

ANZSPM Member eNews – 26 March 2021

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- Recording now available: ANZSPM Webinar with Professor Geoff Mitchell
- Save the dates: ANZSPM Aotearoa Annual Update and ANZSPM Australian Medical and Surgical Update
- New professional training and development opportunities

ANZSPM updates

ANZSPM 2021 Webinar Series Session 1 2021

The Zoom recording is now available to members for Professor Geoff Mitchell, Emeritus Professor of General Practice and Palliative Care at the University of Queensland, speaking about “**Palliative care for all: managing the deaths specialist palliative medicine will never see.**” Hosted by Dr Anna Keedwell, the talk also includes a 15min Q&A session. To access the webinar recording, please log in to the ANZSPM members area here and select ‘ANZSPM Webinar Recordings’.

Our next webinar is scheduled for May, and we will be releasing details about this shortly.

SAVE THE DATES: ANZSPM Medical and Surgical Update Meetings

We now have dates for the ANZSPM *Aotearoa Annual Update Meeting* and the ANZSPM *Australian Medical and Surgical Update*. Put them in your diaries now!

- Aotearoa Trainees and New Fellows Day: Wellington Friday 29 October 2021
- Aotearoa Update Meeting: Wharewaka Function Centre, Wellington Saturday 30 and Sunday 31 October 2021
- Australian Trainee Day: Melbourne Thursday 11 November 2021
- Australian Medical and Surgical Update Meeting: Melbourne Friday 12 and Saturday 13 November 2021

ANZSPM NSW rural health submission now available

ANZSPM recently made a submission to the *Inquiry into Health outcomes and access to health and hospital services in rural, regional and remote New South Wales*. ANZSPM thanks our Rural & Remote Special Interest Group for their contributions. To read the submission, please click here.

Government News

AUS: Royal Commission into Aged Care Quality and Safety

Royal Commissioners, the Honourable Tony Pagone QC and Lynelle Briggs AO, have presented the Final Report of the Royal Commission into Aged Care Quality and Safety to the Governor-General, His Excellency, General the Honourable David Hurley AC DSC (Retd). The Final Report is the culmination of 28 months of work, including 23 public hearings involving 641 witnesses. Over 10,500 public submissions were received. The Final Report is available here.

NZ: Health & Disability Standard Revisions

In early May 2021, the Ministry of Health will take steps for the Minister of Health to approve the

new Health & Disability Services Standard NZS 8134:2021 and revoke the current standards under the Health and Disability Services (Safety) Act 2001. ANZSPM Aotearoa contributed, with over 100 other organisations, to the wide-ranging review of several Standards including the Health & Disability Services Standard. The Standard is now making its way through Standard New Zealand's final approval process. An overview can be found [here](#).

Other updates

Recording now available: Considering equity in reducing low-value care | RACP Evolve Webinar Series

As physicians act to reduce low-value care through implementing Evolve and Choosing Wisely recommendations, they must take care that these recommendations do not increase existing inequities for Māori, Aboriginal and Torres Strait Islander peoples. Join Professor David Tipene-Leach and Dr Derek Sherwood as they discuss key findings from the Choosing Wisely Means Choosing Equity report, including why considering equity in this context is so important and messages for physicians on their role in reducing healthcare inequities. To view the recording, [click here](#).

IAHPC Scholarships to EAPC 2021 Online

The European Association for Palliative Care (EAPC) board has generously given the International Association for Hospice and Palliative Care (IAHPC) **10 complimentary registration passes** for the upcoming 17th World Congress of the European Association for Palliative Care Online to be held on October 6-8, 2021. The deadline to apply for the IAHPC Scholarship is June 30, 2021. Results will be announced mid-July 2021. For more information, please [click here](#).

ARTICLE: Challenges and facilitators in delivering optimal care at the End of Life for older patients: a scoping review on the clinicians' perspective. Authors: Samantha Fine et al.

The concepts and elements determining quality of care at the End of Life may vary across professional groups but there is consensus that high-quality care at the End of Life is beneficial for the patient, families, health systems and society at large. This scoping review aimed to elucidate gaps in the delivery of this specific type of care in older people from the clinicians' perspective, and to identify potential solutions to both improve this care and promote work satisfaction by the involved clinicians. Twelve studies published since 2010 with data from 18 countries identified four major gaps: (1) Core clinical competencies; (2) Shared decision-making; (3) Health care system, environmental context, and resources; and (4) Organisational leadership, culture and legislation. Multiple suggestions for staff communications training, multidisciplinary mentoring, and advance care planning alignment with patient wishes were identified. However, a clear picture arose of consistently unmet needs that have been previously highlighted in research for more than a decade. This indicates poor uptake of previous recommendations and highlights the difficulties in changing the service culture to ensure provision of optimal services at the End of Life. Future investigations on the reasons for poor uptake and identification of effective approaches to execute the agreed recommendations are warranted.

Full text: DOI: 10.1007/s40520-021-01816-z (subscription needed or access through your library)

ARTICLE: Public knowledge, preferences and experiences about medical substitute decision-making: A national cross-sectional survey

BMJ Supportive & Palliative Care | Online – 15 March 2021 – This study describes the Australian

adult public's knowledge and experiences regarding substitute decision-making for medical decisions and their preferences for obtaining more information about the substitute decision-maker (SDM) role. Less than four in ten participants reported that they had heard of, or discussed, advance care planning (ACP) and only 11% reported having documented their ACP preferences. Similarly, few participants had acted in the SDM role and the median score of two correct responses out of five in all participants indicates low to moderate knowledge about the SDM role. It is striking that only 33% of participants reported knowing that SDM laws existed in Australia. Of those who had acted in the SDM role, challenges about knowing the best decision to make and making decisions about end of life were the most frequently reported. In addition, while most ranked a health professional as their preferred source of obtaining information about how to support SDMs in their role, few participants indicated they had obtained any support in the SDM role. The Australian community's ability to appoint an SDM, and for the SDM to act appropriately, depends on awareness of the requirements of these roles. It is likely that SDMs would be more likely to advocate on behalf of the person regarding treatment preferences or use legal recourse ... if they are aware of existing legislation that will support them in this process. However, this study found low awareness of ACP, limited engagement with ACP behaviours ... and low to moderate SDM knowledge in the sample overall, suggesting these may be problematic. **Full text:** <http://bit.ly/3lpVpX9>

ARTICLE: Examining public knowledge, attitudes and perceptions towards palliative care: A mixed method sequential study

BMC Palliative Care | Online – 17 March 2021 – Whilst the findings indicate the public may claim to be aware of the term palliative care (PC), there is an inadequate understanding of the concept, with only a fifth of the sample obtaining full scores. The current study identified 14.2% of participants had no knowledge of PC. This is consistent with previous international, and national literature. For example, a study undertaken in Northern Ireland that reported 19% of the 600 members of the public who completed a cross-sectional survey had no understanding of PC and a further 56% had very low knowledge. This also correlates with an American study ... [that] ... found limited understanding of PC..., with a significant proportion of the 301 participants responding "I don't know" for every item. The timing of these studies would also suggest that understanding is not improving, despite policy initiatives, media and wider public engagement strategies. Personal experience shaped many participants' views on PC and potentially their misconceptions, which is also a common thread in the literature. For example, over half of the participants ... [in one] ... study held a misperception about PC and were not aware of the major components. The most common misconception about PC in this study was that it is exclusively for people in the last 6 months of life. This is supported by previous literature internationally, which repeatedly reports a public perception of PC provided at the very end of life. Internationally, it is also reflected in health systems insurance policy, where PC is provided 6 months prior. Other common misconceptions included a tendency to associate PC for those diagnosed with cancer, a focus on pain relief whilst other aspects such as spiritual care were not mentioned. **Full text:** <http://bit.ly/38TI7hM>

ARTICLE: A critical realist evaluation of advance care planning in care homes

Journal of Advance Nursing | Online – 15 March 2021 – The findings of this qualitative study showed that although the importance of advance care planning (ACP) was well recognized, the emotional labour of frequently engaging in discussions about death and dying was a problem for some care home staff. In some cases, care home staff's unmet emotional needs led them to rushing and avoiding discussions about death and dying with residents and relatives. Despite these difficulties,

the authors' findings indicated a sparsity of mechanisms to support care home staff's emotional needs. A lack of training and knowledge, particularly amongst non-registered care home staff and those with non-formal caring roles, appeared to inhibit their ability to engage in meaningful care planning conversations with those living with dementia due to preconceived assumptions and communication barriers. Whilst the numbers of advance care plans in place are important, findings presented in this study suggest that more needs to be done to support staff to sensitively engage in discussions about death and dying to improve the quality of ACP discussions. **Full text:** <https://bit.ly/3tql1G8>

Professional training and development opportunities

Elisabeth Kübler-Ross Foundation: Education Series 2021 - Compassionate Bereavement Approaches | Eleven Online Sessions from March 18, 2021 - May 27, 2021

Divided into eleven sessions, this introductory course aims to be an immersion in the thoughts of Elisabeth Kübler-Ross, making connections between the past and the future, between students and members of the former staff. A wide exposure to knowledge and experiences by eleven international experts from across the world including Dr. Ira Byock, Dr. William Worden, and Dr. Joanne Cacciatore who work in the fields of hospice, palliative care, and grief today. For more information and to register, please click [here](#).

Whetū i te Rangi Symposium, Mary Potter Hospice | Monday 3 May 2021

Mary Potter Hospice (Wellington, Aotearoa NZ) is holding a symposium for enhancing care towards the end of life for Māori. Whetū i te Rangi will identify ways to improve access, choice and equity for tangata Māori towards the end of life and in bereavement. This symposium will be focused on current work and research occurring in palliative care with Māori across Aotearoa, as well as new resources and tools available to both the sector and whānau. Attendees will hear from rangatahi, kaumātua, whānau, clinicians, researchers and specialists. For more information, please click [here](#).

NZ: University of Otago: HEALTH PROFESSIONALS COURSE: Application of the Hui Process / Meihana Model to Clinical Practice | online modules and one day course on 27 July 2021 | Christchurch, NZ

Open to the anyone working in the health community, this course comprises online learning modules and one on-site training seminar held in Christchurch on 27 July 2021. The course objective is to support health practitioners to feel informed and confident in the development of Hauora Māori competencies, with a special focus on the application of the Hui Process and Meihana Model. For more information and to register, please click [here](#).

RACP: New Online Course – Chronic Breathlessness in Advanced Illness

The RACP has developed a new online course focused on the knowledge needed to better identify, assess, and manage chronic breathlessness in advanced illness. Click [here](#) to watch a video from the online course, which explores answering sensitively and truthfully when a patient wants to know how they're going to die. For more information and to register, please click [here](#).

Centre for Palliative Care: Virtual Masterclass on Communication Skills | Join the Waitlist

This advanced practice Masterclass will provide an opportunity to learn evidence-based communication skills and frameworks that you can use in your clinical practice. This training has a strong experiential component, which includes you practicing the use of communications skills and frameworks during 'clinical interactions' with a simulated patient. Experienced facilitators will

provide 'real time' feedback enabling a safe environment for you to 'wind back' and try again or try something new. Places are restricted to 15, with all current places taken. However you can join the waitlist for future offerings of the course. For more information and to join the waitlist, please click [here](#).

Upcoming Events

2021 EVENTS

Advanced European bioethics course "Suffering, Death and Palliative Care", Nijmegen, the Netherlands, 16-19 March 2021

This course is organized by the section of Healthcare Ethics, IQ healthcare (Radboud University Medical Centre). More information at: <https://bit.ly/2eqVZ4A>

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

More information at dcconferences.com.au/aps2021/

Mary Potter Hospice Symposium 2021: Whetū i te Rangi: A symposium for enhancing care towards the end of life for Māori | 3 May 2021 | Wellington, NZ

For more information and to register, please click [here](#).

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

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

2021 Oceanic Palliative Care Conference | 7-10 September 2021

Early Bird Registrations and the Call for Abstracts will open on 27 January 2021. More at: <https://oceanicpallcare.com/>

European Association for Palliative Care (EAPC): 17th World Congress | Online | 6-8 October 2021

The EAPC Congress will be held online on 6 - 8 October 2021. More at: <https://industry-eapc21.interplan.de>

COVID-19 updates

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. ANZSPM members are encouraged to use and distribute these documents at their workplace.. New guidance documents on medication access and symptom management will be available on the website shortly!

National COVID19 Clinical Evidence Taskforce

New Taskforce recommendations *on caring for people with COVID-19 includes tocilizumab* for children or adolescents, Anakinra, Nitazoxanide, Ivermectin + doxycycline and Zinc. There are updated recommendations for Sarilumab, Mode of birth – Rooming in, Breastfeeding, Skin-to-skin Contact and Delayed Umbilical Cord Clamping. *The Taskforce looks forward to continuing to keep Australian*

clinicians armed with the latest evidence-based guidance. You can review the Taskforce Living Guidelines [here](#)

NZ Taskforce on COVID-19

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

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.

Other ACPCWG-related updates and resources are below:

- Latest ACPCWG newsletter (16 December 2020)
- Previous ACPCWG newsletter (21 October 2020)
- An online hub of resources can be found on the [CareSearch](#) website.

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](#).

Careers

For the latest positions advertised on the ANZSPM website – visit the ANZSPM [Careers](#) page!

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