Resources supporting health professionals providing **community-based palliative care**

caring@home provides a suite of practical and evidence-based resources and associated education that can support health professionals with:

- Proactive end-of-life planning
- Prescribing advice for end-of-life symptom management
- Helping families and carers to provide practical care and symptom management for a home-based patient.

PROMPTS FOR END-OF-LIFE PLANNING (PELP) FRAMEWORK

Guides proactive, quality end-of-life care across all care settings

The PELP Framework contains prompts that support:

Identification of patients suitable for a palliative approach to care

Ask the surprise question: 'Would you be surprised if the person died in the next twelve months?'

This can be answered by intuition, using clinical and personal knowledge of the patient, and/or clinical tools (e.g. SPICT).

Click here to learn more about the PELP Framework.

Identification of four clinical end-of-life processes

1. Advance care planning and person-centred care based on need (at risk of dying)
2. Transition focus of care needs from restorative to palliative (likely to die soon)
3. Terminal care needs (dying)
4. After-death care (bereavement).

AUDIT TOOL

Audit tool: End-of-life Planning

Supports quality improvement in caring for patients likely to be in the last year of life.

Aligns with the clinical processes described in the PELP Framework.

Click here to download the audit tool.

PLANNING CHECKLIST

Terminal care planning checklist

For community nurses

Identifies actions required to prepare care for a person at home in their final hours, days, or weeks.

Click here to download the checklist.

NATIONAL CORE COMMUNITY PALLIATIVE CARE MEDICINES LIST

Identifies four medicines to manage common symptoms in the terminal phase for home-based patients requiring urgent symptom relief

Most common terminal phase symptoms in uncomplicated palliative care patients can be optimally managed using medicines from the National Core Community Palliative Care Medicines List.

Prescribers caring for home-based patients should become familiar with prescribing and consider using the medicines in the list, where clinically appropriate.

Medicine		Clinical uses for the terminal phase
Clonazepam	2.5 mg/mL drops	Agitation, anxiety, terminal restlessness, seizure
Haloperidol	5 mg/mL injection	Delirium, nausea/vomiting, terminal restlessness, refractory distress
Hyoscine butylbromide	20 mg/mL injection	Respiratory tract secretions/noisy breathing (prophylactic)
Morphine	10 mg/mL injection	Pain, dyspnoea

Pharmacies can let their community know they stock the four core palliative care medicines from the list on Healthdirect.

PALLIMEDS APP

Prescribing advice about commonly-used palliative care medicines

The palliMEDS app provides prescribing advice for medicines, including those from the **National Core Community Palliative Care Medicines List**, used for managing terminal symptoms frequently experienced by home-based patients.

The app is free to download from the App Store and on Google Play.

Click here to learn more about the palliMEDS app and other caring@home apps.

COMMUNITY PALLIATIVE CARE RESOURCES BOX

Supports quality and timely palliative care for home-based patients

Health professionals can use the resources packaged in the new **Community Palliative Care Resources Box** to teach families and carers to help manage practical care and symptoms (including safely managing subcutaneous medicines) at home.

Tailored resources for Aboriginal and Torres Strait Islander families and translated resources in nine commonly spoken languages are also available.

Click here to view and download the resources, or order a box.

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National Palliative Care Project

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