

Pain and Symptom Management in Terminal Illness

Study Day for Nurses

Palliative Care and Aged Care
A Guide to Practice



Rosalie Hudson and Margaret O'Connor

AUSMED PUBLICATIONS

This study day offers a palliative approach to nursing care.

They will be helpful to all nurses who work with people during their end-of-life phase.

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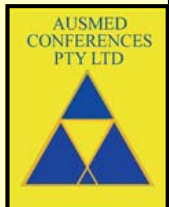
The College recommends that nurses should aim to
achieve 30 CNE points per year.



**Dates: Friday, 4th July and
Saturday, 5th July 2008**

**Venue: The Old Woolstore Apartment Hotel,
1 Macquarie Street,
Hobart, TASMANIA.**

An electronic copy of this program
can be found on-line at
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8.30 Registration and enjoy a refreshing drink

9.00 Life Long Learning:
Royal College of Nursing, Australia.

9.10 Symptom Assessment in Terminal Illness

This session will look at aspects that you need to consider when assessing a person who is terminally ill.

- * How does a terminal care assessment differ to an acute care assessment?
- * What are you looking for in this style of assessment?
- * What should be included in the assessment?

Deciding on the Care Plan

- * What are the goals you are aiming to achieve from the results of your assessment?
- * When should a person be referred for invasive tests?
- * How frequently should you review your care plan?

10.30 Morning Tea and Coffee

11.00 Psychological Symptom Assessment and Management

- * What are the common features of loss and grief related to terminal illness and how should this be managed?
- * Assessment and management of anxiety.
- * Understanding and dealing with confusion
- * Terminal Restlessness.

1.00 Lunch Break

2.00 Defining the Pain Experience in Terminal Illness

Terminal pain is often chronic in nature. It may not respond to the usual forms of medical management.

- * How may terminally ill people experience pain?
- * Which external factors may contribute to the pain experience?
- * What other unexpected issues may be exacerbating the pain?
- * To what extent do fear and anxiety heighten pain?
- * Discussion of emotional and existential pain.

Symptom Management in Terminal Illness

*Day One: Hobart
Friday, 4th July 2008*

This session will be highly interactive to enable the participants to explore the range of lived experiences confronting the patient.

2.30 Types of Terminal Pain

- * What is the underlying pathophysiology of terminal pain?

3.00 Afternoon Tea and Coffee



3.30 Clinical Assessment of a Person's Pain

- * How to perform the assessment — tips on special areas of concern—e.g. how pain caused by simple movements may interfere with activities of daily living and quality of life.
- * What tools exist to help guide your pain assessment activities?

4.15 Close of Day One of Study Day.

Your workshop facilitator is

Molly Carlile

Molly is a registered nurse, counsellor and educator. She has extensive qualifications and experience in palliative care, education and complementary therapies.

Molly is currently manager for the largest metropolitan palliative care consortium in Victoria. She is also the Unit of Study Co-ordinator for the Graduate Diploma in Loss and Grief Counselling at Victoria University. She has also worked as a nurse consultant in Palliative Care.

Recently, Molly was involved as Project Co-ordinator for the National Palliative Care Awareness Week, in Victoria.

Molly is a stimulating and thought provoking educator who is based in rural Victoria.

9.00 Pain Management

- * What types of management options are available?
- * Which medicines may be included in the care plan and why?
- * How to write a comprehensive care plan that addresses the issues raised by the pain assessment.

9.50 The Role of Complementary Therapies in Pain Management

This session will be informative, relaxing and experiential and will look at common types of complementary therapies that may be of benefit to the terminally ill person.

10.30 Morning Tea and Coffee

11.00 Anorexia and Cachexia

A look at the distressing symptoms associated with physical wasting.

11.30 Nausea and Vomiting

- * Understanding and documenting nausea and vomiting.
- * Management options.

12.00 Constipation and Diarrhoea

- * What are the most likely causes of constipation and diarrhoea in terminal disease?
- * Which management options are the least invasive?
- * Preserving skin integrity and assessing the potential for tissue breakdown in a person with diarrhoea.

12.30 Fatigue, Lethargy and Weakness

Tiredness and loss of strength have a big impact on a person's sense of self-determination.

- * What can be done to alleviate these symptoms?
- * How important is sleep at end-of-life?

1.00 Lunch Break

2.00 Managing Breathlessness

Breathlessness is an exceptionally distressing condition. Understand how to assess the extent of the breathless episodes and what techniques can be used to reduce the symptoms.

Symptom Management in Terminal Illness

Day Two: Hobart, Saturday, 5th July 2008

2.30 End-of-life Care

- * How to identify when the active dying phase commences.
- * Preparing the patient and their family for imminent death.
- * Support and management of a dying person.

3.00 Afternoon Tea and Coffee



3.30 Death and Bereavement

A look at family, carers and staff support.

- * How to assist carers.
- * After death care.
- * Bereavement support.

4.00 Preventing Staff Burnout

This final discussion aims to remind all staff about self care.

- * Tips to prevent burnout and why this is important.

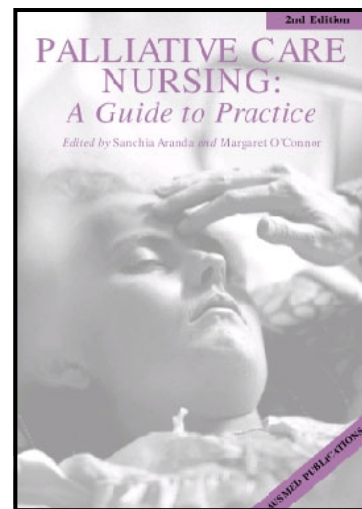
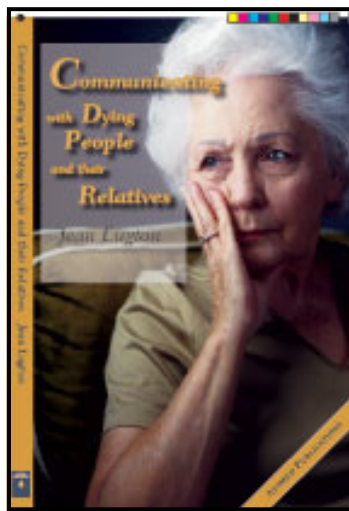
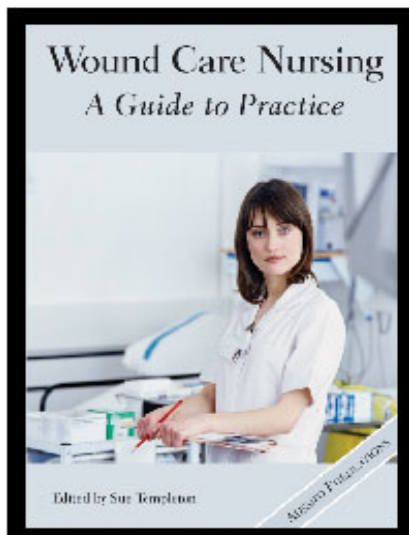
4.15 Close of Symposium and Evaluations

Aims and Objectives

The aim of these study days is to offer nurses who work with those who are terminally ill.

At the completion of this program participants should be able to:

- Have a deeper insight into the lived experience of pain suffered by people with terminal illness.
- Demonstrate an understanding of the pathophysiology of terminal pain.
- Know how to complete a comprehensive assessment of a person with terminal pain.
- Be exposed to a variety of pain management strategies.
- Demonstrate an understanding of a range of symptoms commonly found in terminal illness.
- Know techniques to manage breathlessness.
- Write a care plan for a person experiencing nausea.
- Discuss how to prepare the patient and their family for imminent death.
- Consider ways in which the family can be supported during the death experience.
- Understand how to care for the body after death.
- Describe several techniques to assist the prevention of staff burnout.



Registration Form — Internet, Telephone, Fax, Email or Post

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Symptom Management-TASMANIA

Please register me for this event to be held at the Old Woolstore Apartment Hotel on Friday, 4th and Saturday, 5th July 2008.

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To obtain a Tax Invoice prior to paying simply register online and click the invoice option.
Registration includes lunch, refreshments and education notes.

**Venue: The Old Woolstore ,
Apartment Hotel,
1 Macquarie Street, Hobart,
TASMANIA**

Accommodation

We recommend that delegates book directly with the Hotel
(03) 6235 5355

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A standard handling charge of 10% is deducted from the registration fee upon written notification of cancellation. We regret no refund can be offered if notification occurs less than **two weeks** prior to the event.

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