

# pallium

Palliative Care NSW  
End of year / 2022



**NSW Biennial State  
Conference 2022**

**CEO end of year report**

**Homelessness and  
Palliative Care**

Palliative Care NSW Biennial  
Conference | Welcome reception  
Terrigal, NSW | 2022



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End of year  
edition



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Teresa Plane  
NSW Senior  
Australian of  
the Year 2023

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## A word from the President

Welcome to the final edition of Pallium for 2022! I am extremely proud to present this edition to you as the new President of Palliative Care NSW. I would like to take this opportunity firstly to express my thanks to Therese Smeal, the previous President and current Vice President. Her leadership and dedication to the role for the past 2 years has been unwavering in one of the most tumultuous times many of us have experienced professionally and personally. I am sure I speak on behalf of all members when I thank Therese for her guidance and support during this time.

I am looking forward to working with Therese and the other members of the Management Committee to achieve great things in 2023 and beyond.

The AGM and elections in November have seen several new faces join the Management Committee, and I would like to welcome Janelle Sanderson and Sandra Sullivan to the team.

Your new Management Committee:

- Felicity Burns (President)
- Therese Smeal (Vice President)
- Dr Nicole Sutton (Treasurer)
- Joan Ryan OAM (Secretary)
- Colleen Carter
- Associate Professor Annmarie Hosie
- Professor Deb Parker
- Scott Read
- Carmen Sanchez
- Janelle Sanderson
- Sandra Sullivan

For those of you that don't know me – I am manager of operations and Partnerships, Palliative care for HammondCare. In this role I am responsible for the strategic and operational oversight of palliative care operations in our sub acute, community and in reach consultative services.

This role also provides me with the opportunity to share the Palliative care expertise in HammondCare through partnering with a wide range of services and organisations to further enhance the provision of palliative care across, acute, sub acute, community and residential aged care settings.

While I am new to the role of President, I have been involved with Palliative Care NSW for many years. As always, PCNSW has spent the past year supporting our members with educational opportunities, both online and in person. I thank all of you who attended these events throughout the year, and look forward to more opportunities to come together to learn and network in 2023.

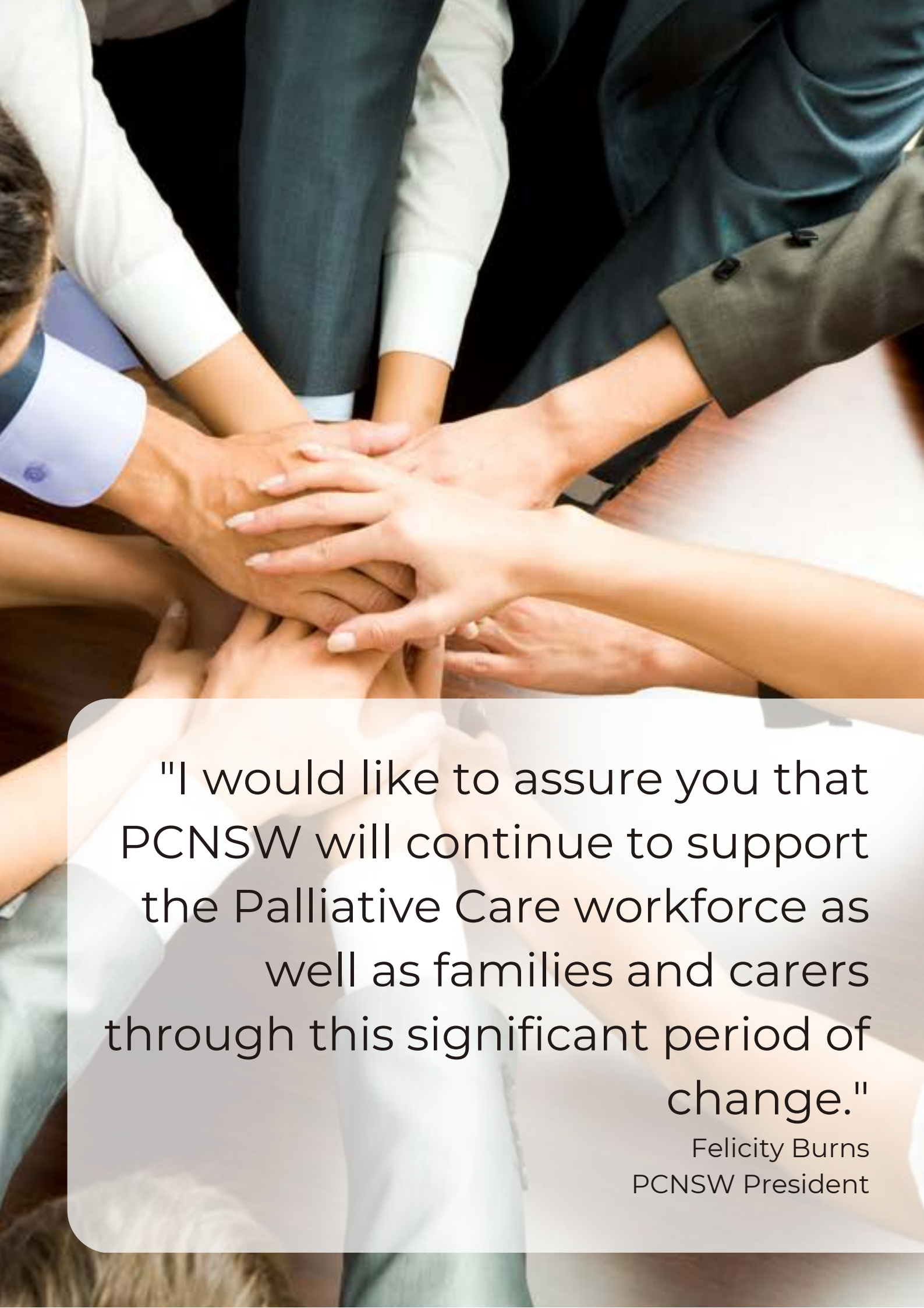
I couldn't review this year without acknowledging the wonderful Biennial State Conference that was put together by the Central Coast Organising Committee as well as the team at PCNSW. Linda has once again planned, coordinated, and hosted an exceptional conference this year, and I know many of you are already looking forward to 2024.

As many of you know, Linda and Therese were heavily involved in debates and discussions around the development of the VAD Legislation that was introduced earlier this year. I would like to assure you that PCNSW will continue to support the Palliative Care workforce as well as families and carers through this significant period of change. We will provide ongoing education, information and consultation in 2023 and beyond. We also encourage our members to engage with us about how we can most effectively support you and your colleagues.

I would like to finish up by wishing you and your families a wonderful festive season, and I look forward to seeing everyone in 2023.



**Felicity Burns**  
Palliative Care NSW  
President



"I would like to assure you that  
PCNSW will continue to support  
the Palliative Care workforce as  
well as families and carers  
through this significant period of  
change."

Felicity Burns  
PCNSW President

## From the CEO

Welcome to our final Pallium for 2022. It's been quite a year!

Without a doubt, the highlight of the year for us has been getting together in person for the first time in years for our biennial state conference. We have a full report in this issue. Many thanks must go to the organising committee on the Central Coast as well as our team in the office, all of whom contributed to producing an extremely successful conference. We had a great venue, great location, great barista coffee for the whole conference and most importantly of all – great content. A huge thank you to all of our keynote, concurrent and poster presenters and all who submitted abstracts: we couldn't do it without you all! Our sponsors deserve a special shout out for supporting us to put on a conference that is affordable and rewarding for all.

We will be seeking expressions of interest for hosting the 2024 conference in the new year. If you think your service/town/LHD has what it takes to take on a conference – keep an eye out!

As you all know, the NSW Government this year announced a significant funding boost to Palliative Care in NSW of \$743 Million. We continue our work with the Ministry of Health over the coming months and years to provide input into decisions about how this funding will meet the needs of palliative care patients, carers and volunteers and workers.

We have another new staff member to introduce. We have recently been funded to provide a service to carers and families that we have always tried to provide as best we can but have never had the resources to provide a complete service.

We now have some funding to create the Pallcarer Guidance program. Carers, families and to some extent health professionals can now have their queries answered by a dedicated expert.

From these calls we will build a database of helpful information and build on our downloadable resources. We are extremely fortunate to welcome Dr Peta McVey to this role. Peta has had a wide-ranging career from palliative care nurse to senior academic and is now looking to get back into some personal connections with the public using her expertise and sector connections.

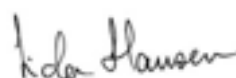
Welcome Peta – we look forward to building this service into an ongoing and valued link to the families and carers of those who are approaching the end of their lives.

It's amazing that we are finishing 2022 here in the office with almost double the staff we had a year ago. We are looking forward to being able to provide greater support to you - our members, to families, carers and health professionals in 2023 and beyond.


We have also just been advised that Her Excellency the Honourable Margaret Beazley AC KC, Governor of New South Wales, has agreed to become our Patron. She commenced her role on 30 November 2022.

We are delighted to welcome Her Excellency and look forward to welcoming her to coming events.

As always, we encourage our members to get in contact with us at any time, we love hearing from you.



**Linda Hansen**  
Palliative Care NSW Chief Executive Officer



"We are looking forward to being  
able to provide greater support to  
you – our members, to families,  
carers and health professionals in  
2023 and beyond."

Linda Hansen  
PCNSW CEO

# 5 ways The Advance Project® makes it easier> to have courageous conversations that make a big difference to people living with dementia

NEW>

The Advance Project® Dementia Specific Training and Resources

#1

A new Advance Project Dementia Toolkit is available to make initiating end-of-life conversations and assessing palliative needs of people living with dementia easier.

#2

Free, self-paced training is conveniently accessible online, designed for clinicians, managers, and careworkers in aged and primary care, to build confidence, capacity, and skills.

#3

Videos with real-life scenarios walk you through approaches and tips to make end-of-life conversations and assessing palliative care needs easier.

#4

Our free, practical dementia specific resources can be downloaded from our website to start end-of-life conversations with residents, clients, patients, and families.

#5

Train-the-trainer tele-mentoring is available for aged and primary care organisations and local educators to support staff to use the new training and resources. Contact: [AdvanceProject@hammond.com.au](mailto:AdvanceProject@hammond.com.au)

*"The knowledge I gained from this training gives me more confidence in organising advance care planning with clients and family"*

Care Manager,  
Residential Aged Care

Making it easier

to care better>

Access FREE Dementia Training and Resources today at [theadvanceproject.com.au/dementia](https://theadvanceproject.com.au/dementia)





## **The Advance Project®(Dementia): A new toolkit to enable better palliative care for people living with dementia**

The new Advance Project Dementia, provides free, practical, evidence-based training and resources that make it easier for aged and primary care professionals to initiate courageous end-of-life conversations and assess the palliative care needs of people living with dementia, to enable better care. The project is led by HammondCare in collaboration with CareSearch and funded by the Australian Government.

The Advance Project Dementia Toolkit has been specifically designed for clinicians, managers, and careworkers in aged care and primary care settings, to build greater confidence and skills in advance care planning and palliative care, and can be explored here [www.theadvanceproject.com.au/dementia](http://www.theadvanceproject.com.au/dementia)

The Advance Project Guide (Dementia) was presented in a recent meeting of the Palliative Aged Care Network (PACN) members attended by palliative care leads and clinicians from aged care organisations, specialist palliative care services and local health districts across New South Wales.

PACN Chair and Palliative Care Nurse Practitioner Joshua Cohen said, “prompting earlier consideration of palliative care needs for a person living with dementia is a key step when initiating advance care planning discussions, which is clearly emphasised in The Advance Project Guide (Dementia)”.

The new dementia-specific training and resources have been informed by literature reviews and extensive input and feedback from the expert advisory group, GPs, nurses, allied health professionals, aged and primary care managers, careworkers, and people living with dementia and their families.



“The DOT (Distress Observation Tool) is a simple tool yet nuanced to the needs of a person with the late-stage of dementia, which is helpful when assessing palliative care needs” said another PACN member.

The dementia-specific training and resources will help build confidence, capacity, and skills of residential and community aged care professionals, and GPs, nurses and staff in primary care. Training is conveniently accessible online and walks participants step-by-step through approaches and tips for having end-of-life conversations and assessing palliative care needs.

Our training also explains how to use The Advance Project Dementia evidence-based resources. The range of dementia-specific training options can be explored on this link.

These resources and tools also benefit specialist palliative care services providing care to a person with dementia and supporting the aged care team in advance care planning and palliative care assessment of clients and residents living with dementia.

The ultimate goal of The Advance Project Dementia is to enable people living with dementia to have the opportunity to express their needs and preferences for care at the end of life and have access to palliative care and support for their families and carers.

#### Authors:

Professor Josephine Clayton, Director of Palliative Care Research & Learning, The Palliative Centre, HammondCare

Jon San Martin, Clinical Nurse Consultant, The Advance Project, The Palliative Centre, HammondCare



Access the free Advance Project (Dementia) training and resources from [www.theadvanceproject.com.au/dementia](http://www.theadvanceproject.com.au/dementia)

To find out more about our train-the-trainer program please contact us on [AdvanceProject@hammond.com.au](mailto:AdvanceProject@hammond.com.au)



# Homelessness and Palliative Care

## A Scoping Study in Metropolitan Sydney

**Emma Scott-Stevenson**

Policy Officer, Palliative Care NSW

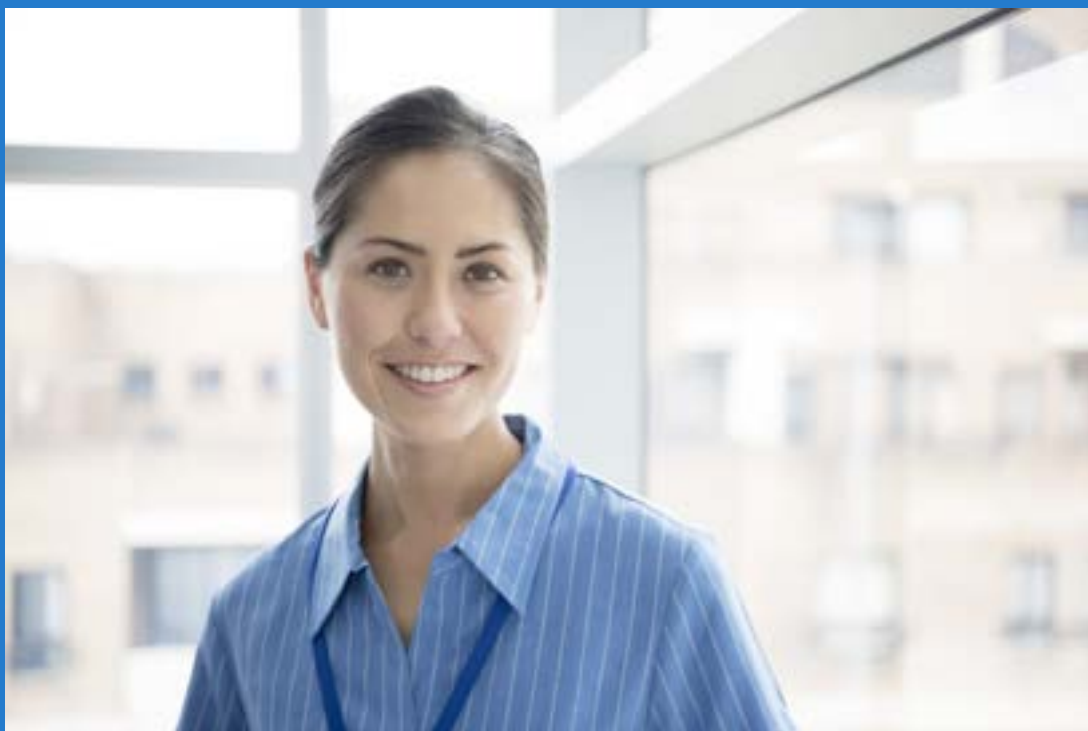
**Megan Asbury**

Deputy CEO, Palliative Care NSW

As part of a National Project funded by Palliative Care Australia (PCA), Palliative Care NSW (PCNSW) completed this scoping study to examine the availability and accessibility of Palliative Care services for homeless individuals within Metropolitan Sydney. PCNSW hosted a Homelessness and Palliative Care forum with key stakeholders from health and homelessness organisations, in order to identify the barriers that inhibit or prevent access to Palliative Care by those experiencing homelessness. This study also seeks to improve access to high quality Palliative Care for homeless individuals, with a particular focus on the disconnections which exist between health and social services, the barriers which impact the provision and reception of Palliative Care, and the importance of person-centred care within this discussion.

PCNSW  
Homelessness  
Report





## Partnering with nurses to create a palliative care resource for nurses

Nurses are the largest health professional group. However, palliative care is not always part of nursing training and many nurses do not see themselves as providing palliative care.

The CareSearch Nurses Hub provides online practical support for nurses to deliver best-practice palliative care. With the demand for palliative care increasing and nurses providing a significant portion of palliative care, both as generalists and specialists, it is important that the information and resources available to them are fit for purpose.

Having information and trustworthy resources at hand can help nurses care for people with a life-limiting illness, or who are approaching the end of their life. For example, awareness of appropriate care pathways, potential needs, and local support services can help nurses to tailor care to individual people and their families.

### Partnering with Nurses

After extensive consultation during the year, the CareSearch Nurses Hub has been reviewed, expanded, and updated, and the new content relaunched recently this November.

We partnered with nurses to ensure we created a resource that responds to nurses' needs and clinical context. A steering group of six nurses from aged care, community, acute, and rural and remote sectors provided advice from the early stages, through to the launch of the revitalised hub. A larger group of nurses who answered a call for an expression of interest also provided valuable insights and advice.

Caring for people with advanced chronic illnesses such as heart, renal, respiratory failure, or dementia almost certainly involves elements of palliative care. Recognising these as life-limiting illnesses, and monitoring and responding to the physical, psychosocial, and spiritual needs recognised by palliative care, can improve care. New nurses and those with less palliative care experience can benefit from access to relevant resources, that can reinforce the mentoring and training from more experienced nurses in their teams.

### Difficult Conversations

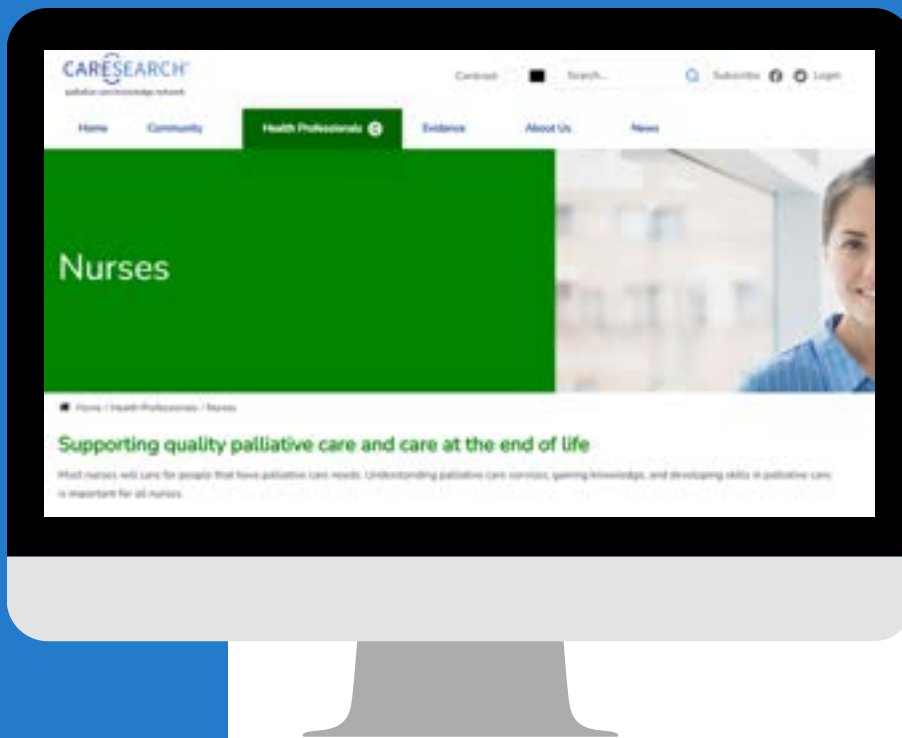
As an example of the approach we took, discussions with these nurses highlighted the need to support nurses to engage in the difficult conversations that are part of palliative care, particularly nurses outside specialist palliative care.

The Nurse Hub now holds a section on communication to support nurses in their communication with patients/clients, carers, and family; with members of the care team; and within a care organisation.

As new graduates can struggle with conflict, tips on how to recognise and deal with conflict have also been included. In the Communication section the verbal and non-verbal aspects of communication are considered, and examples of ways to start or progress conversations are included. We link to trustworthy and practical resources that can help with quick suggestions or means to build skills.



CareSearch is always very interested in your feedback on CareSearch content to help the make improvements. Please send any comments to [caresearch@flinders.edu.au](mailto:caresearch@flinders.edu.au). You can find the new hub at [caresearch.com.au/nurses](http://caresearch.com.au/nurses).



## What is new in the Nurse Hub?

Heeding advice from the nurses involved in the project, the content is now more practical and actionable with the practice tips easily identifiable.

These are the key sections:

- Palliative Care Nursing: understand what, where and who of palliative care nursing practice.
- Communication: an essential part of palliative care, explore ways to gather and share information respectfully and compassionately
- Assessment: find out how to recognise needs and monitor for changes.
- Planning and Coordinating Care: learn how to involve individuals and teams in planning and care coordination for current and future needs.
- Clinical Care: find practical information on responding to physical and psychosocial needs including:
  - Information on how to recognise, assess, and manage ten commonly experienced symptoms and issues.
  - My CPD reflections forms developed to help nurses record their learning activity across the ten symptoms.
- The Dying Patient: understand how to recognise and manage imminent death and address after-death care
- Loss, Grief, and Bereavement: learn how to support those going through grief and bereavement.
- Tools for nurses in palliative care: a range of forms, checklists, and tools to assist you in providing palliative care.


# Palliative Care Outcomes Collaboration

PCOC would like to wish everyone a joyous and safe festive season and a Happy New Year. This year has seen enormous growth in the number of services participating in PCOC and we would like to acknowledge the dedication of NSW services and clinicians in your continuous pursuit to achieve positive outcomes for patients, their families, and carers.

It is never a dull moment at PCOC and we capped off 2022 by hosting a National Symposium focussing on advancing the immediate future of palliative care. We were delighted to welcome 40 delegates from NSW to share their expertise and experience and we would like to thank all delegates for their continued leadership and support for improved outcomes in palliative care.

With 2023 just around the corner, we would like to take the opportunity to remind all services participating in PCOC that the PCOC data submission portal will be open from January 1st 2023 for services to submit their PCOC data. If you have any questions regarding the data submission process please email [pcoc@uow.edu.au](mailto:pcoc@uow.edu.au) or contact 02 4221 4411.

## Collaborating for a better future



If you are interested in undertaking a PCOC quality improvement project in 2023 please get in touch by contacting me on [lkable@uow.edu.au](mailto:lkable@uow.edu.au). I will be holding quality improvement planning sessions with individual services from January 2023. These sessions aim to bring teams together to interpret PCOC outcomes information, identify quality improvement opportunities within your service, provide support to progress QI activities and help measure, record and disseminate your ideas, successes and improvements.

**Once again everyone, happy holidays and I very much looking forward to collaborating in 2023 for improved outcomes for all!**

**Le-Tisha and the PCOC team**

Keep up to date with  
PCOC



[YouTube](#)



[Twitter](#)



[Newsletter](#)



## PALLIATIVE CARE EDUCATION & TRAINING COLLABORATIVE



Funded by the Australian Government Department of Health

### How great was the State Conference!



It was lovely to see so many familiar faces and equally as lovely to meet new faces. In our COVID world we have met so many new people over phone calls or virtual meetings, it was a joy to catch up with you face to face.

PEPA NSW is busy booking education sessions and placements for 2023. If you would like to host education in your area please contact me as soon as possible to secure dates.

We are also booking both STANDARD and REVERSE placements. Did you know that if you are new to a Specialist Palliative Care Service you are able to do a placement? Did you know those working in Specialist Palliative Care Services can do a placement with PalCare Paeds team or Renal Supportive Care team?

A PEPA placement is a good way to encourage succession planning and a great way to promote Specialist Palliative Care Services.

For more information or to access the many Palliative Care online learning modules please visit the PEPA Education webpage (<https://pepaeducation.com/>) or email me ([Janeen.foffani@health.nsw.gov.au](mailto:Janeen.foffani@health.nsw.gov.au))

Holiday Greetings and stay safe!

PEPA NSW Team

Janeen & Leveni

# Volunteer Support Services Programme



**Kate  
Bowman**

The good news now that we are reaching the end of 2022 is that many palliative care volunteer services are back in operation post COVID shutdowns but there is still a lot of catching up to do. New recruits are needed to replace the many volunteers that have left service. This means Volunteer Managers are busy recruiting and training and making things work in this “new normal” environment. Where there is a will there is a way. I hear many stories of nursing staff being very glad to have their volunteers back in action and how much their presence was missed. Let’s hope that all volunteer services are back in action for 2023.

I have spent many, many hours over the last few months awash in data collected while researching for our 2022 Snapshot of palliative care volunteering in NSW and many more analysing and interpreting it. The report will be finished soon, and unsurprisingly it will reflect a downturn in volunteer activity as imposed by lockdowns. Hearteningly, it will also show resilience and adaptation.

At the Palliative Care NSW State Conference in November, we were able to highlight volunteering in a workshop titled, ‘Bending beats breaking: how the challenge of COVID has invited a re-think of real community involvement in palliative care’. To present, I was joined by a group of Volunteer Managers, a volunteer, and a director, who all share a passion for volunteering and did a great job providing evidence for harnessing the benefits of a volunteer workforce.



Volunteer Managers come together to develop their practice at the PCNSW conference in Terrigal NSW.





Later that month we hosted an online workshop 'Engaging the creative imagination in caring for others and ourselves'. Presenter Irene Renzenbrink showed us how the healing and restorative power of the expressive arts can transform difficulties, especially in circumstances where words might not be enough. Participants were able to attend either individually or as part of a group 'watch party' and were given some creative exercises to do and share.



Last week I was honoured to accompany seven palliative care volunteers representing services from all over Sydney to the Premier's Volunteer Reception at the Sydney Opera House. It was International Volunteer Day on December 5, and our Premier used the opportunity to thank the many different types of volunteers gathered for their hard work and commitment to what they do. Volunteering helps strengthen our social fabric, supports well-being, reduces isolation, increases connection, and brings social and economic benefits to individuals and communities.

Planning has begun for the 2023 Palliative Care Volunteer Conference. Thanks to COVID restrictions, our last volunteer conference was way back in 2019 and there has been much changeover of managers and volunteers since then. With this in mind, we are planning a bumper conference with something to interest everyone.

Finally, I would like to extend a very big thank you to all the palliative care volunteers and Volunteer Managers for all the good you have done in 2022. I wish everyone a safe and happy summer.



# Palliative Care

NEW SOUTH WALES

## BIENNIAL STATE CONFERENCE REPORT

3-5 NOV 2022 | TERRIGAL NSW



# FACING THE FUTURE TOGETHER 2022

# PCNSW BIENNIAL STATE CONFERENCE

Our Biennial Conference at Terrigal was a fantastic opportunity to meet each other again face to face, to network and get up to date information about Palliative Care.

We were lucky to have many knowledgeable international, interstate, and local presenters.

Thanks to our sponsors NSW Health, Hammond Care and Calvary Health Care Kogarah, and the work behind the scenes by the Palliative Care NSW team, the Central Coast palliative care team and local volunteers, we were able to bring together a successful event with more than 300 delegates.

Proudly funded by



Health Care Kogarah





## WELCOME RECEPTION

The event kicked off with a welcome reception on Thursday November 3rd supported by Calvary Health Care Kogarah with Musical Entertainment by Dean Totten.



WELCOME  
RECEPTION



# FRIDAY, NOVEMBER 4



MP for Terrigal Adam Crouch welcomed delegates followed by Professor Nick Goodwin as our first keynote speaker.



Drawing on international case examples, as well as findings from recent research undertaken at the Central Coast, this presentation examined how integrated models of care could enable better palliative and end-of-life care experiences. It reflected on the necessary processes to design and implement such models in practice.



Dr Watts delighted the audience on Friday afternoon with an entertained presentation that kept the audience engaged throughout. He based his presentation on an innovative action learning initiative between a regional community palliative care service and local emergency department clinicians. With the locally and internationally evolving definitions of palliative care and expectations of palliative care services constrained by the challenges of staffing and recruitment in regional and rural areas, he presented this initiative as an example of facing the future of palliative and end of life care through collaborative educational models.

Professor Bob Arnold, from the University of Pittsburgh, USA followed Dr Watts.

His presentation was about communicating with families in a (post) COVID time. On the premises of the fact that talking with families of incapacitated seriously ill patients has gotten harder. COVID has required clinicians learn to communicate via technology. In addition, the explosion of information and decrease in trust has made it harder to share difficult news or negotiate goals of care. This presentation helped clinicians develop a mental model for providing serious news, dealing with conflict, and promoting trust. Specific skills and phrases that clinicians can use immediately were shared. It was indeed a fantastic presentation!



# FRIDAY AFTERNOON, NOVEMBER 4

Friday afternoon was then filled with a wide range of topics in our Workshops and Concurrent Sessions.



## Technology, Skills and Research in Palliative Care

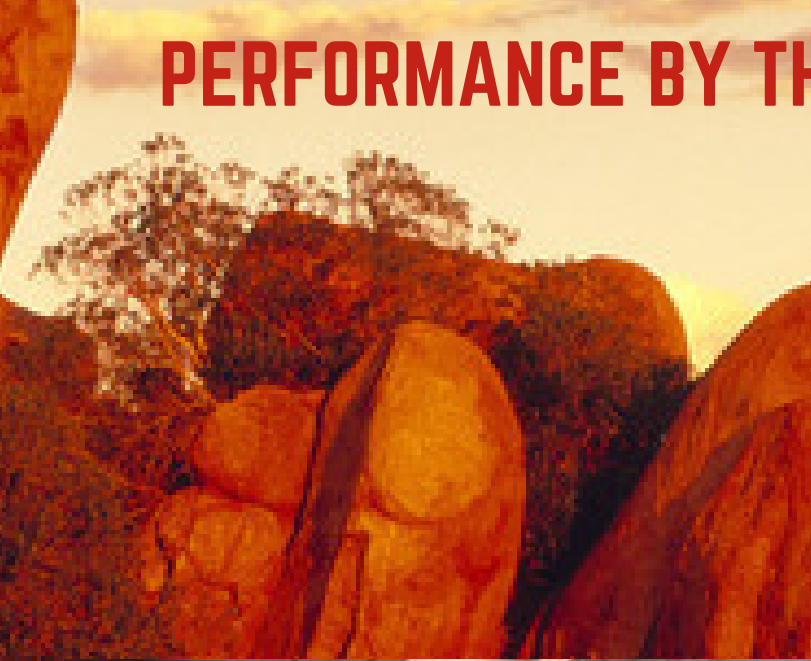


## Communication, Innovation and Existential Distress sessions.





## PERFORMANCE BY THE GLEN DANCE GROUP



We acknowledge The Darkinjung Aboriginal community on the lands we met during our conference at Central Coast. We pay my respects to Elders past, present and emerging and celebrate the diversity of Aboriginal peoples and their ongoing cultures and connections to the lands and waters of NSW.



# FRIDAY AFTERNOON, NOVEMBER 4



Linda Hansen, PCNSW CEO then addressed delegates to present the next plenary: Stories from the front line, led by Nurse Practitioner and Twitter's Unravelled Nurse, Juliane Samara. Juliane featured the stories from nurses in Aged Care, in the community, in the hospital.



Then we had the incomparable A/Professor Joanne Doran to present "Hope: Cope, Rope or Trope? The secret life of palliative care patients."

Joanne is a palliative care specialist with over 20 years' experience. Originally from the UK she completed her postgraduate training in Sydney.



**Palliative Care**  
NEW SOUTH WALES

## ANNUAL GENERAL MEETING

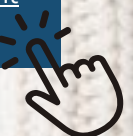
At the completion of the day – at the start of the evening – we held our Annual General Meeting in which Felicity Burns resulted elected as President. Felicity is the Manager, Palliative Care Operations and Partnerships at Hammond Care. Felicity has a nursing background and is passionate about promoting equity of access to palliative care services across NSW.

Congratulations Felicity! We are looking forward to your contribution during your time as the PCNSW President.



We also thanked Therese Smeal for her wonderful contribution as president for the past 2 years. Therese is a tireless advocate for palliative care and particularly community palliative care nursing. We are very pleased to have Therese stay on as Immediate Past President (Vice President) for the next 12 months to ensure a smooth transition.

New Management  
Committee



# GALA DINNER



In the evening and thanks to the support of Hammond Care, we released the pent-up energy of years of not seeing each other in person and thoroughly enjoyed the highly anticipated gala dinner. Thanks to Sunset Vibe for the music! Thanks to the venue for delicious dinner! The atmosphere was pure joy. Thank you to Linda of course for once again putting together the best performance of Mustang Sally since 1965 but she couldn't do it without her doo-whop backing group – Melissa Cumming and Therese Smeal. It is always such a fun night, but everyone seems to make it home to bed in good time for a big day on Saturday!



# SATURDAY, NOVEMBER 5



Saturday kicked off with Dr Rachel Coughlan spoke about the stories from protracted crisis: alternative perspectives on the future of palliative care.

Rachel Coughlan is a public health professional with over 20 years post-qualification experience gained in clinical practice, and in international public health research, policy and advocacy.



Followed Rachel, we had Joan Ryan OAM. Joan spoke about Homelessness and climate change: "Towards greater equity in Palliative Care especially for Vulnerable Populations: Nowhere to go."



After morning tea, we had the Voluntary Assisted Dying in Victoria 2022 presentation led by Adj. Associate Professor Violet Platt, CEO of Palliative Care Victoria.



A workshop on how to drive change based on patient's preferences was next and was led by Dr Claudia Virdun, Senior Research Fellow and Dr Tim Luckett, Senior Lecturer, IMPACCT, UTS

During this workshop, the discussion was around how palliative care workers can routinely capture patient and family feedback to inform quality improvement of palliative care provision.

# SATURDAY AFTERNOON, NOVEMBER 5

Rest of Saturday was then filled with a wide range of topics in our Workshops and Concurrent Sessions.

**COVID-19 – The impacts of a Pandemic on Grief and Bereavement**

**Palliative Care Nursing**



**Exploring the role of Allied Health in Palliative Care, Dementia and Grief**



**Future of Therapeutics and Innovation in Palliative Care**

**The Future of the Palliative Care Workforce in Aged Care**



**The Future of the Workforce and Technology in Palliative Care**

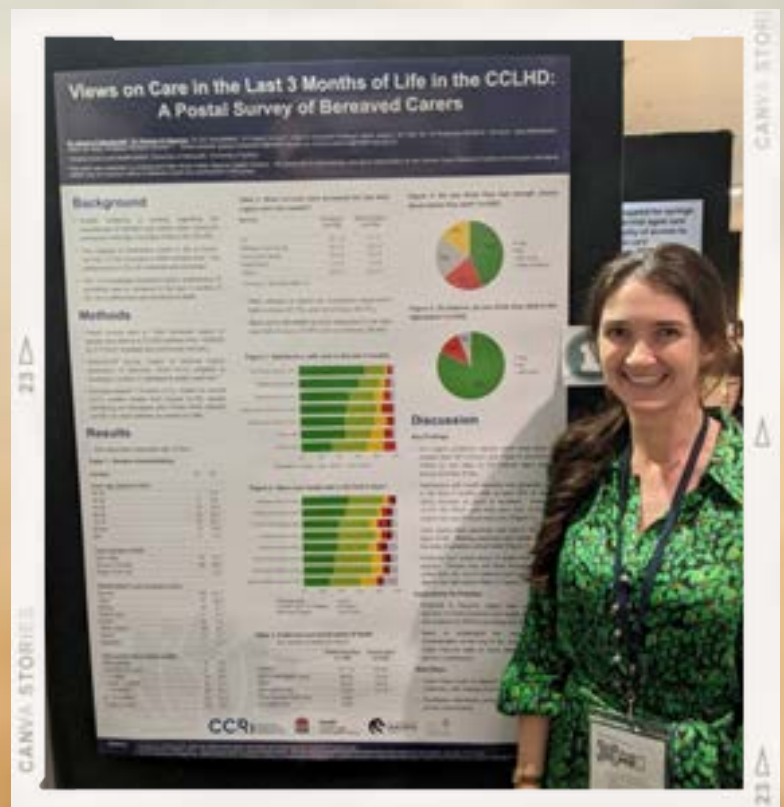


# Poster judging



Dr Jessica McDonald was declared the winner! She presented Views on Care in the last 3 months of life in the CCLHD. Congratulations Jessica!! Thank you to our poster judging team of MEGAN. The Poster reported on the results of a postal survey of the bereaved carers of people who died in the CCLHD between 1/8/20 and 31/7/21. A modified version of the VOICES-SF survey was used. Survey responses were linked to the clinical records of deceased patients. The research sought to understand the views of bereaved carers regarding emergency care received in the final 90 days of life in the CCLHD, and to establish the degree to which residents of the CCLHD achieve their preferred place of death.

Congratulations to Dr Jessica McDonald





# CLOSING SESSION

At the end of Saturday afternoon, we had a beautiful closing session:

Thank you: Exploring stories from the coal face. When ordinary encounters between clinical staff and patients have turned to extraordinary experiences of transformational learning. Exploring stories from the coal face. The Annual Alberto Albani Healing and Narrative Award sponsored by The Lions Club of Kogarah. Introduced by Dr Frank Brennan AM. Featuring Melissa Cumming and Carrie Zhang.

And also:

Courage and strength: A meditation to inspire. Presented by: Alison Coleman (Palliative Care CNS) from Chris O'Brien Lifehouse



Amazing and moving stories were presented during this final session.

It was a truly transformative end of conference that all delegates will keep in their hearts.

We would like to thank all delegates for attending as well as all sponsors for helping make this conference as successful as it was.

Please head to the following page to watch a short video that encapsulates a summary of our 2022 Biennial Conference 'Facing the Future Together' and enjoy!

PCNSW Team

ACCESS

# VIDEO

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# Good News



A welcome shout to the new Volunteer Managers joining our network – Kate McCarson at Volunteers for Palliative Care Maitland, Diana Di Giovanni at HammondCare Braeside, Lauren Hare in the Eurobodalla and Michelle Gardiner in Bega Valley.

## meet & greet

Peta joined Palliative Care NSW in November 2022. She is a registered nurse with more than 30 years clinical experience in a variety of settings, with extensive palliative care expertise having worked as a senior clinician in specialist palliative care services for 18 years. After completing a PhD which explored palliative care within Residential Aged Care, Peta began working as a Senior Lecturer at the University of Sydney. In this role, she developed, coordinated and taught into one of the few undergraduate compulsory palliative care units of study in Australia for the Bachelor of Nursing program. Additionally, her palliative care teaching expertise was utilised in the Master of Nursing and post-graduate nursing programs.

Peta has contributed significantly to the specialty of palliative care through; her involvement with various national collaborative projects, journal reports/ articles, and for 8 years was a member of the management committee of Palliative Care NSW Association. She has worked with the Commonwealth Department of Health and Ageing and Palliative Care Australia to develop national training resources and contributed to the NSW Upper House Inquiry into registered nurses in nursing homes in New South Wales.

Peta joins us as the Palliative Care Service Guide and looks forward to navigating carers, family members and health professionals in the right direction to access appropriate services to meet their needs.





# Volunteering Awards

**Congratulations to all these wonderful humans being recognised for their service to palliative care volunteering.**

Central Coast Local Health District won Regional Volunteer Team of the Year. Gail McKenna, Kerry Pearson, and Lorriane Bullivant are seen here with the award, representing their team.

The Broken Hill Health Service Palliative Care Volunteers were awarded the Volunteer Superstar Award, accepted by Marilyn Johns, Janet Pearce, and Tracey Dolamore.

Arlene Roache South Western Sydney LHD District Palliative Care Volunteer Coordinator was awarded The Pride of Workmanship Award by the Rotary Club of Liverpool West which recognised her outstanding qualities in terms of approach, attitude, dedication, and commitment to her job. Rotary President Mr Shiva Nandan (left) commended Arlene's connection to community and the work she has done throughout COVID in supporting the volunteers, delivering new programs for patients such as music programs and support of carers at home. Janeane Harlum, SWSLHD District Palliative Care Manager (right) was with Arlene as she accepted the award.



## Palliative Care Volunteers – awarded Volunteer Superstar Award.



The award was collected by Palliative Care Volunteer team members (from left) Marilyn Johns, Janet Pearce and Tracey Dolamore.

Community Palliative Care Volunteers provide compassionate and person centred volunteer services to palliative care patients and carers receiving Specialist Palliative Care in the community.

They also provide companionship and person centred support for patients in hospital.

The Palliative Care Volunteer Service has continued whilst adapting to COVID restrictions and following COVID safe practices at all times.



## TERESA PLANE NSW SENIOR AUSTRALIAN OF THE YEAR 2023



Teresa Plane will be 90 in 2023. As a Registered Nurse, as a hospital owner, as a teacher, as an advocate, Teresa's life work has been dedicated to ensuring the people in her care have a good life and a good death.

As the 2023 NSW Senior of the Year, and come Australia Day possibly the 2023 Senior Australian of the Year, Teresa is determined to advance people's understanding of palliative care.

In a wide ranging conversation with Ian Campbell from Palliative Care Australia, Teresa talks about her career, and what she has learnt about life and death along the way.

"It's going to be one of my things in 2023, to see that palliative care is moved much further back in the care (timeline) a patient receives." she said.

The full video will be published on Thursday, 19 January 2023 – you will laugh, cry and be inspired. Stay tuned through our social media platforms and website ahead of Australia Day to take part in the experience.



# Upcoming events

[Introduction to advance care planning for health and care workers](#)

[By Advance Care Planning Australia](#)

Mon. 30 January 2023, 1:00 pm – 4:00 pm AEDT Online

[19th Annual Paediatric Palliative Care Symposium is happening in March 2023](#)

[National Advance Care Planning Week,](#)

From 20 to 26 March 2023

National Palliative Care Week 21st – 27th May 2023

(More info coming up early 2023)

2023 Oceanic Palliative Care Conference (23OPCC) in Sydney from 13 – 15 September

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## **JOBS IN PALLIATIVE CARE**

Check out the latest palliative care health professional roles listed on the Palliative Care NSW website.





# *Season's Greetings*

FROM



**Palliative Care**  
NEW SOUTH WALES

Please note our offices are closed from 22nd December to the 3rd January and we will be returning to the office from the 4th January 2023

**pallium**

End of year / 2022

**Palliative Care NSW**

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