NEWSLETTER

PCC4U PALLIATIVE CARE CURRICULUM FOR UNDERGRADUATES

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

The PCC4U project team, based at Queensland University of Technology, is:

Director
Prof Patsy Yates

National manager
Ms Kylie Ash

Senior research assistant
Mrs Lynda Carnew

Contact us

Kylie Ash
E: k.ash@qut.edu.au
      pcc4u@qut.edu.au
T: 07 3138 6128

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

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

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. These aims are being achieved through promoting the integration of palliative care training within all health undergraduate and entry to practice courses in Australia. At 30 June 2017, 78% of entry to practice courses in the university sector are implementing or reviewing the PCC4U learning resources.

The Australian Government has recently announced $45.4 million funding through the National Palliative Care Projects grants initiative for 12 projects that will help people on their final journey, and their families, with end-of-life care. The Palliative Care Education and Training Collaborative which incorporates PCC4U received funding as part of this scheme to continue our work for the 2017-2020 period. Our activities during this period will build on achievements to date and focus on integration of nationally consistent palliative care teaching and learning in the University and Vocational Education and Training Sectors. We will also continue research activities to ensure ongoing innovation and improvements.

2017-2020 PCC4U Priorities
Palliative care implemented in all entry to practice university courses for health professionals
Palliative care implemented in Diploma of Nursing (Enrolled Nurses) training packages
Learning experiences relevant to palliative care for Aboriginal and Torres Strait Islander peoples included in entry to practice university courses
Palliative care implemented in training packages preparing Aged and Community Care Workers and Aboriginal and Torres Strait Islander Health Care Providers
PCC4U evaluation data informs ongoing innovation and improvement in palliative care learning and teaching

PCC4U provides free, learning and teaching resources via the PCC4U website. PCC4U's four core modules are summarised later in this newsletter. The modules include learning activities relevant to all health disciplines as well as discipline specific learning opportunities. All modules undergo regular updates to ensure the resources provide contemporary learning experiences. All users of PCC4U are encouraged to contact us with feedback to enable us to continue to improve the resources.

www.pcc4u.org

Focus on Core Modules

Module 1: Principles of Palliative Care

Within this module, learners can develop an understanding of the social and personal experiences of people affected by life-limiting conditions. It also explores the core principles of palliative care.

Discipline	William's Story – learning opportunities
All disciplines	Bowel cancer, pain and symptom assessment and management, difficult conversations, community care and care of people from lower socioeconomic groups
Medicine	Bowel cancer assessment and management, difficult conversations in general practice settings, 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 management in the home
Physiotherapy	Maintaining independence and safety in own home
Psychology	Family dynamics, dealing with stressful situations, partnerships
Social Work	Practical and financial support to maintain independence in own home, advance care planning, discussing end-of-life preferences

Module 2: Communicating with people with life-limiting illnesses

Module 2 explores the core principles of communication as well as the experience of being diagnosed with a life-limiting condition and how people cope. Within this module, learners can develop supportive person-centred communication skills and understand how to determine the best ways to respond to needs and concerns of people.

Discipline	Michelle's Story – learning opportunities
All disciplines	Breast cancer, communication strategies in difficult situations (news of a secondary cancer diagnosis, end-of-life communication), support for children of parents with life-limiting illnesses, identifying sources of psychological, social and spiritual support,
Medicine	Assessment and management of progressive breast cancer with secondary liver, lung and bone metastases; difficult conversations (breaking bad news, introducing palliative care), symptom management (breathlessness)
Nursing	Understanding sources of distress, providing person-centred support and information, psychological and psychosexual support and referrals, facilitating care in home, coordinating multidisciplinary teams and palliative care team support
Nutrition and Dietetics	Diet and nutritional advice for bowel cancer
Speech Pathology	Diet and nutritional advice during the end-of-life care phase (swallowing difficulties)
Occupational Therapy	Home modifications to enable care in the home at end-of-life, activity modification and other non-pharmacological strategies in the management of dyspnoea
Pharmacy	Pharmacological management of pain at end-of-life (syringe driver medication)
Physiotherapy	Activity / fatigue management (pacing, planning, prioritising) and supportive care for breathlessness (breathing exercises)
Psychology	Family dynamics and changing relationships, psychological and existential challenges, psychosexual support, dealing with stressful situations, supporting a child's responses to a parent's life-limiting condition
Social Work	Partner/ carer and family support at end-of-life, financial and community support, spiritual care

Module 3: Palliative assessment and intervention

Module 3 explores the principles of assessment and management of symptoms experienced by people with a life-limiting condition. By working through this module, learners develop knowledge and skills required to identify the health needs of people with life-limiting conditions and develop an understanding of the principles for managing common clinical problems in palliative care.

Discipline	Herbert's Story – learning opportunities
All disciplines	Heart failure, Illness trajectories of life-limiting conditions, principles of assessment and management of common symptoms and health concerns associated with life-limiting conditions, evidence supporting palliative care interventions, focus on fatigue, dyspnoea and appetite
Medicine	Symptom assessment and management of systolic heart failure, difficult conversations, management of chronic fatigue, ongoing management of comorbidities (diabetes).
Nursing	Assistance and support with activities of daily living, coordination of interdisciplinary team and palliative care support, assessment and management of fatigue and dyspnoea, providing education on the use of oxygen, support and monitoring of diabetes
Nutrition and Dietetics	Diet and nutrition advice for hypertension, lack of appetite, diabetes education, supporting nutrition in the person experiencing breathlessness
Pharmacy	Pharmacological management of diabetes, hypertension and pain, pharmacological support of heart failure
Physiotherapy	Home modifications to enable care in the home at end-of-life, activity modification and other non-pharmacological strategies in the management of dyspnoea
Occupational therapy	Exercise and activity for patients throughout the stages of systolic heart failure, management of breathlessness and fatigue, supporting function
Psychology	Stress management, situational anxiety, loss of control and independence
Social Work	Financial support, carer / partner support
Speech Pathology	Supporting communication and oral intake for people affected by breathlessness.

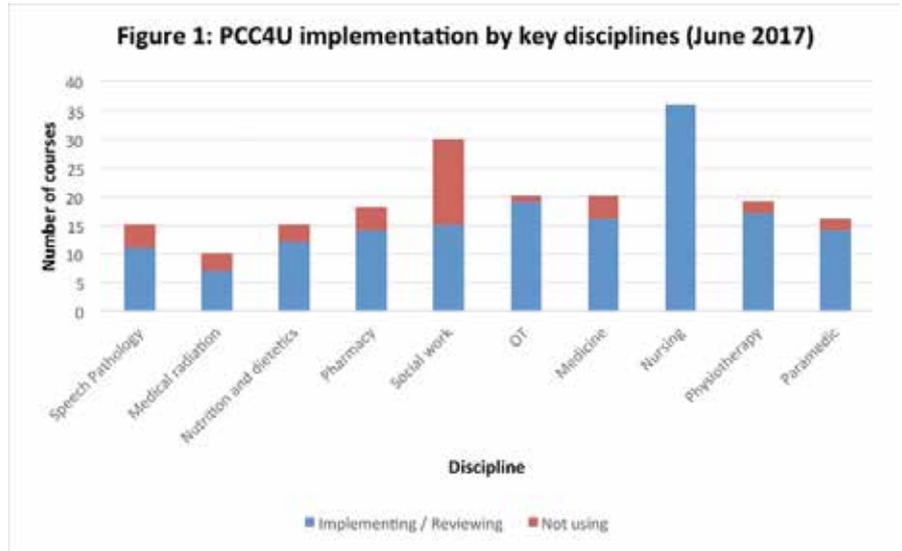# Module 4: Optimising function in palliative care

Module 4 reinforces that the maintenance of physical, psychological and social functioning is important to ensure optimal quality of life for people affected by life-limiting conditions. It focuses on issues of loss, establishing goals of care, and understanding the effect of care giving.

Discipline	Bob's Story – learning opportunities
All disciplines	Motor Neurone Disease, fatigue, swallowing difficulties, losses, grief and anger responses, altered mobility, supporting caregivers, advance care planning
Medicine	Symptom assessment and management of Motor Neurone Disease, communicating about goals of care, management of deteriorating function, facilitating support for carers
Nursing	Assistance and support with activities of daily living, coordination of interdisciplinary team and palliative care support
Nutrition and Dietetics	Diet and nutrition advice for people with deteriorating neurological function
Physiotherapy	Mobility and practical assistance to stay in home as long as possible
Occupational therapy	Exercise and activity for patients throughout the stages of Motor Neurone Disease, supporting mobility and function
Psychology	Anger management, situational anxiety, loss of control and independence
Social Work	Financial and psychological support, carer / partner support, respite, bereavement care
Speech Pathology	Supporting communication and oral intake for people with deteriorating neurological function

PCC4U Project Update

The PCC4U project reports on implementation of the PCC4U curriculum and learning resources in 206 entry to practice courses across 12 disciplines prepared in higher education settings. The number of courses included in reporting is scoped yearly and updated to reflect new and discontinued programs. At 30 June 2017, 78% of entry to practice courses are implementing or reviewing the PCC4U learning resources. Figure 1 demonstrates opportunities to enhance implementation in some allied health and medical programs (June 2017). The PCC4U team will continue to work with these groups over the next three years to enhance integration of palliative care learning and teaching.

Figure 1: PCC4U implementation by key disciplines (June 2017)

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 available at no cost on the project website. Materials to support use of the resources across a variety of disciplines and learning contexts include:

- a curriculum blueprint, that provides a snapshot of module and topic content
- an implementation guide, with all the module and topic learning content
- a workbook , with all module and topic thinking points
- 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.

QUT ihbi Institute of Health and Biomedical Innovation

Australian Government
Department of Health

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