

#### What is the Primary Care toolkit?

Primary care can improve quality of life for people with a life-limiting illness. By providing high quality, appropriate palliative care and advance care planning support, you can help your patients to both live and die well.

Healthcare providers need the skills, linkages and confidence to provide this care in the community. The ELDAC Primary Care toolkit has been created to address this need by supporting primary care providers and teams through providing palliative care and advance care planning with patients and their families. This includes management of disease symptoms, psychosocial and spiritual aspects of care, as well as effective coordination of services across the health system.

The toolkit contains:

- Links to clinical tools and resources;
- Education, training and quality improvement strategies for palliative care and advance care planning;
- Information on how to access and develop local HealthPathways; and
- Resources to improve coordination and cooperation between services and providers.



End of Life Directions for Aged Care (ELDAC) is a free, government-funded resource. The Primary Care toolkit connects you with evidence-based tools in palliative care and advance care planning.



## Where can I get support to provide clinical care at the end of life?

The Clinical Action section of the Primary Care toolkit will help you to provide palliative care and advance care planning advice for your patients and their families.

Clinical Action provides evidence-based clinical tools and educational resources for clinicians, as well as information for patients and their families within the following clinical domains:

- Advance care planning;
- Recognising end of life;
- Assessing palliative care needs;
- Providing palliative care;
- Working with other care providers;
- Responding to deterioration;
- Managing dying;
- Bereavement;
- Providing palliative care to underserved populations.



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## How can I support my team to provide better palliative care?

The Team Action section of the ELDAC Primary Care toolkit provides resources to support your team in providing quality palliative care and advance care planning.

The toolkit connects you with evidence-based resources and systems information including MBS, My Health Record and more.

Information found in the Team Action section of the toolkit includes:

- Quality Improvement and how teams can help to create a safe and high-quality healthcare system;
- Tools for practice managers with clarification on MBS reimbursement for the delivery of palliative care services;
- My Health Record, including what palliative care and advance care planning information can be stored in a patient controlled medical record and how this information can be shared;
- Engaging with other organisations and forming meaningful partnerships to improve the provision of palliative care.



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### How can I localise or update my palliative care HealthPathways?

The HealthPathways section of the Primary Care toolkit has been designed to support primary care providers in navigating to local HealthPathways; and also to support HealthPathways teams in the development of palliative care and advance care planning HealthPathways.

HealthPathways provide concise, relevant and evidenced-based information on the assessment and management of common conditions and symptoms, as well as providing localised referral pathways for accessing services and specialist care. They use a web-based information portal and are designed for use by healthcare workers at the point of care.

The HealthPathways section of the Primary Care toolkit contains:

- Information on accessing local HealthPathways;
- Mapping of Australian HealthPathways in palliative care and advance care planning;
- Information on how HealthPathways are developed; and
- Resources for HealthPathways development.



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# Catalogue of ELDAC references for HealthPathways

This is your cheat sheet to referencing the appropriate ELDAC resources in your HealthPathways.

Including links to ELDAC resources within HealthPathways will ensure clinicians have easy and efficient access to evidence-based information and tools to achieve excellent palliative and end of life care.

In the below table, the name of common HealthPathways have been listed alongside links to ELDAC webpages that contain information relevant to that HealthPathway.

#### **High level ELDAC references**

- End of Life Directions for Aged Care (ELDAC) (<a href="https://www.eldac.com.au/">https://www.eldac.com.au/</a>)
  Information, guidance, and resources for health professionals and aged care workers to support palliative care and advance care planning to improve the care of older Australians.
- **Primary Care Toolkit** (<a href="https://www.eldac.com.au/tabid/4900/Default.aspx">https://www.eldac.com.au/tabid/4900/Default.aspx</a>) Evidence-based resource for people working in primary care.
- Residential Aged Care Toolkit (<a href="https://www.eldac.com.au/tabid/4901/Default.aspx">https://www.eldac.com.au/tabid/4901/Default.aspx</a>)
   Information and guidance to support palliative care and advance care planning in residential aged care.
- Home Care Toolkit (<a href="https://www.eldac.com.au/tabid/4899/Defawult.aspx">https://www.eldac.com.au/tabid/4899/Defawult.aspx</a>)
  Information and guidance to support palliative and end of life in home care.
- End of Life Law Toolkit (<a href="https://www.eldac.com.au/tabid/4902/Default.aspx">https://www.eldac.com.au/tabid/4902/Default.aspx</a>)

  Provides practical information and useful resources about the law at end of life for the aged care sector.
- Linkages Toolkit (https://www.eldac.com.au/tabid/5098/Default.aspx)
  Guide to establish or improve linkages between aged, primary and palliative care services.
- ELDAC Common Clinical Tools (<a href="https://www.eldac.com.au/tabid/5667/Default.aspx">https://www.eldac.com.au/tabid/5667/Default.aspx</a>)
   Twelve clinical tools which are common to most ELDAC Toolkits.

| HealthPathway Name   | Resources   |
|--|---|
| Advance Care Planning (ACP)                                    | Primary Care Toolkit, Clinical Action, Advance Care Planning     (https://www.eldac.com.au/tabid/4941/Default.aspx)                               |
|  | End of Life Law Toolkit, Advance Care Directives     (https://www.eldac.com.au/tabid/4961/Default.aspx)   |
|  | End of Life Law Toolkit, Capacity and Consent to Medical     Treatment (https://www.eldac.com.au/tabid/5268/Default.aspx)                         |
|  | End of Life Law Toolkit, Substitute Decision-Making     (https://www.eldac.com.au/tabid/4963/Default.aspx)  |
|  | End of Life Law Toolkit, Withholding and Withdrawing     Life-Sustaining Medical Treatment     (https://www.eldac.com.au/tabid/4965/Default.aspx) |
| Care of the Family or Carers of an<br>Imminently Dying Patient | Primary Care Toolkit, Clinical Action, Work Together     (https://www.eldac.com.au/tabid/4923/Default.aspx)                                       |
|  | Primary Care Toolkit, Clinical Action, Manage Dying     (https://www.eldac.com.au/tabid/4925/Default.aspx)  |
|  | Primary Care Toolkit, Clinical Action, Assess Palliative Care Needs     (https://www.eldac.com.au/tabid/4921/Default.aspx)                        |
|  | End of Life Law Toolkit, Managing Disputes about Medical<br>Treatment Decision-Making<br>(https://www.eldac.com.au/tabid/5281/Default.aspx)       |
| Certification of Death   | Primary Care Toolkit, Clinical Action, Manage Dying     (https://www.eldac.com.au/tabid/4925/Default.aspx)  |
| Heart Failure / Advanced or End-stage<br>Heart Failure         | Primary Care Toolkit, Clinical Action, Recognise End of Life     (https://www.eldac.com.au/tabid/4920/Default.aspx)                               |
|  | Primary Care Toolkit, Clinical Action, Respond to Deterioration     (https://www.eldac.com.au/tabid/4924/Default.aspx)                            |
|  | Primary Care Toolkit, Clinical Action, Assess Palliative Care Needs     (https://www.eldac.com.au/tabid/4921/Default.aspx)                        |
| Advanced Chronic Kidney Disease (CKD)                          | Primary Care Toolkit, Clinical Action, Recognise End of Life     (https://www.eldac.com.au/tabid/4920/Default.aspx)                               |
|  | Primary Care Toolkit, Clinical Action, Respond to Deterioration     (https://www.eldac.com.au/tabid/4924/Default.aspx)                            |
|  | Primary Care Toolkit, Clinical Action, Assess Palliative Care Needs     (https://www.eldac.com.au/tabid/4921/Default.aspx)                        |
| Motor Neurone Disease (MND)                                    | Primary Care Toolkit, Clinical Action, Assess Palliative Care Needs     (https://www.eldac.com.au/tabid/4921/Default.aspx)                        |
| Multiple Sclerosis (MS)  | Primary Care Toolkit, Clinical Action, Assess Palliative Care Needs     (https://www.eldac.com.au/tabid/4921/Default.aspx)                        |

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|---|--|
| Parkinson's Disease   | <ul> <li>Primary Care Toolkit, Clinical Action, Assess Palliative Care Needs     (https://www.eldac.com.au/tabid/4921/Default.aspx)</li> <li>End of Life Law Toolkit, Capacity and Consent to Medical</li> </ul> |
|   | Treatment (https://www.eldac.com.au/tabid/5268/Default.aspx)   |
| Bereavement and Grief   | Primary Care Toolkit, Clinical Action, Bereavement     (https://www.eldac.com.au/tabid/4926/Default.aspx)  |
| Caring for a Dying Patient in an RACF                         | Residential Aged Care Toolkit     (https://www.eldac.com.au/tabid/4901/Default.aspx)   |
|   | End of Life Law Toolkit, Advance Care Directives     (https://www.eldac.com.au/tabid/4961/Default.aspx)  |
| Hypercalcaemia of Malignancy in Palliative Care               | Primary Care Toolkit, Clinical Action, Respond to Deterioration     (https://www.eldac.com.au/tabid/4924/Default.aspx)   |
|   | Primary Care Toolkit, Clinical Action, Manage Dying     (https://www.eldac.com.au/tabid/4925/Default.aspx)   |
| Acute Crises in Palliative Care                               | Primary Care Toolkit, Clinical Action, Respond to Deterioration     (https://www.eldac.com.au/tabid/4924/Default.aspx)   |
|   | Primary Care Toolkit, Clinical Action, Manage Dying     (https://www.eldac.com.au/tabid/4925/Default.aspx)   |
| Bowel Obstruction in Palliative Care                          | Primary Care Toolkit, Clinical Action, Provide Palliative Care,     Serious Complications and Emergencies     (https://www.eldac.com.au/tabid/5015/Default.aspx)   |
|   | Primary Care Toolkit, Clinical Action, Respond to Deterioration     (https://www.eldac.com.au/tabid/4924/Default.aspx)   |
|   | Primary Care Toolkit, Clinical Action, Manage Dying     (https://www.eldac.com.au/tabid/4925/Default.aspx)   |
| Malignant Spinal Cord Compression in Palliative Care          | Primary Care Toolkit, Clinical Action, Provide Palliative Care,     Serious Complications and Emergencies     (https://www.eldac.com.au/tabid/5015/Default.aspx)   |
|   | Primary Care Toolkit, Clinical Action, Respond to Deterioration     (https://www.eldac.com.au/tabid/4924/Default.aspx)   |
|   | Primary Care Toolkit, Clinical Action, Manage Dying     (https://www.eldac.com.au/tabid/4925/Default.aspx)   |
| Raised Intracranial Pressure in Malignancy in Palliative Care | Primary Care Toolkit, Clinical Action, Respond to Deterioration     (https://www.eldac.com.au/tabid/4924/Default.aspx)   |
|   | Primary Care Toolkit, Clinical Action, Manage Dying     (https://www.eldac.com.au/tabid/4925/Default.aspx)   |

| HealthPathway Name  | Resources  |
|---|--|
| Superior Vena Cava Obstruction (SVCO) in Palliative Care      | <ul> <li>Primary Care Toolkit, Clinical Action, Respond to Deterioration<br/>(https://www.eldac.com.au/tabid/4924/Default.aspx)</li> <li>Primary Care Toolkit, Clinical Action, Manage Dying<br/>(https://www.eldac.com.au/tabid/4925/Default.aspx)</li> </ul>   |
| Terminal Haemorrhage in Palliative Care                       | <ul> <li>Primary Care Toolkit, Clinical Action, Respond to Deterioration<br/>(https://www.eldac.com.au/tabid/4924/Default.aspx)</li> <li>Primary Care Toolkit, Clinical Action, Manage Dying<br/>(https://www.eldac.com.au/tabid/4925/Default.aspx)</li> </ul>   |
| Home Care for Dying Patients                                  | Home Care Toolkit     (https://www.eldac.com.au/tabid/4899/Default.aspx)   |
| Last Days of Life / Terminal Phase / Care of Imminently Dying | <ul> <li>Primary Care Toolkit, Clinical Action, Manage Dying         (https://www.eldac.com.au/tabid/4925/Default.aspx)</li> <li>End of Life Law Toolkit, Advance Care Directives         (https://www.eldac.com.au/tabid/4961/Default.aspx)</li> <li>End of Life Law Toolkit, Capacity and Consent to Medical Treatment (https://www.eldac.com.au/tabid/5268/Default.aspx)</li> <li>End of Life Law Toolkit, Substitute Decision-Making         (https://www.eldac.com.au/tabid/4963/Default.aspx)</li> <li>End of Life Law Toolkit, Withholding and Withdrawing         Life-Sustaining Medical Treatment         (https://www.eldac.com.au/tabid/4965/Default.aspx)</li> <li>End of Life Law Toolkit, Legal Protection for Administering Pain and Symptom Relief         (https://www.eldac.com.au/tabid/4964/Default.aspx)</li> <li>End of Life Law Toolkit, Emergency Medical Treatment         (https://www.eldac.com.au/tabid/5273/Default.aspx)</li> </ul> |
| Medications in Palliative Care                                | Primary Care Toolkit (https://www.eldac.com.au/tabid/4900/Default.aspx)  End of Life Law Toolkit, Legal Protection for Administering Pain and Symptom Relief (https://www.eldac.com.au/tabid/4964/Default.aspx)  |
| New Palliative Care Patient                                   | Primary Care Toolkit (https://www.eldac.com.au/tabid/4900/Default.aspx)  End of Life Law Toolkit, Legal Protection for Administering Pain and Symptom Relief (https://www.eldac.com.au/tabid/4964/Default.aspx)  |

| HealthPathway Name                                 | Resources  |
|--|--|
| Acute Palliative Care Assessment                   | <ul> <li>Primary Care Toolkit         (https://www.eldac.com.au/tabid/4900/Default.aspx)     </li> <li>End of Life Law Toolkit, Legal Protection for Administering Pain and Symptom Relief         (https://www.eldac.com.au/tabid/4964/Default.aspx)     </li> </ul>                                |
| Non-acute Palliative Care Assessment               | Primary Care Toolkit (https://www.eldac.com.au/tabid/4900/Default.aspx)  End of Life Law Toolkit, Legal Protection for Administering Pain and Symptom Relief (https://www.eldac.com.au/tabid/4964/Default.aspx)  |
| Palliative Care Advice                             | Primary Care Toolkit (https://www.eldac.com.au/tabid/4900/Default.aspx)  End of Life Law Toolkit, Legal Protection for Administering Pain and Symptom Relief (https://www.eldac.com.au/tabid/4964/Default.aspx)  |
| Palliative Care Nursing                            | Primary Care Toolkit (https://www.eldac.com.au/tabid/4900/Default.aspx)  End of Life Law Toolkit, Legal Protection for Administering Pain and Symptom Relief (https://www.eldac.com.au/tabid/4964/Default.aspx)  |
| Palliative Care Community Services                 | Primary Care Toolkit     (https://www.eldac.com.au/tabid/4900/Default.aspx)  |
| Palliative Care Support Services                   | Primary Care Toolkit     (https://www.eldac.com.au/tabid/4900/Default.aspx)  |
| Syringe Drivers                                    | <ul> <li>Primary Care Toolkit, Clinical Action, Syringe Drivers         (https://www.eldac.com.au/tabid/5087/Default.aspx)</li> <li>End of Life Law Toolkit, Legal Protection for Administering Pain and Symptom Relief         (https://www.eldac.com.au/tabid/4964/Default.aspx)</li> </ul>        |
| COPD / Advanced or End-Stage COPD                  | Primary Care Toolkit, Clinical Action, Assess Palliative Care Needs     (https://www.eldac.com.au/tabid/4921/Default.aspx)   |
| Anxiety, Distress and Agitation in Palliative Care | <ul> <li>Primary Care Toolkit, Clinical Action, Assess Palliative Care Needs     (https://www.eldac.com.au/tabid/4921/Default.aspx)</li> <li>Primary Care Toolkit, Clinical Action, Provide Palliative Care,     Managing Symptoms     (https://www.eldac.com.au/tabid/5014/Default.aspx)</li> </ul> |

| HealthPathway Name                        | Resources  |
|---|--|
| Cachexia and Anorexia in Palliative Care  | Primary Care Toolkit, Clinical Action, Provide Palliative Care, Managing Symptoms (https://www.eldac.com.au/tabid/5014/Default.aspx)   |
| Constipation in Palliative Care Patients  | Primary Care Toolkit, Clinical Action, Provide Palliative Care,     Managing Symptoms     (https://www.eldac.com.au/tabid/5014/Default.aspx)   |
| Cough in Palliative Care                  | Primary Care Toolkit, Clinical Action, Provide Palliative Care,     Managing Symptoms     (https://www.eldac.com.au/tabid/5014/Default.aspx)   |
| Delirium in Palliative Care               | <ul> <li>Primary Care Toolkit, Clinical Action, Assess Palliative Care Needs (https://www.eldac.com.au/tabid/4921/Default.aspx)</li> <li>End of Life Law Toolkit, Capacity and Consent to Medical Treatment (https://www.eldac.com.au/tabid/5268/Default.aspx)</li> <li>End of Life Law Toolkit, Substitute Decision-Making (https://www.eldac.com.au/tabid/4963/Default.aspx)</li> </ul>  |
| Dyspnoea in Palliative Care Patients      | <ul> <li>Primary Care Toolkit, Clinical Action, Assess Palliative Care Needs         (https://www.eldac.com.au/tabid/4921/Default.aspx)</li> <li>Primary Care Toolkit, Clinical Action, Provide Palliative Care,         Managing Symptoms         (https://www.eldac.com.au/tabid/5014/Default.aspx)</li> </ul>   |
| Management of Seizures in Palliative Care | <ul> <li>Primary Care Toolkit, Clinical Action, Provide Palliative Care, Serious Complications and Emergencies         (https://www.eldac.com.au/tabid/5015/Default.aspx)</li> <li>End of Life Law Toolkit, Capacity and Consent to Medical Treatment         (https://www.eldac.com.au/tabid/5268/Default.aspx)</li> <li>End of Life Law Toolkit, Substitute Decision-Making         (https://www.eldac.com.au/tabid/4963/Default.aspx)</li> <li>End of Life Law Toolkit, Emergency Medical Treatment         (https://www.eldac.com.au/tabid/5273/Default.aspx)</li> </ul> |
| Nausea and Vomiting in Palliative Care    | Primary Care Toolkit, Clinical Action, Provide Palliative Care,     Managing Symptoms     (https://www.eldac.com.au/tabid/5014/Default.aspx)   |
| Oral Care in Palliative Care              | Primary Care Toolkit, Clinical Action, Assess Palliative Care Needs     (https://www.eldac.com.au/tabid/4921/Default.aspx)   |

| HealthPathway Name                             | Resources  |
|--|--|
| Pain in Palliative Care                        | Primary Care Toolkit, Clinical Action, Assess Palliative Care Needs     (https://www.eldac.com.au/tabid/4921/Default.aspx)                   |
|  | Primary Care Toolkit, Clinical Action, Provide Palliative Care, Managing Symptoms (https://www.eldac.com.au/tabid/5014/Default.aspx)         |
|  | End of Life Law Toolkit, Legal Protection for Administering Pain and Symptom Relief     (https://www.eldac.com.au/tabid/4964/Default.aspx)   |
| Retained Airways Secretions in Palliative Care | Primary Care Toolkit, Clinical Action, Provide Palliative Care,<br>Managing Symptoms<br>(https://www.eldac.com.au/tabid/5014/Default.aspx)   |
| Sleep Disturbances in Palliative Care          | Primary Care Toolkit, Clinical Action, Provide Palliative Care,<br>Managing Symptoms<br>(https://www.eldac.com.au/tabid/5014/Default.aspx)   |
| Weakness and Fatigue in Palliative Care        | Primary Care Toolkit, Clinical Action, Provide Palliative Care,     Managing Symptoms     (https://www.eldac.com.au/tabid/5014/Default.aspx) |
| Before Entering Aged Residential Care          | Primary Care Toolkit, Clinical Action, Work Together     (https://www.eldac.com.au/tabid/4923/Default.aspx)                                  |
|  | Residential Aged Care Toolkit     (https://www.eldac.com.au/tabid/4901/Default.aspx)   |
|  | • End of Life Law Toolkit, Advance Care Directives (https://www.eldac.com.au/tabid/4961/Default.aspx)  |
|  | End of Life Law Toolkit, Capacity and Consent to     Medical Treatment     (https://www.eldac.com.au/tabid/5268/Default.aspx)                |
| Cognitive Impairment (Older Person or Adult)   | Primary Care Toolkit, Clinical Action, Advance Care Planning     (https://www.eldac.com.au/tabid/4941/Default.aspx)                          |
|  | • End of Life Law Toolkit, Capacity and Consent to Medical<br>Treatment (https://www.eldac.com.au/tabid/5268/Default.aspx)                   |
|  | End of Life Law Toolkit, Substitute Decision-Making     (https://www.eldac.com.au/tabid/4963/Default.aspx)                                   |
| Unexpected Deterioration in an Older Adult     | Primary Care Toolkit, Clinical Action, Respond to Deterioration     (https://www.eldac.com.au/tabid/4924/Default.aspx)                       |
|  | • End of Life Law Toolkit, Advance Care Directives (https://www.eldac.com.au/tabid/4961/Default.aspx)  |
|  | End of Life Law Toolkit, Legal Protection for Administering Pain and Symptom Relief     (https://www.eldac.com.au/tabid/4964/Default.aspx)   |