



**INNOVATIONS ~  
UPDATING PROFESSIONAL PRACTICE  
IN PALLIATIVE CARE**

**CONFERENCE  
21-22 Oct 2010  
TORQUAY, VICTORIA**

**PRELIMINARY PROGRAM AND  
REGISTRATION**

**DAY ONE: Thursday 21 Oct  
Afternoon Program**

- 12.30-1.00 Registration
- 1.00-1.15 Welcome
- 1.15-2.15 **Key Note**  
**Dr James Tulsy**  
**Communicating with**  
**seriously ill patients**  
**– What's the**  
**evidence?**
- 2.20-2.50 Update 1*
- 2.55-3.25 Update 2*
- 3.30-4.00 Afternoon Tea
- 4.00-5.00 **Key Note**  
**Prof Michael Ashby**  
**Decision-making at**  
**the end of life**
- 6.00-10.00 Conference Dinner  
(OPTIONAL)

**DAY TWO: Friday 22 Oct  
Morning Program**

- 8.00-8.30 Tea/Coffee on arrival
- 8.30-9.00 **Prof Trisha Dunning**  
**Launch: Patient-**  
**centred diabetes care**  
**at the end of life:**  
**guidelines to support**  
**health professionals**
- 9.00-10.00 **Key Note**  
**Dr James Tulsy**  
**The role of emotion**  
**in difficult**  
**conversations**
- 10.05-10.35 Update 3*
- 10.35-11.00 Morning Tea
- 11.00-11.30 Update 4*
- 11.35-12.35 **Key Note**  
**Liese Groot-Alberts**  
**Healer heal thyself:**  
**Selfcare for the**  
**healthcare**  
**professional**
- 12.35-1.00 Concluding Words

## INTRODUCING KEYNOTE PRESENTERS



**JAMES A. TULSKY, M.D.**

**Dr. James Tulsy** is Director of the Center for Palliative Care and Professor of Medicine and Nursing at Duke University. Dr. Tulsy attended Cornell University as an undergraduate, completed his medical degree at the University of Illinois College of Medicine at Chicago, and received his internal medicine training at the University of California, San Francisco (UCSF). He continued at UCSF as chief medical resident and subsequently as a Robert Wood Johnson Clinical Scholar. In 1993, he joined the faculty of Duke University. He was in the first cohort of Project on Death in America Soros Faculty Scholars, and is the recipient of a Robert Wood Johnson Generalist Physicians Faculty Scholars Award, a VA Health Services Research Career Development Award, the 2002 Presidential Early Career Award for Scientists and Engineers (the highest national award given by the White House Office of Science and Technology for early career investigators), and the 2006 Award for Research Excellence from the American Academy of Hospice and Palliative Medicine. Dr. Tulsy has a longstanding interest in doctor-patient communication, has published widely, and is also passionate about the teaching of palliative care communication skills. His current research focuses on the evaluation and enhancement of communication between oncologists and patients with advanced cancer, identification of clinical, psychosocial and spiritual trajectories of patients at the end of life, and development of self-management interventions for patients with life-limiting illness.

For further details see [www.palliativecare.medicine.duke.edu](http://www.palliativecare.medicine.duke.edu)



**LIESE GROOT-ALBERTS, MNZAC**

**Liese Groot-Alberts** is a grief-therapist in private practice, university guest lecturer, workshop and seminar presenter and clinical hospice team supervisor with over 30 years of experience working in the field of grief, loss and trauma. Over a period of several years she worked with and for Dr Elisabeth Kubler-Ross as a workshop leader and staff member in New Zealand, Australia, USA and Europe. After Dr Ross's retirement she has continued conducting workshops and seminars on topics related to palliative care, grief and bereavement in New Zealand, USA, Australia, Malaysia, the Philippines, India, Samoa and Zimbabwe. From 2001 until 2007 she was part of a Filipino medical specialist team, as an outside consultant, involved in assisting with the set up of a palliative care training programme in a large infectious disease hospital for the poor in Manila. Her main focus in the programme was attending to the high burn out rates of staff, facilitating workshops in staff-care as well as training the Filipino team in the facilitation of grief, bereavement and self-care workshops. The Starfish Palliative Care Programme is now well established and conducts ongoing training for Health Care professionals in the Philippines. At present Liese has the privilege to conduct an ongoing trauma relief training programme in Samoa at the invitation of and working together with NGO: Women in Business Development Initiatives Inc. This programme is being developed in response to the trauma, loss and devastation caused by the September 2009 tsunami.

For further details see [www.liesegrootalberts.com](http://www.liesegrootalberts.com)



**PROFESSOR MICHAEL ASHBY**  
**MBBS (LOND) MD (ADEL) MRCP (UK) FRCR FRACP FACHPM**  
**FFPMANZCA**

**Michael Ashby** is Director of Palliative Care, OACR, Department of Health & Human Services, Tasmania, and also at the Royal Hobart Hospital and Southern Tasmania Area Health Service. In 2009 he was appointed Clinical Leader of the statewide Palliative Care Clinical Network that was set up as part of the Tasmanian Health Plan. He holds a conjoint position as Professor of Palliative Care, Faculty of Health Sciences, University of Tasmania, and is currently Coordinator of Theme 4 (Personal and Professional Development) in the UTAS MBBS course, which includes responsibility for ethics and law teaching. He chairs the Clinical Ethics Committee and is Clinical Leader of the Respecting Patient Choices Program at RHH. He graduated from St Bartholomew's Hospital, London University in 1978, and trained in medicine and radiation oncology in the UK, France and Australia. He has held clinical, academic and managerial positions since 1989 in Adelaide and Melbourne prior to moving to Hobart in 2007. He is Past President of the Australia and New Zealand Society for Palliative Medicine (ANZSPM) and a past Chairman of the Chapter of Palliative Medicine at the Royal Australasian College of Physicians. He has research interests in law, ethics and the humanities as they apply to care and decision-making at the end of life, especially advance care planning, and pain and symptom management.

For further details see [www.utas.edu.au/healthsci/medicine](http://www.utas.edu.au/healthsci/medicine)



**PROFESSOR TRISHA DUNNING**  
**CHAIR IN NURSING (BARWON HEALTH)**

**Trisha Dunning** commenced her current role as the Inaugural Chair in Nursing and Director of the Centre for Nursing and Allied Health Research in February 2007. The position represents a partnership between Deakin University and Barwon Health, the focus of which is to provide academic, research and professional leadership to the students and staff of both organisations. Professor Dunning's role includes supporting, mentoring and training colleagues to undertake research and provide evidence-based care. She participates in developing and delivering regional health services, and contributes to Deakin's research and teaching programs. Professor Dunning has an international reputation in diabetes research and clinical practice and continues to be a member of many diabetes, medicine, complementary therapy and nursing committees. She is widely published in many peer-reviewed journals, and has written several books and book chapters. Professor Dunning has obtained research funding from competitive and other grant schemes. She has successfully supervised higher degree students to completion and served on ethics, grant assessment and journal editorial and review panels. She was made a member of the Order of Australia for her work in diabetes and nursing in 2004 and is listed in Who's Who of Australian Women in recognition of her contribution to nursing leadership. An active researcher, Professor Dunning's research program focuses on exploring various aspects of the multifaceted, complex disease diabetes, particularly aspects of nursing management and the beliefs and attitudes surrounding the disease and their affect on self-care, including medicine self-management. She has a particular interest in complementary therapies and quality use of medicines, and retains a clinical focus in all these areas. Professor Dunning was born and undertook her nurse education in rural NSW and lives in rural Victoria, which gives her particular insight into regional and rural health care needs.

## UPDATE SESSIONS – PRESENTERS AND TOPICS

<b>Thursday 21 Oct 2.20 - 2.50</b>	<b>Update 1</b>
<b>To be announced</b>	<b>Update in Cardiac medicine</b>
<b>To be announced</b>	<b>Update in Renal Medicine</b>
<b>Liese Groot-Alberts</b> (see Introducing Keynote presenters)	<b>The Power of Hope</b>
<b>Thursday 21 Oct 2.55 – 3.25</b>	<b>Update 2</b>
<b>Liese Groot-Alberts</b>	<b>The Power of Hope (Repeat of previous session)</b>
<b>Dr Di Clifton</b> Psychiatrist & Medical Director Psychosocial Cancer Services, St Vincent's Hospital, Melbourne	<b>Update on Delirium</b>
<b>To be announced</b>	<b>Update on Motor Neurone Disease</b>
<b>Friday 22 Oct 10.05 – 10.35</b>	<b>Update 3</b>
<b>Assoc Prof Peter Hudson</b> Director, Centre for Palliative Care Education and Research, St Vincent's Hospital and The University of Melbourne	<b>Update on Caring for the Caregiver research/practice Title to be announced</b>
<b>Dr Brian Le</b> Clinical Associate Professor, Department of Medicine (RMH/WH), University of Melbourne, Head of Unit, Palliative Care Royal Melbourne Hospital	<b>Renal Disease and Palliative Care</b>
<b>Prof Michael Ashby</b> (see introducing keynote presenters)	<b>End of Life Ethics/decision making Title to be announced</b>

<b>Friday 22 Oct</b> <b>11.00 – 11.30</b>	<b>Update 4</b>
<b>Dr Juli Moran</b> Director Palliative Care Services Eastern Health	<b>Palliative Care and Dementia</b>
<b>Peter Roberts</b> Roberts Music & Threshold Music Services See www.robertsmusic.net	<b>Compassionate Care through Music: Music Thanatology – Background, Practice and Outcomes</b>
<b>Assoc Prof Peter Martin</b> Regional Director, Palliative Care, Barwon Health, Geelong Clinical Associate Professor, School of Medicine, Faculty of Health, Medicine, Nursing & Behavioural Sciences, Deakin University	<b>Palliation of Cardiac Symptoms</b>

## **FEES AND REGISTRATION INFORMATION**

**Early Bird Registrations Close 31 March 2010 –**

**Cost \$ 180.00, optional dinner \$ 50.00 (drinks additional at own cost)**

**TOTAL = \$ 230.00**

**Final Registrations Close 3 September 2010 –**

**Cost \$ 230.00, optional dinner \$ 50.00 (drinks additional at own cost)**

**TOTAL = \$ 280.00**

Registration Fees cover the costs of attending the conference for the afternoon of Thursday 21 Oct and the morning of Friday 22 October, and include all presentations and tea breaks. The additional cost of \$ 50.00 applies if you wish to attend the informal dinner on Thursday evening. Secured parking costs \$ 10.00 (see parking below). Accommodation is at your own expense (see accommodation below).

There is no provision available for part-attendance or part-payment.

Update sessions will be allocated on receipt of your registration and payment. A “first in, first served” process will operate, with allocation to sessions closing once the maximum number of 70 has been reached.

## **VENUE**

Crowne Plaza Torquay is situated on the Esplanade, Torquay, Victoria, and enjoys beachfront views and access. The venue provides excellent conference facilities, catering for large keynote sessions, and smaller update sessions, all within easy travelling distance from Melbourne (90 minutes drive) and Geelong (30 minutes drive).

See [www.crowneplaza.com.au](http://www.crowneplaza.com.au)

## **CAR PARKING**

Car parking is available at the hotel in secure underground premises, for a valet fee of \$10.00, or there is ample free public parking space in the car park opposite the hotel. Parking on surrounding streets is also free.

## **CATERING**

Afternoon tea and morning tea is provided, and adequate provision will be made for vegetarian choices. If you require gluten free or any other specific dietary content, please indicate on your registration form.

The optional dinner on Thursday evening will be an informal barbecue-style event, with indoor and outdoor seating, and full bar facilities with drinks to purchase at your own cost.

## **ACCOMMODATION**

Accommodation is available at the venue, and is your responsibility to arrange. Prices range from \$190.00-\$240.00 per person, per night, and include full buffet breakfast served in Seasalt Restaurant. Please quote the code BH1 if booking accommodation at the venue.

There is a wide range of accommodation options in Torquay to suit all budgets. Further information is available from the Torquay Visitor Information Centre by telephoning 03-5261-4219.

## **ACTIVITIES**

Torquay provides many opportunities for additional activities – known as the surf capital of the world, it has many recreation and leisure choices, including beautiful beaches, bush/cliff walks, and picnic areas. A wide range of cafes and restaurants will meet most people's preferences – whether formal dining or informal wine bar by the sea. Torquay is the gateway to the Great Ocean Road, and a good starting point for day trips to tourist attractions such as the Twelve Apostles, and the Otway National Park.

## **FURTHER INFORMATION**

Please contact Heather Cameron, Conference Organiser on 03-5279-2800 or [heatherca@barwonhealth.org.au](mailto:heatherca@barwonhealth.org.au)