



30 April 2015

## From the CEO –Liz Callaghan

I hope you all had a moment this weekend to remember the ANZACs. In Canberra, the 100th anniversary of the ANZAC Gallipoli landing was commemorated with the dawn service attracting over 120,000 people to the Australian War Memorial.

On Monday Palliative Care Australia (PCA) held a teleconference with member organisations. It was a productive meeting and many items were discussed including National Palliative Care Week (NPCW) and National Standards Assessment Program (NSAP). PCA continues to work effectively with its members to deliver successful services and programs across Australia. PCA met with [Palliverse](#) to discuss ways we can work together to promote palliative care. It is a blog site drawing on palliative care physicians and those working across the sector to share experiences and ideas.

Submission of the abstracts to the [13th Australian Palliative Care Conference](#) (APCC) closed this week. The conference scientific committee will assess the 320 plus abstracts received against strict criteria. They will be sorted into subject areas as the basis of conference sessions. For more information please see the article to the right.

Yesterday PCA filmed Connie Johnson from the [Love Your Sister](#) campaign. Love Your Sister was founded by the actor [Samual Johnson](#) when his sister [Connie Johnson](#) was diagnosed with breast cancer. Sam Johnson raised money and awareness for breast cancer by riding a unicycle around Australia. The video will be released during NPCW to raise community awareness about death and dying. We would like to thank Connie and her family for sharing her experience.

Take part in our social media campaign to get the word out about NPCW. This week PCA launched the first of it's online competitions encouraging Aussies to name our dinosaurs that features on the NPCW posters.

Next week we will release another NPCW online competition and other key events approaching during NPCW. Keep an eye out and we look forward to reading your entries to all those competing for the \$50 voucher.



Left to right: PCA talks to Connie Johnson from Love Your Sister campaign

## Conference Update: Abstracts Closed

Abstracts have now closed for the 13th Australian Palliative Care Conference to be held at the Melbourne Convention Centre from 1 – 4 September 2015. The reviewing process is now underway and the committee will be starting work on the conference program in the next couple of weeks.

The conference theme is 'Fit for the Future' which will focus on three key areas.

1. Exploring - What will the future look like
2. Recognising - Who is part of our future? Who are we caring for? Who will be doing the caring? These are three critical parts of determining what needs to take place.
3. Preparing - How do we get ready for the future? This area will address key issues in planning for the future such as workforce, education and training.

Several international and national speakers have already been announced for the conference, and with the addition of the abstracts, PCA is anticipating an engaging final program. Early bird registration is still open until 29 May 2015. For more information go to [www.palliativecare.org.au](http://www.palliativecare.org.au).

## Jodi Rose Interview on eHospice

### ehospice excerpt—Jodi Rose explains why she’s dying to talk

I am dying to talk about dying because I believe having this important conversation takes us to the brink of what it means to be human. It is not an easy task to contemplate the transition from life to death, as it challenges us to face our own mortality and that of our loved ones. However, many of us will be thrust into the caring journey and if we are able to talk about it now, before the fact, there is much to gain.

Are we too busy living life so fully that we don’t often entertain having this discussion? In many ways talking about dying has been hushed in our society. Though medical advancement focuses on fighting disease, what about having the discourse about the art of dying? Now as never before I sense a growing readiness and need for people to engage in issues regarding end of life transitions. It’s no surprise because as part of the big picture, we all are touched by loss through our lifetime.

The world I once knew changed dramatically more than three years ago after the passing of my husband. I never expected what happened, as I was married to Murray Rose, a man who was seemingly invincible. I suppose his being an Australian swimming legend in the 1956 and 1960 Olympic Games created an expectation in my mind that did not include his passing away at age 73 from acute myeloid leukaemia. The amount of time from diagnosis to his last breath was tragically 2½ months. Our GP, haematologist and St Vincent’s Sacred Heart Health Service palliative team became a collective force in my managing what was to come. Because of their model of care I was able to serve Murray at home.

Having lived in Australia for over 20 years now I am grateful beyond measure for the services which allowed me to take on the most important task I would ever be asked to accomplish. Whether caring for a loved one at home, a hospice or hospital, having the services, the tools and the insight of others can make an overwhelming difference.

## Online Palliative Care Training

Two new modules of [Palliative Care Online Training](#) are launching in July 2015 – recognising the deteriorating patient; and pain management.

The online training develops skills and confidence in caring for someone with a terminal illness. It assists to:

- Reflect on the needs of people and their families as they approach the end of life;
- Build screening and assessment skills;
- Develop confidence in having end of life conversations;

The training is free, and no pre-reading or preparation is required. The modules are accredited and enable participants to accrue Continuing Professional Development points. Recognition of Prior Learning (RPL) from accredited training organisations is also available.

To register go to [www.palliativecareonline.com.au](http://www.palliativecareonline.com.au) or contact the Australian Healthcare and Hospitals Association on [admin@ahha.asn.au](mailto:admin@ahha.asn.au) or 02 6162 0780.

## News Briefs

**666 ABC Radio Interview Colin Hay on Life and Death—** Colin Hay on life, death and 20 years after Men at Work. To listen to the podcast [click here](#)

**Emerald’s Fernlea House forced to cut palliative care for patients under 65 —** With half of its patients under 65. The government’s new funding system will greatly affect those receiving care at Fernlea. To read the full article [click here](#)

**SURVEY —** University of New South Wales survey on dying with dignity and end of life care. To take the survey [click here](#). For more information visit the [website](#)

**Grief and Loss Information Evening Canberra—** The Canberra Grief Centre is hosting an information evening about grief and loss and how it affects us. For more information [click here](#)

**Palliative Care Outcome Collaboration (PCOC) National Report and Summary (July—December 2014) Australia**  
PCOC National Report Highlights

- 18,310 patients seen by palliative care services with a total of 23,449 episodes and 53,467 phases
- 52% of episodes occurred in the inpatient palliative care setting
- Average length of an inpatient episode of care was 10.6 days and the average length of a community episode of care was 35.8 days
- The average number of phases per inpatient episode of care was 2.3 and the average number of phases per community episode of care was 2.0
- The deteriorating phase was the most common with 19402 phases
- 50% of palliative care patients died during this 6 month period: 72% died in hospital and 27% died in the community
- 77% of palliative care patients had a malignant diagnosis
- Public hospitals were the most common source of referral to palliative care: 52% of inpatient episodes and 49% of community episodes referred by a public hospital

If you would like more information, please contact Karen Quinsey, National Director [kquinsey@uow.edu.au](mailto:kquinsey@uow.edu.au) or visit the PCOC website: [www.pcoc.org.au](http://www.pcoc.org.au).



**eHospice Australia:**

**Featured in eHospice this week:**

- [From Karuna to Karunruk](#)
- [Helping primary carers cope as loved ones move on](#)
- [High demand for death dialogue](#)