

NEWSLETTER

PCC4U

PALLIATIVE CARE
CURRICULUM FOR
UNDERGRADUATES

Funded by the Australian Government
Department of Health

The PCC4U project is led by Queensland University of Technology (QUT) in conjunction with the Queensland Government, Flinders University and Curtin University of Technology.

More information about the project team, project advisory group and project governance is at www.pcc4u.org

The PCC4U project directly articulates with goals one, two and five of the National Palliative Care Strategy 2010. Find out more about the strategy at:

<http://www.health.gov.au/internet/publications/publishing.nsf/Content/ageing-npcs-2010-toc>

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Welcome...

Welcome to the Palliative Care Curriculum for Undergraduates (PCC4U) newsletter. The PCC4U project aims to improve the skill and confidence of the health workforce to support people with palliative care needs. This is being achieved through promoting the integration of palliative care training within all health undergraduate and entry to practice courses in Australia. Implementation rates continue to reflect growing and sustained uptake of the resources. In December 2015, approximately 73% of entry to practice courses are implementing or reviewing the PCC4U learning resources.

Every year, the PCC4U project team undertakes a course scan to accurately identify courses to include in reporting and update contact information. New courses are identified and phased out courses removed from reporting. The academic landscape preparing the health workforce is changing. Increasing numbers of Masters level entry to practice courses are now being included in our promotional activities and reporting of implementation rates. As at January 2016, the PCC4U project currently focuses and reports on 205 courses across 13 health disciplines. Further information about implementation rates across individual disciplines can be found in this newsletter.

In the latter half of 2015, PCC4U activities focused on improving implementation rates in key allied health disciplines, drafting of the Palliative Care Workforce Development Framework and collaboration with CareSearch to develop the new Education Hub. These activities are also described in this newsletter.

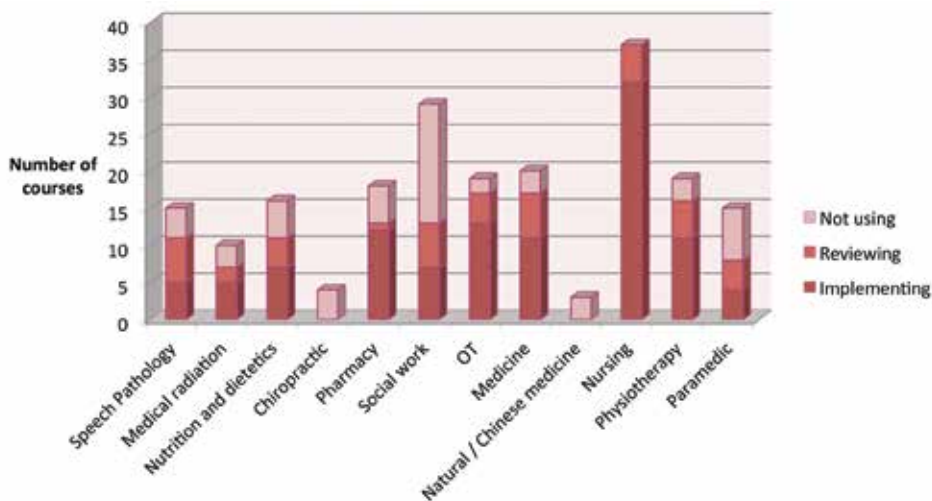
PCC4U Implementation Update

The project team systematically contacts, supports and records the participation of entry-to-practice health courses that use the PCC4U resources. In December 2015, 205 health professional courses nationally were included in reporting (psychology excluded). Of these, data indicated:

- 106 (51%) courses implementing palliative care initiatives/content
- 43 (21%) courses in the process of reviewing the resources with a view for inclusion in their program

Course implementation data reflect higher uptake in medical and nursing courses. Figure 1 presents discipline specific implementation rates.

Figure 1 Course implementation rates by discipline (Dec 2015)



Teaching Palliative Care to Physiotherapy Students – A Case Example from University of Canberra

By Kylie Ash, National Manager

During a recent site visit to University of Canberra I met with Bernie Bissett, Clinical Assistant Professor, who described the successful implementation of PCC4U within the Physiotherapy program. Palliative Care content is integrated within the four year program and adapted to meet the learning needs of physiotherapy students. Students watch “Bob’s story”, from PCC4U Module 4, and reflect upon the impact of a diagnosis of Motor Neurone Disease within a Neurological Interventions unit. Within the Physiotherapy in Ageing unit, students reflect upon the PCC4U case of 79-year-old Betty, who has Stage 3 Chronic Kidney Disease, within Topic 1: Multidisciplinary care. The principles of palliative care are explored through a reflection upon Michelle’s story, within Module 2: Communicating with people with life-limiting illnesses.

Assistant Professor Bissett developed a poster to describe successful implementation of palliative care concepts using a blended learning approach. More than 70% of students prefer sharing online compared to in the classroom when dealing with the sensitive topics of death and dying. The poster can be accessed from the [PCC4U Teaching and Learning Hub](#).

Student comments:

“It is a topic that may be hard for people to talk about. When online it provides time to think and a chance to be in a comfortable zone”

“Online allows multiple listens and attempts to share. And people won’t see me cry.”

PCC4U Learning Resources

PCC4U supports the inclusion of palliative care into health care training through the provision of a suite of evidence-based learning resources.

The core modules articulate with the graduate capabilities in palliative care:

- **Module 1:** Principles of palliative care
- **Module 2:** Communicating with people with life-limiting illnesses
- **Module 3:** Palliative assessment & intervention
- **Module 4:** Optimising function in palliative care

The focus topics aim to support the care of specific populations with life-limiting illness and the provision of palliative care in a variety of contexts:

- **Topic 1.** A multidisciplinary approach in palliative care
- **Topic 2.** Caring for Aboriginal people with life-limiting conditions
- **Topic 3.** Caring for children with life-limiting conditions
- **Topic 4.** Cultural diversity and palliative care

All PCC4U learning modules and topics are freely available on the project website, along with a palliative care simulation scenario, a multi-professional case study and palliative care teaching and learning resources. Materials to support use of the resources across a variety of disciplines and learning contexts include:

- an Implementation Guide, with all the module and topic learning content
- a Curriculum Blueprint, that provides a snapshot of module and topic content
- a workbook, with all module and topic thinking points
- a DVD of all video content from the modules, topics and the case scenario
- a USB containing the module and topic videos, guides and supporting documents.

Contact us to discuss implementation of the PCC4U resources and to receive copies of the supporting materials - pcc4u@qut.edu.au.

Social workers are an important member of the multidisciplinary team supporting people with palliative care needs. In 2014 the European Association for Palliative Care (EAPC) Task Force on Social Work in Palliative Care developed core competencies for palliative care social work. Links to these papers can be accessed from the PCC4U Teaching and Learning Hub.

In November 2015, I attended the Australian Association of Social Work (AASW) National Symposium and had the opportunity to speak to many social workers to gain greater insight into their practice requirements related to palliative care.

The large number of social workers involved in disability service provision was highlighted. Opportunities for partnerships with AASW members were identified for development of a resource focusing on the palliative care needs of people with disabilities.

Courses preparing social workers are based on the AASW Practice Standards 2013. There are a number of key elements in the standards which align with the PCC4U graduate capabilities as outlined in Table 1.

AASW Practice Standards 2013 key elements	Alignment with PCC4U
Critical reflection on and examination of personal and professional ethics and values that influence practice	The capacity for reflection and self-evaluation of one's professional and person experiences and their cumulative impact on one's self and others is a graduate capability within PCC4U
Holistic assessment	Core module on <i>Palliative assessment and intervention</i>
Communication and interpersonal skills	Core module on <i>Communicating with people with life limiting illnesses</i>
Working collaboratively and making referrals	Focus topic on <i>A multidisciplinary approach in palliative care</i>
Prioritising of peoples own expressed interests, as far as possible	A person centred, holistic approach to care is fundamental to palliative care
Working respectfully and inclusively with cultural difference and diversity	Focus topic on <i>Culture-centred care of people with life-limiting conditions</i>
Respect, strive to understand and promote the rights of Aboriginal and Torres Strait Islander peoples and their cultures	Focus topic on <i>Caring for Aboriginal people with life-limiting conditions</i>

Table 1: Alignment of AASW Standards with PCC4U Graduate Capabilities

Palliative Care Workforce Development

CareSearch palliative care knowledge network (or more simply CareSearch) is a suite of palliative care information and resources available at www.caresearch.com.au. The website is designed to support health professionals involved in providing palliative care and those needing palliative care and their families and friends. The Palliative Care Workforce Development activities are undertaken in partnership with the CareSearch team based at Flinders University. Building on previous consultations, a Palliative Care Workforce Development Workshop was held in Brisbane in December 2015. A range of stakeholders with expertise in palliative care, health workforce, and education and training were invited to provide advice on the drafted Palliative Care Workforce Development Framework and development of the CareSearch Education Hub. A very engaged group of stakeholders provided feedback on the day. A draft Framework will be released for further consultation in early 2016.

The Palliative Care Workforce Development Framework (the Framework) will support a national approach to palliative care workforce development in Australia. The Framework applies the core values and principles underpinning palliative care in Australia to capabilities required of the health workforce at the generalist and specialist levels of practice.



Best practice learning and teaching strategies in palliative care are described to support development of the palliative care capabilities.

The Education Hub (the Hub) will be available through the existing CareSearch website. It will provide ready access to professional development information and resources for health care providers wishing to develop their knowledge and skills in palliative care. This approach will enable health care organisations, educators and individual health professionals to identify opportunities relevant to their learning needs and context of practice to a nationally agreed standard. The CareSearch Education Hub is being built and will be launched in 2016.



Focus on Module 1: Principles of Palliative Care

Within this module, learners can develop an understanding of the social and personal experiences of people with life-limiting illnesses and their families. It also explores the core principles of palliative care. Content within this module provides learning opportunities relevant for all health disciplines - bowel cancer, pain and symptom assessment and management, difficult conversations, community care and care of lower socioeconomic patients.

The content of the module has been further broken down to highlight key discipline specific learning opportunities.

Discipline	William's Story – content and suggestions
Chiropractic	Maintenance, sitting for long periods of time
Medicine	Bowel cancer assessment and management, difficult conversation with medical practitioner and patient, options with symptom management
Nursing	Community care, assistance with maintaining independence in own home, advance care planning, discussing end-of-life preferences
Nutrition and Dietetics	Diet and nutritional advice for bowel cancer
Occupational Therapy	Mobility and practical assistance to stay in home as long as possible
Pharmacy	Pain medication and management, patient would like to be able to adjust dosage according to levels of pain
Physiotherapy	Maintenance, sitting for long periods of time
Psychology	Family dynamics, dealing with stressful situations, partnerships
Social Work	Lower socio economic group

Upcoming Events

PCC4U and PEPA staff will be attending key education and health professional conferences over the next couple months. Look for the Palliative Care Education and Training exhibition booth at:

- 17th Ottawa Conference and the ANZAHPE 2016 Conference March 19-23 in Perth
- NETNEP 2016 6th International Nurse Education Conference April 3-6 in Brisbane

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Order resources or subscribe by following the links on the home page at www.pcc4u.org

