

Summary of 2024 Update for PCC4U Core Modules

In July 2024, the four PCC4U Core Modules were reviewed and updated as part of the project team's ongoing quality improvement process. This document details of the updates for educators who are using these resources. Overall, this process has resulted in:

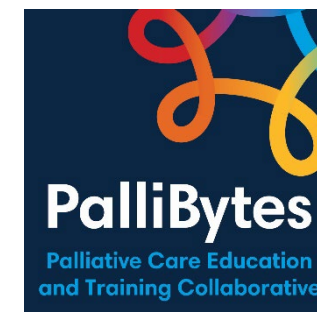
- Update of content to align with current standards and guidelines, and evidence-based practices (as indicated in the '2024 Updates' column in the tables below)
- Minor wording changes, repair of broken URLs and updating of reference lists were completed on all PCC4U activity pages. For some activity pages, this was the extent of the update (these have been noted as 'No content changes' in the tables below)

Adding links to the Collaborative's new PalliBytes modules in the "Key Resources" section on each PCC4U activity page. PalliBytes modules provide an alternative for educators in presenting content to learners and/or provide links for self-directed learning.

All modules are accessible with a user account (free) on our learning management system at this link:

<https://palliativecareeducation.com.au/course/index.php?categoryid=30>

Please contact the project team if you have any questions about this resource update: pcc4u@qut.edu.au



Quick links:

[Core Module 1: Principles of palliative care](#)

[Core Module 2: Communicating with people affected by life-limiting illness](#)

[Core Module 3: Assessing and managing symptoms](#)

[Core Module 4: Optimising function in palliative care](#)

[Focus Topic 1: Multidisciplinary care](#)

[Focus Topic 2: Caring for Australian Indigenous peoples affected by life-limiting illness](#)

[Focus Topic 3: Caring for children with life-limiting illnesses](#)

[Focus Topic 4: Culture-centred care of people with life-limiting illnesses](#)

Core Module 1: Principles of palliative care

Section	Activity	2024 Updates	Linked PalliBytes Modules
Dying and death in contemporary society	Activity 1: Dying and death in 21st century Australia	Updated statistics, added data on where people die and palliative care service provision	Dying, death and palliative care in Australia
	Activity 2: Individual factors influencing dying and death	Added sensitivity warning and National support services	Perspectives on dying death and palliative care
	Activity 3: Diverse experiences of dying and death	- Updated statistics, added information on intersectionality - Link to Focus Topic 2 pre-requisite knowledge regarding cultural safety and culturally-responsive care - Add video resource: <i>How do we understand culture?</i>	- Cultural safety and culturally-responsive care - Culturally-responsive palliative care for people from culturally-diverse backgrounds - Inclusive and culturally-responsive palliative care - Be prepared for the conversation
	Activity 4: Aboriginal and Torres Strait Islander peoples	- Activity title changed (formerly “Indigenous Australians”) - Updated statistics, summary of key points - Link to Focus Topic 2 for further information and thinking points	Culturally-responsive palliative care for Aboriginal and Torres Strait Islander peoples
	Activity 5: William’s story	N/A	
Caring for people with life-limiting illness	Activity 6: What is palliative care?	Added video resources: What is palliative care? (IPEPA) and Palliative care: it’s more than you think (PCA)	What is palliative care? Principles of the palliative approach to care
	Activity 7: Who needs palliative care?	Added video resource: Understanding trajectories of serious illness (IPEPA)	Palliative care in practice
	Activity 8: Understanding people’s needs	- Add link to Waiting Room Revolution project - Updated links to assessment tools - Add link to Module 3 for more in-depth content	
	Activity 9: Personalising palliative care	No content changes	
	Activity 10: Advance care planning	- Updated explanations, consistent with ACPA content - Add video resources: Be open, be ready, be heard (ACPA), Yarning our wishes (Groundswell)	Advance care planning

	Activity 11: William's illness progresses	• N/A	
	Activity 12: Legal and ethical issues and end of life	• Updated content on ethical issues in palliative care • Updated content on VAD, consistent with End of Life Law • Updated links to factsheets – most recent section and ELLC resources	• Ethical and legal issues in palliative care
Ensuring quality palliative care	Activity 13: Quality palliative care in Australia	• Updated National Palliative Care Standards content to include new version of Specialist Standards (v5.1 – 2024) and Non-Specialist Standards (2022) • Updated content to reflect new ACSQHC National Consensus Statements (2023)	• National standards for palliative care
	Activity 14: Evidence-based palliative care	• Updated video link and CareSearch website links	

Core Module 2: Communicating with people affected by life-limiting illness

Section	Activity	2024 Updates	Linked PalliBytes Modules
The experience of being diagnosed with a life-limiting illness	Activity 1: The challenges faced	• No content changes	
	Activity 2: Michelle's story	• N/A	
Supportive communication	Activity 3: Providing supportive communication in palliative care	• Updated general communication content, added cultural influences information	• Communication in palliative care • Be prepared for the conversation
	Activity 4: Communication principles	• Updated information about PREPARED framework, SPIKES framework and adapted SPIKES for paramedics • Added info on demonstrating empathy using NURSE statements • Communication resources for underserved groups	• Using the PREPARED communication framework • Using the SPIKES communication framework • Goals of care conversations • Responding with empathy – NURSE statements • Responding to challenging questions
	Activity 5: The need for effective communication	• Updated bios for expert opinion videos • Add description and link to the Basic Model of Integrated Palliative Care (Bow Tie model) - Canadian Virtual Hospice.	
	Activity 6: Communicating among health professionals and between services	• Added content on the benefits of a multidisciplinary approach to care	• The multidisciplinary team in palliative care
	Activity 7: Introducing specialist palliative care	• No content changes	
Communicating with children	Activity 8: How to communicate with children	• Added link for supporting communication: Talking to kids with cancer (2023) • Added resource: Paediatric end of life care communication course – Module 1: Communicating with children	

Providing person-centred support	Activity 9: Understanding sources of distress	• No content changes	
	Activity 10: Responding to loss	• N/A	
The spiritual dimension of care	Activity 11: Understanding spiritual needs	• No content changes	
	Activity 12: Spiritual conversations	• Added video resource: <i>Spirituality is more than religion</i> (Cultural diversity in aged care)	
Support for people at the end stages of life	Activity 13: End-of-life concerns	• Added video resource: <i>Dying for beginners</i> (Dr Kathryn Mannix)	• Supporting the dying person • Care after death
	Activity 14: Preparing for Michelle's death	• N/A	
Self-care for healthcare professionals	Activity 15: Impact of caring	• Updated content on impacts of caring, moral distress, compassion fatigue and burnout • Added self-care resources: wheel of wellbeing, self-care room	• Self-care in the palliative care context
	Activity 16: Adopting self-care strategies	• Updated resources to self-care in palliative care	
	Activity 17: Reflective practice	• No content changes	

Core Module 3: Assessing and managing symptoms

Section	Activity	2024 Updates	Linked PalliBytes Modules
Palliative care symptoms	Activity 1: Life-limiting illness	• Updated background information • Added link to Module 1 for review of illness trajectories	• What is palliative care? • Principles of the palliative approach • Palliative care in practice
	Activity 2: Understanding symptoms in palliative care	• Updated links to symptom information via CareSearch and Therapeutic Guidelines (2023 Ed.) • Updated link to heart failure guidelines	• Approaches to symptom management
Principles of assessment	Activity 3: Principles of assessment	• No content changes	• Symptom assessment in palliative care
	Activity 4: Assessment tools	• Updated links to PCOC tools • Added info on PACOP and link to website	• The Symptom Assessment Scale (SAS) tool
	Activity 5: Symptom assessment	• N/A	
Evidence-based symptom management	Activity 6: Principles of palliative symptom management	• Updated links to symptom management via CareSearch • Added <i>National Medicines Resource</i> (Caring at Home)	• Approaches to symptom management • Managing pain in palliative care • Managing other symptoms in palliative care • Medications in palliative care • Supporting eating and drinking with acknowledged risks
	Activity 7: Herbert's illness progresses	• N/A	
	Activity 8: Expert opinion	• N/A	
Applying symptom assessment and management - Pain	Activity 9: Assessing and managing pain in palliative care	• Added content on barriers to effective pain management with link to CareSearch page on this topic • Added reference and link to digital tool for pain assessment • Updated resource links for syringe driver education • Added video resource: Pain management (IPEPA)	• Managing pain in palliative care • Opioids in palliative care

Core Module 4: Optimising function in palliative care

Living with a life-limiting illness - experiencing loss	Activity 1: Response to losses	- Added link to Module 2: Activity 1 regarding challenges faced when diagnosed with life-limiting illness - Added link to Beyond Blue support page	Loss, grief and healing
	Activity 2: Bob's Story	N/A	
Goals of care	Activity 3: Goals of care	- Updated information on preparing for goals of care conversations, use of ePrognosis conversations, using the ask-tell-ask approach - Added example phrases for approaching a conversation when someone is reluctant to talk about goals	- Goals of care conversations - Responding with empathy – NURSE statements
	Activity 4: Bob's story - three months later	N/A	
	Activity 5: The role of family meetings and goals of care	No content changes	Goals of care conversations
	Activity 6: Advance care planning and goals of care	Updated with current advance care planning content and links from ACPA, End of Life Law, PCA	Advance care planning
Optimising physical and social function	Activity 7: Assessing and maintaining function	No content changes	Symptom assessment in palliative care
	Activity 8: Role of allied health professionals in supporting function	- Expanded list of professions and descriptions to reflect the breadth of the multidisciplinary team in palliative care - Link to Focus Topic 1 for further information	- Multidisciplinary team in palliative care - Supporting eating and drinking with acknowledged risks
Supporting communities and carers	Activity 9: Optimising community care	Updated content with information from PCA website	
	Activity 10: Carer needs	No content changes	Family needs in palliative care
	Activity 11: Loss, grief and bereavement	- Activity title changed (formerly "Bereavement") - Added content on understanding grief with definition of key terms, responses and key points - Added links to National Support Services for situations where immediate support is required	Loss, grief and healing

Focus Topic 1: Multidisciplinary care			
Section	Activity	2024 Updates	Linked PalliBytes Modules
Principles of a multidisciplinary approach	Activity 1: Multidisciplinary approaches to palliative care	New content reflective of current evidence-basis	The multidisciplinary team in palliative care
	Activity 2: Betty's story	N/A	
	Activity 3: Principles of multidisciplinary care	New content reflective of current evidence-basis	The multidisciplinary team in palliative care
Planning a multidisciplinary approach	Activity 4: Person and family-centred care planning	New content reflective of current evidence-basis	Goals of care conversations
	Activity 5: The multidisciplinary team	New content reflective of current evidence-basis	The multidisciplinary team in palliative care
	Activity 6: The team meeting	N/A	
	Activity 7: Ongoing information and communication	N/A	
Providing multidisciplinary care at the end of life	Activity 8: Betty's disease progresses	N/A	
	Activity 9: The team implements and end-of-life care plan	N/A	
	Activity 10: Standards of care	Additional relevant standards listed and links provided	National standards for palliative care
	Activity 11: Alan's perspective	Added CareSearch resource link: Finding services and support	Family needs in palliative care

Focus Topic 2: Caring for Australian Indigenous peoples affected by life-limiting illness

Section	Activity	2024 Updates	Linked PalliBytes Modules
Pre-requisite knowledge		N/A	• Cultural safety and culturally-responsive care • Inclusive and culturally-responsive palliative care
Power, privilege and the place of healthcare	Activity 1: Power and privilege	N/A	• Cultural safety and culturally-responsive care
	Activity 2: Racism in healthcare	N/A	• Inclusive and culturally-responsive palliative care
Australian Indigenous Cultures	Activity 3: Australian Indigenous peoples	N/A	• Culturally-responsive palliative care for Aboriginal and Torres Strait Islander peoples
	Activity 4: Connection to Country and Spirituality	N/A	
	Activity 5: Health and wellbeing	Added video resource: Mayi Kuwayu study – the importance of culture for health and wellbeing	
UNDRIP and the provision of palliative care	Activity 6: UN Declaration on the Rights of Indigenous Peoples	N/A	
	Activity 7: UNDRIP and health	N/A	
	Activity 8: Human rights and palliative care	N/A	
Historical and ongoing trauma and barriers to palliative care	Activity 9: Historical trauma	Updated historical timelines to include information regarding the 2023 referendum and treaty processes	
	Activity 10: Trauma, healing and resilience	N/A	
	Activity 11: Barriers to and enablers of palliative care	N/A	

Communication and family-centred palliative care	Activity 12: Palliative care is holistic and family centred	N/A	
	Activity 13: Communication	N/A	• Be prepared for the conversation
	Activity 14: Advance care planning conversations	N/A	• Advance care planning
	Activity 15: Symptom management	N/A	
Cultural considerations at the end of life	Activity 16: Cultural-responsiveness at end of life	Add video resource (embedded): Where traditional and modern medicine meet	
	Activity 17: Cultural practices and rituals	N/A	

Focus Topic 3: Caring for children with life-limiting illness

Section	Activity	2024 Updates	Linked PalliBytes Modules
Understanding needs of children with life-limiting illnesses and their families/carers	Activity 1: Impact of life-limiting illness	Updated statistics and content reflective of current evidence basis.	
	Activity 2: The family's experience of their child's life-limiting illness	Add video resource: Demystifying paediatric palliative care	
	Activity 3: Emily's story	N/A	
	Activity 4: Paediatric palliative care concepts	Updated and expanded content; Key resource added "A practical guide to palliative care in paediatrics"	• Paediatric palliative care
Principles of care for children with a life-limiting illness	Activity 5: Communication with children and their families	Updated content reflective of current evidence basis.	• Paediatric palliative care • Communication in palliative care
	Activity 6: Emily's review	N/A	
	Activity 7: Collaborative approaches to care	Updated content reflective of current evidence basis.	
Supportive care interventions	Activity 8: Supportive approaches to care	Links added to <i>A Practical Guide to Palliative Care in Paediatrics</i> and QuoCCA module: Palliative care for children and young people	• Paediatric palliative care
	Activity 9: Emily's case conference	N/A	
	Activity 10: Psychosocial, spiritual and cultural support for children	Added FICA tool for spiritual assessment; added content on cultural assessment and support	• Culturally-responsive palliative care for Aboriginal and Torres Strait Islander peoples • Culturally-responsive palliative care for people from culturally-diverse backgrounds
	Activity 11: Support for families and communities	Minor content updates; added link to Compassionate Communities	• Loss, grief and healing
	Activity 12: Emily's progression	N/A	
	Activity 12: Self-care for health professionals	No content updates	• Self-care in the palliative care context

Focus Topic 4: Culture-centred care of people with life-limiting illness

Section	Activity	2024 Updates	Linked PalliBytes Modules
Diversity in contemporary Australian society	Activity 1: Cultural diversity and cultural safety	Updated statistics and content; link to Focus Topic 2: Prerequisite knowledge activity	• Inclusive and culturally-responsive palliative care
	Activity 2: Diversity and palliative care	Updated content reflective of current evidence basis; link to Core Module 1: Activity 3	• Cultural safety and culturally-responsive care • Culturally-responsive palliative care for Aboriginal and Torres Strait Islander peoples • Culturally-responsive palliative care for people from culturally-diverse backgrounds
	Activity 3: Amy's story	N/A	
Culture-centred communication	Activity 4: Intercultural communication	Updated content reflective of current evidence basis	• Be prepared for the conversation
	Activity 5: Cultural considerations in palliative care	Updated content reflective of current evidence basis	• Culturally-responsive palliative care for people from culturally-diverse backgrounds
	Activity 6: Amy is admitted to an aged care facility	N/A	
Providing culturally-responsive care	Activity 7: Supporting access to palliative care	Updated content reflective of current evidence basis	• Inclusive and culturally-responsive palliative care
	Activity 8: Symptom management	Updated content reflective of current evidence basis; updated thinking points to be more culturally-responsive	• Be prepared for the conversation
	Activity 9: Cultural and individual differences	N/A	
	Activity 10: Understanding spiritual needs	Updated content reflective of current evidence basis	• Loss, grief and healing
Support for people from culturally-diverse backgrounds at end stages of life	Activity 11: End-of-life care	No content updates	
	Activity 12: Support for Amy's family at end of life	N/A	