



# TASMANIAN PALLIATIVE CARE CONFERENCE

17–18 NOVEMBER 2022  
WREST POINT, HOBART



Please complete all sections of the form and email to  
[naomi@eventsphere.com.au](mailto:naomi@eventsphere.com.au) no later than 11:59pm Thursday 15 September 2022

## Call for Presenters – EOI template

**Presentation Title:**

Delivering palliative care on Country for Aboriginal and Torres Strait Islander people using *caring@home* resources

**Presenter(s) name:**

Kathryn Hooper  
BNUR (Hons), MNP, IPN, UnivDipPC, UnivDipAC, GradCertTAE

**Presenter(s) affiliation/organisation:**

*caring@home* for Aboriginal and Torres Strait Islander Families project – a National Palliative Care Project

**Presenter(s) position:**

Consultant Indigenous Palliative Care Nurse Practitioner for *caring@home*

**Presenter(s) email:**

caringathome@health.qld.gov.au

**Presenter(s) mobile:**

0411 671 205

**Presentation sub-theme** (please circle or highlight at least one, or select other and provide details below)**Quality of life in:**

- Best practice
- Education & training
- **In community**
- In practice
- Innovation & research
- Your story
- Other (please provide further details below)

**Other:** Aboriginal and Torres Strait Islander people

**NOTE:** All accepted authors must register for the 2022 Tasmanian Palliative Care Conference by 14 September 2022.



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**Presentation outline:** (250 - 350 words)

**Background:**

Many Aboriginal and Torres Strait Islander people express a wish to be cared for, and to pass, at home or on Country surrounded by family if possible. There are many barriers to achieving this aim; one being the ability to provide timely and effective symptom control.

**Aim:**

The aim of the presentation is to introduce a suite of culturally-appropriate resources that support Aboriginal and Torres Strait Islander families to help manage their loved one's symptoms at home or on Country.

The resources can be used by health professionals to teach families to manage breakthrough symptoms safely at home or on Country including giving subcutaneous medicines if required.

**The resources:**

Presented in a Palliative Care Clinic Box, the suite of resources were developed based on extensive nationwide consultation with key stakeholders, and are applicable Australia-wide for clinical services, health professionals and Indigenous families.

The resources contained in the Palliative Care Clinic Box include:

**For Aboriginal and Torres Strait Islander families**

- Tip sheets about nine common end-of-life symptoms
- An information brochure
- A Medicines book to record administration
- A symptom rating scale
- A medicine wall chart
- Step-by-step guides and short training videos about how to give subcutaneous medicine and recognise symptoms
- Syringe labels
- A competency assessment checklist.
- A practice demonstration kit

**For health professionals**

- Managing palliative care symptoms: A guide for health professionals

**For clinical services**

- An example policy and procedures document
- Guidelines for the handling of palliative care medicines in community services

There are a range of other resources to support health professionals including online education modules and the palliMEDS app.



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## Conclusion:

Clinical services can use the resources to support best-practice end-of-life care. Using *caring@home* resources will improve the end-of-life choices for Aboriginal and Torres Strait Islander families and support end-of-life care at home or on Country.

## Funding acknowledgement:

*caring@home* for Aboriginal and Torres Strait Islander Families is funded by the Australian Government.

## Presenter(s) biography

Kat is a proud Worimi and Gubbi Gubbi descendent, nurse practitioner and currently studying Master of Philosophy.

Kat has worked as a Nurse Practitioner and advanced practice clinical nurse within one of Australia's largest and leading acute and community specialist palliative care services.

She also has a background in aged care as a state nursing educator and clinical manager. Prior to this she also worked within emergency, medical, mental health and public health care environments.

Kat is currently working with the PEPA aged care project and as a member of the *caring@home* project team.

"I am very proud to have been involved in the development of the Palliative Care Clinic Box. I have been privileged to see first-hand the amazing difference providing palliative care on Country makes for an Indigenous person and their family."