

Annual Report

Hume Region
Palliative Care Consortium
2023-2024



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The Hume Palliative Care Consortium proudly acknowledges all Aboriginal and Torres Strait Islander people as the first inhabitants of this nation and traditional custodians of the lands where we live, learn and work. We pay our respects to Elders past, present and emerging. There are over 7,800 Aboriginal and/or Torres Strait Islander people living in the Hume Region; making up 2.5% of the total population.

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Our Vision

*Provide Palliative Care
Leadership in the Hume
Region*



About Us

The Hume Palliative Care Consortium (HPCC) aims to ensure that the guiding principles of the Victorian Government's 'Palliative Care and End of Life Framework' are implemented and our aligned vision and regional priorities are achieved.

Governance

Victorian Department of Health
'Palliative Care and End of Life Framework'

Hume Health Service Partnership Innovation &
Quality Governance Committee
Meetings Bi-monthly

Hume Region Palliative Care Consortium
Meetings Bi-monthly

Hume Region Palliative Care
Clinical Advisory Group
Meets Bi-monthly



PalCare SuperUser
Group



After Hours Triage
Co-ordination
Working Group



A Word from the Chair

On behalf of the Hume Region Palliative Care Consortium (HPCC) I am pleased to present the 2023/2024 Annual Report. The HPCC collaborates to provide palliative care leadership across Hume, in line with the Victorian Palliative Care End of Life Framework and Department of Health Strategic Directions. This year the HPCC reviewed its governance and membership. We welcomed our partners at Murray Primary Health Network, Hume Health Service Partnership, Hume Regional Integrated Cancer Service and St Vincent's Hospital Melbourne Palliative Care Services to the HPCC Committee.

I would like to take this opportunity to acknowledge the outgoing HPCC Chair Robyn Sprunt, Director Integrated Community Health at NCN Health, for her leadership and commitment throughout 2022 and 2023. I would also like to thank the HPCC Clinical Advisory Group; members of our various working groups; our carers and volunteers; the Community and Consultancy Palliative Care Teams; other specialist teams; the many District Nursing Services, GPs, hospitals, aged care and disability services and others across our region who work in partnership to support high quality palliative care in our local communities. We look forward to your continued partnership and support.



*Tanya Dawe HPCC Chair &
Director, Community Care Albury Wodonga Health*

A Word from the Manager

This report showcases the work of the Consortium in 2023-2024. Highlights this year were two of our Hume palliative care nurses winning peak palliative care awards in recognition of their dedication and commitment to excellence in care. This year our HPCC Aged & Disability Link Nurses led two inaugural Hume Palliative Care in Aged Care Summits enabled by support from our Murray PHN partners. Our Clinical Advisory Group launched a suite of palliative care guidelines promoting evidence-based practice in palliative care across Hume and following the lead of our Gippsland colleagues:

<https://hume-palliativecare.org.au/>.

For the second year in a row, the HPCC offered post graduate subsidies to registered nurses and has supported the Transition to Specialist Palliative Care Practice Course to run again in the Hume Region. Thanks to all our partners and collaborators for your support. I am looking forward to some exciting new initiatives in the coming year.

Sarah Finlayson, HPCC Manager

HPCC Award Winners

Palliative Care Australia
National Palliative Care Awards

Emerging Leader Award

Winner

Annie Jorgensen,
Clinical Manager & Quality Co-ordinator
Goulburn Valley Hospice Care Service

Over the last five years Annie has developed into an exceptional leader at Goulburn Valley Hospice Care Service, a stand-alone community palliative care provider in Shepparton. Her presence has given a strong sense of stability during a period of change and crisis, while also guiding a relatively new team in improved outcomes for patients and their loved ones. Amongst serious illness in the team, building works, natural disaster and the ongoing impacts of Covid, under Annie's leadership, Goulburn Valley Hospice achieved the highest indicator results in Australia through the Palliative Care Outcome Collaboration. What's more, when a neighbouring service was unable to recruit staff, Annie and her team took on more to ensure quality care was maintained.



The Hume Palliative Care Consortium congratulates Annie on her prestigious award which was presented on Thursday 14th September 2023 at the Oceanic Palliative Care Conference Official Gala Program, International Convention Centre, Sydney.

HPCC Award Winners

Palliative Care Victoria Noala Flynn AM
Award

Excellence in Palliative Care Nursing

Winner

Jackie Creek,
Clinical Nurse Consultant Team Leader
Northeast Health Wangaratta Community
Palliative Care Service

The Noala Flynn AM Award for Excellence in Palliative Care Nursing is awarded to a Victorian palliative care nurse who has exceptional talent, quality, or commitment that surpasses usual standards, and consistently goes above and beyond to make a difference.

Whether it be seeing patients face-to-face, talking on the phone with patients and families or mentoring and supporting the team at Northeast Health Wangaratta, Jackie has been described by her colleagues as an outstanding example of palliative care at it's very best.

Jackie is a model of the holistic nature of palliative care that should be available to all Victorians.

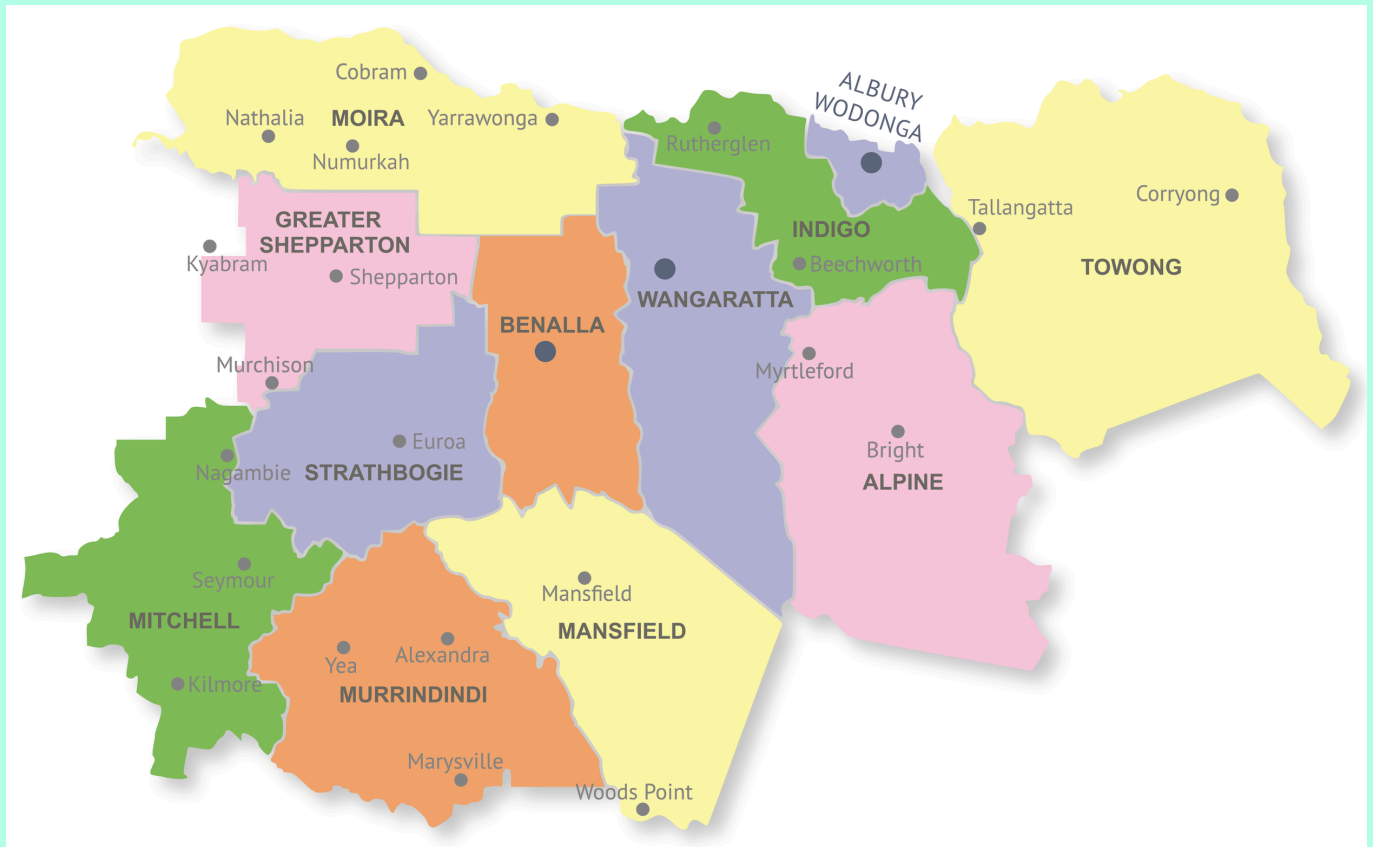


**The Hume
Palliative Care
Consortium
congratulates
Jackie on this
outstanding
achievement.
Jackie's award was
announced as part
of National
Palliative Care
Week at the PCV
Palliative Care &
Aged Care
Conference in
Melbourne.**

Our Region

The Hume Palliative Care Consortium covers the Hume Region, in north eastern Victoria. Hume extends from Melbourne's northern growth corridor through to the NSW border. Shepparton and Wodonga are the two largest population centres in the region. Hume is characterised by Victoria's High Country to the east and the Goulburn Valley to the south/west of the region, containing one of Australia's largest and most productive food bowls.

Hume Main Towns and Local Government Areas Map



Hume Population



317,133

2023

Est. Resident
Population



415,730

2036

Est. resident
population



31%

2023-2036

Projected
population increase

Sources: Australian Bureau of Statistics Data by Region (accessed 2024);

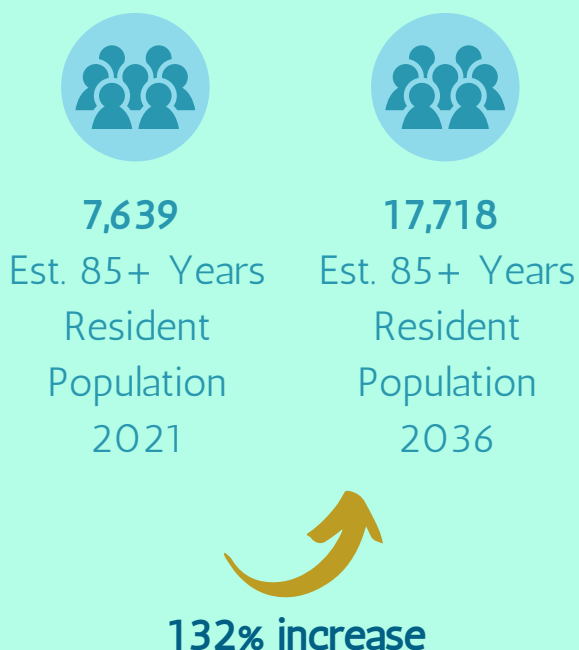
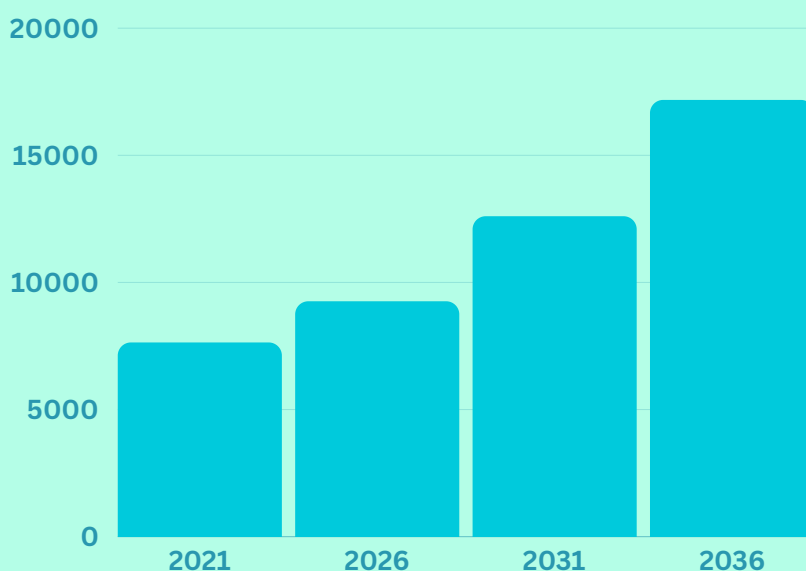
Victoria in Future 2023 Population & Household Projections to 2051 (accessed 2024)

Population Ageing

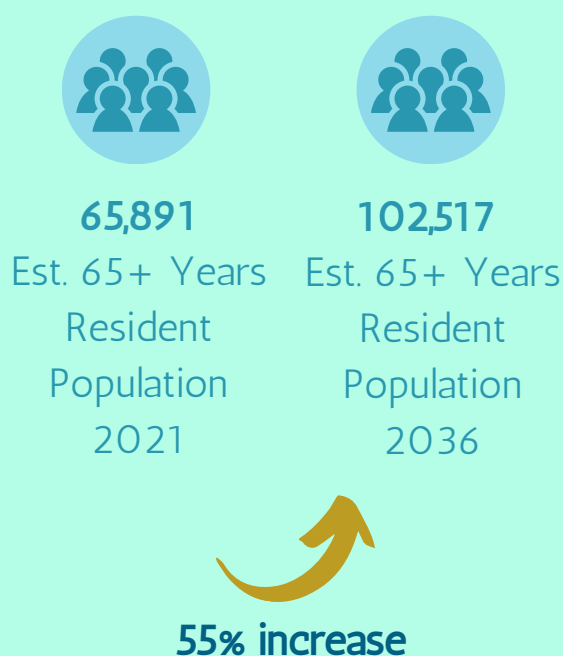
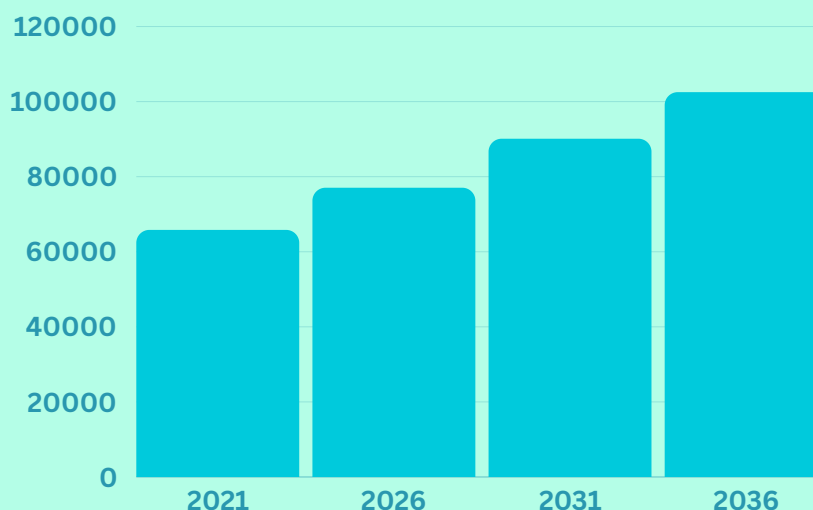
The greatest demographic challenge for the provision of palliative care between now and mid-century is the rapidly increasing proportion of older people who will require palliative care services. By 2051 as the large 'baby boomer' cohort moves into the oldest age group, almost one fifth of the Victorian population (2 million people) is projected to be aged 65 years or older (double the number in this age group today). The number of Victorians aged 85 years and over is projected to almost triple to 400,000 people.

<https://www.planning.vic.gov.au/guides-and-resources/Data-spatial-and-insights/discover-and-access-planning-open-data/urban-development-program/victoria-in-future>

Hume Region Estimated Resident Population of All Persons 85+ Years by Local Government Area 2021-2036



Hume Region Estimated Resident Population of All Persons 65+ Years by Local Government Area 2021-2036

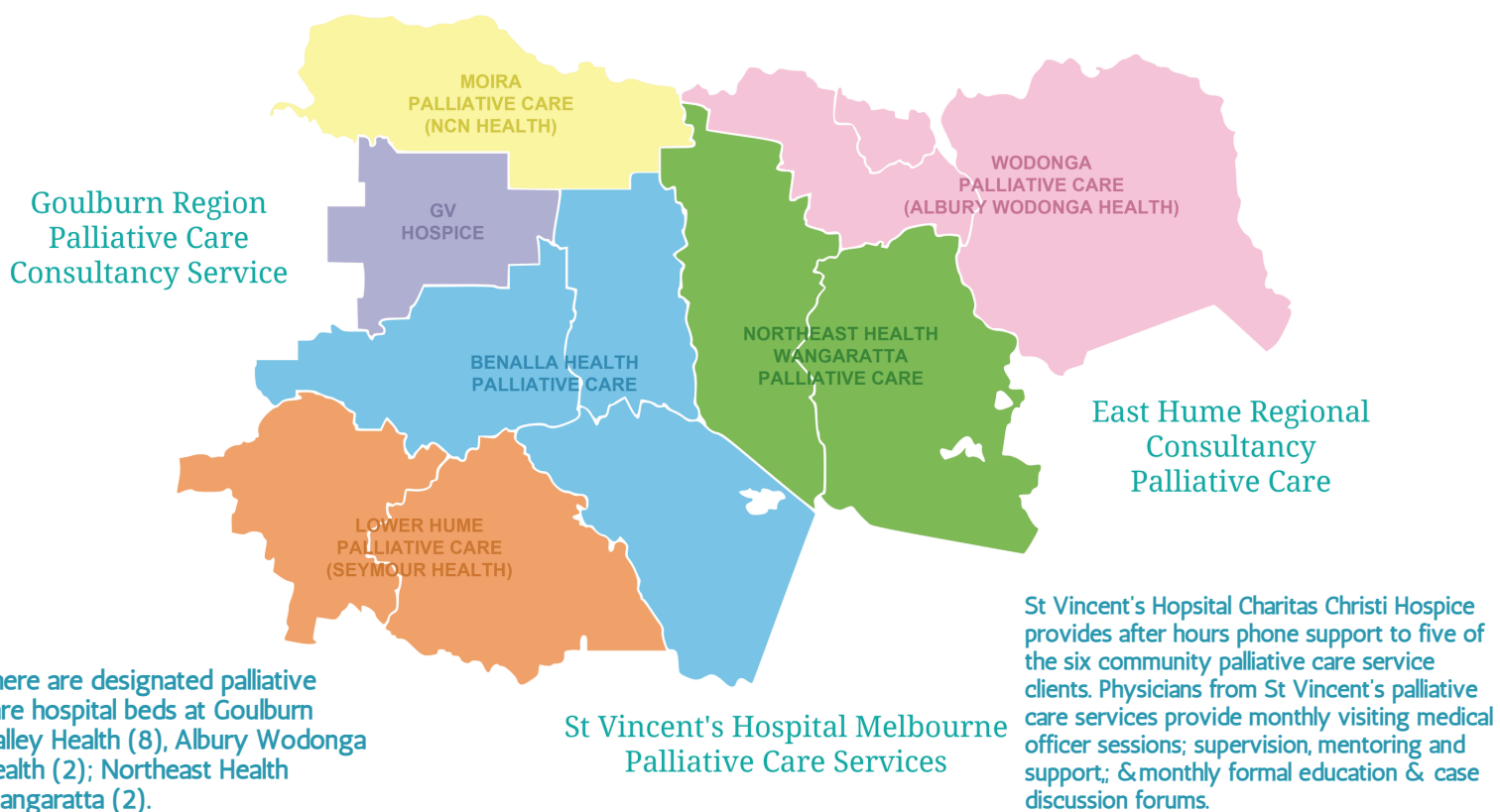


Hume Specialist Palliative Care Services

People living with a life-limiting illness will need to have palliative care provided in many different settings in the Hume Region. Specialist palliative care services can provide services directly to people living with a life-limiting illness or provide consultancy services to other health professionals. These services are structured to allow other health professionals to obtain expert advice.

As illustrated in the map below, there are six (6) funded specialist community palliative care services in Hume which cover one or more local government areas. The region is also supported by two palliative care consultancy services and St Vincent's Health Melbourne palliative care physicians.

Hume Palliative Care Service Area Map



Palliative Care Consultancy Services

The two Hume palliative care consultancy services comprise clinicians with specialist qualifications who provide consultative support to other health professionals involved in caring for the person with a life-limiting illness. The Hume consultancy services each cover a sub-regional area providing support for community palliative care services, general practitioners, hospital medical treating teams and specialists. The consultancy services are based at Albury Wodonga Health and Goulburn Valley Health.

Community Palliative Care Services

Community Palliative Care Services provide specialist palliative care nursing, allied health, practical support, bereavement support as well as information, equipment, complex symptom and pain management and access to medical review and assessment. Services work with clients, carers, families and a multidisciplinary team striving to support a person to be cared for and die in their preferred place which could be in a hospital or in their home, including a residential aged care facility. Community palliative care services provide access to afterhours-phone triage, support and visits.

Hume Community Specialist Palliative Care Service Provision

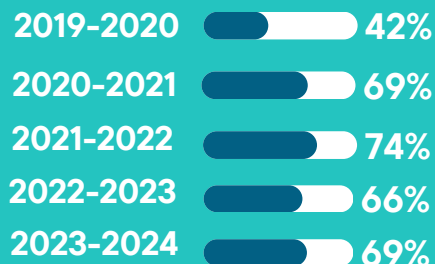
This is a snapshot of combined service data from the six community specialist palliative care services who provide care in people's homes or close to home.



2,420

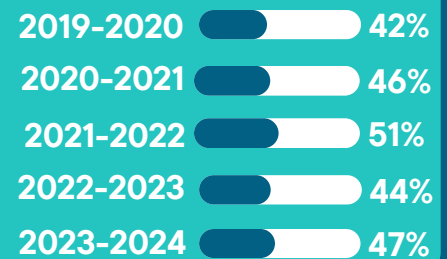
Annual average
number of deaths in
Hume 2011-2022
(ABS Table 5.2
Deaths, Summary
LGAs 2011-2022)

Proportion of deaths in clients'
preferred place of death



Individual service level range: 67% -> 82%

Proportion of client deaths at
home (including Residential
Aged Care)



Individual service level range: 37% -> 59%



594

Community Specialist
Palliative Care Client
Deaths
2023-24

Proportion of client deaths in
hospital



Individual service level range: 41% -> 63%

Proportion of client deaths in
Residential Aged Care Facilities



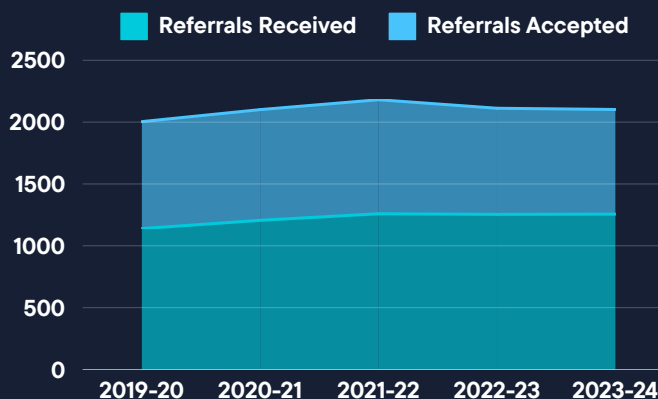
Individual service level range: 5% - 27%



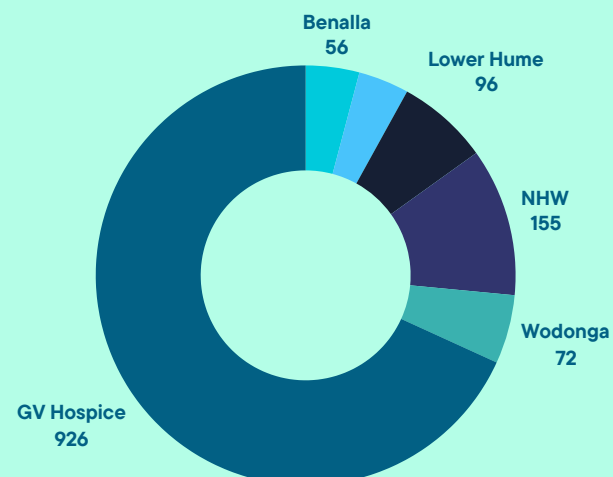
188

Community Specialist
Palliative Care Client
Discharges
2023-24

Referrals Received & Accepted
2019 - 2024



After Hours Calls by Service
2023 - 2024



Work of the Hume Palliative Care Consortium 2024 Highlights

Our work is undertaken using our three Hume Region Palliative Care Consortium strategic priorities: **Building Capacity, Innovative Models of Care and Engaged Consumers, Carers and Communities**. Our strategic framework supports the Victorian Department of Health's 'Palliative Care End of Life Framework' and 2024-2028 strategic directions.

Capacity Building in Residential Aged Care

Inaugural Hume Palliative Care in Residential Aged Care Summits

Enabled by generous support from our Murray PHN partners and the leadership of our HPCC Aged and Disability Link Nurses, HPCC held two inaugural palliative care summits for residential aged care workers in Hume. The summits were held in Shepparton and Beechworth in September and October 2023. Thirty (30) aged care facilities across Hume were represented at the summits.

The summits hosted guest speakers from the Victorian Virtual Emergency Department, Ambulance Victoria, specialist palliative care services and the Victorian Palliative Care Advice Line - to name a few.



From Left: Rose Sexton & Sam Moorhouse - HPCC Aged and Disability Link Nurses

"...That's my impression, that [this project] work has prevented unnecessary admissions to hospital for end-of-life care that can be well managed in the nursing home".

(Quote from evaluation interview for the GV Hospice Aged Care Project)

GV Hospice Comprehensive Palliative Care in Aged Care Project

HPCC has had the privilege of being represented on the Steering Group for the GV Hospice Comprehensive Palliative Care in Aged Care Project funded by the Victorian Department of Health. This project has been modelled on the HPCC Residential Aged Care Palliative Care Support Pathway..

In its first year the small project team has had very impressive outcomes including an increase in GV Hospice clients in residential aged care and provision of secondary consultation to aged care facilities; as well as the commencement of evidence based 'needs rounds' with aged care facilities. We look forward to seeing this project continuing and expanding in the coming year.

Work of the Hume Palliative Care Consortium Highlights 2023-24

Our valued partnerships have enabled a number of projects and initiatives this year. We value the collaboration with all our partners who work with us to enhance palliative care service capability and capacity in Hume.

Strengthening After Hours Palliative Care Support in Hume - a collaboration between HPCC and Murray PHN

The project has provided our consortium with valuable experience and insights with the trial of additional hours and access to services in the afterhours period. (Project Evaluation Report).

Access to after-hours palliative care is an issue for people of all ages. Demand for home and community based palliative care models is increasing rapidly as a component of growth in the need for palliative care. This project provided funding to increase the after hours service capacity of the six specialist community palliative care services in Hume. The funding was used to increase capacity to provide after hours nursing support including providing advice via telephone, tele-health, on-call nursing visits (including residential aged care homes) and hospital in-reach support.

This project provided 646 additional funded after hours services (an average of 46 per month) - 100% of clients in receipt of these services reported as dying or receiving care at their preferred site.

A Partnership with the EPC Foundations Course for Hume Specialist Palliative Care Nurses

As the result of an exciting partnership with Eastern Palliative Care (EPC) in Melbourne, in March 2024, three community palliative care nurses from Hume were given the opportunity to travel to Melbourne to participate in a new EPC Foundations Course EPC Foundations - Eastern Palliative Care Association Incorporated. This nine-day course, spanning over two to three weeks is specifically designed to accelerate the journey of new palliative care nursing and allied health professionals from novice to advanced beginner. There is a vision to continue to work with this innovative program to enable ongoing access for regional clinicians.



EPC Foundations Course Leaders and Participants March 2024

Work of the Hume Palliative Care Consortium Highlights 2023-24

Inaugural Disability and Palliative Care - Strengthening Our Work Together Forum

A forum in Melbourne on May 16 2024 examined the end-of-life choices and supports for people with disability to increase understanding and communication between the disability and palliative care workforces. The event, focused on bolstering communication, collaboration and co-ordination empowering both sectors to improve outcomes for people living with disability and life-limiting illness. Hume Palliative Care Consortium was proud to support and sponsor this event which was well attended by Hume representatives.

Clinical Advisory Group Guidelines Launched

This year our HPCC Clinical Advisory Group launched a new suite of recommended evidence based palliative care guidelines for the Hume Region based on the foundational work of our Gippsland colleagues. The intent of these guidelines is to make them available to health services and clinical staff across the Hume Region to promote evidence-based practice in palliative care. The guidelines may be used by providers to develop similar protocols and procedures that can be customised according to the organising clinical context and requirements. Health organisations must also ensure that use of these guidelines complement their organisational governance structure including health professional palliative care delivery scope of practice.

This year our HPCC Aged and Disability Link Nurses launched a Hume Guide for Disability Support Workers - *Palliative Care At End of Life* resource which can be found on our website.

To access the guidelines & handbook visit our website:

<https://humpalliativecare.org.au/>



Regional, State & National Partners

The Hume Palliative Care Consortium continues to support partnerships with regional, state and national palliative care providers, peak bodies and support programs. The aim is to facilitate where possible the implementation of regional, state and/or national programs in Hume for the benefit of our carers and communities.

Our Partners Include

Regional	Hume Health Service Partnership Murray PHN Hume Regional Integrated Cancer Service	-- Residential Inreach Project -- HPCC Residential Aged Care Summits; After Hours Project -- HPCC Committee
State	Palliative Care Victoria Palliative Care Advice Service Eastern Palliative Care The Centre for Palliative Care Monash University Carer Gateway Safer Care Victoria Royal Flying Doctors Service Northern Health Gippsland & Southern Metro Consortiums The Victorian Palliative Care Consortia Managers Victorian Palliative Care Clinical Managers Forum Statewide Disability Palliative Care Advisory Group Victorian Palliative Care Network Aged Care & Disability Network Group Palliative Care Victoria Managers of Volunteers MND Community of Practice	-- Advocacy; Volunteer support, CALD & Cultural Safety -- For all Victorians 7am-10pm every day of the year -- EPC Foundations Course -- PEPA Workshops, Reverse PEPA, Clinical placements -- Hume Early Referral Research Project -- Carer Support -- Palliative Care Clinical Network -- Memory Lane -- Victorian Virtual Emergency Department -- Transition to Specialist Palliative Care Course -- National & State Palliative Care initiatives -- Nursing & Allied Health Novice to Advance Practice Framework working groups - Hume representation -- Telehealth Community of Practice - Hume representation -- Disability & Palliative Care - Strengthening Our Work Together statewide forum - Hume Representation -- State network - Hume Representation -- State network - HPCC A&D Link Nurses -- State network -- Hume MND Support Worker
National	University of Queensland University of Wollongong	-- PEPA Aged Care; ELDAC Linkage Program -- PCOC - dedicated palliative care teams ; and -- PACOP - Residential Aged Care Facilities.

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www.humepalliativecare.org.au