



Palliative Care
New South Wales

2024 State Conference

Customised Agenda

AGED CARE

31 October – 2 November | Tamworth

(Draft and subject to change)

THURSDAY 31st OCTOBER

Pre-Conference Workshops / Panels

Welcome Reception

Attendance included for all registered delegates

2:00pm	Registration Opens
2:30pm	Pre-Conference Workshops / Panels Commence

	Stream 1
2:30 – 4:00pm	<p style="text-align: center;">WORKSHOP DYING AT HOME & PROMOTING SOCIAL CHOICES, THE COMPASSIONATE COMMUNITY WAY</p> <p>Led by Dr Stephen Ginsborg (Compassionate Communities Australia) & Jessie Williams (Provida)</p> <p>Come into a nurturing space where you will be greeted with kindness and a deep sense of camaraderie as we dialogue and add to our compassionate community skill set. Over 90 minutes together, we will:</p> <ul style="list-style-type: none">• Expand and deepen our awareness of the style of relations required<ul style="list-style-type: none">• Identify actions that community members can take• Learn simple activities and approaches that engage people in the end-of-life conversations• Apply these to your future community engagement activities, including on Dying to Know Day and during National Palliative Care Week. <p>This is a workshop where you will decide, from your experience, how you can engage with community citizens. Your facilitators will help guide and inspire through dialogue, story and community building techniques.</p> <p>Compassionate communities is a hot topic right now, so for anyone wanting to know more, this is a good workshop to attend.</p> <p><i>Note: For those working in Residential Aged Care, this workshop is relevant as Residential Aged Care is defined as “home” for your residents.</i></p>
4:00pm	At leisure until the Welcome Reception
5:30pm	Welcome Reception commences
7:30pm	Welcome Reception Concludes

FRIDAY 1st NOVEMBER

Day 1 Conference Sessions

Celebration Dinner

Attendance included for all registered delegates

8:00am	Registration Opens
9:00am	Conference Day 1 Commences: Official Opening Session
	Welcome to Country PCNSW President Address, Felicity Burns In Conversation with Camilla Rowland, CEO, Palliative Care Australia
9:45am	Keynote Speaker: Fiona Lysaught Clinical Nurse Consultant, Hunter New England LHD <i>Finding Your People</i>
10:30am	Morning Tea
11:00am	Keynote Speaker: Dr Kristin Bindley OAM University of Technology Sydney <i>Privilege and precarity: cultivating equity-oriented approaches to dying, caring and grieving.</i>
	Keynote Speaker: Reakeeta Smallwood Senior Lecturer in Nursing, Indigenous and population health, University of Sydney <i>Telling Stories Healing Ways: Aboriginal ways of knowing, being and doing to privilege voices from Community</i>
12:30pm	Lunch
1:30pm	Recommended Concurrent Sessions: Start in Stream 1 <i>Inspiring the Way We Care</i>
1:30pm (Poster Pitch)	Supporting Primary Health Professionals to Proactively Plan and Implement Quality Home-Based Palliative Care Jane Stephens, caring@home
1:35pm	Setting Ourselves Up for Success Regardless of the Setting! National Palliative Care Standards Chelsea Menchin, Palliative Care Australia <i>Palliative Care Australia has been developing standards for almost 20 years to support specialist palliative care to deliver high quality palliative care. There are now two sets of National Palliative Care Standards to cater for increasing demand for palliative care services, the range of workforces involved and settings, including:</i> <ul style="list-style-type: none"> • <i>NPCS for Specialist Palliative Care Providers 5.1 Ed 2024;</i> • <i>NPCS for All Health Professionals and Aged Care Services Ed. 1 2022 – for those <u>not</u> working in specialist palliative care.</i> <i>This presentation explores how services are putting systems in place to achieve quality.</i>

	Move to Stream 5 <i>Inspiring the Way We Care</i>
2:00pm	<p style="text-align: center;">Delirium-Related Distress in Hospital: A Scoping Review and Concept Analysis Kimberley Campbell, University of Technology Sydney</p> <p style="text-align: center;"><i>Delirium is an acute neurocognitive condition, characterised by acute and fluctuating changes in awareness, attention, and cognition. Delirium is often a distressing experience. Patients recall the dreams or visions that they had that were unreal, as well as behaviours they displayed during the episode. Delirium can also be distressing for family and friends ('carers') of people who experienced an episode of delirium, and hospital staff involved in the patient's care. By developing an understanding of delirium-related distress, clinicians will be better placed to respond to their patients, families and their own distress thus allowing for best care to occur.</i></p>
	Move to Stream 2 <i>Appropriate Care for Everybody</i>
2:25pm	<p style="text-align: center;">"This is the First Time I Have Dared to Talk Like This" Lillian's Story of Domestic Violence and Trauma and the Implications for Palliative Care Joan Ryan OAM, Royal Prince Alfred Hospital</p> <p style="text-align: center;"><i>Domestic abuse and trauma are known to affect one in four women and has significant long term health implications. Often described as a 'Silent epidemic', it is hard to determine the actual numbers as many incidents go unreported, some for decades and well into old age. Current mainstream health services lack the awareness required to support elderly patients with a history of traumatic life events. This case study will highlight the complexity of care for a patient who had experienced domestic abuse and trauma as a younger person, will identify barriers to screening for trauma -informed risk factors, will explore the principles of trauma -informed approach, and discuss communication and language barriers.</i></p>
2:50pm (Poster Pitch)	<i>To be announced</i>
3:00pm	Afternoon Tea
3:30pm	Plenary Session: Person Centred Care in Action
	<p style="text-align: center;">Thinking Outside the Square: BB, a Case Study Teresa Gillies, Illawarra Shoalhaven Local Health District</p> <p style="text-align: center;">Inclusive & Quality Palliative Care to People in Supported Independent Living Environments Neetha Sebastian & Amanda Strudwick, Senior Social Workers, Illawarra Community Palliative Care Service (ISLHD)</p> <p style="text-align: center;">Q&A Panel</p>
5:00pm	Day 1 Closing Remarks, Felicity Burns, President Palliative Care NSW
5:15pm	Conference Day 1 Concludes
6:15pm	Transfers to Dungowan Station Commence
6:45pm	"Boots & Bling" Celebration Dinner Commences
10:30pm	Celebration Dinner concludes. Transfers back to town.

SATURDAY 2nd NOVEMBER
GP & Nurse Practitioner Breakfast
Day 2 Conference Sessions
Attendance included for all registered delegates

7:30am	GP & Nurse Practitioner Breakfast
8:15am	Registration Opens
8:45am	Conference Day 2 Commences Plenary Session: Embracing Challenges and Inspiring Innovation
	Palliative Care NSW CEO Address Kirsty Blades Becoming One: A Positive Journey of Restructure Nikki Carson OAM, Clinical Nurse Consultant Palliative Care, Murrumbidgee Local Health District “Game Changing” Palliative Care reform in Queensland, the statewide doubling of Specialist Palliative Care staffing and resources Dr Andrew Broadbent, Medical Director of the Supportive and Specialist Palliative Services at Gold Coast Health, Co-Chair of the Queensland Health Statewide Palliative Care Network Q&A Panel
10:00am	Morning Tea
10:30am	Concurrent Sessions Start in Stream 3 <i>Boomers & Beyond</i>
10:30am (Poster Pitch)	Development of a Consult-Liaison Model for RACFS. Are We There Yet? Susan Jenkins, Illawarra Shoalhaven Local Health District
10:35am	What Does PCOC Know About Specialist Palliative Care Provision in Residential Aged Care? Anita Hartati, Palliative Care Outcomes Collaboration <i>Knowledge about those who receive specialist palliative care (SPC) in Residential Aged Care (RAC) is lacking. PCOC routinely collects data from participating services providing specialist palliative care in-reach into RAC for quality improvement. In NSW, PCOC assessments was collected for 501 residents receiving SPC. Over half of all referrals to SPC originated from GPs. Residents most commonly require extensive nursing care. PCOC data suggests standardised referral criteria is required in RAC to improve accessibility to palliative care in aged care.</i>

11:00am	<p style="text-align: center;">Improving End-of-Life Care in Residential Aged Care Facilities: The I-Matter Project Mia Taylen-Smith, University of Technology</p> <p><i>New models of end-of-life care in Residential Aged Care Facilities (RACFs) are required, that are resident-centred and evidence-based, where professional care providers are available, valued and supported to provide quality care for a growing and vulnerable population. The I-matter Project delivered a complex intervention driven by local needs to embed evidence-based Palliative and End-of-Life care (P&EoLC) practice. It aimed to have clear components, dose and implementation strategies to provide clarity on causality of outcomes. The intervention encouraged staff at RACFs to establish organisational policies and structures concerning end-of-life care and improve palliative care knowledge, skills, knowledge and confidence of RACF nursing staff.</i></p>
	<p>Select one of the following for the final concurrent presentation</p>
11:25am	<p style="text-align: center;"><u>Stream 3</u></p> <p>Experiences of Government-Funded Aged Home Care in the Context of Life-Limiting Illness Kristen Bindley, University of Technology, UTS Ageing Research Collaborative</p> <p><i>Despite the growing population of older Australians with life-limiting illnesses, little is known about the experience and effectiveness of government-funded programs of aged home care to support care at home at the end of life. This qualitative study sought to understand the experience of current or bereaved carers caring for a family member in the last year of life, who currently or previously received support through programs of commonwealth aged home care. Findings reveal limitations regarding the features and capacity of these programs to adequately and consistently support a preference for care at home at the end of life.</i></p> <p style="text-align: center;">OR</p> <p style="text-align: center;"><u>Stream 4</u></p> <p>Improving How Clinicians Communicate with Patients with Life-Limiting Illness – Immersive Compassion Avril Egerton and Angela Hamilton, Western Sydney Local Health District</p> <p><i>Good communication can support care that meets patient and family preferences and needs at the end-of-life. Despite improvements in care and the existence of several evidence-based tools, discussions about end-of-life planning are not always delivered in a timely manner and may be ineffective or of poor quality. There is increasing recognition for the need for comprehensive, high quality and timely end-of-life care communication for patients and their families with life limiting conditions.</i></p>
12:00pm	<p>Closing Plenary Session Special Guest & Keynote Speaker Samantha Bloom</p> <p>Samantha Bloom is a three-time World Para Surfing champion, bestselling author and inspiration behind the #1 Australian box-office, and international global Netflix hit movie, Penguin Bloom starring Naomi Watts. Sam will talk to cultivating resilience, adapting to change and mental health and wellness</p>
12:45pm	<p>Farewell Lunch with Samantha & Cameron Bloom</p>
1:45pm	<p>Conference Concludes</p>

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