

PALLIATIVE CARE EDUCATION & TRAINING COLLABORATIVE

PEPA Program of
Experience in the
Palliative Approach

IPEPA Indigenous Program
of Experience in the
Palliative Approach

Funded by the Australian Government Department of Health and Aged Care

NEWSLETTER October 2023

PEPA at the OPCC 2023



Embracing the Countdown to Christmas and Sharing Inspiring Stories

Hello, dear readers, and welcome to the October edition of our newsletter! Can you believe it's already October? As the air becomes warm and we start the countdown to Christmas, we find ourselves reflecting on the incredible journey we've had so far this year.

In this edition, we have some exciting news to share with you. Recently, our team at PEPA had the privilege of hosting a booth at the Oceanic Palliative Care Conference in Sydney. What struck us the most was not just the sheer number of individuals who visited us eager for information about our programs, but the

extraordinary stories and experiences that were generously shared by those who have participated in our placements and workshops.

These stories moved us, inspired us, and made us realise that we needed to find a way to capture and share these incredible narratives with a wider audience. That's why we're thrilled to introduce our brand new online feedback portal (you'll find the link in this newsletter!). We invite you to share your own experiences, testimonials, and insights, as they play a vital role in inspiring others to apply for our programs and make improve access to high quality palliative care for all Australians as they require it.

In addition to these heartwarming stories, this edition will also feature updates from our dedicated teams in Victoria (VIC), the Australian Capital Territory (ACT), Western Australia (WA), and South Australia (SA). We'll keep you informed about our upcoming events and workshops, ensuring that you stay connected and engaged with our mission to provide quality palliative care education and support.

We hope you enjoy reading this edition of our newsletter and thank you for being a part of the PEPA family.

The PEPA Team

Participants at the recent Oceanic Palliative Care Conference (OPCC) were in for a special treat as they got an exclusive "sneak peek" of our upcoming IPEPA animation videos! The enthusiasm and positive response from the audience left us truly humbled.

These videos wouldn't have been possible without the support and inspiration of several incredible individuals and groups. We want to extend our heartfelt thanks to Nicole Winters, Senior Aboriginal Health Worker, NSW Health, and Rachael Pearson, former WA IPEPA Project Officer, both whose wisdom has been instrumental in shaping these upcoming animations.

We are also grateful to the members of the IPEPA Yarning Circle, whose stories, experiences and feedback have inspired these animations and helped bring them to life.

As we eagerly anticipate the official launch of this new series, "Series 2," we invite you to check out "Series 1" on our IPEPA YouTube channel.

So, keep an eye out for the launch announcement, and get ready to embark on another educational and heartwarming journey with IPEPA. We can't wait to share these stories with you all!

The IPEPA Team



[IPEPA Animations Series 1 >>](#)

PEPA SA News

What has PEPA SA been up to?

- We hosted a PEPA Host site planning meeting, which included representatives from all the SA Host sites to discuss and plan the project over the next 12 months and beyond.



Showcasing PEPA

SA Aboriginal Workforce Forum

- On the 31st August IPEPA SA hosted a booth at the SA Aboriginal Workforce Forum. This was attended by over 180 people.



ANMF Palliative Care Workshop

- On the 22nd September PEPA SA hosted a booth at the SA ANMF Palliative Care Workshop. This workshop was attended by over 200 people.



PEPA SA continued a Palliative Approach to Care on the 25th of September in Adelaide with participants attending. This workshop was facilitated by Karen Glatzezer AM, who was the first Palliative Care Nurse Practitioner in Australia.

PEPA SA Workshops coming up:

- Palliative Approach to Care: 19th October
- Culturally Responsive Palliative Care: 10th November
- IPEPA – Palliative Approach to Care: 24th November
- Palliative Approach to Aged Care: 6th December

[Register Here >>](#)

We are delighted to have received so many PEPA placement Expressions of Interest and Applications particularly from the SA country regions. The Specialist Palliative Care Teams are very happy and keen to provide this mentoring support.

[Apply Here >>](#)

PEPA ACT News

Greetings from the ACT!

It's been an electrifying start to our new contract, which will keep us buzzing until June 2026! The ACT region has been abuzz with activity, and we couldn't be more thrilled.

Our workshops have been the sparks that ignited connections once again. We've already hosted five incredible workshops:

- Paramedics: We extend our heartfelt gratitude to their dedicated education team for recognizing the importance of Palliative care education in their role.
- Disability Staff: A big shoutout to [Carers ACT](#) for their invaluable contribution, especially for those dealing with Early dementia.
- Hospital Teams: Kudos to [Calvary Care Bruce Private Hospital](#) for their collaboration and support.
- Paediatric Palliative Care: We've joined forces with [Quocca](#) to empower this essential cohort.



And there's more to come! We have five additional workshops in the pipeline, including an exciting Uber workshop set to take place at The Canberra Hospital. Don't miss out—register [here](#).

Our transition from being part of the Calvary network to Canberra Health Services has been a bit of a rollercoaster ride, with lots of staff movement. But for PEPA, it means a resurgence of interest and energy!

We're pleased to report that placement registration via the new online Learning Management System (LMS) is becoming more user-friendly. Stay tuned for a 'how-to' video coming your way soon. Currently, we have 15 people registered, and one placement for a community counsellor has already been a resounding success, with the participant reflecting, "Thank you so much for a rich and valuable 4 days with PEPA."

We're expecting even more placements before the year wraps up, including a regional GP, five RNS, and a host of allied health staff who will be making a significant impact in ACT Specialist Palliative Care services.

Our collaborations with the Sydney Children's Hospital Network are also taking shape, with two play therapists planning to use their PEPA placement to support a crucial Quality Improvement (QI) project for pediatric patients in the Territory.

At PEPA/IPEPA, we utilize the 'Padlet' program, which has been a tremendous success in sharing discipline-specific and clinically relevant links, info, and resources. If you haven't received a link during a workshop or placement, please let us know. These dynamic resources are updated regularly and will greatly aid you on your ongoing learning journey.

We're eagerly anticipating the opportunity to work with Aboriginal and Torres Strait Islander staff to promote the understanding and uptake of Palliative care in the Territory. Stay tuned for exciting updates in this space!

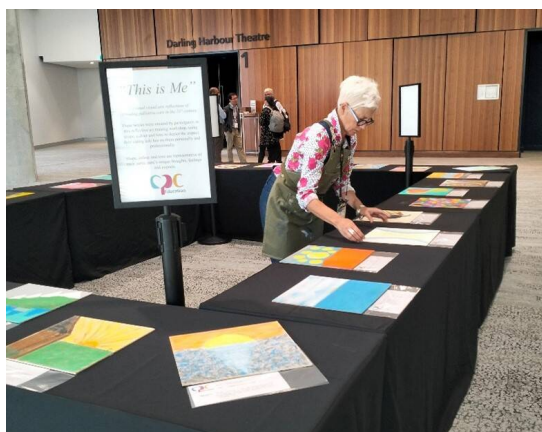
If you're eager to embark on a placement journey in the Territory, we are here to tailor something that aligns with your cultural and professional growth. Haven't reached out to us yet? Don't hesitate—contact us via the website or email at soon-to-be rachel.bilton-simek@act.gov.au.

Rachel Bilton-Simek
PEPA ACT Manager

PEPA VIC News

OPCC Conference

A wonderful, educative and very busy time was had by the PEPA Vic team at the Oceanic Palliative Care Conference from September 13-15. Our team worked frantically for months preparing for and delivering an arts based workshop, "This is Me" which used pastels on prepped MDF Board for participants to create an artwork. The participants were guided through a simple reflection activity and used shapes, colours and tone to represent their thoughts and feelings of the impacts of their work on them personally and professionally. All who participated in the workshop created beautiful, inspirational and insightful artworks that were then exhibited during the three days of the conference, to great acclaim from other attendees. It was wonderful to welcome our PEPA Aged Care colleague Fiona McLeod into the workshop and to see her amazing artwork on display! It was very satisfying to have a fully subscribed workshop with a wait list and to see the creativity and willingness to be vulnerable displayed by all those who participated. Well worth all the hard work of our team. Thanks to each of them!



Relocation and Team Collaboration

The PEPA Vic team has relocated to a new office at the old Peter Mac site in Melbourne and is working more collaboratively with our colleagues (and fellow office occupants) from the Centre for Palliative Care Education Team. Our new collaborative approach is enabling sharing of expertise, ideas and workforce in an innovative and creative way to enable PEPA Vic to grow and blossom. We're very excited to be able to offer PEPA participants access to the educational expertise of our shared team members and are busy providing reverse placements and workshops that enable ongoing quality and continuity of facilitators.



L-R Kerrie Cunningham, Shirley Glasgow, Molly Carlisle AM, Michelle Foot, Fiona Israel

minus Kate Holmes who was overseas)

Team Member Focus

Michelle Foot is our PEPA Vic Administrative Officer. Michelle looks after all of the logistics for workshops and placements and is the friendly and efficient voice on the end of the phone, or responder to your emails. Michelle has worked with PEPA Vic for almost four years and persisted even in the grip of Victoria's famous COVID 19 'lockdown' period with energy and vitality. Michelle is our 'go to' person for all things administrative. She's both extremely knowledgeable but also very accommodating. We are lucky to have her as an integral part of our team.

Image



Partnership with Ambulance Victoria

As a result of our very successful partnership with Ambulance Victoria that saw almost 6000 Victorian Paramedics undertake six hours of PEPA education as a part of their mandatory training program between May-August 2023, we are now embarking on Phase 2. This next phase will enable regional Paramedic Community Support Coordinators (PCSC) to undertake a two day PEPA placement with a regional/metropolitan specialist palliative care service. PCSC's are the link between regional Ambulance branches, Ambulance services community volunteers and regional health services (acute, community and aged care). This Phase will build palliative care knowledge, confidence and capacity into these integral community facing roles at Ambulance Victoria and is the next step in our plan to better integrate a palliative approach to care across the Victorian regions. None of this could have been achieved without the tireless work of Olivia Hedges, the Lead, Palliative Care Connect, Patient Care Academy, Ambulance Victoria. [Double click here to add content](#)

Focus on a Host Site

Grampians Health has been a huge supporter of PEPA Victoria, having provided multiple placements for participants at their Ballarat Hospital site, Gandarra Palliative Care Unit along with the Grampians Regional Palliative Care Team. PEPA participants from all over the Grampians region and further afield have undertaken placements of up to four days across the inpatient and consultancy services and have come away better informed and prepared to provide a palliative approach to care as well as more confident in discussing end of life issues within their employing organisations. Special thanks to Rebecca Matthews, Maree Kewish and Katherine Brumby from Grampians Health for facilitating these placements.



Three Cheers for Grampians Health from past and future PEPA participants and the PEPA Victoria Team.

Molly Carlile AM
Manager, PEPA Victoria

PEPA WA News

WA have been busy planning workshops and placements across WA, for our upcoming workshops please click on the link below. You may also see us rolling out palliative care Aboriginal community sessions across the Pilbara for local mob to come and learn about palliative care, come along and join us!

PEPA WA presented with WA Country Health at the Oceanic Palliative Care Conference in Sydney on "Why it is important to have Aboriginal Health Professionals on your palliative care team".

Above: Brooke Gallery and Claudine Barnes (PEPA WA)



Shining star's for Palliative Care in Aged Care in the South West!

Ocean Star Village Reverse PEPA placement

Right: Amritpal Kaur (RN), Brenda Murray (clinical coordinator), Darlene Satterthwaite (multi skilled career), Hayley Bettink (clinical nurse), Kalari Ronay (physiotherapist assist), Sonia Hiscox (pastoral care practitioner) and Robyn Gibbons (wellness team leader).

Team Leader Hayley Bettink Clinical Nurse at Ocean Star Village Bunbury:



"Myself and the multidisciplinary team at Ocean Star participated in the two day Reverse PEPA placement education. We thoroughly enjoyed the interactive, informative, and greatly enjoyable training provided by Sonia (PEPA Mentor). We can't wait to share our knowledge with the rest of our team here at Ocean Star to help Ocean Star provide the best possible palliative care experience for all our current and future residents and their loved ones."

PEPA Aged Care



PEPA

AGED CARE

Program of Experience in the Palliative Approach

Free education and training aimed at enhancing the aged care workforce to improve the quality of, and access to, palliative care for older Australians.

What is PEPA Aged Care?

PEPA Aged Care is funded by the Department of Health and Aged Care to increase the availability of palliative care education and training to organisations who are caring for people in aged care.

PEPA Aged Care provides Reverse PEPA Placements, which are free education and training that involves a specialist palliative care educator travelling to your place of employment to facilitate learning for 2-4 days.

At the service and system level, participation should result in:

- Improved skill and confidence of the generalist workforce to work with people with palliative care needs;
- Strengthened collaboration of palliative care linkages between generalists and specialist palliative care providers;
- Service is able to provide improved palliative care meeting quality standards.

Our training is flexible, and designed and tailored to align specifically with your organisations learning needs. It can be completed as one block of time (2-4 days) or divided blocks (1 day/week for 4 weeks, or 2 days one week and 2 days another week).

In addition to the free specialist education you will receive, the program may contribute additional funding to enable your participation in this professional development experience. Contact us to find out more.

Apply Now!



Want to know more?

Scan the QR code to download an application form or contact us to discuss your needs. One of our friendly team can walk you through the process, and answer any questions you might have.

pepa@qut.edu.au

www.pepaeducation.com

07 3138 6121

Events

PCC4U Educator Community Webinar

Tuesday 14 Nov 11:30am-12:30pm AEST

[Register here to attend](#)



Palliative care communication in the aged care context



- Discuss the challenges of palliative care education in the aged care context
- Experience a communication learning activity
- Ask questions regarding educational approaches and experiences of aged care educators.

PCC4U

PALLIATIVE CARE
CURRICULUM FOR
UNDERGRADUATES

[Register here to attend >>](#)

Feedback

Attended one of our placements or workshops? We want to hear from you!

PEPA are committed to delivering exceptional experiences to health care professionals across Australia.

Your satisfaction is our top priority, and we believe that your feedback, whether positive or constructive, is invaluable in helping us provide the best possible education.

Your feedback not only helps us enhance our program but also ensures that we continue to meet your needs and expectations. It's a vital part of our commitment to delivering outstanding experiences.

Please take a few moments to complete this form and share your thoughts with us. Your input will guide us in making meaningful changes that benefit everyone. We appreciate your time and honesty, and we look forward to continuously improving PEPA to improve access to high quality palliative care for all Australians as they require it.

[Provide your feedback here >>](#)



www.pepaeducation.com

