

e-News

MARCH 2014

In this edition of the Palliative Care Research Network Victoria (PCRVN) e-news:

- ▶ **PCRVN & Upcoming Events:**
 - Concept Development Workshop
 - Why PCRVN is important to your professional development
 - Palliative Care Research Forum
 - PCRVN Early Career Researcher Breakfast Forum: Building a career in research
- ▶ **PCRVN Palliative Care PhD Scholarship Research Recipient**
- ▶ **Funding Opportunities**
- ▶ **“Improving your knowledge of research”; What is a Systematic Review?**
- ▶ **Recent Key Publications to foster evidence based palliative care**
- ▶ **Upcoming Conferences**

PCRVN Concept Development Workshop –Applications now open!

The PCRVN Concept Development Workshop is targeted at members who have a research idea related to palliative care that they would like to develop into a research proposal. The Workshop will provide a supportive environment to develop your research idea with the assistance of senior researchers. Each participant will be allocated a mentor to assist them to prepare for the workshop. The format will include small group discussions and short lectures/workshops on key topics.

By attending the PCRVN Concept Development Workshop you will have the opportunity to:

- Develop your research idea with input and guidance from senior palliative care researchers
- Gain experience in the steps required to develop a research idea into a research proposal
- Develop skills in research design, methodology and analyses
- Develop a realistic budget for your project
- Find out about possible funding avenues for your research idea
- Network with researchers who are also currently or interested in conducting palliative care research

Workshop Date: Friday, 30th May 2014 from 12:00 noon – 5:00 pm

Venue: St Vincent's Hospital, Aikenhead Wing, Fitzroy VIC

Applications due: Friday, 11th April 2014 to pcrvn@svhm.org.au

* To apply, please complete an application form www.pcrvn.com.au

Why PCRNV is important to your professional development

PCRNV is committed to improving palliative care outcomes for patients and families informed by high quality research. Membership is open to any person (regardless of professional background; research skills or location) who is interested in contributing to this aim.

By becoming a member and you will have the opportunity to develop your own research knowledge and skills via a variety of initiatives including:

- Attending concept development workshops to receive assistance in developing your research idea(s) into a more formal grant proposals
- Applying for PCRNV research funding to conduct a small project (specific details will be announced later in the year)
- Applying for PCRNV funding to attend a conference (specific details will be announced later in the year)
- Attending PCRNV events and forums to hear about the latest research to inform practice, establish new networks and partnerships
- Attending the PCRNV Early Career Breakfast to learn about how to develop a career in palliative care research
- Receiving regular updates on funding opportunities, conferences, and key publications in palliative care
- Opportunities to contribute to the evolution of PCRNV via membership on relevant committees & making suggestions to the PCRNV management committee

Membership is free and ensures that you will receive all the latest news from the PCRNV. It only takes a couple minutes to register at:

www.pcrnv.com.au

PCRNV Early Career Breakfast Forum: Building a career in research

The PCRNV are sponsoring a breakfast session at the 2nd Australian Palliative Care Research Colloquium on Thursday ,7th August 2014.

This session is for researchers who are interested in research related to palliative care and are in the early to middle stages of their career.

It will be an opportunity to network with other researchers and find out ways to establish a successful career in palliative care research.

The session will be opened by Professor John Emery, Chair PC4 Network & Chair of the PCRNV Scientific Committee, and will include a series of short talks and a panel discussion.

Date: Thursday, 7th August 2014
8:00 am - 10:00 am

Cost: \$40 (including GST)

Register from online at:

www.trybooking.com/EIIV

PCRNV Forum

The next PCRNV forum will be held on Tuesday 20th May from 4:30-5:30 pm at St Vincent's Hospital.

Part of the agenda will include an opportunity for PCRNV members to discuss the PCRNV research priorities for the coming five years. This will be part of a larger process to consult key stakeholders in palliative care.

PCRV Palliative Care PhD Research Scholarship Recipient

Congratulations to Lucy Forest, the inaugural recipient of the PCRV PhD Research Scholarship!

Lucy Forrest is Senior Music Therapist at Mercy Palliative Care, and has worked in palliative and bereavement care for almost 20 years. Her clinical and research interests include paediatric palliative care, neuro-rehabilitation, clinical supervision, and cultural issues in practice.



Lucy is undertaking her PhD at the University of Melbourne. Her research is examining the experience of music and music therapy for paediatric palliative care patients and their parents, who come from diverse cultural backgrounds.

The study aims to develop understanding of how families who are caring for a child in home-based paediatric palliative care are engaging with palliative care and specifically music therapy. It will explore how families use music in their day-to-day lives and the ways in which they use music therapy in the care of the child. Ultimately, the study aims to identify barriers and improve access to community-based palliative care music therapy services for paediatric palliative care patients and their families, who come from diverse cultural backgrounds.

Lucy has published a number of articles and book chapters, and is regularly invited to speak and teach both nationally and internationally.

Funding Opportunities

MS Research Australia - Project Grants and Postdoctoral Fellowships

For more information visit <http://www.msra.org.au/annual-funding-opportunities> or email the Research Grants Coordinator at: grants@msra.org.au

Project Grants Closing Date: Wednesday, 2nd April 2014

Fellowships Closing Date: Friday, 15th May 2014

Australian Research Council (ARC) – Discovery Early Career Researcher Awards

For more information visit <http://arc.gov.au/ncgp/decra.htm>

Closing Date: Wednesday, 2nd April 2014

2014 Dementia Research Grants

For more information visit: www.dementiaresearchfoundation.org.au

Closing Date: Friday, 4th April, 2014

“Improving your knowledge of research” What is a Systematic Review?

Dr Tina Thomas, Senior Research Fellow, PCRNV

In each edition of the PCRNV e-News, we will summarise a research method or technique. In this edition we consider what is a ‘systematic review’ and what are some of their benefits.

A systematic review is a literature review focused on a question that tries to identify, appraise, select and synthesize all high quality research evidence relevant to that question. It is a process by which a body of literature is reviewed and assessed using systematic methods. It also compares studies based on design and methods and summarizes the findings of each.

There are many advantages of systematic reviews:

1. Systematic reviews explicitly state the methods they use, such as the eligibility criteria for included articles, which limits potential bias in identifying and rejecting studies.
2. Because the method is explicitly outlined and strictly adhered to, the conclusions are more reliable and accurate.
3. Results of different studies can be formally compared to establish generalisability of findings and consistency of results.
4. Reasons for inconsistent results can be identified and new hypotheses may be generated for particular subgroups.
5. Systematic reviews are extremely helpful for health care providers, researchers and policy makers since they synthesize a large body of information in one paper.

For examples of systematic reviews on a number of topics related to palliative care please refer to: www.caresearch.com.au/caresearch/FindingEvidence/CareSearchReviewCollection/tabid/501/Default.aspx

High quality systematic reviews on a variety of topics (including palliative care) are also available through the Cochrane Collaboration: <http://www.cochrane.org/cochrane-reviews>

National Conferences

PaCCSC 5th Annual Research Forum

19-21 March 2014

Sydney, Australia

For more information visit:

[Caresearch](http://www.caresearch.com.au)

Evidence & Wisdom: Updating professional practice in palliative care

20-21 March 2014

Torquay, Victoria

For more information email:

palliativecare@barwonhealth.org.au

Australian Grief and Bereavement Conference

26-28 March 2014

Melbourne, Victoria

For more information click: [Grief & Bereavement Conference](#)

Palliative Care Victoria Conference

31 July—1 August 2014

Bayview Eden Hotel, Melbourne

For more information click:

[Palliative Care Victoria](#)

Australian Palliative Care Research Colloquium

7-8 August 2014

Rendezvous Grand Hotel, Melbourne

For more information click:

[Centre for Palliative Care](#)

Recent Key Publications to Foster Evidence Based Palliative Care

In each edition of E- news, we will highlight a few key publications that we perceive are important to the field of palliative care and provide a synopsis of the findings of each article.

Prevalence of Symptoms in Older Cancer patients receiving Palliative Care: A Systematic Review and Meta-Analysis

Van Lancker A, Velghe A, Van Hecke A, Verbrugghe M, Van Den Noortgate N, Grypdonck M, Verhaeghe S, Bekkering G, Beeckman D. Journal of Pain & Symptom Management 2014 Jan;47(1):90-104. Epub 2013 Jun 10

Read the abstract: <http://www.ncbi.nlm.nih.gov/pubmed/23764109>

Fentanyl for the Relief of Refractory Breathlessness: A Systematic Review

Simon ST, Köskeroglu P, Gaertner J, Voltz R. Journal of Pain & Symptom Management. 2013 Dec;46(6):874-86. Epub 2013 Jun 4.

Read the abstract: <http://www.ncbi.nlm.nih.gov/pubmed/23742735>

White paper defining optimal palliative care in older people with dementia: A Delphi study and recommendations from the European Association for Palliative Care

Jenny T van der Steen, Lukas Radbruch, Cees MPM Hertogh, Marike E de Boer, Julian C Hughes, Philip Larkin, Anneke L Francke, Saskia Jünger, Dianne Gove, Pam Firth, Raymond TCM Koopmans, Ladislav Volicer and on behalf of the European Association for Palliative Care (EAPC). Palliative Medicine 2014 28: 197 originally published online 4 July 2013

Read the abstract: <http://pmj.sagepub.com/content/early/2013/07/03/0269216313493685.abstract>