

# FACTSHEET



## What is *caring@home*?

*caring@home* aims to improve the quality of palliative care service delivery across Australia by developing resources that will support people to be cared for and to die at home, if that is their choice.

Resources are available for organisations, health care professionals and carers to support carers to help manage breakthrough symptoms safely using subcutaneous medicines for a terminally-ill person in their care.

The resources, freely available from the website, are applicable in all jurisdictions across Australia.

This national palliative care project is funded by the Australian Government's Department of Health for a three-year period, until June 2020.

## *caring@home* activities

### • Resources (detailed information over page):

- For community service providers:
  - *Guidelines for the handling of palliative care medicines in community services*, developed by NPS MedicineWise
  - Example policy and procedure
- For health care professionals:
  - palliMEDS app
  - Online education modules
- For carers:
  - Easy-to-use resources in English and seven other most-common languages spoken in Australia

### • Implementation/rollout:

- Workshops in rural and remote areas
- Webinars/podcasts
- Communication and marketing activities

### • Evaluation.

## What is palliative care?

Palliative care aims to optimise the quality of life for a person who is living with a life-limiting illness. Palliative care identifies and treats symptoms which may be physical, emotional, spiritual or social.

## Why teach carers to give subcutaneous medicines?

- The majority of Australians say they would prefer to be cared for and, if possible, to die at home, however, more than 50% die in hospital.
- Teaching carers to give subcutaneous medicines to help safely manage breakthrough symptoms can support people to be cared for and to die at home if that is their choice.
- Research indicates that with standardised support from health care professionals, quality information and resources, carers can confidently, safely and competently give subcutaneous medicines.

## For more information:

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## Who is involved in the project?



*caring@home* is funded by the Australian Government and led by Brisbane South Palliative Care Collaborative.

<b>Community service providers</b>	<i>Guidelines for the handling of palliative care medicines in community services</i>	These guidelines, produced by NPS MedicineWise, can be used by community service providers to inform the development of detailed protocols and procedures tailored to the requirements of individual services.
	Example policy and procedure: <i>Supporting carers to help manage breakthrough symptoms safely using subcutaneous medicines in the home</i>	This document may be used by community service providers to develop and/or review relevant documentation within their own organisation's policy and procedure framework.
<b>Health care professionals</b>	Online education modules	The online modules aim to educate nurses about how to train carers by using a nationally-consistent approach, to manage breakthrough symptoms safely using subcutaneous medicines.
	palliMEDS	This app familiarises primary care prescribers and community pharmacists with eight palliative care medicines used for management of terminal symptoms.
	<i>Palliative care symptom management medicines for Australians living in the community</i>	A consensus-based list of medicines suitable for use in the community for the management of terminal symptoms.
<b>Carers</b>	A practical handbook for carers: <i>Helping to manage breakthrough symptoms safely using subcutaneous medicines</i>	The handbook provides written and pictorial material with all the information a carer needs to help manage breakthrough symptoms safely using subcutaneous medicines.
	Writing a label, opening an ampoule and drawing up medicine: <i>A step-by-step guide</i>	This illustrated guide explains how to label a syringe correctly, open an ampoule and draw up medicine using a step-by-step approach.
	Giving medicine using a subcutaneous cannula: <i>A step-by-step guide</i>	This illustrated guide explains how to give medicine through a subcutaneous cannula using a step-by-step approach.
	Medicines diary	The medicines diary is for carers to record all the subcutaneous medicines that are given.
	Colour-coded labelling system	The colour-coded labelling system acts as a safety check to ensure the correct medicine is given for each breakthrough symptom. It includes sticky labels for syringes and the Symptoms and medicines: <i>Colour-coded fridge chart</i> .
	A practice demonstration kit	The demonstration kit is used to practise giving medicines through a subcutaneous cannula.
	Short training videos	The videos show how to do each step when giving subcutaneous medicine.