



Palliative Care Professional Development for Health Professionals

Professional Development Opportunities

Gippsland Calendar 2021



Acknowledgements

The GRPCC would like to acknowledge the work undertaken by Bass Coast Health Learning and Development Unit and the Rural Maternity Support Program Gippsland, which provided foundation for the development of Palliative Care Professional Development and Skills Matrix in the Acute Setting. Also members of the Gippsland Regional Palliative Care Community of Practice Group including the Gippsland Region Palliative Care Consultancy Service, and Monash University Department of Rural Health.

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Professional Development Framework & Skills Matrix Project Team

September 2021

Copies of this report and more information is available from the GRPCC at GRPCC.Enquiries@wghg.com.au or 03 5623 0684.

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About the Palliative Care Professional Development for Health Professionals

The Palliative Care Professional Development for Health Professionals - Professional Development Opportunities booklet provides a list of resources and education available to assist you in developing your palliative care skill set from novice through to expert (as appropriate) in accordance to the National Palliative Care Standards

The responses from the Palliative Care Professional Development and Skills Matrix questionnaire will highlight how you currently rate your capability to perform certain skills (table 1)

Table 1:

Novice	No knowledge
	Basic knowledge
Advanced Beginner	Can do skill with supervision
Proficient	Can perform independently
Expert	Can teach others

This guideline will be updated annually and can be found on the GRPCC website and will be included in the GRPCC bi-monthly eNewsletter. Your feedback on courses and resources will be greatly appreciated.

Health professionals are able to access any level of course/guideline/resource, from novice to expert in this booklet, from the generalist section, allied health, or opportunities for medical practitioners. Assessing self as a novice or an expert does not preclude the clinician from accessing professional development opportunities from different levels/sections.

National Palliative Care Standards

Standard 1	Initial and ongoing assessment incorporates the person's physical, psychological, cultural, social and spiritual experiences and needs.
Standard 2	The person, their family and carers work in partnership with the team to communicate, plan, set goals of care and support informed decisions about the care plan.
Standard 3	The person's family and carers needs are assessed and directly inform provision of appropriate support and guidance about their role.
Standard 4	The provision of care is based on the assessed needs of the person, informed by evidence and is consistent with the values, goals and preferences of the person as documented in their care plan.
Standard 5	Care is integrated across the person's experience to ensure seamless transitions within and between services.
Standard 6	Families and carers have access to bereavement support services and are provided with information about loss and grief.
Standard 7	The service has a philosophy, values, culture, structure and environment that supports the delivery of person-centred palliative care and end-of-life care.
Standard 8	Services are engaged in quality improvement and research to improve service provision and development.
Standard 9	Staff and volunteers are appropriately qualified, are engaged in continuing professional development and are supported in their roles.

Standards mapped

Standards mapped to this guide include:

- [National Palliative Care Standards](#)
- [National Safety and Quality Standards \(Edn 2\)](#)
- [National Consensus Statement: Essential elements for safe and high quality end of life care](#)
- [Aged Care Quality and Safety Standards](#)
- [National Consensus Statement: Essential elements for safe and high quality paediatric end of life care](#)
- [Victoria Government's palliative care and end of life framework 2016](#)



Phase Definitions

The Palliative care phase is the stage of the patient's illness. Palliative care phases are not sequential and a patient may move back and forth between phases. Palliative care phases provide a clinical indication of the level of care required and have shown to correlate strongly with survival within longitudinal prospective studies.

PROBLEM SEVERITY SCORE

Clinician rated

0 = Absent

1 = Mild

2 = Moderate

3 = Severe

KARNOFSKY SCALE

AKPS (Australian modified Karnofsky Performance Scale)

Clinician rated

- 100 Normal, no complaints or evidence of disease
- 90 Able to carry on normal activity, minor signs or activity
- 80 Normal activity with effort, some signs or symptoms of disease
- 70 Care for self, unable to carry on normal activity or to do active work
- 60 Occasional assistance but is able to care for most needs
- 50 Requires considerable assistance and frequent medical care
- 40 In bed more than 50% of the time
- 30 Almost completely bedfast
- 20 Totally bedfast & requiring nursing care by professionals and/or family
- 10 Comatose, barely rousable

PALLIATIVE CARE PHASE OF ILLNESS

Clinician rated

1. **STABLE** Symptoms are adequately controlled by established management
2. **UNSTABLE** Development of a new problem or a rapid increase in the severity of existing problems
3. **DETERIORATING** Gradual worsening of existing symptoms or the development of new but expected problems
4. **TERMINAL** Death likely in a matter of days
5. **BEREAVED** Death of a patient has occurred and the carers are grieving

Refer to complete Phase Definitions

Assessment and Symptom Management for a person receiving palliative care

Mapping to relevant standards:

National Palliative Care Standards:- Standard 1, Assessment of need; Standard 2, Developing the care plan; Standard 4, Providing Care

National Safety and Quality Standards :- Standard 1, Clinical Governance; Standard 2, Partnering with Consumers; Standard 3, Preventing and Controlling Healthcare-Associated Infection; Standard 4, Medication Safety; Standard 5, Comprehensive Care ; Standard 6, Communicating for Safety; Standard 8, Recognising and Responding to Acute Deterioration

National Consensus Statement: Essential elements for safe and high quality end of life care:- Element 1, Patient centred care; Element 2, Teamwork; Element 3 Goals of Care

Aged Care Quality and Safety Standards :- Standard 2, Ongoing assessment and planning with consumers; Standard 3, Personal care and clinical care; Standard 4, Services and support for daily living

National Consensus Statement: Essential elements for safe and high quality paediatric end of life care:- Element 1, Patient centred care; Element 3 Goals of Care, Element 5, Responding to concerns; Element 10, Supporting systems

Victoria Government's palliative care and end of life framework 2016:- Priority 1, Person- centred care; Priority 3, People receive services that are coordinated and integrated

Subject	Resources and Useful Website	Capability			
		Novice	Advanced Beginner	Proficient	Expert
Introduction to Palliative Care	Education				
	St Oswalds – Current Learning in Palliative care (CLiP) Introductory to Palliative Care 1. What is palliative care? 2. Meeting the very ill adult for the first time 3. Making sensible decisions www.stoswaldsuk.org/how-we-help/we-educate/education/resources/what-is-clip/clip-adults-worksheets/	✓			
	Centre for Palliative care Palliative Care: Getting Started www.centreforpallcare.org/page/93/online-courses	✓	✓		
	PEPA - Supervised Clinical Placements pepaeducation.com/placements/supervised-clinical-placements/		✓	✓	
	Flinders University - Distance Education Course in Palliative Care Nursing www.flinders.edu.au/content/dam/documents/engage/community/short-courses/palliative-chare-nursing-online.pdf			✓	

Subject	Resources and Useful Website	Capability			
		Novice	Advanced Beginner	Proficient	Expert
	Stanford Uni End of Life Curriculum www.caresearch.com.au/caresearch/tabid/2470/Default.aspx			✓	
Phases of Care	Tools & Guidelines Phase of Care- Definitions https://ahsri.uow.edu.au/content/groups/public/@web/@chsd/@pcoc/documents/doc/uow222232.pdf				
	Education End of Life Care Essentials Module 1 - Dying, A Normal Part of Life www.caresearch.com.au/caresearch/tabid/3981/Default.aspx	✓	✓		
Palliative Care Assessments	Tools & Guidelines Caresearch - Palliative Care Outcomes Collaboration (PCOC) www.caresearch.com.au/caresearch/tabid/99/Default.aspx				
Symptom Management	Tools & Guidelines GRPCC/Banksia Palliative Care Service Clinical Care Guidelines www.grpcc.com.au/wp-content/uploads/2020/09/BPCS-GRPCC-Clinical-Guidelines-final-Septmeber-2020.pdf		✓	✓	✓
	Therapeutic Guidelines (available on intranet in health services) or in hard copy tgldcdp.tg.org.au/topicTeaser?guidelinePage=Palliative+Care&etgAccess=true	✓	✓	✓	✓

Care of the Dying Person

Mapping to relevant standards:

National Palliative Care Standards:- Standard 1, Assessment of need; Standard 2, Developing the care plan; Standard 3, Caring for carers; Standard 4, Providing Care; Standard 5, transition within and between services; Standard 6, Grief support

National Safety and Quality Standards:- Standard 1, Clinical Governance; Standard 2, Partnering with Consumers; Standard 3, Preventing and Controlling Healthcare-Associated Infection; Standard 4, Medication Safety; Standard 5, Comprehensive Care ; Standard 6, Communicating for Safety; Standard 8, Recognising and Responding to Acute Deterioration

National Consensus Statement: Essential elements for safe and high quality end of life care:- Element 1, Patient centred care; Element 2, Teamwork; Element 3 Goals of Care; Element 5, Responding to concerns; Element 6, Leadership and governance; Element 10, Supporting systems

Aged Care Quality and Safety Standards :- Standard 2, Ongoing assessment and planning with consumers; Standard 3, Personal care and clinical care; Standard 4, Services and support for daily living

National Consensus Statement: Essential elements for safe and high quality paediatric end of life care:- Element 1, Patient centred care; Element 2, Teamwork; Element 3; Goals of Care; Element 5, Responding to concerns; Element 6, Leadership and governance; Element 10, Supporting systems

Victoria Government's palliative care and end of life framework 2016:- Priority 1, Person- centred care; Priority 4, Quality end of life and palliative care is everyone's business; Priority 5, Specialist palliative care is strengthened

Subject	Resources and Useful Website	Capability			
		Novice	Advanced Beginner	Proficient	Expert
Commencing a Care Plan of the Dying Person (CPDP)	Tools & Guidelines				
	The Care plan for the Dying Person www.gpcc.com.au/wp-content/uploads/2018/10/CPDP-Vic-clean_FINAL.pdf	✓	✓	✓	✓
	Care Plan of the Dying Person Health Professionals Guide clinicalexcellence.qld.gov.au/sites/default/files/docs/clinical-pathways/care-plan-dying-person/care-plan-dying-person-health-professional.pdf	✓	✓	✓	✓
Developing a Care Plan	Education				
	End of Life Essentials Module 6 - Responding to concerns https://www.caresearch.com.au/caresearch/tabid/2629/Default.aspx	✓	✓		
	PCC4U - Module 1 - Principles of palliative care* www.pcc4u.org/learning-modules/core-modules/module-1-principles/	✓	✓		
	PCC4U - Module 4 - Optimising function in palliative care* www.pcc4u.org/learning-modules/core-modules/module-4-optimisation/	✓	✓		
	PCC4U - Module 4 Section 2: Goals of care https://pcc4u.org.au/learning/modules/module4/m4_section2/	✓	✓		

Subject	Resources and Useful Website	Capability				
		Novice	Advanced Beginner	Proficient	Expert	
Advance Care Directives	Education					
	End of Life Essentials Module 4 - Planning End-of-Life Care - Goals of Care https://www.caresearch.com.au/caresearch/tabid/2629/Default.aspx	✓	✓			
	PCC4U End of Life Law for Clinicians palliativecareeducation.com.au/course/index.php?categoryid=5		✓	✓	✓	
Limitation of Medical Treatment	Tools & Guidelines					
	See health service policy and LMT form / Goals of Care form	✓	✓	✓	✓	
	Tools & Guidelines					
The terminal phase	WA Cancer and Palliative Care Network Evidence based clinical guidelines for adults in the terminal phase ww2.health.wa.gov.au/~media/Files/Corporate/general%20documents/Palliative/Evidence_based_guidelines.pdf		✓	✓	✓	
	Useful website					
	Palliative & End of Life Care , A blueprint for improvement Essential Components www.aci.health.nsw.gov.au/palliative-care-blueprint/the-blueprint/essential-components/essential-component-4		✓	✓	✓	
	Palliative Care Bridge www.palliativecarebridge.com.au/resources/medications	✓	✓			
	Education					

Subject	Resources and Useful Website	Capability				
		Novice	Advanced Beginner	Proficient	Expert	
	End of Life care Essentials Module 3 - Recognising the End of Life www.caresearch.com.au/caresearch/tabid/3999/Default.aspx	✓	✓			
	End of Life Essential- Module 4- recognising end of life https://www.caresearch.com.au/caresearch/tabid/2629/Default.aspx	✓	✓			
Cultural diversity	Useful website					
	Guidielines for caring for Aborigianl and Torres Strait islander through death and dying www.health.qld.gov.au/_data/assets/pdf_file/0023/151736/sorry_business.pdf	✓	✓	✓	✓	
	An outline of different cultural beliefs at the time of death 2011 lmrcc.org.au/admin/wp-content/uploads/2011/07/Customs-Beliefs-Death-Dying.pdf	✓	✓	✓	✓	
	Culturally & linguistically diverse people www.pallcarevic.asn.au/healthcare-professionals/cultural-safety/people-from-diverse-cultural-backgrounds/	✓	✓	✓	✓	
	Palliative Care Victoria www.pallcarevic.asn.au/healthcare-professionals/cultural-safety/aboriginal-australians/	✓	✓	✓	✓	
	Education					
	Refer to your health services learning and education platform	✓	✓			
Spiritual beliefs	Useful website					
	Spiritual, Religious and Cultural Wishes palliativecare.org.au/spiritual-religious-and-cultural-wishes	✓	✓	✓	✓	
	Care Search www.caresearch.com.au/caresearch/tabid/1537/Default.aspx	✓	✓	✓	✓	
Supporting the family	Useful website					
	GRPCC Carer symptom management sheets & Carers Safety & Information Kit www.grpcc.com.au/clients-carers/resources/	✓	✓	✓		
	Caring @home www.caringathomeproject.com.au/	✓	✓	✓		
	Caring Safely at Home palliative care education for caregivers - Opening and Drawing Up from an Ampoule - 10 Step plan - Blunt Needle Technique	✓	✓	✓		

Subject	Resources and Useful Website	Capability			
		Novice	Advanced Beginner	Proficient	Expert
	<ul style="list-style-type: none"> - 10 Step plan - No Needle Technique - Injection via Cannula - Blunt Needle Technique - Injection via Cannula - No Needle Technique 				
	Subcutaneous Medications and Palliative Care: A guide for caregivers www.caresearch.com.au/caresearch/Portals/0/Documents/WhatIsPalliativeCare/NationalProgram/PCForPeopleAtHome/CSAH-Medication-Booklet-2016.pdf	✓	✓	✓	
	Care Search www.caresearch.com.au/caresearch/tabid/2145/Default.aspx	✓	✓	✓	
	Education				
	Caring @ Home Module 1 - Introducing the caring@home resources and their benefits Module 2A - Conducting the one-on-one training session. Module 2B - Conducting the one-on-one training session www.caringathomeproject.com.au/tabid/5319/Default.aspx	✓	✓	✓	
After Death	Tools & Guidelines				
	GRPCC Verification of Death Guideline www.grpcc.com.au/wp-content/uploads/2019/04/GRPCC-CPG005_2.0_2018-Verification-of-Death-Review-Final.pdf	✓	✓	✓	✓
	Guidance Note for the Verification of Death www2.health.vic.gov.au/about/publications/policiesandguidelines/verification-death	✓	✓	✓	✓
	Care of the Body www.caresearch.com.au/caresearch/ProfessionalGroups/NursesHubHome/Clinical/AfterDeathCare/Careofthebody/tabid/1536/Default.aspx	✓	✓	✓	✓
	Useful website				
	Coroners Court of Victoria www.coronerscourt.vic.gov.au/report-death-or-fire/how-report-death	✓	✓	✓	✓
	Tools & Guidelines				

Subject	Resources and Useful Website	Capability			
		Novice	Advanced Beginner	Proficient	Expert
Bereavement Support	Bereavement Risk Screening and Management Guidelines Gippsland www.grpcc.com.au/wp-content/uploads/2018/06/GRPCC-Bereavement-Screening-and-Management-Guideline-June-2016.pdf		✓	✓	✓
	The Australian Centre for Grief and Bereavement – Information sheets www.grief.org.au/ACGB/Publications/Resources_Bereaved/Grief_Information_Sheets/ACGB/ACGB_Publications/Resources_for_the_Bereaved/Grief_Information_Sheets.aspx?hkey=19bfe37f-d79f-4e70-85e7-82b94bca248b	✓	✓		
	CBRAT www.grpcc.com.au/wp-content/uploads/2018/09/CBRAT.pdf	✓	✓	✓	
	Education				
	The Australian Centre for Grief and Bereavement Graduate Certificate in Bereavement Counselling and Intervention www.grief.org.au/ACGB/Education/Courses/GCBCI/ACGB/Education/Courses/10775NAT_-_Graduate_Certificate_in_Bereavement_Counselling_and_Intervention.aspx?hkey=6f5e4ff6-df0d-4711-aadf-5ea89a32bad2#application-process		✓	✓	✓
	The Australian Centre for Grief and Bereavement Short courses https://www.grief.org.au/ACGB/Education/Workshops/ACGB/Education/Workshops_1/Workshops.aspx?hkey=431d6018-c010-49bb-a09c-e31df134ec4f	✓	✓	✓	✓
	Clip Adults Worksheets - Bereavement www.stoswaldsuk.org/how-we-help/we-educate/education/resources/what-is-clip/clip-adults-worksheets/	✓	✓		
	Useful Contacts				
Contact health service social worker if available					
For complex needs contact GRPCCS Social Worker Phone: (03) 5173 8713 Fax: (03) 5173 8442 Email: PallCareCS@lrh.com.au					

Therapeutic Communication

Mapping to relevant standards:

National Palliative Care Standards:- Standard 1, Assessment of need: Standard 2, Developing the care plan: Standard 3, Caring for carers; Standard 4, Providing Care; Standard 5, Transition within and between services; Standard 6, Grief support

National Safety and Quality Standards:- Standard 1, Clinical Governance: Standard 2, Partnering with Consumers: Standard 5, Comprehensive Care ; Standard 6, Communicating for Safety

National Consensus Statement: Essential elements for safe and high quality paediatric end of life care;-: Element 1, Patient centred care; Element 2, Teamwork; Element 3; Goals of Care; Element 5, Responding to concerns; Element 7, Education and training; Element 10, Supporting systems

Aged Care Quality and Safety Standards :- Standard 2, Ongoing assessment and planning with consumers: Standard 3, Personal care and clinical care; Standard 4, Services and support for daily living

National Consensus Statement: Essential elements for safe and high quality paediatric end of life care;-: Element 1, Patient centred care; Element 2, Teamwork; Element 3; Goals of Care; Element 5, Responding to concerns; Element 7, Education and training; Element 10, Supporting systems

Victoria Government's palliative care and end of life framework 2016:- Priority 1, Person- centred care; Priority 2, Engaging communities, embracing diversity; Priority 3, People receive services that are coordinated and integrated

Subject	Resources and Useful Website	Capability			
		Novice	Advanced Beginner	Proficient	Expert
Initiating conversations and communicating with patients and family	Useful website				
	Cancer Council webinar in communication www.cancervic.org.au/for-health-professionals/training-education/communications-webinar	✓	✓		
	Palliative Care Victoria for Health Professionals Communication www.pallcarevic.asn.au/healthcare-professionals/about-palliative-care/communication/	✓	✓	✓	✓
	The Human Connection of Palliative Care: Ten Steps for What To Say and Do www.youtube.com/watch?v=7kQ3PUyhmq	✓	✓		
	Communication Skills Education Videos for Health Professionals www.cancerwa.asn.au/resources/2020-10-28-PaSCE-Communication-Skills-Videos-PDF.pdf	✓	✓	✓	✓
	Education				
	End of Life Essentials Module 2 - Patient-Centred Communication and Shared Decision-Making www.caresearch.com.au/caresearch/tabid/3982/Default.aspx	✓	✓		
PCC4U - Module 2 - Communicating with people with life-limiting illnesses* www.pcc4u.org/learning-modules/core-modules/module-2-communication/	✓	✓			

Subject	Resources and Useful Website	Capability				
		Novice	Advanced Beginner	Proficient	Expert	
	PCC4U - Focus Topic - Multidisciplinary care www.pcc4u.org/learning-modules/focus-topics/topic-1-multidisciplinary-care/	✓	✓			
	GRPCC Communication Skills Workshops Enquire with your clinical educator regarding the availability of communication skills training within your health service	✓	✓	✓		
Discussing Advance Care Directives (ACD)	Education					
	www.advancecareplanning.org.au/training-and-education	✓	✓	✓		
Responding to Voluntary Assisted Dying (VAD) requests	Useful Contacts					
	Gippsland VAD Care Coordinator 0448 003 464					
	Voluntary Assisted Dying Care Navigators (03) 8559 5823 0436 848 344 vadcarenavigator@petermac.org	✓	✓	✓	✓	
	Useful website					
	www2.health.vic.gov.au/hospitals-and-health-services/patient-care/end-of-life-care/voluntary-assisted-dying	✓	✓	✓		
Communicating with colleagues	Education					
	End of Life Essentials Module 5 - Teams and Continuity for the Patient www.caresearch.com.au/caresearch/tabid/4001/Default.aspx	✓	✓			
Participating in a Family meeting	Useful website					
	www.caresearch.com.au/caresearch/tabid/1446/Default.aspx	✓	✓			
	Education					
	PCC4U - Module 4 Section 2: Goals of care pcc4u.org.au/learning/modules/module4/m4_section2/	✓	✓			
Accessing an interpreter	Tools and Guidelines					
	See health service policy					

Subject	Resources and Useful Website	Capability			
		Novice	Advanced Beginner	Proficient	Expert
	Useful website				
	Stanford School of Medicine – Ethnogeriatrics microlectures				

Transition between settings

Mapping to relevant standards:

National Palliative Care Standards:- Standard 5, transition within and between services

National Safety and Quality Standards:- Standard 1, Clinical Governance; Standard 2, Partnering with Consumers; Standard 3, Preventing and Controlling Healthcare-Associated Infection; Standard 5, Comprehensive Care ; Standard 6, Communicating for Safety; Standard 8, Recognising and Responding to Acute Deterioration

National Consensus Statement: Essential elements for safe and high quality end of life care:- Element 1, Patient centred care; Element 2, Teamwork; Element 3 Goals of Care; Element 5, Responding to concerns; Element 6, Leadership and governance; Element 7, Education and Training; Element 10, Supporting systems

Aged Care Quality and Safety Standards :- Standard 3, Personal care and clinical care; Standard 4, Services and support for daily living

National Consensus Statement: Essential elements for safe and high quality paediatric end of life care:- Element 1, Patient centred care; Element 2, Teamwork; Element 3; Goals of Care; Element 5, Responding to concerns; Element 6, Leadership and governance; Element 7, Education and training; Element 10, Supporting systems

Victoria Government's palliative care and end of life framework 2016:- Priority 3, People receive services that are coordinated and integrated

Subject	Resources and Useful Website	Capability			
		Novice	Advanced Beginner	Proficient	Expert
Provide a clinical handover	ISBAR www.safetyandquality.gov.au/sites/default/files/migrated/ISBAR-toolkit.pdf	✓	✓		
	Ideal Handover www.grpcc.com.au/wp-content/uploads/2020/05/IDEAL-handover-poster.pdf	✓	✓	✓	✓
	Education				
	PCC4U Focus Topic - Multidisciplinary care www.pcc4u.org/learning-modules/focus-topics/topic-1-multidisciplinary-care/	✓	✓		
	GRPCCS referral form www.grpcc.com.au/wp-content/uploads/2018/06/GRPCCS-referral-form.docx	✓	✓	✓	✓
Tools & Guidelines					

Subject	Resources and Useful Website	Capability			
		Novice	Advanced Beginner	Proficient	Expert
Refer to Respite, local shire, volunteer support, afterhours support, ALO or Allied Health	See Health Services directory				
	Useful website Latrobe Community Health Service – Carer Support www.lchs.com.au/services/aged-disability-carers/carer-support/	✓	✓		
Direct admit palliative care patient	Tools & Guidelines See health service policy				
	The direct planned/unplanned admission process for imminently dying patients from the community palliative care to inpatient setting (rapid admission) www.grpcc.com.au/wp-content/uploads/2021/05/Rapid-Admission-flow-chart.pdf	✓	✓	✓	✓
Transferring a patient	Tools & Guidelines See health service policy				
	Tools & Guidelines See health service policy				
Accept a palliative care patient	Tools & Guidelines See health service policy				
	Tools & Guidelines See health service policy				
Rapid discharge	Tools & Guidelines See health service policy				
	Rapid discharge guidance for patients who wish to die at home www.grpcc.com.au/wp-content/uploads/2020/11/Rapid-discharge-to-die-at-home-Final.pdf	✓	✓	✓	✓
Refer to community palliative care S2S	Tools & Guidelines See health service policy				
	Tools & Guidelines See health service policy				
Access Consultancy Service	GRPCCS Phone: (03) 5173 8713 Fax: (03) 5173 8442 Email: PallCareCS@lrh.com.au				

Self-Care Strategies

Mapping to relevant standards:

National Palliative Care Standards:- Standard 9

National Safety and Quality Standards (Edn 2):- 5.18,

National Consensus Statement: Essential elements for safe and high quality end of life care:- 7.10

Aged Care Quality and Safety Standards :- 7 (3) (d)

National Consensus Statement: Essential elements for safe and high quality paediatric end of life care;- 7.10

Victoria Government's palliative care and end of life framework 2016

Subject	Resources and Useful Website	Capability			
		Novice	Advanced Beginner	Proficient	Expert
Self Care	Tools & Guidelines				
	GRPCC Clinical Supervision www.grpcc.com.au/wp-content/uploads/2020/11/Clinical-Supervision-Support-Guideline-GRPCC-Final.pdf	✓	✓	✓	✓
	Self care and wellbeing in the palliative and end of life care setting www.grpcc.com.au/wp-content/uploads/2020/11/Wellbeing-for-clinicians-working-in-palliative-care-Final.pdf	✓	✓	✓	✓
	Professional quality of life scale (proqol) Compassion satisfaction and compassion fatigue proqol.org/proqol-measure	✓	✓	✓	✓
	Useful website				
	Nursing and Midwifery Support – Your Health Matters www.nmsupport.org.au/	✓	✓	✓	
	Boundaries and Self-Care in Hospice Palliative Care www.youtube.com/watch?v=wSb_O6_E7_A	✓	✓		
	End of Life Essential – self care unit www.caresearch.com.au/caresearch/tabid/4278/Default.aspx	✓	✓	✓	
	Care Search www.caresearch.com.au/caresearch/tabid/2180/Default.aspx	✓	✓		
Pandemic Kindness Movement aci.health.nsw.gov.au/covid-19/kindness	✓	✓	✓	✓	

Other Professional Development Opportunities for Priority Populations

Mapping to relevant standards:

National Palliative Care Standards:- Standard 9, Staff qualifications and training

National Safety and Quality Standards:- Standard 1, Clinical Governance: Standard 4, Medication Safety; Standard 5, Comprehensive Care; Standard 8, Recognising and Responding to Acute Deterioration

National Consensus Statement: Essential elements for safe and high quality end of life care:- Element 6, Leadership and governance; Element 7, Education and training

Aged Care Quality and Safety Standards :- Standard 7, Human resources

National Consensus Statement: Essential elements for safe and high quality paediatric end of life care:- Element 6, Leadership and governance; Element 7, Education and training; Standard 8, Supervision and support

Victoria Government's palliative care and end of life framework 2016:- Priority 4, Quality end of life and palliative care is everyone's business; Priority 5, Specialist palliative care is strengthened

Subject	Resources and Useful Website	Capability			
		Novice	Advanced Beginner	Proficient	Expert
MND	Useful website				
	MND Australia www.mndaust.asn.au/Home.aspx	✓	✓	✓	
	Education				
	Online training for health and community care professionals about MND www.mndcare.net.au/overview/online-training-for-service-providers	✓	✓	✓	
Aboriginal and Torres Strait Islanders	Useful Contacts				
	MND Shared Care Worker (Gippsland) Gippsland Region Palliative Care Consortium C/O Cottage 4 West Gippsland Healthcare Group Warragul Office: 56226482 Mobile 0417100286 carol.barbeler@wghg.com.au				
Aboriginal and Torres Strait Islanders	Useful website				
	Taking Care of Dying Time www.betterhealth.vic.gov.au/health/videos/Taking-Care-of-Dying-Time	✓	✓	✓	✓

Subject	Resources and Useful Website	Capability			
		Novice	Advanced Beginner	Proficient	Expert
	Gwandalan https://gwandalanpalliativecare.com.au/	✓	✓	✓	✓
	Education				
	PCC4U - Focus Topic - Caring for Aboriginal people with life limiting conditions www.pcc4u.org/learning-modules/focus-topics/topic-2-aboriginal-populations/	✓	✓	✓	✓
	Gwandalan - Supporting Palliative Care for Aboriginal and Torres Strait Islander Communities eLearning Modules – National Palliative Care (gwandalanpalliativecare.com.au)	✓	✓	✓	✓
Disability	Useful website				
	Talking End of Life with people with intellectual disabilities www.caresearch.com.au/TEL/	✓	✓	✓	
Community based aged care	Education				
	The Guidelines for a Palliative Approach to Aged Care in the Community (COMPAC) www.pallcaretraining.com.au/	✓	✓		
Dementia	Tools and Guidelines				
	Dementia Australia - Dying Well Improving Palliative and End of Life care for people with dementia www.dementia.org.au/sites/default/files/documents/DA%20Dying%20Well%20Discussion%20Paper%20FINAL%20for%20online.pdf				
	Education				
	Dementia Training Australia dta.com.au/online-dementia-courses/	✓	✓		
	MOOC - Understanding Dementia www.ufas.edu.au/wicking/understanding-dementia	✓	✓		

Professional Development Opportunities for Allied Health Professionals

Subject	Resources and Useful Website	Capability			
		Novice	Advanced Beginner	Proficient	Expert
Allied Health	Useful website				
	End of Life Care Essentials www.endoflifeessentials.com.au/tabid/5264/Default.aspx	✓	✓	✓	
	Allied Health in Australia and its Role in Palliative Care www.caresearch.com.au/caresearch/Portals/0/Engagement-Project/Allied-health-in-Australia-and-its-role-in-palliative-care.pdf	✓	✓		
	Education				
	Allied Health and Palliative Care Pathway www.caresearch.com.au/caresearch/Portals/0/Allied_Health/CareSearch-Allied-Health-Pathway.pdf	✓	✓	✓	✓
	CareSearch Allied Health Clinical and Education Resources www.caresearch.com.au/caresearch/tabid/2879/Default.aspx	✓	✓	✓	✓
PEPA - Placement for Allied Health Practitioners pepaeducation.com/placements/health-professionals/allied-health-practitioners/	✓	✓	✓	✓	

Professional Development Opportunities for Medical Practitioners

Subject	Resources and Useful Website	Capability			
		Novice	Advanced Beginner	Proficient	Expert
Resources for GPs and medical students	Useful website				
	Caresearch Hub www.caresearch.com.au/tabid/6246/Default.aspx	✓	✓	✓	
	PalliAGEDgp www.caresearch.com.au/TabId/6568/ArtMID/17907/ArticleID/2542/palliAGEDgp-equipping-GPs-in-rural-and-remote-areas-to-deliver-quality-palliative-care.aspx	✓	✓		
	Education/resources				
	RACGP aged care clinical guide- Silver Book – Palliative and end of life care www.racgp.org.au/clinical-resources/clinical-guidelines/key-racgp-guidelines/view-all-racgp-guidelines/silver-book/part-a/palliative-care	✓	✓	✓	✓
	Tough Talk- Helping doctors approach difficult conversations depts.washington.edu/toolbox/toc.html	✓	✓	✓	
	Psychosexual Care of Women with Gynaecological Cancers https://www.cancerlearning.gov.au/topics/psqc	✓	✓	✓	
	RACP Learning Resources www.caresearch.com.au/tabid/6767/Default.aspx	✓	✓		
	End of life law for clinicians https://www.caresearch.com.au/tabid/6761/Default.aspx	✓	✓	✓	✓
	Stanford University Palliative Care Training Portal (choose microlectures) palliative.stanford.edu/	✓	✓	✓	✓
eviQ Education- Cancer survivorship and general practice education.eviq.org.au/podcasts-videos/videos/cancer-survivorship-and-general-practice	✓	✓			
PEPA Learning guide for medical practitioners https://pepaeducation.com/wp-content/uploads/2021/01/PEPA_MedicalPractitioners_LearningGuide_Online.pdf	✓	✓			
PEPA GP palliative care workshops	✓	✓	✓		

Subject	Resources and Useful Website	Capability			
		Novice	Advanced Beginner	Proficient	Expert
	https://pepaeducation.com/types-of-workshops/				
	PEPA - Placement for Medical Practitioners https://pepaeducation.com/placements/health-professionals/gps/	✓	✓	✓	

Scholarships

Australian College of nursing www.acn.edu.au/scholarships

Australian Nursing and Midwifery otr.anmfvic.asn.au/articles/grants-awards-prizes-and-scholarships

The Nurses Memorial Centre (NMC) australiannursesmemorialcentre.org.au/index.php/scholarships/

GRICS Scholaship Program - www.vics.org.au/grics-health-professionals

The Palliative Care Bridge

The Palliative Care Bridge delivers a wide range of innovative educational videos and resources on palliative care by respected experts and specialists in their fields. An example of topics include:

- Rural palliative care;
- Practical caring issues;
- Persistent Complex Bereavement Disorder;
- The place of spiritual care at the end of life;
- Primary care services and GPs – how to improve quality of life for patients;
- Nutrition and palliative care;
- Early palliative care for advanced illnesses;
- Palliative care and culturally and linguistically diverse communities;
- Any many, many more.

The aim is to better equip users of the site to gain confidence and specialised knowledge in the delivery of appropriate palliative care to people in need. <http://www.palliativecarebridge.com.au/resources>

PEPA programs

The Program of Experience in the Palliative Approach (PEPA) is a national palliative care project. It takes a strategic approach to education and training of the healthcare workforce and delivers programs for priority healthcare provider groups across primary, secondary and tertiary settings. For information on the national program, <https://pepaeducation.com/>.

In Victoria, this national program is managed by The Centre for Palliative Care. There are a number of programs available to health professionals, ranging from online learning modules, regional workshops, placements in tertiary palliative care services, or palliative care consultants coming to workplaces to deliver training (reverse PEPA placements). PEPA programs are available to all health professionals, including nursing, medicine, pharmacy, and allied health. See specific links within this guide, or on the PEPA Vic website <https://www.centreforpallcare.org/page/86/pepa>