



Better primary health care through team-based initiation of advance care planning and palliative care

# Information sheet about the Advance Project™

## What is the Advance Project™?

It's a free, evidence-based toolkit and training package specifically designed to support GPs, nurses and practice managers to initiate advance care planning conversations and assess patients' and carers' palliative and supportive care needs.

## What is the purpose of the project?

The purpose of the project is to build capacity of general practices and primary care clinicians to provide better care through team-based initiation of advance care planning and palliative care.

## Who is behind the project?

The Advance Project™ is funded by the Australian Government Department of Health with training endorsed by the Australian Primary Health Care Nurses Association (APNA) and accredited by the Royal Australian College of General Practitioners (RACGP) and the Australian College of Rural and Remote Medicine (ACRRM).



This activity has been endorsed by APNA according to approved quality standards criteria



QI&CPD  
2017-19 Accredited Activity  
Category 2



4  
points



## Why are general practices appropriate places for palliative care and advance care planning?

General practices are in an ideal position to start advance care planning discussions with their patients because of the trusted relationships that develop. The general practice environment enables advance care planning discussions to start early, when a patient is still relatively well, so they don't miss out on the opportunity to plan for their future care.

General practices provide ongoing care for a large number of patients with chronic, progressive and eventually fatal illnesses and so have an essential role in providing palliative care to patients and their families.

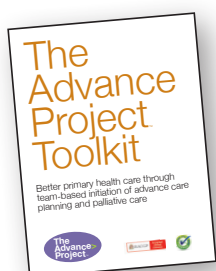
## What's in the toolkit and training?

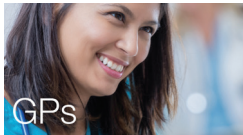
The Advance Project™ Toolkit consists of a number of resources to help primary care clinicians work as a team to initiate conversations about advance care planning, and to assess patients' and their carers' palliative and supportive care needs. There are also resources for patients and carers.

Three different online training activities, specifically tailored to the unique learning needs of Australian GPs, nurses and general practice managers, explain how to use these resources in everyday clinical practice.

Tele-mentoring is available from our Advance Project™ team to assist individual clinicians and general practices to implement the resources into their clinical practice.

The Advance Project™ Toolkit and training program were informed by literature reviews and extensive input and feedback from our expert advisory group, GPs, general practice nurses, practice managers and consumer representatives.





GPs



Nurses



Practice Managers



Training + mentoring



Resources

### What were the results of the previous training in the initial phase of the project?

In the last two years, over 500 nurses in general practices across all states and territories of Australia were upskilled through the Advance Project™ multicomponent training program. The training program included online training modules, workshops held across Australia and tele-mentoring from a specialist palliative care nurse.

Feedback about the training has been overwhelmingly positive, with nurses highly rating the quality and relevance of resources and training to their clinical practice and value for their patients. In addition, there was evidence from the evaluation of significant improvements in nurses' confidence, comfort, knowledge and attitudes towards initiating conversations about advance care planning and assessing patients' and carers' palliative care needs. Nurses also reported positive impacts for their patients and carers following implementation of the resources in their clinical practice.

We are very grateful to the Australian Primary Health Care Nurses Association (APNA) and all of the primary health networks who supported us in the initial phase of the project and co-hosted workshops across Australia, and to all general practice nurses who took part and made it a great success.

*"I've just done the training - it's user-friendly, comprehensive, and very compassionate. In my opinion it's really filling a gap."*  
Advance Project participant

### What's in the new program?

We have received further funding from the Australian Government to extend the Advance Project™. We have developed a new and updated toolkit based on comprehensive evaluation and consultation. The toolkit includes resources for GPs, nurses, practice managers, patients and carers.

The new and updated Advance Project™ Toolkit has been officially recognised as an Accepted Clinical Resource by the Royal Australian College of General Practitioners (RACGP) and endorsed by the Australian Primary Health Care Nurses Association (APNA) according to approved quality standards criteria.

We are continuing to provide support to nurses in general practice and have developed new training for other team members in primary care, including new online training modules specifically designed to meet the learning needs of general practitioners and practice managers. The new program will enable a systematic and team-based approach to initiating advance care planning and palliative care in general practice.

The free tele-mentoring has been expanded to provide ongoing support for not only nurses, but also GPs, practice managers and general practice teams.

An experienced palliative care nurse is available to provide individual telephone mentoring and coaching regarding implementing the Advance Project™ resources into general practice.

### Where to go for more information?

If you would like to know more, please visit our website: [www.theadvanceproject.com.au](http://www.theadvanceproject.com.au)

Please contact us on [advanceproject@hammond.com.au](mailto:advanceproject@hammond.com.au)



IN COLLABORATION WITH

