



# CareSearch and Partner Projects

Jennifer Tieman  
RePaDD Director

PalliWELLBEING Education for HPs  
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CARESEARCH®  
palliative care knowledge network

CareSearch is funded by the Australian Government Department of Health and Aged Care

[caresearch.com.au](https://caresearch.com.au)



## What I'm covering

- Acknowledgement of country
- The National Palliative Care Program
- CareSearch and palliAGED and our partner projects
- CareSearch Updates
  - CareSearch portal: 3 Centres
  - Evidence and Translation Centre
  - palliAGED modules and Practice Tips
  - Packaging our resources

CareSearch provides nationally available websites to connect health professionals and the general public with trustworthy, evidence-based information, and resources in palliative care.



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## The need for palliative care

- Demand for palliative care is increasing due to ageing of the population and prevalence of cancer and other chronic diseases.
- Palliative care can be needed at any point across the life course from birth, adolescence, middle years through to advanced older age.
- Palliative care relates to almost all settings of healthcare from general practices, acute hospitals, residential and community aged care services, and generalist community services.
- We are a diverse population with differing views, backgrounds and expectations.
- There are diverse evidence and resource requirements to meet the differing knowledge needs in the sector.

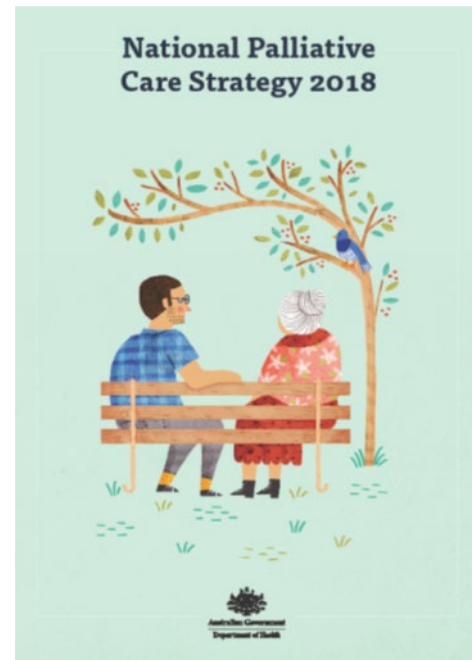


## Palliative Care Projects and Initiatives

The Strategy: That people affected by life-limiting illnesses get the care they need to live well

Implementation Plan: Outcomes supported by an Implementation Plan and a Monitoring and Evaluation Plan

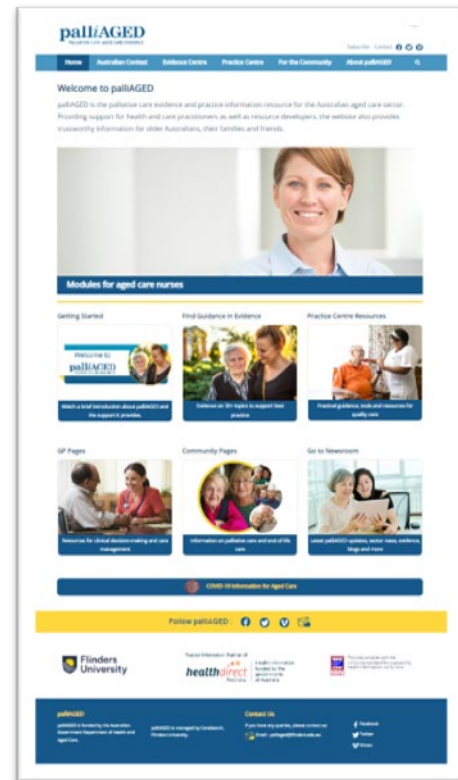
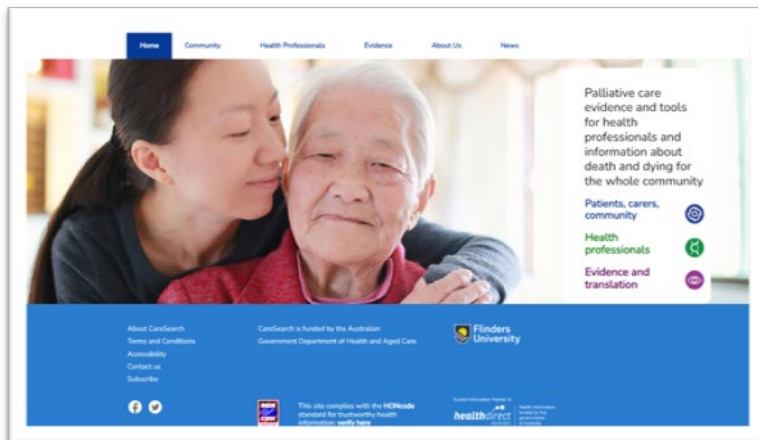
Projects and Initiatives: Fund a range of national palliative care initiatives and programs with focus on education, training, quality improvement, and ACP





The CareSearch team manage the CareSearch and palliAGED websites.

And we have partner relationships with Advance Dementia, CarerHelp, Caring@Home, ELDAC, End of Life Essentials, QuoCCA and TEL





## Rapid Fire Updates: Partners

### End of Life Essentials

- New learning modules
- Educator resources coming

### CarerHelp

- Information pack for services
- Diversity resources coming soon

### ELDAC

- Linkages continuing
- My Care Matters Campaign
- Self-care room

### Advance Project

- Dementia for clinicians released
- Dementia for careworkers soon

### Caring@Home

- Palliative Care Clinical Box

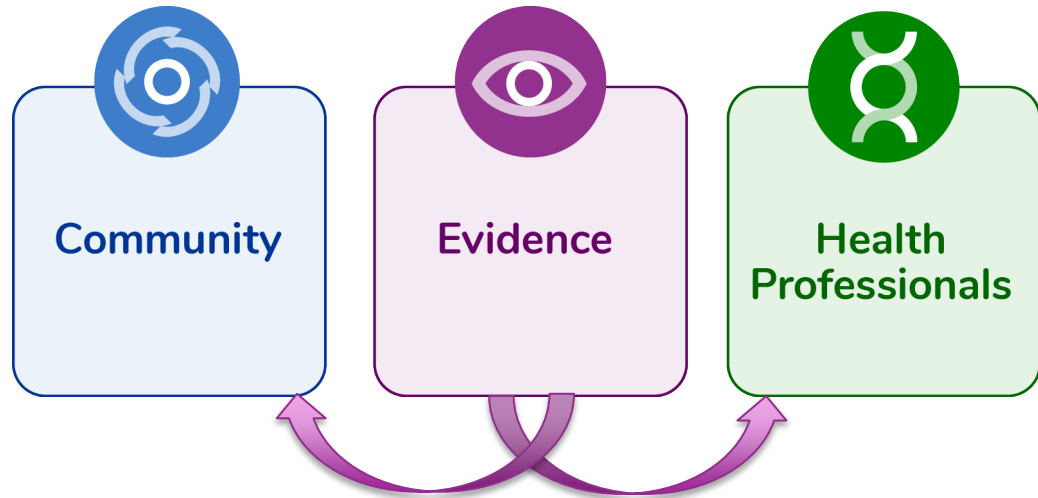




CareSearch 2021  
redevelopment:

Supporting everyone  
to be informed &  
involved

There are no wrong  
doors when looking  
for evidence.



**Transparent & rigorous quality processes**

**Ensure access to evidence and trustworthy  
information for everyone**





# Community

- Patients & Carers
- Older Australia
- Diversity
- Dying2Learn

[illegible]



**PROVIDING EVIDENCE-BASED INFORMATION TO SUPPORT PARENTS' CHOICES**

Freeing evidenced-based information from behind paywalls and making it available to all parents and carers

**Books to help kids understand death and grief**

These are some recommended resources books and resources from Caresearch that you can find on our website. We have also included links to other resources that you can find on the internet. We have also included links to other resources that you can find on the internet.

**Babies and Toddlers (0 - 4 years)**

**Trust Me! (2015), The Good and Beautiful**  
This book is a collection of stories that are designed to help children understand the concept of trust. It is a collection of stories that are designed to help children understand the concept of trust.

**Little Seeds (2015), The Good and Beautiful**  
This book is a collection of stories that are designed to help children understand the concept of life. It is a collection of stories that are designed to help children understand the concept of life.

**My Growing Garden (2015), The Good and Beautiful**  
This book is a collection of stories that are designed to help children understand the concept of growth. It is a collection of stories that are designed to help children understand the concept of growth.

**Write Words to Remember (2015), The Writing Time**  
This book is a collection of stories that are designed to help children understand the concept of writing. It is a collection of stories that are designed to help children understand the concept of writing.

**My Growing Garden (2015), The Good and Beautiful**  
This book is a collection of stories that are designed to help children understand the concept of growth. It is a collection of stories that are designed to help children understand the concept of growth.

**My Growing Garden (2015), The Good and Beautiful**





Advancing care & supporting research

## Palliative Care Support for Patients, Carers, and Families

Caresearch provides trustworthy information about palliative care for patients, carers, and families as well as for health professionals.




caresearch is funded by the Australian Government Department of Health.

launched June 2021




### Learn why access to palliative care matters for these groups


Select an population group that has most need and whose needs are the center of publication case. Your final research case may help to identify the barriers that may keep that access/palliative care services.




**Disenfranchised and Timely Death**  
Marginalized populations




**Care Settings**




**Patients and Caregivers**




**Culturally and Linguistically**  
disenfranchised




**Nonresidents**




**Healthcare Professionals**




**Intellectual disability**




**Violence, gun, international, transgender**  
and other groups




**Disparities**




**Older Populations**




**Prisoners**




**End-of-Life**




**Physical and cognitive disabilities**




**Refugees**




**Healthcare Rights**



**Physical and cognitive disabilities**



**Refugees**



**Healthcare Rights**

Case published 02/28/2021

## Working out what matters to you is important with a life-limiting illness

There is information here that can help in making important choices. You will need to think about what you tell and how things might change. There are many things to consider. This could be for you or for those around you.

You may want to think about your quality of life. What is important now? Whether you continue to work, these issues are likely to change and how you can prepare for them is important.

### Living with a terminal illness video

Living with a terminal illness video

[Download](#)
[Download](#)
[Download](#)

### Choose your language

- English - العربية
- Chinese - 普通话
- Greek - Ελληνικά
- Italian - Italiano
- Mandarin - 普通话

### Living with illness resources

Health Care Decision-Making on Understanding Palliative

Understanding the Decision-Making Palliative Care Booklet for

Living with illness resources

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a national care knowledge network

Advance Care Planning  
in Five Easy Steps





## Evidence Centre

Moving to use  
of evidence

Organised according to your purpose:

1. About evidence
2. Practice ready evidence
3. Searching for specific evidence
4. Evidence training
5. Translation training

**Awareness and understanding of evidence translation theories, models, and frameworks**

**Understand core activities including dissemination, planning, implementation, evaluation, sustainability.**

# Practice ready

## Palliative care guidelines

Home / Evidence / Searching for Evidence / Palliative Care Guidelines

### Guidelines providing access to evidence you can trust

Health care quality standards and indicators tell you what outcomes are expected of the care you provide. Structures should be in place or available. Achieving aspirational care goals and standards requires evidence-based guidance on what works and how to implement this in practice.

A good place to start is to consider what palliative care guidance is currently used within your organisation or it requires updating, then it is important to know where to access evidence.

However, healthcare practitioners often lack the time and skills to sift through every study, judge its quality, and decide whether it should be applied in patient care or if there is insufficient evidence. Evidence-based resources, national- and state-based guidelines and guidance documents can help. These might be used directly or referred to when updating or developing local guidance that better reflects your local care context.

Here we list selected guidelines and guidance specific to palliative care in Australia. If you know of other documents that might be considered for this collection please contact us at [caresearch@flinders.edu.au](mailto:caresearch@flinders.edu.au).

- ☒ National
- ☐ New South Wales
- ☐ Queensland
- ☐ South Australia
- ☐ Victoria
- ☐ Western Australia

## Pain

Home / Evidence / Searching for Evidence / Clinical Evidence Summaries / Pain

### Key messages

- More than half of all seriously ill patients experience pain. [1-4]
- Many palliative care patients continue to experience unacceptably high levels of pain.
- Under assessment is more likely among people living in residential care, patients with cognitive impairment, [5,6] patients in neonatal, paediatric and adult intensive care units, [7-9] and members of minority ethnic communities. [10]
- The majority of pain in palliative care patients can be effectively treated using a multimodal approach and best practice management strategies. [4]
- Pain in palliative care patients should be actively identified, carefully assessed, and treated.
- There are many pain assessment tools available to assist clinicians in identifying and treating pain.
- Choice of opioid, when managing severe pain, will depend on access to the patient's history, the specific condition of the patient, as well as discussion with the patient and family.
- For non-pharmacological management there is evidence to support the use of non-pharmacological management (CBT), relaxation, and music.
- Neuropathic pain in palliative care has been identified as a considerable problem.
- For bone pain due to metastases, external beam radiotherapy is an effective treatment.
- Use of paracetamol in the palliative care setting is not well studied but clinical practice suggests it should be used.

palliative care knowledge network

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## Prescribing resources

Home / Health Professionals / Nurses / Clinical / Symptoms and Medicines Management / Prescribing Resources

### Information to guide palliative care prescribing

A range of resources are available to guide nurses as they support patients, carers and medical officers, when relating to palliative care issues.

#### Clinical Resources (Palliative)

- [Therapeutic Guidelines - Palliative Care](#) - an authoritative handbook for symptom management in palliative care. It is available online in many organisations or can be purchased.

### Medicines from the PBS Prescriber's bag for Terminal Phase Symptoms

PBS Item Code	Pharmaceutical benefit and form	Strength	Packet size	Max qty (packs)	Max qty (units)
3451P	Adrenaline (Epinephrine) injection	1 in 1000 (1 mg/mL)	5 x 1 mL amps	1	5
3455W	Clonazepam oral liquid	2.5 mg/mL (0.1 mg/drop)	1 x 10 mL	1	1
3466K	Furosemide (Frusemide) ampoule	20 mg/2 mL	5 x 2 mL	1	5
3456X	Haloperidol ampoule	5 mg/mL	10 x 1 mL	1	10
3470P	Hydrocortisone Sodium Succinate injection*	100 mg (reconstituted to 2 mL)	Single injection	2	2
3471Q	Hydrocortisone Sodium Succinate injection*	250 mg (reconstituted to 2 mL)	Single injection	1	1
3473T	Hyoscine Butylbromide ampoule	20 mg/mL	5 x 1 mL	1	5
3476Y	Metoclopramide ampoule	10 mg/2 mL	10 x 2 mL	1	10
10178Q	Midazolam ampoule	5 mg/mL	10 x 1 mL	1	10
10862Q	Morphine ampoule	10 mg/mL	5 x 1 mL	1	5
3479D	Morphine ampoule	15 mg/mL	5 x 1 mL	1	5
10868B	Morphine ampoule	20 mg/mL	5 x 1 mL	1	5
3480E	Morphine ampoule	30 mg/mL	5 x 1 mL	1	5
10786Q	Naloxone injection	400 microgram/mL	5 x 1 mL	2	10
11233F	Naloxone injection	400 microgram/mL	10 x 1 mL	1	10

Based on the emergency practice concept proposed by Seidel et al 2006 Aust Fam Physician. 2006 Apr;35(4):225-31. Information from PBS listings current as of March 2021. See [www.pbs.gov.au](http://www.pbs.gov.au) for more.

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## Evidence training examples

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# Build skills in evidence based practice

[Home](#) / [Evidence](#) / [Evidence Training](#) / [Evidence Based Practice \(hidden\)](#) / [Build Skills in Evidence Based Practice \(NEW hidden\)](#)

## The 5As: Ask, Acquire, Appraise, Apply, Assess

Core skills across EBP are often referred to as the 5As: Ask, Acquire, Appraise, Apply, Assess. Sometimes the terminology used differs, but the essential skills remain the same. Many generic courses are freely available, and these provide a good starting point. Here we explore EBP in the context of palliative care to highlight key considerations and useful resources. Click on each term to learn more.

- 1 [Ask](#)
- 2 [Acquire \(Search\)](#)
- 3 [Appraise & Synthesise](#)
- 4 [Apply](#)
- 5 [Assess \(Evaluate\)](#)

# Journal club basics

Home / Evidence / Evidence Training / Journal Club Basics

## A way to keep up with the latest research

Being part of a regular journal club can help you and others to keep up to date and needed to use evidence to improve practice.

A journal club is a way in which people interested in a common topic can come together to discuss research articles published in peer reviewed journals.

Why you might want to get involved with journal clubs:

- You are finding it hard to keep up with the volume of new research in your field
- Your organisation is being asked to implement evidence-based care
- You are responsible for developing or implementing evidence-based policy
- You have an interest in evidence-based care but aren't sure where or how to start

Often journal clubs will include discussion of if and how the evidence may impact practice. It is one way of keeping up with an increasing volume of palliative care evidence, highlighting new findings, and developing skills in appraising articles. Having these skills can help you to evaluate new findings and what they might mean in terms of the care you and your organisation provide.

There is evidence for the positive impact of journal clubs on Evidence Based Practice (EBP) knowledge and skills. [1,2]

## Holding a journal club

The journal club will be shaped by your audience and the articles chosen.

**PICO**

This framework is often used for qualitative clinical questions. Use the fields that are useful. You do not have to use all fields.

Begin by describing the issue or problem in your own words.

Issue or problem	In your words

Now define the issue.

P = Population	I = Intervention
Co = Context	

Then develop your question.

Your question

**Holding a journal club**

Journal clubs can be held in a variety of ways. They can be held in person or online. They can be held as a formal meeting or as an informal discussion. They can be held as a regular meeting or as an ad-hoc meeting. They can be held as a formal meeting or as an informal discussion. They can be held as a regular meeting or as an ad-hoc meeting.




# Translation training examples

## Translation training

Home / Evidence / Translation Training

### Accelerating the movement of evidence to benefit practice


The movement of evidence and knowledge to bridge the research-practice gap and bring about broader change to care and service delivery requires a team effort. To help you understand what is required and to assist with getting started in knowledge translation here we examine the core activities and principles.



#### About Evidence Translation

Introduce yourself to how evidence can be used to improve practice and bring about broad scale change.


[Read more](#)



#### Evidence Translation in Practice

Learn about the key evidence and knowledge translation activities and what each contributes.

[Read more](#)



#### Evidence in focus

Learn about specific issues in palliative care and access evidence-based resources that can help.

[Read more](#)

### What implementation does

When defining implementation science, [5] some very non-scientific language can be helpful....

- The intervention/practice/innovation is **THE THING**
- Effectiveness research looks at whether the **THE THING** works
- Implementation research looks at how best to help people/places **DO THE THING**
- Implementation strategies are the stuff we do to try to help people/places **DO THE THING**
- Main implementation outcomes are **HOW MUCH** and **HOW WELL** they **DO THE THING**

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- About Evidence
- Practice Ready Evidence
- Searching for Evidence
- Evidence Training
- Translation Training**
- About Evidence Translation
- Evidence Translation in Practice
- Dissemination
- Planning Evidence Translation
- Implementation
  - Implementation Science
  - Understanding Why


### Implementation strategies

- What is the range of implementation strategies?
- Which strategies work best?
- Where do I start?

## My Learning:

## Understanding Knowledge Translation





## Tell us what you think



Please tell us about any palliative care specific challenges that palliative care health professionals or services may face in implementing evidence into practice.



# Resources for your practice

**palliAGED**  
PALLIATIVE CARE AGED CARE EVIDENCE

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Practice Centre > Practice Resources

> Improving Practice  
 > Symptoms and Medicines  
 > Practice Resources  
     > Practice Tip Sheets for Careworkers  
     > Practice Tip Sheets for Nurses  
     > Forms  
     > palliAGED Introduction Modules  
 > For GPs  
 > For Nurses  
 > For Pharmacists  
 > palliAGED Apps  
 > Information and Resources  
 > Training and Education

## Practice Resources

Caring for the dying is part of providing quality aged care. palliAGED has the evidence-based resources to support Australia's aged care workforce to learn, plan, and provide palliative care.

Getting started

Practice Tips for Careworkers

Practice Tips for Nurses

Online modules for Nurses

Forms for your practice

palliAGED resources order form

Please fill in all fields

Your Name

Your Role

## CareSearch resource packs

Home / About Us / Our Model / Getting the Most Out of CareSearch / CareSearch resource packs

### Useful forms and checklists to help you provide palliative care

Download packs or individual items below.

Printed packs are also available for free. To order please complete our order form.

#### Forms for Primary Care

- About the Primary Care Package (coming soon)
- Communication Starters (125kb pdf): Checklist for initiating difficult conversations
- Recognising changing needs: forms to help you identify changes in a person's condition and needs:
  - Supportive and Palliative Care Indicators Tool (SPICe) (299kb pdf)
  - Supportive and Palliative Care Indicators Tool (SPICe) (299kb pdf)
  - Needs Assessment Tool: Progressive Disease (NAT-PD) (128kb pdf)
- Needs Assessment Tool for Carers of People with a Chronic Condition (NAT-CC) (270kb pdf)
- Medicines from the PBS Prescriber's bag for Terminal Phase Symptoms (148kb pdf)
- Helping Patients and Families Plan for an Expected Home Death: The GP's Checklist (238kb pdf)
- MGS Remuneration for palliative care:
  - MGS Remuneration to Support a Planned General Practice Palliative Care Pathway (Residential Aged Care) (226kb pdf)
  - MGS Remuneration to Support a Planned General Practice Palliative Care Pathway (Home) (228kb pdf)
  - MGS Forms for Nurse Practitioners (168kb pdf)

Download Primary Care Pack (1.48Mb pdf)

#### Forms for Case Conferences

- Using the palliAGED Palliative Care Case Conference Forms (77kb pdf)
- Palliative Care Case Conference Planning Checklist - Home Care (86kb pdf)
- Palliative Care Case Conference Planning Checklist - Residential Care (113kb pdf)
- GP Invitation - Palliative Care Case Conference (76kb pdf)
- GP Confirmation - Palliative Care Case Conference - GPs (48kb pdf)
- Information for you and your family - What is palliative care and why do you need a case conference (53kb pdf)
- Invitation for you and your family - Palliative Care Case Conference (84kb pdf)
- Confirmation for You and Your Family - Palliative Care Case Conference (83kb pdf)
- Staff Communication Sheet - Palliative Care Case Conference (55kb pdf)
- Palliative Care Case Conference Summary - Home Care (86kb pdf)
- Palliative Care Case Conference Summary - Residential Care (113kb pdf)

Download Case Conference Pack (886kb pdf)

Last updated 23 September 2022

We all have a  
part to play

- Trustworthy information for your patients and families
- Evidence to guide your care
- Training to build your skills
- Resources to support your practice
- Free to access, available when needed





[www.caresearch.com.au](http://www.caresearch.com.au)