

Community Palliative Care at End of Life



What is a PaEL package?

The Palliative Care at End of Life (PaEL) package is provided by Sydney District Nursing, RPA Virtual Hospital. PaEL packages support patients who wish to die at home or remain at home for as long as possible at end of life.

Patients and carers are provided with additional nursing visits including evening visits. Rapid access to the service is also available.

What is provided?

Regular home visits by community nurses and palliative care specialist nurses. Hours of operation are 8.00am to 9.00pm.

Assessment and symptom management and access to palliative care medical specialist advice via Sydney District Nursing.

Access to Afterhours Palliative Care Advice Line from 4.30pm to 8.30am

Referral to Out Of Hospital End of Life packages (OOH EOL) for non-clinical care such as personal hygiene and domestic assistance. Referral form accessed via <http://slhd-intranet.sswahs.nsw.gov.au/slhd/acr/out-of-hospital.html>

The home visits will be in accordance with the patient and carer's needs providing support and education on symptom control and medication management.

Packages are provided for a maximum of six weeks but will be continuously reviewed for appropriateness.

Who is eligible?

Patients in the terminal or deteriorating phase of illness and who wish to remain at home for end of life care.

Patients who would prefer to die in a palliative care unit or hospital but would like support to remain at home for as long as possible.

An inpatient identified in need of additional support to allow them to return home at the end of life phase of the illness must first be referred to Sydney District Nursing.

Preferably patients have an identified carer. Patients who live alone must be informed that if they are assessed as being unsafe at home. Sydney District Nursing will arrange for transfer to hospital or to a palliative care unit.

How to refer

The referring clinician must consult with the Sydney District Nursing Palliative Care CNC on 0425 280 761 to seek approval for the referral.

Once the referral is approved by the Sydney District Nursing Palliative Care CNC a referral form must be completed by contacting the Access Care Team (ACT) **1300 722 276** SLHD-ACTCallCentre@health.nsw.gov.au highlighting the request for End of Life Care and the PaEL package.