

Pain Management

Welcome Back Issue 2 Sept 2008

Headlines

HALL PRIOR CLARENCE ESTATE RESIDENCY IN ALBANY JOINS THE PROJECT, REPLACING GERMANUS KENT IN BROOME.

PROF ELIZABETH BEATTIE TAKES OVER THE ROLE OF QLD STATE MANAGER.

THE EBPRAC TEAMS COME TOGETHER IN MELBOURNE FOR A DOHA WORKSHOP DAY

Newsletter

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Welcome back to the EBPRAC Pain Management Project. Over the last quarter there have been some major changes and considerable progress across all 3 states.

In Western Australia the Germanus Kent Broome Hostel withdrew from the project in July due to major staffing changes at the facility. Fortunately the Hall and Prior Clarence Estate Residential Aged Care Facility were keen to become involved in the project and have stepped into the breach. This Albany facility has demonstrated a great enthusiasm and dedication to the project already.

The Queensland team welcome Professor Elizabeth Beattie who has joined the project, taking on the role of State manager. Elizabeth was appointed Director of the Queensland Dementia Collaborative Research Centre earlier this year. Elizabeth has extensive clinical nursing, curriculum development, teaching and research experience in psychiatry and gerontology and has worked with people suffering from dementia and their caregivers for over 25 years.

A Department of Health and Ageing EBPRAC Workshop, held in Melbourne on July 11th brought together members of the academic project team and staff from participating facilities to discuss issues of sustainability and dissemination. The team in Victoria extend their thanks to those who travelled great distances and took time from their busy schedules to attend and contribute to this important meeting.

Phase 2 of the project; the facility specific audit, is now well underway and nearing completion across all states. Comprehensive pain assessments have been completed on over 200 residents so far and staff surveys and focus groups are in progress. The response from residents and staff has been overwhelmingly positive.

Phase 3; the intensive education and training program, is scheduled to commence in October with the appointment of Nurse Educators next on the agenda for state managers.

Operational Launch at RFHV

RFHV Coppin Community Hostel played host to the operational launch of the project in May this year. Graham Shotter, Managing Director of Royal Freemasons' Homes Victoria and Prof Stephen Gibson (Principle Researcher) introduced the project to members of the RFHV and NARI board, staff members from the two participating Victoria facilities and a DoHA representative.



Prof Stephen Gibson and Graham Shotter

Hall and Prior Clarence Estate Residency

Hall and Prior is the largest aged care organisation in Western Australia with 13 aged care facilities, encompassing 805 residential places in the state, predominately in metropolitan Perth. Hall and Prior also have 6 facilities with 343 places in New South Wales. Services encompass a full spectrum of residential care including low and high level care, palliative care, respite care, dementia care and extra services.

Clarence Estate is one of Hall and Prior's regional facilities and is based in Albany, a regional town approximately 400 km south of Perth in Western Australia. Built in 2000, Clarence Estate is located in heart of Albany, close to all amenities.



Clarence Estate has 5 houses that offer a range of service levels including high level and low level residential care and dementia support. Premium suites are also offered at Clarence Estate. Providing care to 86 residents, including 18 dementia specific beds in a secure unit, Clarence Estate has a multidisciplinary team of approximately 110 direct care staff including registered and enrolled nurses, personal carers, allied health professionals and therapy assistants.

Use of Pain Tools in RACFs

Abbey, J and Abbey, B (2008) Pain management for residents with severe dementia in Australian Residential Care Facilities; policies, practices and pain scales, *Journal of Pain Management*, In Press

A survey looking at the policy and practices surrounding the use of pain tools in Residential Aged Care Facilities (RACFs) recommended by the Australian Pain Society was undertaken in 2006. The results show that only 77% of RACFs had a pain policy and that pain assessment tools were in use in only 60.5%. The Abbey Pain Scale was well accepted and the most often used, but concerns about the perceived lack of any scale to differentiate between pain and the distress caused by the dementing condition, remain among all levels of staff. Further education and information about the use of pain tools for people with dementia who are unable to express their pain is required.



Team Member Profile



**A/Prof
Chris Toye**

Associate Professor Chris Toye has a nursing background and is a Member of the WA Centre for Cancer & Palliative Care. Her clinical experience is in the care and support of older adults. She also leads the care 'arm' of the WA Centre of Excellence for Alzheimer's Disease Research and Care and is a research consultant in the Centre for Nursing Research at Sir Charles Gairdner Hospital. Chris is based in the School of Nursing, Midwifery and Post-Graduate Medicine at Edith Cowan University (ECU) in Perth, Western Australia. She teaches in the School's postgraduate program in the area of aged care and dementia studies.

Chris recently led the project funded by the Australian Government Department of Health and Ageing to develop evidence-based guidelines for a palliative approach for older adults living in the community. She has also been involved in a number of studies to test and refine pain as-

essment tools for use with frail older adults. She is currently evaluating the implementation of the DoHA funded Dementia Care Essentials education program that is being rolled out across WA by a consortium led by Alzheimer's Australia and an intervention for people with dementia and their carers that is being trialed by Amana Living.

Chris is part of the WA team involved in this project and sees this as the most exciting work she has been involved in to date because it is one that implements evidence from research into practice to benefit older people. She also recognises this as a wonderful opportunity to showcase best practice in residential aged care and raise the profile of aged care staff at a time when the community is just beginning to recognise the value of highly skilled care providers in the aged care sector.