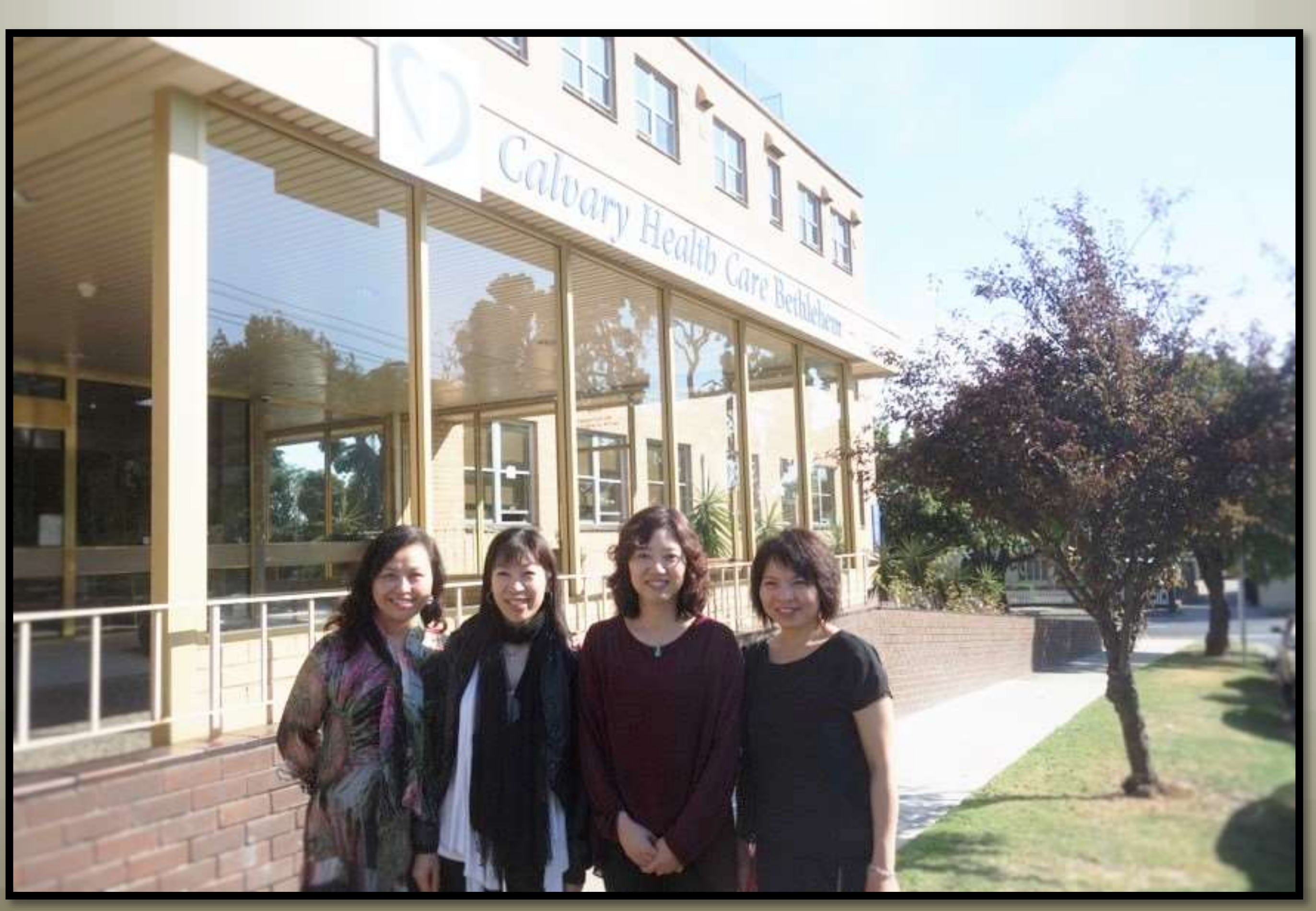
Hospital Authority
Overseas Corporate Scholarship Training Program
Palliative Care
Melbourne, Australia

18 March 2013 – 12 April 2013



Calvary Health Care Bethlehem

A leading Victorian hospital that has served the community for over 85 year in caring for those patients with malignant disease and progressive neurological illness.

- **Multidisciplinary specialist model of care across inpatient and community services.**

- **A broad range of allied health services provide holistic care to patients and their families.**

- **The diversional program promotes patients' quality of life**

- **The person-centered care practice puts patients at the heart of care and respect their preferences, values, needs and autonomy in making their own choices.**

The CHCB Model of Specialist Palliative Care

CHCB Inpatient Interdisciplinary care

1)Pain and symptom management
2) Restorative care
3) Respite Care
4) End of life care

CHCB SPECIALSIT PALLIATIVE CARE SERVICE

CHCB Community Interdisciplinary care

- CHCB Day Centre
- 24 hours support Service

Palliative Care Wards

St. Luke's & St. Joseph's - 18 beds in each ward

Neurology ward

St. Teresa's : 30 In-patient Beds

Ambulatory Services

1) Outpatient clinics

2) Day Centre

3) Home Setting and Residential care facilities

Neurological Out-patient Clinics

A broad multidisciplinary team offer a full range of clinical services : Neurological, Nursing, Respiratory, Speech Therapy, Dietetic, Physiotherapy, Occupational Therapy, Social work, Neuropsychology, Clinical Psychology and Psychiatry Specialty

Role and Function of Clinical Nurse Consultant in Neurological Out-patient Clinic Service

- Triage new referral from GPs/other hospitals and arrange appointment
- Formulate the care plan
- Coordinate care and make appropriate referrals
- Follow up and review patient's disease progress
- Collaborate with local service providers

Community Palliative Care Services

Interdisciplinary team provides care coordination such as symptom management, practical assistance, psychosocial and spiritual support.

Community support system 1) 24 hours hotline 2) after hours nurse coordinator 3) on call physician and home care nurses

Role and Function of Nurse Practitioner in Community Service

1. Advanced clinical assessment
2. Clinical nursing practice
   - prescribing medications
   - initiating diagnostic imaging and laboratory testing
   - referring to specialists
   - admitting and discharging patients
3. Education
4. Counseling
5. Research
6. Quality improvement, administration and management.

Diversional Program

The purpose is not to kill time, but to make time live; not to keep patients occupied, but to keep them refreshed; not to offer an escape from life, but to provide a discovery of life.

Recreational activities promote self-esteem and personal fulfillment

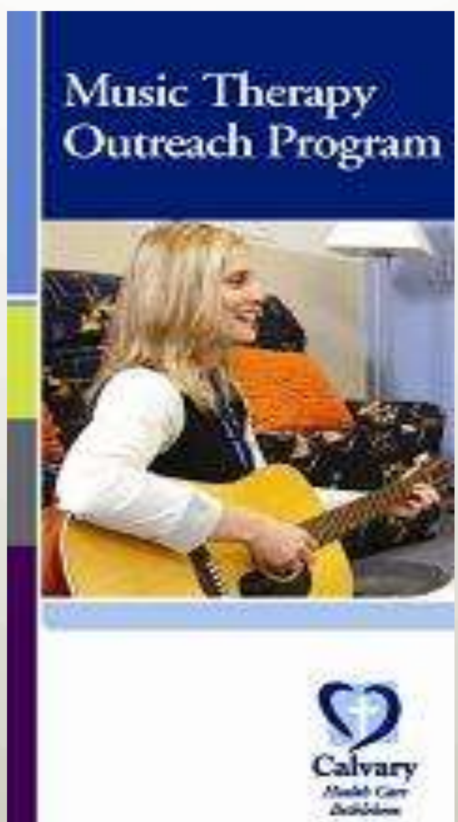
Complementary Therapies

- At CHCB, a range of complementary therapies are offered in in-patient and outpatient settings.
- The complementary therapies are driven by patient demand.
- An evidence base is developing which provides support for the role of complementary therapies in improving the symptoms and quality of life of palliative care patients.

Palliative Care Day Centre

- Organized by diversional therapist
- Offer a variety of programs in small groups - 8 patients each time
- Every Wednesday and Friday from 9 a.m. to 3 p.m.

Music Therapy



Live music therapy sessions increase perceived quality of life for people with terminal illness

Art Therapy

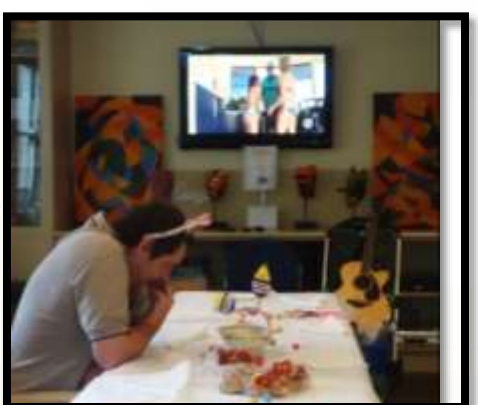
Art therapy is a way of helping patients to express their emotions and cope with their illness.

Pet Therapy

Hospice pet visits offer a welcome distraction from illness and may help patient to reduce distress.

Other Program Activities

Games



Movie

Nail polish

Gardening

Shopping

Massage

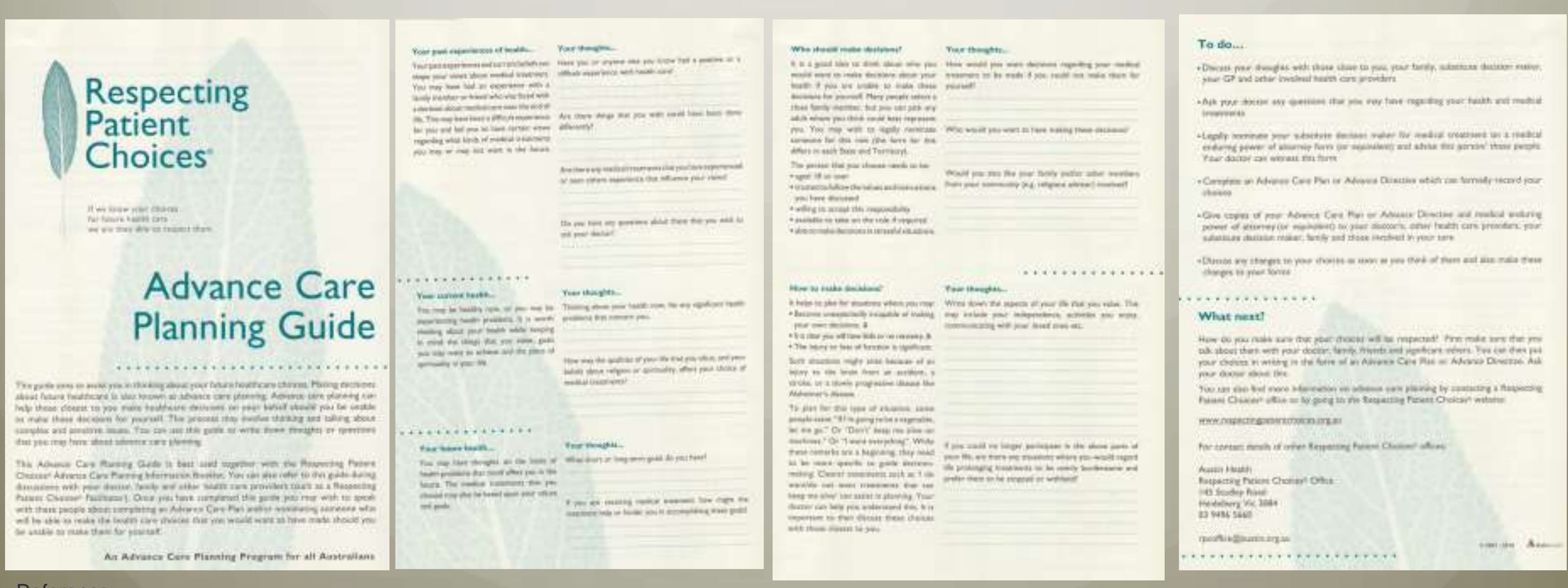
Amortherapy

Armchair travel

Advance Care Planning
Respecting Patient Choices (RPC) Program

Aim : Promotion of autonomy and dignity to help people understand their wishes about future treatment

Advance Care Planning (ACP) showed improvement of end-of-life care for the patient and reduce stress, anxiety and depression in surviving relatives. (Detering et al., 2000)



Reference
Detering, K. M., Hancock, A. D. Reade, M. C., Silvester, W. (2000). The impact of advance care planning on end of life care in elderly patients: randomized controlled trial. *British Medical Journal, 340(*7751), 847.

Support patient "die at home"

◆ **Communication**

Home Information Folder

- name list of interdisciplinary team and emergency phone contact

◆ **Emergency kit**

opioid, antiemetic, anxiolytic drugs

◆ **Community support services**

- 24 hours hotline and on call system
- After hours nurse coordinator and on-call home care nurse
- GP / Palliative care specialist certified death at home
- 24hr funeral director

Thank You

time for a little
question & answer
session