



Home Care Resources

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Home Care Pack Contents

Home care providers are a critical part of support for older people at the end of life. Ensuring that key palliative care steps are not missed, and processes are well documented is part of good practice.

To help you and your team to support older people living in their home, we have brought together this pack of resources.

Self-care plan for the aged care team

To care for others, you need to take care of yourself. This worksheet helps you to plan activities to maintain your balance in life.

Recognising changing needs

Forms for systematically assessing for deterioration in a person's health and identifying unmet supportive and palliative care needs.

- SPICT Tool
- SPICT-4ALL Tool.

Symptom control

Forms for monitoring for changes in pain status and tracking use of breakthrough medicines.

- Abbey Pain Scale
- Breakthrough medicines.

Palliative care case conference

A series of practical checklists and forms to guide and document case conferences.

Supporting older people and their family

Forms to give to clients to help them keep track of emergency contacts, medicines, and to develop self-care plans for their well-being.

- My emergency contact list
- My medicines list
- Self-care plan for family carer.

End-of-life care

A practical list of medicines for responding to unanticipated needs in the terminal phase and a checklist for GPs to guide an at home death.

MBS remuneration for palliative care services

- MBS items for nurse practitioners
- MBS remuneration for GPs providing a planned palliative care pathway

To obtain further copies of this pack or other resource packs developed by palliAGED: Download or order printed copies at palliaged.com.au/practiceforms

Use QR code to download or order additional copies of these resources
palliaged.com.au



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Self-care plan: Aged care team

Caring for others can be rewarding. However, staff working in aged care look after many people who die. You might find this loss hard to accept. You might find it hard to sleep, no longer enjoy your work, or feel tired. This can affect you and your family. Self-care is what we do to maintain balance in our life.

A self-care plan based on what you like to do can help. We have suggested a few things that you could try, but what you choose will depend on you.

Workplace self-care: Activities to help you at work

Some examples

- Regular meetings with supervisors or a more experienced colleague
- Join a support group with the people you work with
- Attend training programs

My activities:

Physical self-care: Activities that help you to stay fit and healthy

Some examples

- Develop a regular sleep routine
- Aim for a healthy diet
- Take lunch breaks and go for a walk
- Get some exercise before/after work regularly

My activities:

Self-care plan

Psychological self-care: Activities that help you to feel clear-headed and able to engage with workplace and personal challenges

Some examples

- Keep a reflective journal
- Seek regular meetings with supervisors or a more experienced colleague
- Turn off your email and work phone outside of work hours
- Make time to be with friends and family

My activities:

Emotional self-care: Allow yourself to safely express your emotions

Some examples

- Develop friendships that are supportive
- Write or think of three good things that you did each day
- Play a sport and have a coffee together after training
- Talk to your friends about how you are coping with work and life demands

My activities:

Self-care plan

Spiritual self-care: Develop a sense of perspective beyond the day-to-day of life which can include religion, but it is not always about religion

Some examples

- Engage in reflective practices like meditation
- Go on walks to connect with nature
- Go to church/mosque/temple
- Do yoga

My activities:

Relationship self-care: Maintain healthy, supportive relationships, and ensure that you are not only connected to work people

Some examples

- Prioritise close relationships in your life e.g. with partners, family and children
- Attend the special events of your family and friends
- Arrive to work and leave on time every day

My activities:

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**The SPICT is used to help identify people whose health is deteriorating.
Review unmet palliative care needs. Plan current and future care with them.**

Look for any general indicators of poor or deteriorating health.

- ☐ ■ Urgent or emergency hospital admission(s) or visits.
- ☐ ■ Functional ability is poor or deteriorating, with limited reversibility.
(eg The person often stays in bed or in a chair for more than half the day.)
- ☐ ■ Depends on others more for care due to increasing physical and/or mental health problems.
Person's carer needs more help and support.
- ☐ ■ Progressive weight loss; remains underweight; low muscle mass.
- ☐ ■ Persistent symptoms despite optimal treatment of health condition(s).
- ☐ ■ The person (or family) asks for palliative care; chooses to reduce, stop or not have treatment;
or wishes to focus on quality of life.

Look for clinical indicators of life shortening conditions.

Cancer

- ☐ Functional ability deteriorating due to progressive cancer.
- ☐ Too frail for cancer treatment or treatment is for symptoms.

Dementia or frailty

- ☐ Unable to dress, walk or eat without help.
- ☐ Eating and drinking less; difficulty with swallowing.
- ☐ Urinary and faecal incontinence.
- ☐ Not able to communicate by speaking; little social interaction.
- ☐ Frequent falls; fractured femur.
- ☐ Recurrent febrile illnesses or infections; aspiration pneumonia.

Neurological disease

- ☐ Progressive deterioration in physical and/or cognitive function despite optimal therapy.
- ☐ Speech problems with increasing difficulty communicating and/or progressive difficulty with swallowing.
- ☐ Recurrent aspiration pneumonia; breathless or respiratory failure.
- ☐ Ongoing disability with worsening physical and/or mental health after a major stroke or multiple strokes

Heart or vascular disease

- ☐ Heart failure or extensive, untreatable coronary artery disease; breathlessness or chest pain at rest or on minimal effort.
- ☐ Severe, inoperable peripheral vascular disease.

Respiratory disease

- ☐ Severe, long term lung disease; breathlessness at rest or on minimal effort between exacerbations.
- ☐ Persistent hypoxia needing long term oxygen therapy.
- ☐ Has needed ventilation for respiratory failure or ventilation is contraindicated.

Other conditions

- ☐ Deteriorating with physical or mental illnesses, multiple conditions and/or complications that are not reversible; best available treatment has poor outcome.

Kidney disease

- ☐ Stage 4 or 5 chronic kidney disease (eGFR < 30ml/min) with deteriorating health.
- ☐ Kidney failure complicating other life shortening conditions or treatments.
- ☐ Stopping or not starting dialysis.

Liver disease

- ☐ Cirrhosis with one or more complications in the past year:
 - diuretic resistant ascites
 - hepatic encephalopathy
 - hepatorenal syndrome
 - bacterial peritonitis
 - recurrent variceal bleeds
- ☐ Liver transplant is not possible.

Review current care and care planning.

- ☐ ■ Review current treatments and medication; minimise polypharmacy.
Shared decision making about treatment and care.
- ☐ ■ Review holistic care – symptoms; emotional, social, financial, spiritual needs. Support families and carers.
- ☐ ■ Ask for specialist advice or a review if symptoms or other problems are difficult to manage.
- ☐ ■ Agree a current and future care plan with the person/family.
Discuss future decision making (e.g. Power of Attorney).
- ☐ ■ Record, share, and review care plans.

For more on palliative care visit caresearch.com.au

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The SPICT helps us to look for people who have life shortening health conditions and are less well. These people need more help and care now, and a plan for care in the future. Ask these questions:

Does this person have signs of poor health or health problems that are getting worse?

- ☐ Urgent or emergency hospital admission(s) or visits.
- ☐ Less able to manage usual activities; not as well as they used to be.
(The person often stays in bed or in a chair for more than half the day).
- ☐ Needs more help and care from others due to increasing physical and/ or mental health problems.
The person's carer needs more help and support.
- ☐ Has clearly lost weight over the last few months; or stays too thin.
- ☐ Has troublesome symptoms most of the time despite good treatment of their health problems.
- ☐ The person (or family) asks for palliative care; chooses to reduce, stop or not have treatment; or wishes to focus on quality of life.

Does this person have any of these health problems?

Cancer

- ☐ Less able to manage usual activities; health is getting poorer.
- ☐ Not well enough for cancer treatment or treatment is to help with symptoms.

Dementia or frailty

- ☐ Unable to dress, walk or eat without help.
- ☐ Eating and drinking less; difficulty with swallowing.
- ☐ Has poor control of bladder and bowels.
- ☐ Not able to communicate by speaking; not responding much to other people.
- ☐ Frequent falls; fractured hip.
- ☐ Frequent infections; pneumonia.

Nervous system problems

(e.g., Parkinson's disease, stroke, motor neurone disease)

- ☐ Physical and mental health are getting worse.
- ☐ More problems with speaking and communicating; swallowing is getting worse.
- ☐ Chest infections or pneumonia; breathing problems.
- ☐ Ongoing disability with increasing physical and/or mental health problems after one or more strokes.

Heart or circulation problems

- ☐ Heart failure or heart blood vessel disease. Short of breath when resting, moving or walking a few steps.
- ☐ Leg problems due to poor blood circulation; surgery is not possible.

Lung problems

- ☐ More unwell with long term lung problems. Short of breath when resting, moving or walking a few steps even when the chest is at its best.
- ☐ Needs to use oxygen for most of the day and night.
- ☐ Has needed treatment with a breathing machine in hospital.

Other conditions

- ☐ People who are less well with other life shortening physical or mental illnesses or health conditions. There is no treatment available or it will not work well.

Kidney problems

- ☐ Kidneys are not working well; general health is getting poorer.
- ☐ Stopping kidney dialysis or choosing palliative care instead of starting dialysis.

Liver problems

- ☐ Worsening liver problems in the past year with complications like:
 - fluid building up in the belly
 - being confused at times
 - kidneys not working well
 - infections
 - bleeding from the gullet
- ☐ A liver transplant is not possible.

What we can do to help this person and their family.

- ☐ Start talking with the person and their family or carer about help needed now and why making plans is important in case things change.
- ☐ Ask for help and advice from a nurse, doctor, social worker or other staff if the person or family needs a review of their care and support.
- ☐ We look at the person's medicines and other treatments to give the best care. Holistic care includes symptoms, emotional, social, financial, or spiritual problems.
- ☐ Ask for specialist help if symptoms or problems are difficult to manage.
- ☐ Care plans are shared with staff who need to see them and kept up to date.

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Abbey Pain Scale

Enter pain scores for each of the the following six areas:

Absent = 0; Mild = 1; Moderate = 2; Severe = 3

Patient details

Surname.....
 Title.....
 Given names.....
 DOB..... MRN.....
 Address.....
 Suburb.....
 Postcode.....

Enter date:					
Enter time:					
Sign entry					
1. Vocalisation e.g., whimpering, groaning, crying.					
2. Facial expression e.g., looking tense, frowning, grimacing, looking frightened.					
3. Change in body language e.g., fidgeting, rocking, guarding part of body, withdrawn.					
4. Behavioural change e.g., increased confusion, refusing to eat, alteration in usual patterns.					
5. Physiological change e.g., temperature, pulse or blood pressure outside normal limits, perspiring, flushing or pallor.					
6. Physical changes e.g., skin tears, pressure areas, arthritis, contractures, previous injuries.					
Total scores					
Circle the range that matches the total pain score 0-2 No pain 3-7 mild 8-13 moderate 14+ severe	No pain Mild Moderate Severe	No pain Mild Moderate Severe	No pain Mild Moderate Severe	No pain Mild Moderate Severe	No pain Mild Moderate Severe

Tick the box which matches the type of pain: Acute ☐ Chronic ☐ Acute on chronic ☐

About Abbey Pain Scale

Purpose: Developed to detect pain in elderly residents with dementia and inability to communicate verbally. It is a 6-item 3 point scale tool.

Description: The Abbey Pain Scale was developed for use in aged care and dementia care. The tool is best used as part of an overall pain management plan. As the tool does not differentiate between distress and pain measuring the effectiveness of any interventions is essential. Use the form to collate recordings across an extended period to facilitate monitoring of responses. The Australian Pain Society recommends using the tool as a movement-based assessment and conducting a **second evaluation one hour after any intervention taken**. Repeat hourly until a score of mild pain is reached and then 4 hourly for 24 hours with treatment for pain as required. Contact the GP or pain team if there is no improvement.

Acknowledgement: Abbey J, et al. The Abbey pain scale: A 1-minute numerical indicator for people with end-stage dementia. Int J Palliat Nurs. 2004 Jan;10(1):6-13.

Chart of breakthrough medicines

Patient details

Surname.....

Title.....

Given names.....

DOB..... MRN.....

Address.....

Suburb.....

Postcode.....

About breakthrough medicines

Breakthrough symptoms occur for many reasons in people with palliative care needs. This includes symptoms like pain, nausea, breathlessness, and anxiety. Sometimes these symptoms 'break through' the stable control of symptoms that you might usually experience. Your prescriber may prescribe additional medicines to be used as a 'rescue dose' in case this happens. It is important that you follow the advice given to you about treating breakthrough symptoms. Letting your care team know how much and how often breakthrough medicine is needed helps with management of your symptoms. You can use this chart to keep track of any breakthrough medicine that you or the person you are caring for takes.

1. Medicine name:

Strength:

How much and how often to be given:

Reason for taking:

Date							
Time							
Dose							
Time							
Dose							
Time							
Dose							
24-hour total dose							

2. Medicine name:

Strength:

How much and how often to be given:

Reason for taking:

Date							
Time							
Dose							
Time							
Dose							
Time							
Dose							
24-hour total dose							

3. Medicine name:

Strength:

How much and how often to be given:

Reason for taking:

Date							
Time							
Dose							
Time							
Dose							
Time							
Dose							
24-hour total dose							

My Emergency Contact List:

Helping you keep track of your team

Organisation:

My name: _____

Reminder:



Put this list on your fridge or somewhere where it can be found.

Relationship/ Role	Name	Phone Number	Contact at time of death? (Y/N)
Partner/friend/ family member			
Partner/friend/ family member			
Partner/friend/ family member			
Partner/friend/ family member			
Substitute Decision-maker			
Specialist			
General Practitioner (GP)			
Nurse			
Pharmacist			
Other			

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Medicines List:

Helping you keep track of your medicines

My name: _____

My allergies or previous problems:

My emergency contact(s) details:

My GP/specialist contact details:

My pharmacy: _____

My pharmacist(s): _____

My palliative care team (e.g., careworker, nurse):

Organisation _____



Reminders:

- Ask a member of your care team to help you fill out this form.
- Bring this form to any future medical appointments.
- Include non-prescription medicines.

Name of medicine	What it looks like	How much and when	How to take it	Date started	What the medicine is for
Example only	e.g., round, red, blue, white liquid	e.g., one capsule per day	e.g., by mouth, with food, by injection	dd/mm/yy	e.g., pain

Self-care plan:

Family carer

Name:

Caring for someone at home at the end of life is complicated and you may find it challenging. The intensity of the caring situation can be hard to deal with. You might find it hard to sleep, feel anxious or worried. Your friends may not visit as often. This can affect you and your family. Self-care is what we do to maintain balance in our life.

A self-care plan based on what you like to do can help. Here we suggest a few things that you could try, but what you choose will depend on what suits you best.

Home self-care: Activities to help you at home

Some examples

Have someone to help with the care so that you can get time for yourself

Share an online calendar with family and friends so that they know when you might need help or company

Find out about respite services in your area that can be accessed for a few hours or a few days

Join a support or training group for carers

Attend training programs for carers

My activities:

Physical self-care: Activities that help you to stay fit and healthy

Some examples

Develop a regular sleep routine

Aim for a healthy diet

Take lunch breaks and go for a walk

Get some exercise before/after work regularly

My activities:

Self-care plan

Psychological self-care: Activities that help you to feel clear-headed and able to engage with personal challenges

Some examples

Keep a reflective journal

Seek regular meetings with the palliative care team

Make time to be with friends and family

My activities:

Emotional self-care: Allowing yourself to safely express your emotions

Some examples

Develop friendships that are supportive

Write or think of three good things that you did each day

Play a sport and have a coffee together after training

Talk to your friends about how you are coping with work and life demands

My activities:

Self-care plan

Spiritual self-care: Develop a sense of perspective beyond the day-to-day of life which can include religion, but it is not always about religion

Some examples

Engage in reflective practices like meditation

Go on walks to connect with nature

Go to church/mosque/temple

Do yoga

My activities:

Relationship self-care: Maintain healthy, supportive relationships

Some examples

Prioritise close relationships in your life e.g.. with partners, family and children

Attend the special events of your family and friends

My activities:

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Using the palliAGED palliative care case conference forms

A case conference or family meeting between the person, their family and care providers can help to explain what is happening and to plan care. The palliAGED forms can help.

1

Use the palliAGED case conference checklist for residential care or checklist for support at home to organise a palliative care case conference. Tick off items as they are completed.

2

Speak with the person and their family about the need for a case conference. Provide information on palliative care and case conferences.

3

Involving the person's GP is important. Use the Invitation to invite them to attend, and/or to suggest a suitable time.

4

Closer to the date of the case conference, send a letter confirming details to the person and their family, and send confirmation to the GP.

5

To guide the meeting and to make sure that all steps following the conference are completed use the palliAGED case conference summary for residential care or case conference summary for support at home sheet.

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Planning checklist: Support at home

Organisation: _____

Palliative care case conference

Full name of client: _____ DOB (dd/mm/yy): _____

Date of case conference (dd/mm/yy): _____ Time: _____

Venue: _____ Room booked: _____

Dial-in telephone number /
online link: _____ Code: _____

Case conference facilitator: _____

Goals of case conference:

*Medicare item codes are claimable where the GP facilitates the meeting.

Name of Care Partner: _____

Family participants

Name	Role/relationship	Contact details

Health and Care Professionals

Name	Role/relationship	Contact details

Document (tick as appropriate)	Sent	Accepted/declined	N/A
Client & family information		A D	
Client & family confirmation		A D	
GP invitation		A D	
GP confirmation		A D	

	Needed	Obtained	N/A
Clinical summary (including most recent medication chart)			
Advance care planning document (legal or non-legal)			
Carer document e.g. NAT-C needs assessment form			
Other (specify)			

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Invitation

Organisation: _____

Palliative care case conference

To:	Email/fax number:
From:	No. of pages: (including this page)
Subject: Palliative case conference	Date sent: (dd/mm/yy):

Dear _____

A palliative care case conference is being organised for (name): _____

Date of Birth (dd/mm/yy): _____

Proposed date (dd/mm/yy): _____ Start time: _____

Expected duration: _____ Venue: _____

As an important member of the care team you are invited to participate.

Reason for case conference: _____

Please indicate availability to participate in this case conference by ticking one of the options below:

☐ Attending in person ☐ Unable to attend

☐ Attending via teleconference (Microsoft Teams / Zoom / Other): _____

☐ Please reschedule so I can attend.
Proposed alternative date: (dd/mm/yy): _____ and time: _____

Please email/fax this back to (insert email/fax number): _____

Kind regards (name): _____

Role: _____ Organisation: _____

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GP confirmation

Organisation: _____

Palliative care case conference

To:	Email/fax number:
From:	No. of pages: (including this page)
Subject: Palliative case conference	Date sent: (dd/mm/yy):

Dear Dr _____

Following our recent correspondence with you a palliative care case conference has been organised for: (resident/client name):

Resident/client DOB (dd/mm/yy): _____

Case conference date (dd/mm/yy): _____ Start time: _____

Expected duration: _____ Venue: _____

If you are joining by teleconference, please dial in using the following telephone number and code:

Telephone: _____ Code: _____

Reason for case conference:

Yours sincerely (name): _____

Role: _____ Organisation: _____

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Information for you and your family

Organisation:

Palliative care case conferences

It has been suggested that a case conference be held to discuss how you, or your family member might benefit from palliative care. The following explains what this is and why it is important.

Case conference: Case conferences or family meetings are an opportunity to discuss a person's care needs. They ideally include the person (if able to attend), their family and/or their substitute decision-maker, and members of the care team including the doctor.

Palliative care: Palliative care is person- and family-centred care that supports a person to live the best life they can with a life-limiting illness. A life-limiting illness means that the person has little or no prospect of cure and is expected to die. The focus is on quality of life.

Life-limiting illnesses include dementia, advanced heart, kidney, lung or liver disease, cancer, and motor neurone disease.

People can receive palliative care for days or weeks, or for months to years. Older people coming to the end of their life without illness may have some of the same care issues. They can also benefit from the approaches to care taken in palliative care.

Common care issues in palliative care include:

- pain
- dyspnoea (breathing difficulty)
- dysphagia (difficulty swallowing)
- constipation/incontinence (bowel and/or bladder management)
- depression
- delirium (sudden confusion)
- anxiety
- nausea (feel that you want to vomit)
- fatigue (tiredness).

Who should attend a case conference?

Staff in residential aged care facilities and providers of home care often meet with families. If possible, the person receiving care should attend, their GP, and any concerned family members or friends.

Your contact for this case conference is:

Name of staff member:

Role:

Telephone:

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Invitation for you and your family

Organisation: _____

Palliative care case conference

A palliative care case conference has been organised for:

Name: _____

Date of birth (dd/mm/yy): _____

Case conference date (dd/mm/yy): _____ Start time: _____

Location: _____

Please let us know if you can attend. If you would like to join by telephone, let us know and provide a suitable number to contact you.

Your contact for this case conference is:

Name of staff member: _____

Role: _____

Telephone: _____



On the next page you will find information on palliative care and palliative care case conferences

Invitation for you and your family

Palliative care case conference

Case conference: Case conferences or family meetings are an opportunity to discuss a person's care needs. They ideally include the person (if able to attend), their family and/or their substitute decision-maker, and members of the care team including the doctor.

Palliative care: Palliative care is person- and family-centred care that supports a person to live the best life they can with a life-limiting illness. This means that the person has little or no prospect of cure and is expected to die. The focus is on quality of life.

Common care issues in palliative care include:

- pain
- dyspnoea (breathing difficulty)
- dysphagia (difficulty swallowing)
- constipation/incontinence (bowel and/or bladder management)
- depression
- delirium (sudden confusion)
- anxiety
- nausea (feel that you want to vomit)
- fatigue (tiredness).

Who should attend a case conference?

If possible, the person receiving care should attend, their GP, the broader health team e.g. allied health, and where appropriate the care partner and/or registered supporter.

Confirmation for you and your family

Organisation: _____

Palliative care case conference

A palliative care case conference has been organised for:

Name: _____

Date of birth (dd/mm/yy): _____

Case conference date (dd/mm/yy): _____ Start time: _____

Location: _____

Your involvement in planning care is important. If you are unable to attend in person but would like to join by telephone, please dial in using the following telephone number and code.

Dial-in telephone number: _____ Code: _____

Your contact for this case conference is:

Name of staff member: _____

Role: _____

Telephone: _____

Please write down if there are any issues you want to talk about and remember to bring this form with you to the meeting so that this can be included.

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Staff communication sheet

Organisation: _____

Palliative care case conference

A palliative care case conference has been organised for:

Name of resident/client: _____

Case conference date (dd/mm/yy): _____ Start time: _____

Location: _____

As valuable members of the care team your contribution to the case conference is important. Please list below any issues, concerns or suggestions you would like mentioned. Common issues include review of symptoms (e.g. pain, dyspnoea), concerns with nutrition or hydration, family issues, emotional concerns of the resident. If you are available and would like to attend the case conference, please contact the Case Conference Facilitator:

Name of facilitator: _____

Issue, concern or suggestion. Please be as specific as possible.	Designation

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Summary: Support at home

Organisation: _____

Palliative care case conference

Full name of client: _____

DOB (dd/mm/yy): _____

Purpose of case conference: _____

Client consent/substitute decision-maker (SDM) consent

My care provider has explained the purpose of a case conference and I give permission for my care provider to prepare a case conference. I give permission to the providers listed below to participate in the case conference and discuss my/my family member's medical history, diagnosis, and current needs.

Signature: _____

Date: _____

Dial-in telephone number: _____ Code: _____

Client in attendance? Yes No If no, give reason: _____

Family members		
Name	Relationship	Attending in person (P) or teleconference (T)
		P T
		P T
		P T
		P T
		P T
Health and care professionals		
Name	Discipline/position	Attending in person (P) or teleconference (T)
		P T
		P T
		P T
		P T
		P T

Summary: Support at home

Palliative care case conference

Start time: _____

Need (as appropriate): _____

Key Issues	Description
Advance care plan Does this need to be reviewed? Does the person understand their diagnosis/prognosis?	
Symptoms For example: fatigue, anorexia, pain, nausea, dyspnoea, dysphagia	
Social/psychological needs For example: isolation, anxiety, depression What supports are being provided? What supports are needed?	
Assessments/investigations Can the client manage ADL's (Activities of Daily Living)? Do they need additional support?	
Carer/family issues or needs For example: has a Needs Assessment Tool for Carers (NAT-C) been completed?	
Other For example: general issues, housing issues, financial issues	

Summary: Support at home

Palliative care case conference

Agreed action plan

Goal	Actions	Key person(s) responsible	Description

Summary: Support at home

Palliative care case conference

Time completed:

General practitioner: _____

Tick appropriate box

Original placed in the client's clinical notes

Copy provided to all participants

Copy sent to GP

Client's care plan and assessment reviewed and updated

Palliative care case conference facilitator

Name: _____ Position: _____

Signature: _____ Date (dd/mm/yy): _____

PBS Prescriber Bag medicines for terminal phase symptoms

These medicines are available through the PBS at no cost to prescribers. They can be provided free to patients during home visits for emergency use in managing symptoms or bridging the gap until a prescription is dispensed. Medicines shaded are part of the National Core Community Palliative Care Medicines List and are used to treat common symptoms in straightforward cases.

Medicine	Clinical uses in terminal phase	Strength and form	Pack size	Max qty (packs)
Adrenaline (Epinephrine)	Airway obstruction (nebulised), small volume malignant bleeding (topical)	1 in 1000 (1 mg/mL) injection	5 x 1mL	1
Clonazepam	Agitation, anxiety, distressing breathlessness, refractory distress, seizure	2.5 mg/mL drops	1 x 10mL	1
Furosemide	Oedema associated with heart failure	20 mg/2 mL injection	5 x 2mL	1
Haloperidol	Anxiety, delirium, nausea/vomiting, refractory distress, terminal restlessness	5 mg/mL injection	10 x 1mL	1
Hydrocortisone	Acute severe breathlessness/spinal cord compression, in place of dexamethasone	100 or 250 mg injection (reconstituted to 2mL)	1 x dual chamber vial	2 (100mg) or 1 (250mg)
Hyoscine butylbromide	Respiratory tract secretions, noisy breathing, managing cramps with bowel obstruction	20 mg/mL injection	5 x 1mL	1
Metoclopramide	Nausea/vomiting	10 mg/2 mL injection	10 x 2mL	1
Midazolam	Agitation, distressing breathlessness, refractory distress, seizure	5 mg/mL injection	10 x 1mL	1
Morphine	Distressing breathlessness (first line), pain	10, 15, 20, or 30 mg/mL injection	5 x 1mL	1
Naloxone	Reversing life-threatening opioid overdose	400 microgram/mL injection	5 or 10 x 1mL	2

Based on: caring@home/Pharmaceutical Society of Australia. National Core Community Palliative Care Medicines List [Internet]. Brisbane, QLD: caring@home; 2024 [cited 2025 Jun 2]. Available from: <https://www.caringathomeproject.com.au/for-health-professionals/national-core-community-palliative-care-medicines-list>

The PBS Prescriber Bag for palliative care

People with palliative care needs may choose to be cared for and die at home. This may include their private dwelling or a residential aged care facility. The evidence encourages the prescribing of all terminal phase medicines in advance, known as anticipatory prescribing. While it should not be a substitute for good advance planning, the PBS Prescriber Bag provides a safety net for those who deteriorate rapidly and unexpectedly at the end of life. This ensures rapid symptom management when needed, though deterioration can occur suddenly.

Prescriber Bag supply order forms allow monthly ordering of medicines and can be requested from Services Australia: <https://www.servicesaustralia.gov.au/pbs-and-rpbs-official-stationery?context=20>.

Complete the form, sign it, and give it to a community pharmacist for dispensing.

Dosing information

For specific dosing advice, refer to the CareSearchgp or palliMEDS apps (free to download), Palliative Care Therapeutic Guidelines, or Australian Medicines Handbook. You can also consult your local pharmacist.

Notes on use of specific medicines

- Morphine: avoid repeated dosing in people with serious kidney failure.
- Clonazepam or midazolam: may help with breathlessness if anxiety is present. They may also help to relieve rigidity associated with end-stage Parkinson's Disease if dopaminergic medication has ceased.
- Adrenaline in nebulised form may give temporary relief of stridor with breathlessness.

Practical tips

- Order your PBS Prescriber Bag medicines at the end of each month.
- Securely store S8 medicines (especially opioids) and follow local legislative guidelines.
- Consider carrying equipment to administer medicines subcutaneously.
- Limit subcutaneous injections to 1.5 mL to avoid causing pain at the injection site.
- Keep a notepad to record medication administration and any doses discarded.

Supporting a planned home death: The GP's Checklist

The GP has a critical role in end of life care for patients who wish to die at home. This checklist guides GPs through decision-making, care of the patient and family, and identifying the need for appropriate supports early so that issues can be addressed ahead of time. GPs managing patients dying at home usually share care with other services, including palliative care and home nursing. This checklist can act as a planning tool for shared care, and a trigger to help clarify how care will be organised between those involved.

Patient name/ID: _____ Date: _____

1 Clarify expectations and support

☐ Has the patient indicated they want to die at home?

Actions needed: _____

☐ Do those who live with the patient know about and share that wish?

- Has the plan been discussed within the family?
- Consider – young children, others with care needs in the household

Actions needed: _____

☐ Are there enough people to share the care?

- Consider practical, hands-on availability for round the clock care. Suggest a roster to support carer and provide time out.
- Consider specific services that can support families caring for someone who is dying at home, e.g. night nursing services or volunteers. The local palliative care service can advise.

Actions needed: _____

- ☐ Review the patient's prognosis, in order to help the family plan ahead. E.g. Is care likely to be needed for days, weeks, or months?

Actions needed: _____

- ☐ Is there a back-up plan if either the patient or the family find it difficult?
- Clarify and document a plan and ensure that it is realistic, and understood by all involved.
 - Where appropriate, provide a letter (or Ambulance Plan) describing the palliative goals of care in case of a triple zero call. Clearly state that the patient is dying and cardiopulmonary resuscitation is not appropriate, where agreed.

Actions needed: _____

2 Assess the home situation

- ☐ Can the patient be cared for safely and comfortably in the home?
- Refer to home nursing services, and ask them to teach the family about how to provide care safely (transferring and moving the person, eating and drinking, giving medicines). How much nursing support is available? Specifically, how many visits can the patient have?
 - Are there complex nursing needs that will be difficult to manage at home e.g. difficult wounds, fistulas, spinal analgesia?
 - Consider equipment for nursing a bed-bound patient. They will need a hospital bed, mobility aids, commodes and personal care equipment, wheelchair, pressure mattresses, etc. Consider a palliative care referral for OT and/or physiotherapy assessment to advise on and organise equipment.
 - Discuss the option of an in-dwelling catheter to reduce the care burden for a bedbound patient.
 - Encourage the family to think about practical arrangements to make caring easier or safer – e.g. moving a patient's bed to a different room, or patient moving in with a family member (remember though that moving to a different address can disrupt eligibility for services – so do this early if possible.)

Actions needed: _____

3 Plan for symptom management

- ☐ Review long-term medications. Cease any that no longer contribute to patient's comfort.

Actions needed: _____

- ☐ Discuss with the family how the patient's symptoms will be reviewed and managed.

- How often GP visits will occur
- What the home nurses will do
- What the palliative care service will do
- Arrangements to provide prescriptions

Actions needed: _____

- ☐ Plan for predictable, common symptoms that occur at the end of life:

- | | |
|----------------------------------|----------|
| • Dyspnoea / terminal secretions | • Pain |
| • Delirium | • Nausea |

Actions needed: _____

- ☐ Ensure emergency medications are available in the house for when they are needed. This is best done well in advance as deterioration can be unpredictable.

- Remember – dying patients cannot take oral medications
- Subcutaneous medications are preferred to ensure continuing symptom control, with bolus medications via sc butterfly needle, and/or a syringe driver with a 24 hour infusion
- Family members should be taught how to give breakthrough doses by palliative or home nurses
- Check that medications are available at a community pharmacy, and that the caregivers have an adequate supply to get through after hours and weekends in particular

Actions needed: _____

- ☐ Consider whether a plan is needed for high risk problems such as major bleed, airway or bowel obstruction.
- If care needs are complex, or a high risk problem exists, seek early advice from a palliative care specialist.

Actions needed: _____

4 Information that families need

- ☐ Are the carers fully prepared for the fact that the dying person will be dependent and bedbound?

Actions needed: _____

- ☐ Do the carers need information about eating and drinking in the palliative care situation? Do they know that loss of appetite is a common and predictable feature of advanced disease? Are they aware that wallowing deteriorates with the approach of the terminal phase? Do they need ideas about what and how much to offer the patient to eat and drink, and how to do this safely?

Actions needed: _____

- ☐ Do the carers need information about physical changes that occur as a person is dying, including:
- Changes in breathing patterns, including the possibility of terminal secretions ('death rattle')
 - Changes in skin colour and temperature
 - Changes in level of consciousness, including the possibility of terminal delirium

Actions needed: _____

- ☐ Ensure that the family has access to 24-hour phone advice about symptoms or changes in the patient's condition. Make sure these contact numbers are accessible to anyone who might need them.

Actions needed: _____

- ☐ Do the caregivers need information about what to do after the patient dies?
- Encourage them to think about choosing a funeral director
 - Reassure them that there is no urgency to ring anyone straight away after the patient dies
 - Ensure that they know which doctor has agreed to certify death, and the arrangements for contacting them.

Actions needed: _____

Facility name: _____

Address: _____

For more information visit CareSearch GP Hub www.caresearch.com.au Here you will find family resources you can order and give to patients and carers.

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MBS items supporting nurse practitioner palliative care provision

MBS Item	Activities	MBS Benefit 100% (as of 24/07/25)
82200	Brief attendance Professional attendance by a participating nurse practitioner for an obvious problem characterised by the straightforward nature of the task that requires a short patient history and, if required, limited examination and management. Telehealth: Item 91192. Phone: Item 91193.	\$14.55
82205	Short attendance (<20 mins) Includes any of the following: taking a history; undertaking clinical examination; arranging any necessary investigation; implementing a management plan; or providing appropriate preventive health care, for one or more health related issues, with appropriate documentation. Telehealth: Item 91178. Phone: Item 91189.	\$31.80
82210	Detailed consultation (>20 mins) Includes any of the following: taking a detailed history; undertaking clinical examination; arranging any necessary investigation; implementing a management plan; or providing appropriate preventive health care, for one or more health related issues, with appropriate documentation. Telehealth: Item 91179. Phone: Item 91190.	\$60.25
82215	Extensive consultation (>40 mins) Includes any of the following: taking an extensive history; undertaking clinical examination; arranging any necessary investigation; implementing a management plan; or providing appropriate preventive health care, for one or more health related issues, with appropriate documentation. Telehealth: Item 91180. Phone: Item 91191.	\$88.90

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MBS items supporting a planned general practice palliative care pathway

This document uses the MBS items currently available to general practitioners to suggest a timeframe and care pathway for community patients with palliative care needs. A separate pathway is provided for [residential aged care patients \(405kb pdf\)](#)

Suggested timeframe	Medicare initiative	Activities	MBS Item		MBS Benefit 100% (as of 25/07/25)
0 months	Over 75 years health assessment	An annual assessment of a patient's health and physical, psychological, and social function. Select relevant item based on complexity and Practice Nurse and GP time. An opportunity to initiate discussion of advance care planning or palliative care.	701 (<30 mins)		\$69.20
			703 (30-45 mins)		\$160.85
			705 (45-60 mins)		\$222.00
			707 (>60 mins)		\$313.60
2nd week	Preparing a GP chronic (or terminal) condition management plan	For setting goals for treatment or management of condition(s), establishing roles and responsibilities of multidisciplinary team members, and creating a structured plan for care. An opportunity to introduce advance care planning or to discuss palliative care.	965		\$156.55
3rd week	GP Mental Health Treatment Plan	For preparing a mental health care plan for a patient with mental health care needs. Select relevant item depending on time and GP training.	No GP mental health training	2700 (20-40 mins)	\$83.65
				2701 (>40 mins)	\$123.15
		As per the Diagnostic and Statistical Manual of Mental Disorders (DSM-V-TR)	GP mental health training	2715 (20-40 mins)	\$106.20
				2717 (>40 mins)	\$156.45

Suggested Timeframe	Medicare initiative	Activities	MBS Item	MBS Benefit 100% (as of 25/07/25)
1st month	GP-organised and coordinated multidisciplinary care conference	An opportunity for a holistic informed approach to ongoing care. Covers organising, coordinating, and participating in a case conference involving the patient, family/significant others, and a minimum of two other health providers.	739 (20-40 mins)	\$141.05
2nd month	Domiciliary Medication Management Review (DMMR)	Referral to eligible pharmacist. Ensures optimal management of patients with multiple medications and/or complexity.	900	\$180.65
4th month	Level D or E consultation	An extended consultation for the purpose of managing palliative care and end-of-life care needs, discussing goals of care, advance care planning, or for completing an Advance Care Directive based on earlier discussions.	44 (Level D: >40 mins)	\$125.10
			123 (Level E: >60 mins)	\$202.65
5th month	Review GP Mental Health Plan	4 weeks to 6 months after preparation of plan, review referral feedback and progress against goals.	2712	\$83.65
6th month	Reviewing the GP chronic condition management plan	Discuss progress against goals and actions.	967	\$156.55
8th month	GP-led case conference	A real-time discussion of any changing needs and goals of care with patient, significant others, and the health care team.	735 (15-20 mins)	\$82.50
5 per year	Practice nurse care plan monitoring	For when a person has a GP chronic condition management plan in place	10997	\$14.00

Based on: PHN North Western Melbourne. MBS remuneration to support planned palliative care for patients: A guide for health professionals working in general practice and residential aged care. Melbourne: NWMPHN; 2017 [cited 2025 Jul 25]. Available from: <https://nwmpnhn.org.au/wp-content/uploads/2020/12/NWMPHN-Palliative-Care-For-GP-and-RAC5.pdf>