The Palliative Approach Toolkit and Nurse Practitioners in Aged Care... an Australian Perspective

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Palliative Care Nurse Practitioner
Context

Resthaven (circa 1935)
- Not for Profit
- Residential
  - 11 sites
  - 1168 beds
  - 136 independent living units
- Community
  - >8000 Community clients
    - Respite services
    - In home/community Support
    - Therapy services
    - Homelessness support
In 45 minutes...

• Aged care in Australia
• Palliative care in aged care
• Palliative approach toolkit
  – Model of care
• Nurse practitioners
• Other initiatives
• Where to find more information
Residential Aged Care

- Commonwealth funded (ACFI) & regulated
- Entry via Aged Care Assessment Team (ACAT)
  - High (nursing home)/Low (hostel)
  - now... Ageing in Place
- Public hospitals/hospital avoidance
  = State funded = cost shifting...
Focus of care is changing

- Increasing acuity
- Shorter length of stays
- Multiple co-morbidities
- Increasing technical clinical care e.g. Intrathecal infusions
Residents are getting OLDER

<table>
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<tr>
<th>Age</th>
<th>2003</th>
<th>2011</th>
<th>2014</th>
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<tbody>
<tr>
<td>under 65</td>
<td>4.3</td>
<td>3.9</td>
<td>3.6</td>
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<tr>
<td>65-69</td>
<td>3.1</td>
<td>3.3</td>
<td>3.6</td>
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<tr>
<td>70-74</td>
<td>6.3</td>
<td>5.7</td>
<td>5.9</td>
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<tr>
<td>75-79</td>
<td>13.2</td>
<td>10.3</td>
<td>10.1</td>
</tr>
<tr>
<td>80-84</td>
<td>22.3</td>
<td>20.1</td>
<td>18.3</td>
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<tr>
<td>85-89</td>
<td>25.7</td>
<td>28.1</td>
<td>27.2</td>
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<tr>
<td>90-94</td>
<td>18.3</td>
<td>20.2</td>
<td>22.6</td>
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<tr>
<td>95+</td>
<td>6.7</td>
<td>8.4</td>
<td>8.8</td>
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<tr>
<td>&gt;84yo</td>
<td>50.7</td>
<td>56.7</td>
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Change over time in deaths due to dementia

Number and age-standardised rate of deaths with an underlying cause of dementia, 2001 to 2010

Estimated number of people with dementia, by sex, 2005 to 2050

Note: Data for this figure are shown in Appendix Table A2.2.

Sources: Calculations by AIHW using rates based on ADI (2009) and Harvey et al. (2003) and applied to population data for 2005 to 2011 (ABS 2012a) and population projections for 2012 to 2050 (ABS 2008a).
Built environment, meals, lifestyle activities

Equally important

Competence & confidence to provide increasingly complex clinical care
(including palliative & end of life care)
Context...

Palliative care in aged care
Skill Mix

EN  RN  Care Worker
Aged Care Funding Instrument (ACFI)
Degree of Difficulty in Accessing GPs

- No difficulty: 31%
- Ongoing struggle but manageable: 54%
- Ongoing struggle which sometimes compromises care: 15%
So...

What to Do?
What to do?

• Increase funding
• More training?

• Capacity building
  • Palliative approach toolkit
  • Advance care planning

• $$$ Incentives for GPs haven't worked

• Specialist support
  • Nurse practitioners?
  • External or internal?
The PA Toolkit is a comprehensive, step-by-step guide to implementing a palliative approach in residential aged care facilities (RACFs). The PA Toolkit includes policies and procedures and education for staff, as well as resources for friends and relatives of residents in RACFs.
Palliative Approach Toolkit

Integrated framework of care that relies upon three key processes, using evidence-based clinical tools, to deliver best practice palliative care in Australian RACFs

Implementation of the PA Toolkit increases the capacity of RACFs to provide sustainable and comprehensive high quality end-of-life care for residents, both now and into the future.
Model of Care

**Trajectory A**
- Expected prognosis of greater than 6 months
  - Annual nurse led case conference including advance care planning
  - Review 6 monthly
  - Prognosis 6 months or less

**Trajectory B**
- Expected prognosis of 6 months or less
  - Palliative care case conference including review of advance care planning
  - Assessment and management of palliative clinical symptoms
  - Review monthly
  - Prognosis less than 1 week

**Trajectory C**
- Expected prognosis of less than 1 week
  - Commence Residential Aged Care End of Life Care Pathway
  - Review daily
  - If prognosis is greater than 1 week

**Palliative Phase**

**Terminal Phase**
2. Evidence-based clinical tools and guidelines

Guidelines for a Palliative Approach in Residential Aged Care (2006)

Pain in Residential Aged Care Facilities: Management Strategies (2005)

Therapeutic Guidelines: Palliative Care 2010 (Version 3)
Components of the PA Toolkit

- Workplace Implementation Guide
- Training Support Guide
- Guide to the Pharmacological Management of EOL (Terminal) Symptoms in RAC Residents
- Therapeutic Guidelines for Palliative Care, Version 3
- Resident and Family Resources
- Bereavement Support Booklet for RACF Staff
- 3 Learning Modules
- 3 Self Directed Learning Packages
- 3 DVDs
  - ‘Suiting the Needs’
  - ‘All on the Same Page’
  - ‘Using the RAC EoLCP’
- 2 Educational Flipcharts
  - Introduction to a Palliative Approach
  - Clinical domains
PA Toolkit: Workplace Implementation Guide

Focus:

- Designed to assist RACF managers, link nurses and palliative approach working parties to implement a comprehensive, evidence-based and sustainable palliative approach in their workplaces

Key Features:

- Uses 10 key steps to facilitate implementation
- Provides a set of prompt questions, templates and tools to guide the implementation of each step
Focus:

- Developed for staff involved in the design, delivery and/or evaluation of education and training activities in the residential aged care sector

- Recommendations for RACFs in building a whole-of-organisation education and training strategy for implementing a palliative approach
PA Toolkit: Guide to the Pharmacological Management of EOL (Terminal) Symptoms for RAC Residents

Focus:
• Developed for use by clinical teams providing end of life (terminal) care in RACFs

Key Features:
• Overview of principles guiding quality pharmacological management of end of life (terminal) symptoms
• Educational table summarising the uses, doses and routes of administration of the medications endorsed by ANZSPM
• Set of 4 flowcharts to guide the pharmacological management of common end of life (terminal) symptoms:
  - Nausea and vomiting
  - Pain
  - Respiratory distress
  - Restlessness and agitation
PA Toolkit: Resident and Family Resources

Focus:
• Educational brochures/questionnaire for residents and families

Key Features:
• Questionnaire identifies family concerns for discussion at a Palliative Care Case Conference
• Brochures explain in simple terms what will happen as someone is dying and how to manage grief

Structure:
• Brochure: Now what? Understanding grief
• Brochure: Understanding the dying process
• Invitation and family questionnaire
PA Toolkit: Bereavement Support Booklet for RACF Staff

Focus:
• Designed as a self-care resource for RACF staff
• Not intended as a stand-alone response to bereavement support

Key Features:
• Provides individual and team strategies to identify and address staff bereavement
• Includes an annotated list of useful resources and links
PA Toolkit: Three Learning Modules

Focus:
• Reference guides for implementing a palliative approach

Key Features:
• Managers’ role in facilitating a palliative approach
• Three key processes
• Provides information on five common symptoms (pain, dyspnoea, nutrition/hydration, oral care, delirium)

Structure:
• Module 1: Integrating a palliative approach
• Module 2: Key processes
• Module 3: Clinical care
PA Toolkit: Three Self-Directed Learning Packages

Focus:
• Self-directed educational resource

Key Features:
• Can be used at orientation or as featured training
• Attract CPD points
• Knowledge tests
• Linked to training DVDs and case study based

Structure:
• Careworkers (Introduction)
• Nurses (Introduction)
• Nurses (Advanced)
PA Toolkit Educational DVDs

Focus:
• Staff education/training

Key Features:
• Educational DVD
• Case study based

Structure:
• **Suiting the Needs**: A Palliative Approach in Residential Aged Care
• **All on the Same Page**: Palliative Care Case Conferences in Residential Aged Care
PA Toolkit Educational DVD: How to Use the Residential Aged Care End of Life Care Pathway (RAC EoLCP)

Focus:
- Designed to train RACF staff on how to use the 5 sections in the RAC EoLCP

Key Features:
- Educational video
- Self-directed learning notes
- RAC EoLCP document
- RAC EoLCP information brochure for relatives and friends
PA Toolkit: Educational Flipcharts: Clinical Care

Focus:
• Brief educational/training sessions with careworkers

Key Features:
• Visually appealing
• Stand-alone resource for short (10 min) education sessions
• Facilitator notes on reverse side

Structure:
• Module 1: Pain
• Module 2: Dyspnoea
• Module 3: Nutrition/hydration
• Module 4: Oral care
• Module 5: Delirium
PA Toolkit: Educational Flipchart: Introduction to a Palliative Approach

Focus:
• Brief educational/training sessions with careworkers

Key Features:
• Visually appealing
• Stand-alone resource for short (10 min) education sessions
• Facilitator notes on reverse side

Structure:
• Module 1: What is palliative care?
• Module 2: Implementing a palliative approach using 3 key processes
• Module 3: Cultural considerations in using a palliative approach
• Module 4: Self-care for RACF staff
Context...
Nurse Practitioners
What is a Nurse Practitioner?

A Registered Nurse who has completed both advanced university study at a Masters Degree level and extensive clinical training to expand upon the traditional role of a Registered Nurse.

They use extended skills, knowledge and experience in the assessment, planning, implementation, diagnosis and evaluation of care required.

*Australian College of Nurse Practitioners 2012*
Grounded in the nursing profession’s values, knowledge, theory and practice

Not a substitute doctor!
May ‘add value’ to medical care

Scope of practice is determined by the role in which the NP is employed
## Australian endorsed Nurse Practitioners

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<th>ACT</th>
<th>NSW</th>
<th>NT</th>
<th>QLD</th>
<th>SA</th>
<th>TAS</th>
<th>VIC</th>
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<td>119</td>
<td>28</td>
<td>274</td>
<td>238</td>
<td>1402</td>
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NP – Aged Care Models of Practice Program

• demonstrate effective, economically viable and sustainable models of practice
• Facilitate growth of aged care nurse practitioner workforce
• improve access to primary health care for clients of residential & community aged care services

Funded by Australian Government Department of Health & Ageing
<table>
<thead>
<tr>
<th>Item number</th>
<th>Description</th>
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<th>Benefit (85%)</th>
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<td>professional attendance for an obvious problem, straightforward in nature, with limited examination and management required</td>
<td>9.40</td>
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<tr>
<td>82205</td>
<td>professional attendance for a patient presenting with clinical signs and symptoms with an easily identifiable underlying cause following a short consultation lasting less than 20 minutes duration</td>
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<td>17.50</td>
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<td>82210</td>
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<td>professional attendance for a patient presenting with multiple clinical signs and symptoms with the possibility of multiple causes and outcomes requiring an extensive consultation of at least 40 minutes</td>
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# Palliative Care: NP v GP

<table>
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<tr>
<th>PCNP clinical activities in a residential care setting</th>
<th>MBS rebate for NP</th>
<th>MBS rebate for GP</th>
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<tr>
<td>General clinical consults (4 levels)</td>
<td>Yes</td>
<td>$9.40 - $57.45</td>
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<tr>
<td>Health assessment (CMA)</td>
<td>No</td>
<td></td>
</tr>
<tr>
<td>Organise Case Conference</td>
<td>No</td>
<td></td>
</tr>
<tr>
<td>Participate Case Conference</td>
<td>No</td>
<td></td>
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<tr>
<td>Contribution to a multidisciplinary care plan</td>
<td>No</td>
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<tr>
<td>Advance care planning</td>
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Clinical Scope of Practice

Palliative Care for Older Adults

• Advance care planning
• Palliative Care case conferences
• End of Life Care
• Complex symptom management
• Psychosocial distress
• Early intervention/screening clinics?
Referral criteria

- Progressive life limiting condition.
- Not surprised if dead in 6 months
- Complex physical symptoms/psychosocial issues requiring direct clinical care by NP and/or advice to primary care team
- Goals of care = relief of symptoms & QoL
- Resident/family/ GP aware of referral
Collaborative Arrangements

Mutual trust and respect

Communication

Teamwork
So, Where are we exactly?
Why is it important?

“...done well, these conversations are the engine that drives the elucidation and treatment of suffering...”

Weiner & Roth 2006
Extended practice

Clinical Outcomes

Baseline retrospective audit

All residents with referral to NP died ‘at home’

High satisfaction from families

Less after hours locum visits at EoL
Clinical Outcomes

GPs more willing to attend case conferences

Increased proactive prescribing (and de-prescribing) of medicines at the end of life

Better identification and Rx of delirium
Professional outcomes

• Modelling best practice
• Opportunities for targeted clinical education
• Championing advance care planning
• Improved understanding & use of pain assessment and delirium screening tools
• Staff support re grief & loss
What’s my point?

A palliative care nurse practitioner who consults at a RACF can improve outcomes of care by providing clinical advice and support.

A palliative care nurse practitioner working within a RACF can improve outcomes of care by also providing direct care and influencing clinical practice improvement and other key processes.
The PA Toolkit is a comprehensive, step-by-step guide to implementing a palliative approach in residential aged care facilities (RACFs). The PA Toolkit includes policies and procedures and education for staff, as well as resources for friends and relatives of residents in RACFs.
• Phone based advice
  – Clinical palliative care 24/7
  – Advance care planning M-F
• National education based around PA Toolkit
• Smart phone App (PalliAged) for GPs and Nurses
THE PCACE PROJECT
BUILDING ONLINE EVIDENCE FOR PALLIATIVE CARE IN AGED CARE

THE PALLIATIVE CARE IN AGED CARE EVIDENCE (PCACE) PROJECT HAS NOW COMMENCED
FIND OUT MORE >>

In the Community
- Patients, Carers and Families
- Finding Services
- What is Palliative Care?

Health Professionals
- Clinical Evidence
- Finding and Using Evidence
- CareSearch Hubs

Research/Education
- Education
- Research Resources
- About CareSearch

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- Order Resources
- What's New
- CareSearch Blog
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Hospital avoidance programs

SA Ambulance extended care paramedics
Questions/comments?
pjenkin[at]resthaven.asn.au

Thank You!