

GRPCC Aged Care News

(In the time of the COVID19 pandemic)

Welcome to the first of a biweekly newsletter we will be circulating to RACFs in Gippsland over the next few months in response to the COVID 19 pandemic. The newsletter will communicate resources that may add value to your current support strategies, and also provide a platform for communication and information sharing in this time of increasing isolation in the aged care environment.

Please find attached a list of online resources that has been kindly shared by the South Metro Palliative Care Consortium (SMRPCC) that may be of value.

Having conversations with many of you from most of the RACF last week, it is reassuring to know that, for now, you all appear to have adequate Personal Protective Equipment (PPE), syringe drivers, medication access, staff, and GP support.

We are planning our first 'online ZOOM meeting' on Thursday 9th April at 1.30pm, to bring the RACFs together for a supportive discussion and an opportunity to brainstorm solutions to any issues that arise.

We will try to bring in a guest/specialist each meeting for a few minutes to answer any questions/provide advice or support. If you find this meeting valuable, we can make it a regular scheduled meeting.

The most current information for RACFs requiring palliative care support for residents with complex or unmet palliative care needs is to follow the 'GRPCC Aged Care Referral Pathway' for your region. In this time of an anticipated increase in the need for community palliative care, please remember that the Gippsland Regional Palliative Care Consultancy Service is also part of the pathway, and is available to support RACFs. Please contact me if you require copies of the pathway for your region, or any other information

Carol



A Few Resources (thanks to SMRPCC for this list)

▪ Fantastic Article on COVID-19 and Palliative Care

<https://insightplus.mja.com.au/2020/11/integrating-palliative-care-into-covid-19-planning/>

▪ Where to get the most recent Information on COVID-19

- Federal Department of Health - <https://www.health.gov.au/>
- ELDAC - <https://www.eldac.com.au/tabid/5953/Default.aspx>

▪ Newsletters and Updates

- ELDAC NEWSLETTER (ALSO THEY ARE ON FACEBOOK AND TWITTER)
<https://www.eldac.com.au/> (Right hand side of the page under 'Go Too')
- GRPCC website www.grpcc.com.au

▪ Online Training

- COVID-19 online training – Australian Government
<https://www.health.gov.au/resources/apps-and-tools/covid-19-infection-control-training>
- Infection Control Training – 10 Modules. Australian Commission on Safety and Quality in Healthcare
<https://www.safetyandquality.gov.au/our-work/infection-prevention-and-control/infection-prevention-and-control-elearning-modules>
- World Health Organisation
Infection Prevention and Control for Novel Coronavirus (COVID-19)
<https://openwho.org/courses/COVID-19-IPC-EN>

▪ Apps for mindfulness and relaxation

- Calm, Headspace, Breathe or Smiling Mind may be apps that can help you to destress and calm the mind (**download from Apple App Store or Google Play**)