

Educators Guide to Continued Learning

Micro-activity and 5-10 min Handover prompt

The following micro-activities and discussion prompts for use in meetings or handovers, provide short, structured opportunities for staff to apply palliAGED learning module knowledge directly to practice. The activities could be used for in-person or online meetings.

Module	Micro-activity	5-10 min: Handover prompt	Quick Link to palliAGED resource
Introduction to palliative care and palliAGED	Ask each staff member to name one comfort-focused action they provided this week.	<p>'What does good end-of-life care look like in our service?'</p> <p>'What is one small thing we already do well for residents at end of life?'</p>	<p>Practice Tip Sheets for Careworkers: Palliative Care</p> <p>Practice Tip Sheets for Nurses: Palliative Care</p>
Self-care	One-word check-in: 'How are you arriving to this shift?' (no fixing, just listening).	<p>'What part of end-of-life care do you find most emotionally draining?'</p> <p>'Who do you go to when a resident/client death affects you?'</p>	<p>Practice Tip Sheets for Careworkers: Self-Care</p> <p>Practice Tips Sheets for Nurses: Self-Care</p>
Person-centred care	Share one detail about a resident/client that should guide care.	<p>'What matters most to [resident/client] today?'</p> <p>'What would comfort look like for this person right now?'</p>	<p>Practice Tip Sheets for Careworkers: Person-Centred Care</p> <p>Practice Tip Sheets for Nurses: Person-Centred Care</p>

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Talking about dying	Practice a single sentence starter, e.g. 'I'm wondering if you've noticed some changes...'	'What signs might tell us a resident/client, or their family is ready to talk?' 'What words feel respectful when talking about dying?'	Practice Tip Sheets for Careworkers: Talking About Dying Practice Tip Sheets for Nurses: Talking About Dying
Recognising deterioration	Name one change that doesn't need hospital transfer and why.	'Which changes worry you most at end of life?' 'Who should we tell when we notice these changes?'	Practice Tip Sheets for Careworkers: Recognising Deterioration Practice Tip Sheets for Nurses: Recognising Deterioration
Coordinated care	Map the care team verbally for a selected resident/client e.g. 'RN, carers, GP, family, others.'	'Is everyone clear on who is the main contact for the family?' 'Who might feel left out of communication?'	Practice Tip Sheets for Careworkers: Case Conferences Practice Tip Sheets for Nurses: Case Conferences
Care pathways	For a selected client/resident, ask: 'What would we expect to see in the next 24-48 hours?'	'What usually changes when someone is actively dying?' 'What helps you know what to do next?'	Practice Tip Sheets for Careworkers: End-of-Life Care Pathways Practice Tip Sheets for Nurses: End-of-Life Care Pathways

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Pain management	Share one sign of pain that isn't verbal (e.g. facial expression, movement).	'What non-medication things can help with pain management?' 'When should we ask for more support with pain?'	Practice Tip Sheets for Careworkers: Pain Management Practice Tip Sheets for Nurses: Pain Management
Symptom management	Choose one symptom (e.g. breathlessness) and ask: 'What helps, what doesn't?'	'What symptom is hardest for you to manage?' 'What helps when someone is breathless or restless?'	Practice Tip Sheets for Careworkers: Cachexia, Sarcopenia and Anorexia Practice Tip Sheets for Careworkers: Dyspnoea Practice Tip Sheets for Nurses: Cachexia, Sarcopenia and Anorexia Practice Tip Sheets for Nurses: Dyspnoea
Care needs	Ask: 'What would a peaceful shift look like for this resident/client?'	'How is the family coping right now?' 'What support do carers need this shift?'	Practice Tip Sheets for Careworkers: Supporting Families Practice Tip Sheets for Nurses: Supporting Families

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Small Group Activities

The following activities are suggestions for group education at part day/full day sessions within annual training calendars, to help consolidate knowledge and apply to practice, fostering shared understanding within the context of the service.

Suggested format:

- Choose one activity per quarter.
- Rotate facilitation e.g. between educators, training/topic 'champions', or team leaders.
- Keep it discussion-based, not assessment-heavy.
- Document lightly to reduce administration burden (attendance + 2-3 dot points that could contribute to palliAGED Education and Practice Outcomes Checklist).

Session Topic	<u>Aligned Introduction Modules</u>	Activity
Foundations & Culture of Care	1. Introduction to palliative care and palliAGED 2. Self-care 3. Person-centred care	<p>'What Good End-of-Life Care Looks Like Here in Our Organisation'</p> <p>Purpose: Build a shared understanding of palliative care values and expectations.</p> <p>Steps</p> <ol style="list-style-type: none"> 1. Ask staff to individually write down: <ul style="list-style-type: none"> ◦ One thing that makes end-of-life care good. 2. In pairs, share and combine answers. 3. As a group, agree on 3-5 principles (e.g. comfort, dignity, calm communication). <p>Consolidates</p> <ul style="list-style-type: none"> • Understanding palliative care as everyday care. • Shared language across roles. <p>Evidence</p> <ul style="list-style-type: none"> • Photo or list of agreed principles. • Meeting minutes or handover notes.

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<p>Communication & Recognising Change</p>	<p>4. Talking about dying 5. Recognising deterioration</p>	<p>'What Might This Mean?' Purpose: Improve recognition of deterioration without panic. Steps 1. Present a short scenario (e.g. resident/client sleeping more, eating less). 2. Ask: <ul style="list-style-type: none"> ○ What could this mean at end of life? ○ What would we watch for next? ○ Who would we tell? Consolidates <ul style="list-style-type: none"> • Early recognition. • Appropriate escalation. Evidence <ul style="list-style-type: none"> • Scenario notes. • Learning points recorded. </p>

Session Topic	<u>Aligned Introduction Modules</u>	Activity
<p>Coordinated & Consistent Care</p>	<p>6. Coordinated care 7. Care pathways</p>	<p>'Who's Involved and Who Needs to Know?' Purpose: Clarify roles and coordination. Steps</p> <ul style="list-style-type: none"> • Pick a current palliative resident/client. • Ask: <ul style="list-style-type: none"> ◦ Who is involved in their care? ◦ Who is the main contact for family? ◦ Who might be missing? • Agree on one communication improvement and/or strategy that could be helpful. <p>Consolidates</p> <ul style="list-style-type: none"> • Coordinated care. • Role clarity. <p>Evidence</p> <ul style="list-style-type: none"> • Updated contact list or care plan note.

Session Topic	<u>Aligned Introduction Modules</u>	Activity
<p>Comfort, Symptoms & Holistic Needs</p>	<p>8. Pain management 9. Symptom management 10. Care needs</p>	<p>‘How Do We Know They’re Comfortable?’ Purpose: Strengthen non-verbal assessment skills. Steps</p> <ul style="list-style-type: none"> • Ask staff to list: <ul style="list-style-type: none"> ◦ Signs of comfort ◦ Signs of pain or distress. • Identify: <ul style="list-style-type: none"> ◦ What carers can do e.g. overnight at home or when visiting in a residential aged care setting. ◦ When to escalate, and to who? <p>Consolidates</p> <ul style="list-style-type: none"> • Pain and symptom recognition. • Scope-appropriate action. <p>Evidence</p> <ul style="list-style-type: none"> • Summary of intended actions to improve pain assessment or terminal care notes.