

**HLT07 Health
Training Package**

HLTEN511A
**Provide nursing care
for clients requiring
palliative care**

Learner resource

Version 2

**Training and Education Support
Industry Skills Unit
Meadowbank**



Product Code: 5087

Acknowledgments

The TAFE NSW Training and Education Support Industry Skills Unit, Meadowbank would like to acknowledge the support and assistance of the following people in the production of this learner resource guide:

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Acknowledgements are also given to all teachers of the Enrolled Nurse Education Program.

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ISBN 978-1-74236-176-5

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Section 1 Terminology relating to palliative care

Palliative care is defined according to the World Health Organization as: "an approach that improves the quality of life of individuals and their families facing the problem associated with life threatening illness, through the prevention and relief of suffering by means of early identification and impeccable assessment and treatment of pain and other problems, physical, psychosocial and spiritual". (WHO cited in *Guidelines for a Palliative Approach in Residential Aged Care* by the National Health and Medical Research Council, 2006 p3).

WHO further defines palliative care as:

- providing relief from pain and other symptoms which may cause distress
- affirming life and dying as a normal process
- not hastening or postponing death
- integrating physiological and spiritual aspects of care
- an opportunity to assist people to live as actively as possible until death
- assisting families cope during the person's illness and through their own bereavement
- a team approach to assist the individual and the family
- includes bereavement counseling if required
- enhancing quality of life
- may be provided early in the course of the disease and is therefore not restricted to the final stages of a progressive and life threatening illness.

(Cited by NH&MRC, 2006 p3)

Advance care planning is the process of preparing people to plan for their wishes as they approach the end of their life. Advance care planning encourages people to:

- consider the kind of care according to their values and wishes about their own life and death
- talk to their health care providers about their concerns about the dying process, to seek information to help them make decisions about their future care, and to review possible scenarios related to their own situation
- talk to their families and/or friends about these matters
- identify a person to help make decisions
- address other concerns such as organ donation, wills and funerals.

Advance care planning is based on the ethical and legal principle of autonomy – that violating clients' autonomy by disregarding their wishes may constitute a legal offence. In Australia, the legal framework and terminology surrounding advance care planning varies between states.

<http://www.caresearch.com.au/Caresearch/Default.aspx>

Activity 1



Write a response



Internet activity

The internet and the website below may help answer the following questions:
<http://www.health.nsw.gov.au/pubs/2004/adcairectives.html>

1. What is an advanced care directive?

2. What are the barriers to advanced care planning?

Activity 1 (continued)

3. What are the roles of health professionals in an advanced care directives (ACD)?

4. What is an enduring guardian?

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For further information on an enduring guardian:



Internet activity

http://www.racgp.org.au/Content/NavigationMenu/ClinicalResources/RA/CGPGuidelines/AdvanceCarePlans/NSW_EnduringGuardian.pdf

www.gt.nsw.gov.au/

Activity 2



Internet activity

Using one of the websites below look at an advance care directive pro forma.

http://www.racgp.org.au/Content/NavigationMenu/ClinicalResources/AdvanceCarePlans/NSW_Advance_Care_Directive.pdf

www.palliativecare.gov.au

www.pallcare.org.au

<http://www.health.nsw.gov.au/pubs/2004/pdf/adcaredirectives.html>

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