



Palliative Care
New South Wales

2024 State Conference

**Above & Beyond in Rural, Regional
and Remote Areas**

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Above & Beyond in Rural, Regional & Remote Areas
Concurrent Session: Friday 1st November

1:30pm (Poster Pitch)	<p style="text-align: center;">The Wolf Pack Bruce Adams, Specialist Palliative Care Northern NSW Local Health District</p> <p><i>Palliative care education in diverse health districts, spanning across regional, rural, and remote areas, has undergone significant transformation. The introduction of district wide specialist palliative and end of life care nurse educators, addresses the challenges of variability in care delivery and varied service requirements. Building a proficient and forward-thinking specialist workforce is imperative for delivery of high-quality palliative and end of life care. To empower clinicians and teams, we must adopt an innovative, inspiring, and strategic education and training approach. By going above and beyond through collaboration, we can meet the complex needs of patients and families facing life-limiting illnesses.</i></p>
1:35pm	<p style="text-align: center;">“What a CAN-DO Attitude Achieves in Rural and Remote Palliative Care” – A Case Study Julie Edwards, Far West Specialist Palliative Care Service</p> <p><i>Providing palliative Care in rural and remote areas has many challenges: the tyranny of distance, difficulty recruiting health care staff, and primary health care staff in small remote communities only having infrequent exposure to palliative care. On the positive side, remote communities are used to having to work outside the square to resolve challenges. Patients and their families, as well as health care providers are very resilient and flexible. Collaboration and communication are vital. Having a can-do attitude will usually outweigh any difficulties. It's amazing what you can achieve when you all work together. Magic happens.</i></p>
2:00pm	<p style="text-align: center;">Last Days Program - Improving Death Literacy in Regional and Rural NSW Jon SanMartin and Maria Cambitzi, HammondCare</p> <p><i>HammondCare's Last Days Program delivered 3-hour workshops in regional and rural communities in NSW to improve death literacy in these areas. The workshops focus on providing education about end-of-life care, advance care planning, and practical support for caregivers and families. From December 2023 to April 2024, 296 participants from 63 regional and rural areas attended the workshop. Post-workshop surveys from 111 attendees showed 96% increased confidence in supporting individuals with life-limiting illnesses, and over 90% would recommend the workshop. These results underscore the program's effectiveness in enhancing community understanding of palliative care and confidence in navigating death and dying.</i></p>
2:25pm	<p style="text-align: center;">Growing a 'Grief Companion' Volunteer Program Bianka Eifler, NSW Health, Illawarra Shoalhaven Local Health District</p> <p><i>The volunteer 'Grief Companion' service was developed within the Illawarra Shoalhaven Palliative Care and Bereavement Service to facilitate connection between grieving community members and compassionate volunteers. Volunteer grief companions create a safe atmosphere of warmth and understanding where bereaved people can share their experience of loss with others who understand. Public health and compassionate communities' principles underpin the program to recognise the caring capacity of skilled and engaged community volunteers who can effectively provide emotional, social and practical signposting support to bereaved people. Whilst both time and cost efficient, the greatest benefit is the fostering of meaningful human connection.</i></p>

2:50pm (Poster Pitch)	<p style="text-align: center;">Emotional Design for the Tamworth Hospital Palliative Care Unit Connie Matthews, Hunter New England Local Health District</p> <p><i>An Emotional Design Brief (EDB) was commissioned to support and inform the creation of a new Palliative Care Unit for Tamworth Hospital. Interviews were held with a diverse range of people connected with the current Nioka Palliative Care Unit to understand the emotional impact of the current spaces, and desires for a future Palliative Care Unit. Key themes were identified through thematic analysis of the interview transcriptions and research literature. These themes were then described in the participants' own words and summarised in a report known as an EDB. The EDB provides the Architects with unique insights into design requirements.</i></p>
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