

Welcome back to our EPAL! In recent times, we have been unable to meet the deadline for a monthly or even a bimonthly newsletter. Well, with all our new staff on board, we will now have capacity to bring you a regular newsletter that will hopefully educate and inspire you in your workplace.

I would like to take this opportunity to introduce you to:

- **Stacey Vincent**, Clinical Nurse Consultant
- **Shelley Malcolm**, Clinical Nurse Consultant
- **Cate Manton**, Clinical Nurse Consultant
- **Karen Higgins**, Administration Officer

We are excited, and a little relieved, to have them all on board and they bring such a different set of skills that complement our small but passionate team. I hope over that over the coming months that each clinician will get an opportunity to travel our beautiful region to help them to understand the challenges and diversity of our workplaces. If you meet them please make them feel welcome but also see it as an opportunity to show them your organisations.



Well it has been an exciting year of planning so far and we are thrilled to bring you yet another regional Palliative Care conference 'Play, Eat, Love – What are the things that keep us alive? Again this year the conference will be held at the RACV Goldfields Resort on the 23rd and 24th of May 2019. This year we start the conference with an interesting pre-conference workshop on Immunotherapy in the Advanced Cancer Setting. Conducted by Dr Vishal Boolell, Medical Oncologist Ballarat Integrated Cancer Centre, the workshop aims to give Health Care Professionals an insight into the principles of immunotherapy, classes of immunotherapy drugs and clinical management of palliative patients receiving

immunotherapy. The workshop will also discuss the risk of drug interactions with common palliative care medications.

A big draw card for this year is Peter Morgan Jones. Peter is not your typical chef. At the height of his career, cooking for the Royal Family and winning accolades at hatted fine-dining establishments, Morgan-Jones moved to the non-for-profit sector. Through his role as food ambassador and Executive Chef for HammondCare and Dementia Centre, Morgan-Jones has inspired a rich and vibrant food culture across the aged care and health sector. We look forward to his thoughts on food at end of life and an opportunity for book signing.

We also have Dr Bobby Cheema (PhD) who is a tenured senior lecturer of sport and exercise science at Western Sydney University, a research associate at the National Institute of Complementary Medicine, and a practicing accredited exercise physiologist. He has over 25 years of experience in exercise physiology and prescription and has published extensively on the importance of exercise and lifestyle modification for healthy aging and the management and treatment of leading chronic diseases, including breast and prostate cancers, chronic kidney disease, type 2 diabetes, cardiovascular disease and polycystic ovary syndrome. Bobby believes that creative, social and vigorous play is critical for our development as children and adolescents, and being similarly active throughout adulthood is a key attribute of those who age successfully. There is irrefutable empirical evidence of the effectiveness of regular exercise in the primary and secondary prevention of leading chronic illnesses, including cardiometabolic risk factors and diseases, numerous cancers, and mental health disorders, just to name a few. The benefits of exercise also extend to those nearing the end of life.

The wonderful Liese Groot Alberts, who joins us from New Zealand, will talk about the power of love. Liese over a period of many years has worked with and for Dr. Elisabeth Kubler-Ross as a workshop leader and staff member presenting workshops in New Zealand, Australia, USA and Europe. After Dr. Ross' retirement she has continued to develop her own workshops and has specialised in conducting trainings in trauma, loss, grief and bereavement, Palliative Care, as well as Self-care for the Carer, resilience, spirituality, and working with difference, finding strength and hope in connectedness. She has conducted lectures and workshops in the USA, Australia, Malaysia, the Philippines, Indonesia, India, Singapore, Samoa, Zimbabwe and New Zealand. Liese's presentation will endeavour to explore ways in which we can thrive in our work-life and personal life through practising loving kindness and compassion, as well as identify and work through barriers that get in the way of compassion for self and others. I can't wait for that one!!!

The other exciting conference presenter is Professor Mei Krishnasamy who is inaugural Chair in Cancer Nursing in the Department of Nursing at the University of Melbourne, and is Research and Education Lead for Nursing across the seven clinical partners of the Victorian Comprehensive Cancer Centre. She is past President of the Cancer Nurses Society of Australia and the Clinical Oncology Society of Australia. Mei will present on three consumer co-design research projects. The first study is a National Breast Cancer Foundation funded project, where they have worked with women with metastatic breast cancer to develop a navigation tool to help "SIGNPOST" women and their families to the information and support they need, as and when they want it. The second study is a Cancer Australia funded project where they have worked with people affected by pancreatic cancer and the PanCare Foundation, to develop an online supportive care web-app: PANSUPPORT. The third study will describe the process underway to develop a patient-centred model of specialist nurse-led care for people living with multiple myeloma. This project draws on data from a qualitative study with multiple myeloma patients and family members, and insights from a pattern of care study, mapping care trajectories of people from regional and metropolitan Victoria. I think there will be lots of information that could be taken to new workplaces.

Finally, Dr Greg Mewett, Palliative Care Physician with the GRPCT will facilitate a panel discussion on Voluntary Assisted Dying on Day Two. He has developed a special interest in clinical ethics particularly as related to end-of-life care and decision-making. He is a member of the Voluntary Assisted Dying Implementation Taskforce appointed by the state Minister of Health and DHHS to oversee the introduction of the VAD legislation in Victoria.

We are planning some very interesting activities and special guests will be arriving. Come and join us for a couple of very interesting days that will also promise to be fun and rewarding.

*Kind regards*  
*Jade Odgers*  
*Manager, GRPCT*

Visit our website <http://www.grpct.com.au/conferences/conference-2019-play-eat-love-2/>

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