

## ANZSPM Member eNews – 12 June 2020

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### COVID-19 updates

#### **Australian COVID-19 Palliative Care Working Group (ACPCWG)**

ANZSPM continues to work with the ACPCWG on supporting the palliative care response to COVID-19 in partnership with Palliative Care Australia (PCA), Palliative Care Nurses Australia (PCNA), the Australasian Chapter of Palliative Medicine (AChPM) of the Royal Australasian College of Physicians (RACP) and the End of Life Directions for Aged Care (ELDAC) program.

ACPCWG-related updates and resources are below:

- Latest ACPCWG newsletter (3 June 2020)
- Previous ACPCWG newsletter (19 May 2020)
- An online hub of resources can be found on the CareSearch website.

#### **ANZSPM COVID-19 Special Interest Group (COVID-19 SIG) guidance documents**

ANZSPM guidance documents developed by the COVID-19 SIG relating to palliative care in the COVID-19 context are available here. Further updates coming soon!

#### **NZ Taskforce on COVID-19**

COVID-19 related resources for NZ health care professionals can be found hosted on the Hospice NZ website here.

#### **AUS: Coronavirus (COVID-19) advice for the health and aged care sector**

The Australian Department of Health regularly provides up-to-date and authoritative information and advice on COVID-19 for the health and aged care sector here.

#### **NZ: Health advice and latest updates on COVID-19**

The Ministry of Health in New Zealand provides regular updates, information and health advice on COVID-19 on its website here.

#### **NPS MedicineWise: Being medicinewise during COVID-19**

Looking for the latest evidence about medicines, tests and treatments for COVID-19? NPS' COVID-19 information hub highlights the most popular health professional and consumer content.

### Government News

#### **AUS: Revised opioids PBS listings from 1 June 2020**

The changes include amendments to existing restriction requirements and arrangements for increased quantities and repeats. In addition, there are new Restricted Benefit listings for smaller maximum quantities of immediate release opioids, with no increased quantities or repeats, for patients requiring short-term relief of acute severe pain. For more information, please click on PBS document *Revised*

*opioids PBS listings for the management of severe disabling pain* and the Therapeutic Goods Administration (TGA) factsheet for health professionals.

#### **AUS: Royal Commission into Aged Care Quality and Safety deadline extended to 31 July 2020**

The Royal Commissioners have announced that the deadline for general submissions to the Royal Commission into Aged Care Quality and Safety will be at the close of business on Friday, 31 July 2020. The Commission last week published its first selection of general submissions received from members of the public and organisations on its website last week. Nearly 50 submissions were selected from submissions received in January 2019. Groups of up to 50 submissions from each subsequent month will be published progressively over the coming weeks and months on the Royal Commission [website](#).

#### **TAS: End of Life Choices Bill 2020 expected to be tabled in August/Sept**

Independent Mersey member Mike Gaffney said he had received a "huge amount" of public feedback on his initial draft *End-Of-Life Choices (Voluntary Assisted Dying) Bill 2020* which is currently being considered. The bill is expected to be tabled in August/September 2020. For more information, please [click here](#) and [here](#) for latest draft of the bill.

#### **WHO: Support for palliative care in COVID-19 World Health Assembly resolution**

In its first virtual meeting, the 73rd World Health Assembly has included palliative care in its approved resolution 73.1 on COVID-19 (286kb pdf). The original draft (83kb pdf) proposal was forwarded by an international group including Australia.

### **ANZSPM updates**

#### **ANZSPM20 conference is going virtual in September 2020**

Our aptly chosen theme *Palliative Care in an Uncertain World* will be the focus of our carefully curated and fully online program. Our conference committee are now working on details for the virtual program. The ANZSPM20 virtual event will be offered at an affordable rate for attendees. The full program will be available, and registration will open by the end of July. Attendees will have the flexibility to participate in the live event as well as access on-demand recordings to watch post event. For more information please visit [anzspm.org.au/anzspm20](http://anzspm.org.au/anzspm20).

#### **ANZSPM webinar series in 2020**

Through the RACP program, ANZSPM is able to bring to our members a series of 6 webinars over the next 6 months. We ask that you please do not share the link to any of the webinars in the series outside of the ANZSPM membership. Spaces are limited and we'd like to ensure that all ANZSPM members who wish to attend the webinars are able to do so. We will share the link publicly closer to the event.

The second webinar in the series is:

#### **ANZSPM webinar 2: Public Health Palliative Care, including post COVID-19 PHPC directions**

When: Wednesday, 24 June 2020 at 06:00 PM (Canberra, Melbourne, Sydney time)

Presented by Dr Bruce Rumbold OAM

Register in advance for this webinar:

[https://racp.zoom.us/webinar/register/WN\\_7VI3-Ac-RQjJK4I0fa6wfQ](https://racp.zoom.us/webinar/register/WN_7VI3-Ac-RQjJK4I0fa6wfQ)

This webinar is part of the Specialty Society Webinar Service pilot that is being undertaken by the Royal Australasian College of Physicians in partnership with its affiliated specialty societies.

### Save the date for the following upcoming ANZSPM webinars

Please save the dates for the following ANZSPM webinars which we are once again bringing to you with the support of the RACP's webpilot program. More information including registration details to follow.

ANZSPM webinar topic (tbc)	Speaker	Speaker presentation date & time
Advance Care Planning and incorporating VAD: the adult & paediatric perspective	A/Prof Jenny Hynson & Dr Barbara Hayes	22-Jul-20; 6pm AEST
Palliative care in pandemics	Dr Rachel Coghlan & A/Prof Will Cairns	24-Aug-20; 6pm AEST
Update on opioids for breathlessness	Prof David Currow	28-Oct-20; 6pm AEDT
Haematology and Palliative Care	Dr Rob Weinkove & Dr Zoe McQuilten	24-Nov-20; 6pm AEDT

### ANZSPM membership renewal delayed for banking change

The ANZSPM membership renewal period for 2020-21 memberships has been delayed as ANZSPM is going through a change of banks. We will notify members by email when we open membership renewals for 2020-21 and thank you for your understanding. If you have any questions about your membership, please email [info@anzspm.org.au](mailto:info@anzspm.org.au)!

### Other updates

#### Self-Care for Health Care Professionals during COVID-19

Palliative Care Australia (PCA) have launched online self-care resources to assist in preventing burnout and building resistance during the COVID-19 pandemic. These resources are aimed at health professionals in hospital but can also be beneficial for all workers in aged care. Planning and practising effective self-care strategies can support workers to flourish and support others, both personally and professionally. For more information please [click here](#).

#### RACP Foundation Research Awards now open

Applications are now open for the RACP Foundation Research Awards, which provide research funding for 2021. The awards have a total value of \$2.5 million available for up to 50 awards and are available to RACP Fellows and trainees from Australia and Aotearoa New Zealand.

Awards are available in the following categories:

- Career Development Fellowships for established researchers (closing 15 June 2020)
- Research Establishment Fellowships for those establishing their research careers (closing 29 June 2020)
- Research Entry Scholarships providing stipend support for those at the beginning of their research careers (closing 13 July 2020)

Full details for these opportunities including eligibility and application closing dates are available on the RACP Foundation Research Awards webpage.

#### ARTICLE: Sese D, et al: The role of palliative care in COVID-19. Cleveland Clinic Journal of Medicine May 2020 (free article)

In light of the COVID-19 pandemic, many healthcare systems are experiencing an increased demand for palliative care (PC). To meet this challenge, the PC team at Cleveland Clinic designed an enterprise-wide response plan organized around 4 domains: *staff* (educational resources and tools), *stuff* (medications and supplies), *space* (recommendations for optimizing physical space and facilities), and *systems* to facilitate high-quality PC delivery to patients. To mitigate isolation during end-of-life care, the Clinic offers "compassionate exceptions" to strict visitation policies, provides personal protective equipment

to visitors of these patients, and facilitates virtual visitation via electronic devices. Full text: <https://www.ccjm.org/content/early/2020/05/20/ccjm.87a.ccc036>

**ARTICLE: Chen X, et al. Gaps in Opioid Prescription for Severe Breathlessness in Hospitalised Patients With Chronic Obstructive Pulmonary Disease or Interstitial Lung Disease.** J Pain Symptom Management, 2020 May 20

Breathlessness is the predominant and debilitating symptom in patients with advanced chronic respiratory diseases, including COPD and ILD. The “chronic breathlessness syndrome” has recently been defined as breathlessness at rest or on exertion that leads to disability, despite optimal medical treatment. In addition to conventional disease-directed therapy, there is conflicting evidence suggesting (and some guidelines recommend) low-dose, oral opioids may be useful for palliating chronic severe breathlessness in ILD patients and stable outpatients with advanced COPD. Nevertheless, opioid prescription to inpatients with acute exacerbations or dyspneic crises has received little attention. Notably all clinical trials studying opioids for breathlessness have purposefully excluded unstable inpatients due to possible adverse effects. While guidelines do not include any recommendations regarding prescribing opioids to unwell inpatients, anecdotally this practice occurs. Therefore, this study aimed to examine the prevalence of opioid initiation to inpatients with COPD or ILD in an Australian tertiary hospital, as well as the safeguards instituted when opioids were prescribed in this manner. **Full text:** [https://www.jpmsjournal.com/article/S0885-3924\(20\)30385-7/pdf](https://www.jpmsjournal.com/article/S0885-3924(20)30385-7/pdf)

## Upcoming Events

**Please note:** In light of the evolving situation around the current COVID-19 pandemic, many events previously promoted in our eNews may have been postponed, cancelled or moved to a virtual format. ANZSPM recommends members check this directly with event organisers.

### **Webinar: ‘Supporting Someone with Breathlessness’ - Learning about Breathlessness 2 Study (LaB2) Dissemination Event (NZ/AUS) | 24 June 2020**

Dr Morag Farquhar and Sylvia Barnes (from the University of East Anglia in Norwich, UK) are holding an online Zoom event on 24 June 2020 about a new web-resource, ‘*Supporting Someone with Breathlessness*’, developed for carers of people with breathlessness. To join this event, please register for free at <https://tinyurl.com/y7lko2ou>

### **12<sup>th</sup> International Conference on Grief & Bereavement in Contemporary Society | 13-17 July 2020 | Melbourne, Australia**

Cancelled due to Covid19, however keynote speakers will be showcased in an online platform. Check website for further information at [www.icgb2020.com](http://www.icgb2020.com)

### **The International Society of Geriatric Oncology (SIOG) 2020 Annual Conference | 1-3 October 2020 | Geneva, Switzerland**

Please note this conference has been cancelled but a remote meeting will be held instead. Please visit website at <https://siog.org/content/siog-2020-annual-conference-0>

### **23<sup>rd</sup> International Congress on Palliative Care | 13-16 October | Montreal, Canada**

For more information visit at <http://palliativecare.ca>

### **EUROPALL2020: European Conference on Controversies in Palliative Care | 29-30 Oct 2020 | Munich, Germany** More information is at <https://europall2020.com>

### **Palliative Care Nurses Australia Conference | 22-23 Nov 2020 | Pullman Albert Park, Melbourne VIC** More information at <https://www.pcna2020.org/>

2021

**Australian Pain Society 41st Annual Scientific Meeting | 18-21 April 2021 | National Convention Centre, Canberra**

More information at [dconferences.com.au/aps2021/](https://dconferences.com.au/aps2021/)

**7th Rural and Remote Health Scientific Symposium | 24-25 May 2021 | Alice Springs, NT**

<https://www.ruralhealth.org.au/7rrhss/>

## Careers

For the latest positions advertised on the ANZSPM website – visit the ANZSPM Careers pages for details!

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Our standard office hours: Mon-Fri 9.15am-2.45pm AEST

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