

Pain Management

Welcome back

Welcome to the second EBPRAC pain management newsletter of 2009. So far this year there has been good progress made across all participating sites of the project with the completion of Phase 2 and commencement of Phase 3 (Implementation) activities in all five participating facilities.

At the start of Phase 3 Clinical Nurse Educators have been employed in each state to conduct the education and one-on-one training of staff in the participating facilities. In Victoria Mark Bradbeer has been appointed to the role of CNE for both Coppin Community Hostel and Colbran Lodge. In Queensland, Helen Holloway (who previously worked on the project in Melbourne) has taken the CNE role at St Paul de Chartres residential aged care facility having relocated to QLD at the start of the year. In Western Australia, both facilities have two nurses employed in a job share arrangement; Barbara Averill and Marg Maister are sharing the role of CNE in Clarence Estate, Albany and Margaret Davey and Ruth Smith share the role in St Andrews, Balcatta.

Lecture style small group education sessions with staff are well underway at all sites, as is the one-on-one training component of the project. Changes to policies

and procedures are also being instigated to address gaps in best practiced identified in the pre-implementation audit data. Feedback given by nurses, personal care staff and residents so far has been very positive and encouraging. A number of other residential care facilities have also expressed interest in the project activities.

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The final DOHA EBPRAC Round One Workshop was held in Sydney on March 27th, providing a great opportunity for distant project groups to gather together and report on their activities. Many thanks to the academic team members and facility representatives who were able to attend this important meeting and for your valuable contributions to discussions!

Visiting PhD Student: Yukari Takai



My name is Yukari Takai, I am a registered nurse and currently a doctoral student from Tokyo Medical and Dental University in Japan where I am doing research on pain assessment of older people. I recently traveled to Australia, where I had the opportunity to visit NARI and other related academic organisations and aged care facilities to observe the activities of the EBPRAC project.

One of purposes of this visit was to gain knowledge about pain assessment and management strategies for older people in aged care facilities in Australia and compare this to current practice in Japan. I found that residents' pain and problems related to pain, such as depression and functional disability, were serious issues for Australian residents, just as they are for residents of Japanese aged care facilities. However, in Australian residential facilities, there were more systematic approaches to pain management than are found in Japan today. Another difference between Australia and Japan is that opioid consumption is nine times higher in Australia! Nurses I met described that the current situation for older people as still not optimal, with room for improvement. This is a sentiment we share in Japan. However, the situation of pain management for residents is far better in Australia, you are already starting to do something for the residents' pain and pain problems!

This visit has encouraged me to continue my research in pain assessment and management for older residents in Japan in order to improve pain management for Japanese older people. I want to thank everyone who helped me during my visit. I am so impressed by the enthusiasm and the kindness of the people I met and I especially want to thank Professor Gibson for giving me this great opportunity.

Newsletter

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St Andrew's Residential Care Facility

St Andrew's Residential Care Facility is in Perth, in the northern suburb of Balcatta, which is approximately 10 km from the CBD, it is run by Uniting Church Homes.

The facility has 75 beds with a mix of high care, low care and dementia specific and comprises five separate accommodation areas (houses). A clubhouse is in the centre with each of the houses connected by corridors. Each house is a home for 15 people.

Residents all have their own rooms with ensuite bathrooms. Each house has a kitchen with adjoining dining areas and a private sitting room is available in each house for residents and their friends or family. There is a spacious lounge room with a television and comfortable chairs overlooking the covered courtyard, in which there is a fishpond and an aviary.

An occupational therapist and physiotherapist attend St Andrew's a few days per week. Therapy assistants are present daily to attend to scheduled activities. Volunteers visit to spend time with residents, bring in dogs for pet therapy, and feed the aviary birds and the fish. A spa room is available for use by all residents with aromatherapy supplied by the visiting aroma-therapist. A rainbow basket is available for all staff to use, which contains coloured ribbons, music, and aromatherapy sprays/oils; this resource is intended to provide a peaceful, calm atmosphere for residents. A podiatrist visits on a regular basis, and there is a chaplaincy that offers weekly ecumenical church services. A hairdressing salon provides services to residents for a nominal fee.

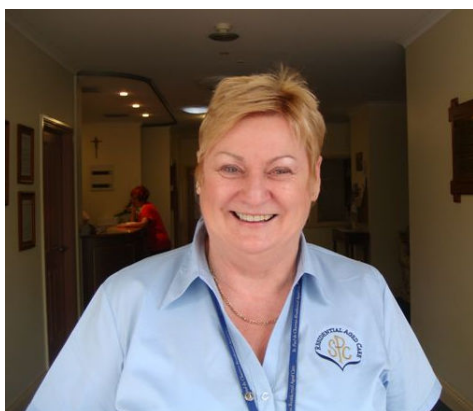
Residents in all houses have access to a comprehensive range of clinical and care services including ("Division 1") registered nurses, who are on duty across the full 24 hour time period. The clinical nurse, in collaboration with a registered nurse, conducts all pain assessments. They each have over 20 years of nursing experience in a variety of settings. St Andrew's actively participates in providing training opportunities for nursing and care certificate students and currently has a group of 6 Enrolled Nurse students being mentored to enhance their understanding of an important patient profile with quite specific care needs.



St Andrews Uniting Church Home: Residents engaged in some activities.



Team Member Profile: Eileen McGuire



Eileen is currently the Director Of Nursing at St Paul de Chartres Residential Aged Care, Boronia Heights a suburb of Brisbane. The facility is owned and run by the Sisters of St Paul de Chartres, whose story was in the last newsletter.

She has held this position for the last 4 years and considers herself to be the luckiest DON in Australia to work in such a beautiful facility.

She completed her nursing in the UK in 1969, before immigrating to Australia in 1972. She worked at the Princess Alexander and Mater hospitals, specializing in emergency and orthopaedic nursing, before entering the aged industry in 1996, when she commenced at Tri-care and later with Blue Care, before commencing at St Paul de Chartres in 2005.

She was also involved in the education of students in the Certificate 3 Aged Care, in partnership with Toowoomba Education Centre and the Australian Institute of Care Development

Areas of interest to Eileen include quality of life for those living in a residential facility and quality dementia care. One of her biggest passions on entering the industry was to encourage registered nurses to regain clinical skills they had not utilised since leaving the acute care sector. This was quite difficult to undertake as a lot of the RNs had resigned themselves to becoming "task focussed" in their roles and had lost their "clinical confidence". With this in mind she participated in the development of the "Clinical Management Resource Manual" and "Management of Fractured Femurs Manual" together with the QE11 Hospital Health Service. This has led to the enthusiasm of the aged care nurse to participate in best practice clinical initiatives and embrace evidenced based practice. This has resulted in good collegic partnerships between the facility and the acute sector nurses and medical staff

Eileen is also a member of the Southside District Health Council a position she has held for the last 6 years. It allows her to keep the community connectedness alive between health care sectors and the person in the community, especially the elderly.