



HUME REGION

Palliative Care

Consortium

Palliative Care

Self-Care & Wellbeing in the Palliative Care Setting

Title:

1. Self-care and Wellbeing in the Palliative Care and End of Life Care Setting
2. Self-care Matters

Keywords: Self Care, Staff Wellbeing, Palliative Care

Published by:

1. Gippsland Region Palliative Care Consortium Clinical Practice Group (2022):
2. Palliative Care Australia - online access

Click here to access the guidance:

Gippsland Region:

<https://app.box.com/s/q82bc2o4uwsu286mg1gtnwr9kyjryzgj>

Palliative Care Australia:

<https://palliativecare.org.au/resource/resources-self-care-matters/>



This guidance is recommended by the Hume Palliative Care Consortium Clinical Advisory Group (February 2024) and is based on current evidence-based-practice.

The intent of this document is to promote region adoption of best practice. Enquiries can be directed to Hume Palliative Care Consortium @ <https://humepalliativecare.org.au/contact/>