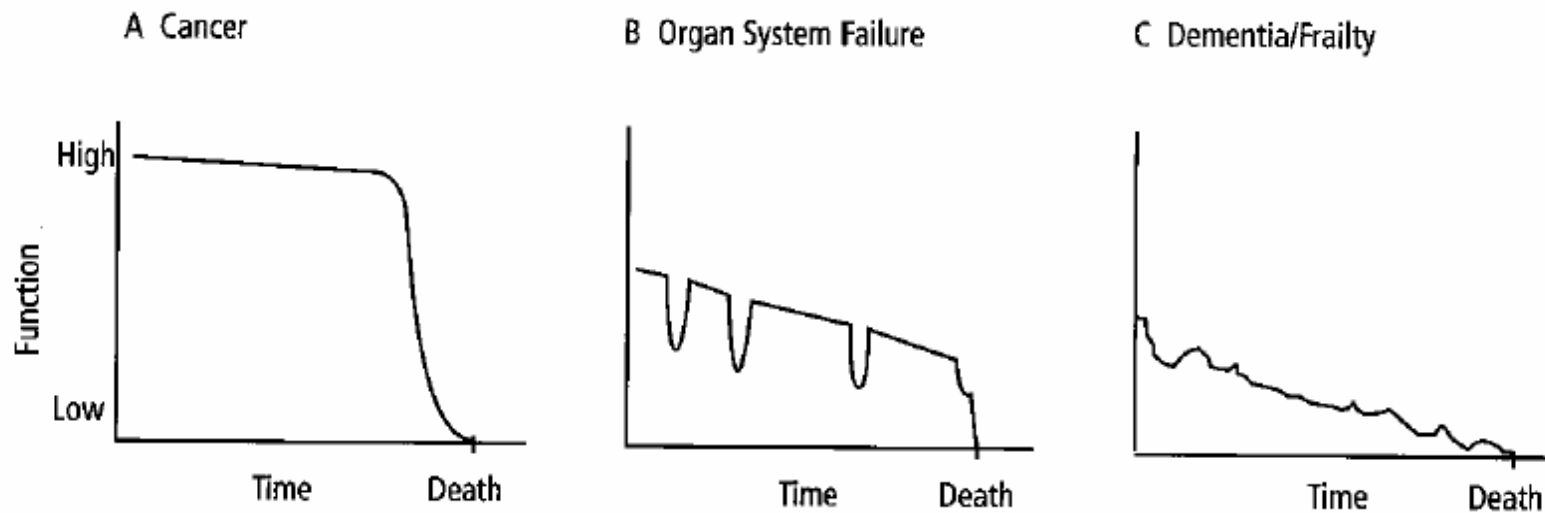
- Increased age associated with onset:



- chronic disease
- co-morbidities
- diminished function
- cognitive impairment

- Increased demand and need for aged and palliative care services

Trajectory of Dying



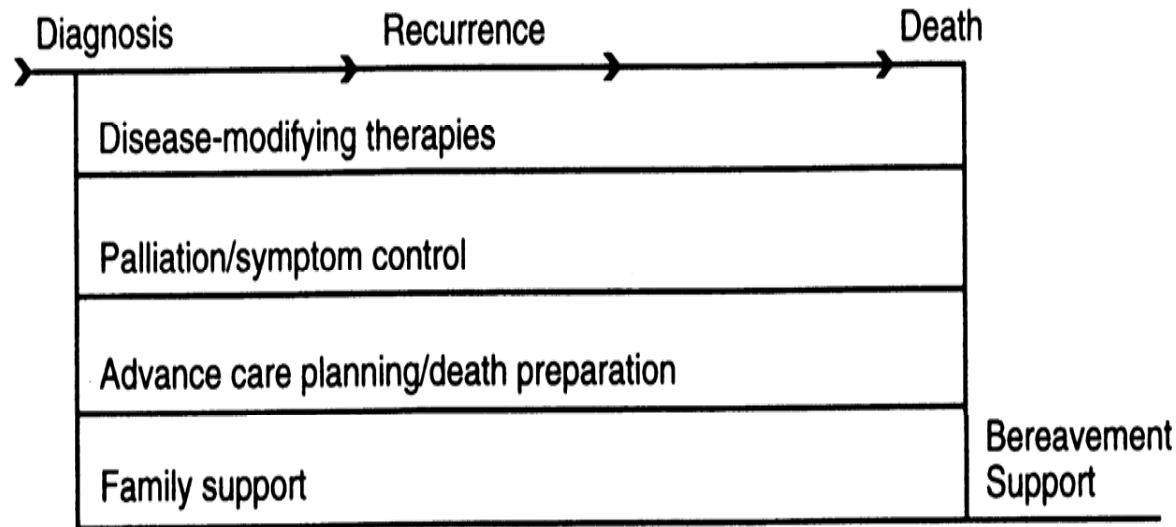
From: Lynn, J. 2001.p. 930. *Perspectives on care at the close of life.* **Journal of the American Medical Association**

A Palliative Approach for older people

“ Aims to improve the quality of life of individuals and their families, by reducing their suffering through early identification, assessment and treatment of pain, physical, cultural, psychological, social and spiritual needs”

Australian Government Department of Health and Ageing 2004.
Guidelines for a Palliative Approach in Residential Aged Care. Canberra: Australia

Mixed management model of eventually fatal illnesses



APPROACHING DEATH, 1997 Cassell et al Committee on care at the end of life Institute of Medicine Washington DC

Focus of a palliative approach

Ensuring that older people are provided with:

- A palliative approach to care
- Access to specialised palliative service provision and
- Appropriate End-of-Life (Terminal) care

Australian Government Department of Health and Ageing.2004. *Guidelines for a Palliative Approach in Residential Aged Care.*

Role of the Palliative Care Link Nurse

- “Clinical Champion”
- Educating your peers
- Helping to embed palliative care practice within your workplace
- Commitment to ensuring that older people and their families have access to a palliative approach to care

Link Nurse Initiative

This Project aims that by 2007 a palliative approach to care will be integrated into everyday practice in local Residential Aged Care Facilities and local acute hospitals.

Enjoy the journey...

